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What lies behind us and what lies before us are small matters compared to what lies within us.

Ralph Waldo Emerson

"MINDS, LIKE PARACHUTES, FUNCTION BETTER WHEN OPEN"
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"Compromise: The art of dividing a cake in such a way that everybody believes he got the biggest piece."
—Sherry Rothfield

"We cannot direct the wind but we can adjust the sails."
—anonymous

"The more conscious you become, the more aware you become of how unconscious you've been."
—Patricia Sun

"Be happy with what you have. Be excited about what you want."
—Alan Cohen

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Consciousness continues to be a complex phenomenon for the modern mind, whether we approach it through science or spirituality. Your Holiness, could you clarify how Buddhism defines consciousness?

HH: Consciousness is generally divided into two: sensory consciousness and mental consciousness. The arising of sensory consciousness such as eye-consciousness depends on certain conditions—for instance, the objective condition or the internal condition that is the empowering condition. On the basis of these two, the sense organ also requires another factor—that is, the preceding moment of the consciousness itself.

Let us talk on the basis of this flower, the eye-consciousness that sees the flower. The function of the objective condition, which is the flower, is that it can produce the eye-consciousness that brings forth awareness of the different aspects of the flower.

Vaibhasika, one of the Buddhist schools, does not accept the theory of aspect. It says eye-consciousness has direct contact with the object itself. This is very difficult to explain. It says that things are perceived without aspect but by direct contact. Other schools say that things do have aspects through which the consciousness perceives the object.

The theory of modern scientists, which accepts the aspect of the object through which it is perceived, seems to have a more logical background. The eye-consciousness perceives a form, and not a sound, that is the imprint of the sense organ on which it depends. What is the cause that produces such an eye-consciousness in the nature of clarity and knowing? That is the product of the preceding moment of the consciousness that gives rise to the eye-consciousness.

Although we talk about states in which gross levels of mind are dissolved, and we talk of consciousness states and so on, the subtle consciousness always retains its continuity. If one of the conditions—for example, the preceding moment of the consciousness—is not complete, even when the sense organ and the object meet, they will not be able to
produce the eye-consciousness that sees it.

Mental consciousness is very different, and the ways in which the sensory and mental consciousnesses perceive an object are also very different. Because sensory consciousness is non-conceptual, it perceives all the qualities—all the attributes of the object—collectively.

When we talk about mental consciousness, it is mainly conceptual. It perceives an object through an image. It apprehends an object by excluding what it is not. One has really to think deeply about the question of whether consciousnesses are created or produced from chemical particles of the brain mechanism.

As a spiritual leader you have taken unprecedented initiative in involving the scientific community in testing, analyzing, and validating spiritual phenomena. Yet the mind and the brain are as far as scientists are willing to explore. What is their stand on consciousness, and how does it differ from yours?

HH: In recent years, I met scientists in the fields of nuclear physics as well as neurology and psychology. Very interesting. We have to learn certain things from their experiments, from their latest findings; and, equally, they show a keen interest to know more about Buddhist explanations of consciousness and mind.

I have raised this question with many people but have never found a satisfactory answer. For example, if we adhere to a position that consciousness is nothing other than a product of the interaction of particles within the brain, we have to say that each consciousness is produced from particles in the brain.

In that case, take the possible experiences in relation to a rose. One person might have the view that this is a plastic rose—that is a mistaken consciousness. Later, he might doubt it, thinking that it might not be a plastic rose, so the mistaken consciousness now turns into a wavering doubt. Then he presumes that it is a natural flower—this is still only a presumption. Finally, through some circumstances, such as touching it or smelling it, he finds that it is a natural rose.

During all these stages, his consciousness is directed toward one single object, but he is passing through these different stages of consciousness: from the mistaken view to doubt, then presumption, and finally from valid cognition to valid perception. He is experiencing different stages of consciousness. But how does one explain that the chemical particles change during these stages?

Another example: We see a person and think he is our friend. But that person is not our friend. We mistake him, and the consciousness is mistaken. When we saw that person, we had an erroneous consciousness. But the moment someone told us that he was not our friend, hearing this sound caused a change from that mistaken perception of the person to a valid perception.

What about the experiences of great meditators? When a practitioner enters a very deep state of meditation, both breathing and heartbeat stop. Some of my friends who practice these things remain without heartbeat and breathing for a few minutes, I think. If someone remains in such a state for a few hours, what is the function of the brain during that time?

On the basis of all this, I am trying to argue that there exists one phenomenon, called consciousness, that has its own entity apart from the brain cells. Although the gross level of consciousness is very closely related to the physical body, it is also naturally related to the brain. But the consciousness of its own nature is something distinct. The subtler consciousness becomes more independent of the physical particles.

That is how the physical functions of a meditator stop when he reaches a deep state of consciousness; yet consciousness is there. At that moment, because the physical functions have stopped, the gross level of consciousness is no more and the subtle level of consciousness becomes obvious. ###

His Holiness The Dalai Lama (Tenzin Gyatso) is the 14th and current Dalai Lama. Born on July 6, 1935, he was the 5th of 16 children from a farming family in the Tibetan province of Amdo. When he was two years old, he was proclaimed the tulku (rebirth) of the 13th Dalai Lama. At the age of 15, he was enthroned as Tibet’s Head of State and most important political ruler. Visit: [http://www.dalailama.com](http://www.dalailama.com)
We are born with divine light shining in our eyes. We are blessed, united, wide open, and whole. There is no end to our potential; we behold everything with awe. From our original home, we bring unbounded love, unbridled joy, and bountiful peace. We are here because our souls yearn to grow.

So we descend into the uncertain garden, forgetting our purpose and plan. We begin to feel fear more than peace. Instead of unity, we notice separation, jealousy, and judgment. Often, we see more pain and sorrow than joy—more abandonment, abuse, and hatred than love. Our vision darkens and we see ourselves as inferior and incomplete. We become shadows on the earth with barely a glimmer of the higher truth.

Experiencing significant pain can lead us to believe that life is a battlefield and that choice lies in the degree of energy we invest to build fortresses for protection and armaments for destruction. Energy additionally goes into finding false substitutes for peace, unity, joy, and love. Sickness, ignorance, and fear now hold tremendous power over us. This is how we invite more negative experiences into our lives. Who we are becomes the story of life’s damaging blows coiling around us like a deadly python. The more we attempt to appease or fight this snake, the less we recall of our divine origin.

And yet, ultimate impending doom can open us up to solutions. It is not our physical death, but the death of this paradigm of living that offers us hope. Brilliant discoveries and inventions come to those who think outside the given constructs of reality. What enables us to do this is an awareness of consciousness existing apart from our minds and personalities. When we witness ourselves in thought, feeling, or action, and begin to question the effectiveness of how we are living, we find a key. We are not merely physical minds and bodies. There is something greater than this, observing us.

We typically do not question the meaning of life or our individual purpose when we sit on the comfortable sidelines of contentment. Long leaps forward are neither contemplated nor attempted without a metaphorical fire at our heels. Autonomy and personal freedom are far more precious following a period of enslavement. Feeling the pressure and constraint of deceit can cultivate a deeper commitment to honesty and openness. Abuse and abandonment can awaken greater love and compassion.

We must think beyond our five senses, our minds, and society’s norms in order for these transformations to occur. The more we are dissatisfied with life, the more changes we must make within ourselves to correct this. What is familiar, habitual, and seemingly protective drains us of our true life force.

This earthly duality presents a puzzling paradox. Since all things exist, how can we remain aware and make conscious healthy choices without taking up arms against the opposite side? How can we live in harmony with love and hate, harming and healing? The answer lies in learning to see the deeper truth and growing beyond its disguises.

All actions communicate something important. Negative actions communicate what we feel happened to us, and how we are stuck there. When we aren’t able to articulate this in meaningful understandable ways
to others, we are drawn to act it out. If I’ve been bullied, humiliated, and rejected and feel unable to communicate the pain of these experiences to others, I may treat others in these ways so that they develop a personal understanding. Or if I am afraid of others’ reactions to this behavior, I may mistreat myself. In both cases, I am communicating in actions that I have been hurt, have lost trust, and remain stuck in this painful place because no one understands me and the help that I need.

Once we realize there is a deeper level of communication and understanding, we are free to make choices that do not cause harm to ourselves and others. When we believe that we are spiritual beings temporarily in physical bodies for purposes of learning and growth, we can see painful experiences as a sign that love is blocked. Walking through these experiences allows us to understand more completely the profound effect of specific deprivations and abuses. When we commit to a thorough examination of ourselves and our lives, this allows us to determine and learn to demonstrate the highest form of transformation from these painful experiences.

Mature love does not offer Pollyanna sentiment or coercive schemes. Mature love arises from deeply seeing, understanding, and valuing ourselves and others. We cannot live the answers to our questions until we have sufficiently lived and understood the problems. It is through this process of living, learning, and transforming that we discover and attain our unique purpose in this life. 

Excerpt from Grace Lost and Found by Mary Cook.

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Grace Lost and Found by Mary Cook

Grace Lost and Found is an inspirational and deep exploration of problems and pain; providing a compassionate approach to healing addictions, compulsions and other unhealthy habits. The 40 essays, each with their own set of practices and affirmations, engage readers on a journey through body, mind and spirit, symbolic symptoms, pain messages, levels of consciousness, and an expanded view of identity and life.

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An evil sorcerer once hypnotized a group of captives into believing that whatever he wanted was what they wanted. It was a powerful black spell. Not only did it keep each of his psychic slaves unconscious to his own unhappy feelings, but it also made him believe that he had no choice but to feel that way.

And so these poor men and women worked willingly for the sorcerer even though they were often commanded to act in ways that made them go against their own true nature. Year after year they went on hurting one another as they continued to toil unknowingly under the evil influence of his cruel spell. Then, one day, right in the middle of carrying out one of the sorcerer’s wicked wishes, one of the captives had a startling insight. It came to him like a bolt of lightning. He wondered why he had never before thought to ask himself such a simple question. Here is what he wondered even as he was struggling to complete his unpleasant appointed task.

“If I am doing what I want to do, how come it hurts me to do it?” There was no way for him to know it right then, but this seemingly unimportant question was the beginning of a great miracle that would one day allow him to command his own life once again.

From that point on, every day and every time he would find himself unexplainably unhappy he would ask himself this same question: If I am doing what I want to do, how come it hurts me to do it? What he didn’t know was that each time he asked this of himself, he was, at that same moment, delivering a smashing blow to the hold of the sorcerer’s evil spell. Soon the happy day arrived when he just couldn’t find any more good reason, in his own mind, to go on hurting himself. This final realization spelled the end of the evil influence in his life. He escaped his unhappy existence and fled home to freedom.

No one really wants to talk about it, but the truth is there is a kind of “evil spell” hanging over each of us and our world as well. In fact, part of this global spell is our denial of its existence. It is called suffering. Everyone does it—and like the hypnotized captives in our story—everyone believes that their suffering somehow benefits them. That’s how the spell works. Why else would anyone punish himself with unhappy feelings unless he had been tricked into somehow perceiving self-hurt as self-help?
Let's examine one of these instances. First of all, to be angry is to suffer. It doesn't help anyone to get angry. Anger hurts whoever is angry. It burns. Anger ruins relationships, causes heartache and regret, and devastates health. And yet, in spite of all of these facts, when we are angry it feels right. Somehow, in some unseen way, anger proves to whoever is experiencing its heated feelings that he or she is right even though, in the eyes of reality, nothing could be further from the truth. The same scenario holds true of worry, anxiety, resentment, doubt, guilt or any other dark state. How can something so wrong seem so right? Here's the answer: negative emotions feel like they are in your best interest because, at the time of their intrusion into your life, they temporarily fill you with a powerful false sense of self. However, just like the sorcerer's evil spell in our story, this sense of self born out of fierce but lying feelings can only exist without your conscious consent or awareness of its being there. Why? Because this negative-self's interests are not in your best interest. This conjured-up temporary identity is nothing but a self-of-suffering. No one chooses to lose.

This lesson may seem difficult at first, but with your persistent wish to understand it, you will one day wonder how you were ever tricked into feeling bad about anything. Truth wants you to know that it is never in your best interest to unconsciously suffer, no matter how inwardly convincing it may feel to you that you will be betraying yourself or someone else if you don't. The only way that any suffering feeling can prove to you that you need it is to hypnotize you with a flood of itself. Step back from yourself. Learn instead to listen to the quiet stream of higher insight that runs softly through your True Nature. It sees through sorrow. Let it show you that suffering proves nothing. If you want to receive some special help for helping yourself escape yourself, always remember the key question that freed the hypnotized hero in our story. It freed him from his psychic captivity. Let it do the same for you. I'll repeat it for you: "If I am doing what I want to do, then how come it hurts me to do it?" The truth guarantees you will stop doing what you don't want to do once you know what you have been doing against yourself. ###

(Excerpted from The Secret of Letting Go by Guy Finley, Rev. Edition, Llewellyn Publications,)
Lesson 13

A meaningless world engenders fear.

Today's idea is really another form of the preceding one, except that it is more specific as to the emotion aroused. Actually, a meaningless world is impossible. Nothing without meaning exists. However, it does not follow that you will not think you perceive something that has no meaning. On the contrary, you will be particularly likely to think you do perceive it.

Recognition of meaninglessness arouses intense anxiety in all the separated ones. It represents a situation in which God and the ego "challenge" each other as to whose meaning is to be written in the empty space that meaninglessness provides. The ego rushes in frantically to establish its own ideas there, fearful that the void may otherwise be used to demonstrate its own impotence and unreality. And on this alone it is correct.

It is essential, therefore, that you learn to recognize the meaningless, and accept it without fear. If you are fearful, it is certain that you will endow the world with attributes that it does not possess, and crowd it with images that do not exist. To the ego illusions are safety devices, as they must also be to you who equate yourself with the ego.

The exercises for today, which should be done about three or four times for not more than a minute or so at most each time, are to be practiced in a somewhat different way from the preceding ones. With eyes closed, repeat today's idea to yourself. Then open your eyes, and look about you slowly, saying:

I am looking at a meaningless world.

Repeat this statement to yourself as you look about. Then close your eyes, and conclude with:

A meaningless world engenders fear because I think I am in competition with God.

You may find it difficult to avoid resistance, in one form or another, to this concluding statement. Whatever form such resistance may take, remind yourself that you are really afraid of such a thought because of the "vengeance" of the "enemy." You are not expected to believe the statement at this point, and will probably dismiss it as preposterous. Note carefully, however, any signs of overt or covert fear which it may arouse.

This is our first attempt at stating an explicit cause and effect relationship of a kind which you are very inexperienced in recognizing. Do not dwell on the concluding statement, and try not even to think of it except during the practice periods. That will suffice at present. ###
Lesson 13 Commentary

More specifically than upsetting us, the meaningless world we see sparks fear within us. After spending several days convincing us, so it seems, that the world is meaningless, the Course "reverses course":

Actually, a meaningless world is impossible. Nothing without meaning exists.

The introduction to the Text states that "nothing unreal exists, and now we are told nothing meaningless exists. The situation is not that meaningless things exist and we are afraid because we see them; what is happening is that we think we perceive things without meaning, and rush to write our meaning on them. We see no meaning because we are unwilling to see the meaning already written on them by God.

When we see the meaningless it arouses anxiety in us:

It represents a situation in which God and the ego "challenge" each other as to whose meaning is to be written in the empty space the meaninglessness provides. The ego rushes in frantically to establish its own ideas there, fearful that the void may otherwise be used to demonstrate its own impotence and unreality. And on this alone it is correct.

If the ego did not rush in to give its meaning to things, the meaning established by God would, indeed, demonstrate the unreality of the ego. That is why the ego imagines it sees an empty space of meaninglessness to write in; it fears the meaning God has already given. We assign our own meaning to everything.

The Course is insistent that if we did not rush in to write our own meaning, the message we would hear would be one of love and beauty. This is true no matter what the outside "situation" appears to be. For instance, a brother may be totally deceived by his own ego and verbally attacking us. The message we hear in his words, no matter their form, is the message we choose to hear. We assign the meaning we think our brother is giving us. If my mind were attuned to the Holy Spirit, no matter what anyone did or said, I would hear a message that affirms the Christ in me and engenders my love. (For a long-and somewhat complex-section on this very topic, see Text, Chapter 9, Section II, "The Answer to Prayer," which says, in part, "The message your brother gives you is up to you. What does he say to you? What would you have him say? Your decision about him determines the message you receive"

The idea that we are in competition with God and fear His vengeance because of our competition may, as the lesson admits, seem preposterous. It asks us to practice the lesson anyhow. At this level we are mainly trying to become aware that we are afraid to leave anything without meaning, although we don't realize fully why we are afraid of that. It is asking us to work at being willing to say, "I do not know what this means." We really are afraid of that! The lesson also asks us to note any form of fear carefully. Not to try to overcome it; just notice it. Notice that leaving something without an assigned meaning makes you anxious, and let yourself consider that maybe the reason is that somehow, somewhere deep down in the darkness of your unconscious, you are afraid of the meaning God might write there if you let Him.

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Scientists have discovered that what we perceive as reality is only a small part of the complete universe. Most of the universe is made up of “dark energy” which exists in “empty” space—the cold, dark space devoid of all known energy and matter. This dark energy is incredibly powerful, causing the universe to expand and giving it a certain direction. What else does this unseen field of energy do? All we know is that it influences and connects our known reality in ways that we do not understand.

Regarding this mysterious connection, whenever two subatomic particles come into contact, their waves come into resonance, and they “mate” for the rest of their lives. Then, if you separate them to the far ends of the universe and change the spin of one, the other will change its spin at exactly the same instant—which Einstein called “spooky action at a distance.” When humans fall in love or a mother nurses her baby, the strong electromagnetic waves of their hearts also come into resonance. This harmonic condition, much like a wireless broadband connection, is associated with many extraordinary events such as mothers lifting cars off their injured children or parents waking in the middle of the night knowing that their children, far from home, have been injured. Love (resonance) seems to provide a mysterious connection for both subatomic particles and humans, and allows them to do the unexpected.

Is the universe intelligent? Here is the evidence so far: Since all of the various constants in nature (gravity; speed of light; the weight, charge, and spin of subatomic particles) are interrelated and if any one constant were slightly different, life—as we know it—could not exist. The probability of this happening by chance is infinitely small and, therefore, beyond reason. Also, when scientists perform experiments with subatomic matter, it always takes the appropriate form (wave or particle) to satisfy what the scientist wants to measure. If matter is observed during the experiment, it acts like a particle; if not, it acts like a wave. So, even the smallest particles of matter seem to “know” that they are being observed.

In between the huge universe and the tiny subatomic world (exactly in the middle, in fact) we have our own planet, with little organisms like bacteria and big ones like humans. So, which is smarter? Well, humans take years to develop a new antibiotic, but bacteria can change their structure...
and function to defeat the drug in only weeks (maybe because bacteria don’t have as many meetings), and these new, drug-resistant bacteria often pop up in different parts of the world at the same time. Individually, bacteria act stupid, but taken as a collective whole, they are smart. In fact, in this ongoing battle of wits between people and bugs, most scientists are betting on the bugs. ###

Excerpt from *Beyond Reason* by Gregg Korbon, MD.

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**Beyond Reason** by Gregg Korbon, MD.

Sometimes people enter our lives and change us forever. Author Gregg Korbon’s son, Brian, was such a person. In *Beyond Reason*, Gregg shares the story of his sweet and brilliant nine-year-old child. Though healthy, Brian told his parents he was going to die before he reached “double digits” (age ten). Six months later, after scoring the first run of his Little League career, he collapsed.

Though his death garnered media attention, the mysteries before and after his death were never shared. Brian foresaw his future, gave himself a going away party, and left good-bye gifts and a note telling his parents not to worry about him. After his death, Brian’s influence continued. His father—a rational physician who did not believe in metaphysical phenomena—embarked on a mystical journey through grief into a creative world he did not know existed. What he learned by healing stretched the capabilities of his reasonable mind. For anyone who wants to know how grieving can become a journey of wonder and hope, *Beyond Reason* can guide you.

This thought-provoking and beautifully written memoir presents powerful images, ideas, and emotions. The story’s unfolding is impossible to anticipate: it demands pages be turned, all the way to the end.

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**Tips for Conquering Your Procrastination Habit**

From Success Coach Dr. Linda Sapadin

Change “I’ll Try to” to “I Am” or “I will”

Listen to yourself speak. If you’re like most dreamer procrastinators, you probably make frequent use of vague, hazy statements. A few examples:

“I’ll try to set up a meeting with my colleagues.”

“I’ll try to clean up my mess of papers.”

As you learn to speak more assertively, it will influence your actions. Here are the above sentences just a bit revised.

“I will e-mail my colleagues today to set up a meeting for the end of the week.”

“I am tackling the papers now; whatever I don’t finish, I’ll get to tomorrow.”

Do you notice the difference in the second set of sentences? As you become more definitive about the action you will take, it becomes easier to articulate a time frame in which you will accomplish the task.

For info about success coaching and the “Six Styles of Procrastination” E-Program
Visit
www.BeatProcrastinationCoach.com
Up until the age of about 20, socially I was a complete nervous wreck... Seriously... put me in a social setting with people I didn't know (and sometimes with those I did know) like a bar, club, family gathering or party and you'd probably witness steelier nerves from a cat quivering on the motorway than you would from me.

No joke... it really wasn't a good time for me... I despised watching my peers socialize with strangers and members of the opposite sex in a way that seemed effortless in comparison to my own awkward, self-conscious style.

I hated the fact that I couldn't talk to strangers, ask out women I fancied and that I crumbled in the mere presence of an authority figure. Of course, on top of the nerves and lack of self confidence my social skills weren't much better either... I suppose everyone gets better through time but at the age of 20 I was massively behind schedule.

So clearly something had to change... I started throwing myself into various different forms of personal development and self-help... Hypnosis, relaxation techniques, meditation and probably most importantly of all NLP (Neuro Linguistic Programming).

I found a lot of good stuff that helped and slowly but surely I began to become more and more confident... My social skills improved and I found a girlfriend who I eventually stayed with for 9 years... I got a well paying job and started a training and coaching company that provided me with (and still does) a lot of satisfaction and a modest amount of extra income.

Pretty decent for a guy that was once shy, awkward and socially inept? Well I certainly thought so... and I've got to admit at that point I thought I had become a confident, comfortable and reasonably socially skilled guy. But in hindsight I had been deluding myself a fair bit... in reality the cracks had really only been papered over.

It's weird because, when I look at it now, it's clear that I had created and engineered a life that allowed me to avoid any potentially challenging social situations what so ever. My job, while well paying, was mundane and involved interacting with the same people most of the time... the relationship with my girlfriend was stable but socially, resembled the kind that someone would have in their 60s... and my business was doing well but, because I was getting all my sales from internet marketing, I rarely had to entertain people socially. Of course I coached and trained people every now and again but that, as I've now found, was a completely different thing from letting go into yourself and connecting with others on a personal level.

But hey... I felt safe, I had structure and everything was okay... or certainly that's what I thought... Then... all of a sudden... the safety net collapsed from underneath me... After 9 years the relationship with my girlfriend ended...

I wasn't aware of it right away but all too soon the inevitable realisation hit me... I really didn't know that many people! Those I did know were married or in long term relationships, my social circle was minuscule and I had only been out a handful of times in the 2 years previously. In short my level of social comfort, skill and opportunities were simply not up to scratch.

From that point my life took a completely different direction... Unless I wanted to stare at my bedroom walls every night for the rest of my life or...
be the single guy that hung about with all the couples (often even worse in my opinion) I had to start pushing myself to finally get over my old fears and meet new people. This is when the real learning began and the conception of the Guide to Social Confidence.

Social Anxiety is a much more common problem than people like to admit. In fact, by its very nature, it pushes people in the direction of 'keeping it to themselves' and makes its label of 'Society's hidden problem' a fairly accurate one.

Everyone experiences some form of discomfort around certain people at certain times, this is natural and is often just a sign that your brain is adjusting to an unfamiliar environment. Where it becomes a problem is when it happens too often and the person buys into the illusion that they don't have the means or resources to return back to their normal comfortable state other than when they are on their own. This then, in turn can cause them to loop round in a self-destructive cycle that can play havoc with their happiness, social relationships and life chances.

The good thing is that this is just an illusion... Virtually everyone has the resources and means inside of them to become comfortable and skilled around people.

Also, the fact that they've already mastered the cycle of Social Anxiety means that they can also master another cycle, the cycle of Social Confidence. Disclaimer: From my research this cycle pops up time and time again but I make no claims to it being the complete, absolute and only one... It will inevitable vary from person to person.

**Firstly, the Social Anxiety Cycle**

**Early Social Life.**

Something occurs in early social life or in the teenage years that makes us believe that if we do not fit certain criteria (looks, personality, humour, dress sense...anything really) then we are deemed 'not worthy' or 'not good enough' to be part of the group and, as such, run the risk of being socially ostracised. This causes us to buy into the illusion that by not coming across a certain way it means we are not good enough and run the risk of experiencing a sudden significant drop in our 'social value'. For example, say you were the biggest and heaviest child in the playground. Because young children tend to have a low threshold for difference it's highly likely that you would be singled out and deemed less worthy or valuable than the athletic kids just because of your weight.

This is just one example of the many experiences we can have that create beliefs about the way we think we 'should be' just to be deemed valuable enough for social acceptance.

This is what holds the full social anxiety paradigm together... Buying into the illusion that something has happened or could happen that would result in you experiencing a significant drop in your social value thus running the risk of losing acceptance by being deemed 'not good enough'.

Your body may respond like you are under some form of physical threat but the reality is you are not. The only thing that is threatened is your social value. Buying into this illusion then fuels the following patterns:

**Pre-Worry.**

Once people have bought into this illusion they start to do all kinds of un-useful things. The first of these is the Pre-worry. The pre-worry is where they start imagining a situation ahead of time going horribly wrong and then play it through over and over again. Of course most of the time none of this stuff is even remotely close to what might happen and never does happen but they do it none the less.

**During The Social Interaction.**

As a result of buying into the illusion and working themselves up into a frenzy during the pre-worry stage they then feel anxious, stressed and a lot less confident than they want to be during a social interaction. At this stage, because they are deeply affected by the illusion of low social value, they distort and mis-interpret information. Innocent jokes that have been made suddenly became criticisms of their personality or looks and this further fuels the illusion they have bought into.

**Post-Worry.**

This is what generally happens after the social experience whether it be a party, meeting a stranger in the street, talking to an authority figure or something else. The person starts to play through the experience in their mind picking out what they perceived to be the worst bits distorting and magnifying them and deleting the positive bits.

So as you can see the Social Anxiety Cycle isn't pleasant and, in fact, is actually a lot of work!

On top of this it's all based on the illusion that, because you don't fit a certain criteria, (looks, personality etc) most of the time set by someone
else in the school playground, you are of little or no value to the social world...
The whole thing is held together by a mistake...Maybe it had some relevance at some stage but now, in adult life its complete nonsense...When you really think about it, the fact that you don't fit certain criteria set by other people does not negate the value and worth that you offer the world. It may temporarily distract you from it but this value still remains firmly intact...

So what I'm proposing is that you flip this cycle around and do the complete opposite - do the Social Confidence Cycle...

**Letting Go of The Illusion and Seeing Your True Value & Worth**

You actually have an enormous amount of value and worth you aren't giving yourself credit for... As I said before no matter what happens your value and worth still remains intact. You may be temporarily distracted from it if you are caught off guard it's not something you have to 'build back up'.

That your value and worth to the world is not something that is constructed, built and maintained, but rather something that is recognised more and built on as you progress through life...

This is one of the first things you will learn to do in The People's Coach Guide to Social Confidence Virtual Boot camp. How to let go of the illusion that's holding the full social anxiety pattern together and start seeing your own true self worth and value to the world...

With that resolved and out of the way it leaves you free to start embracing the following new patterns:

**Pre-Enjoyment.**

Rather than imagining things going horribly wrong start to deliberately imagine them going the way you would like to and you feeling comfortable, confident and sociable...

**During the Social Interaction.**

Learn strategies that enable you to feel feelings of confidence, comfort and certainty in the moment when you are in a social situation. Once you have learned these you will start to see things for what they really are and more often than not start distorting them positively.

**Post-Enjoyment & Learning.**

Rather than looking back at the experience with a sense of dread start looking back and reflecting on the things that went well and wondering how you could make things even better in the future.

So the keys to overcoming Social Anxiety are actually more straightforward than you think...

* Fully recognise and boost your sense of self worth and value and let go of the illusion that your value to the world is in danger.
* Start deliberately imagining yourself feeling confident and comfortable in future social scenarios and see them going just the way you want them to.
* Learn new powerful ways to generate feelings of confidence in the moment when you are out socializing and peaking with people.
* Start deliberately reflecting and enjoying in retrospect all the things that went well and imagine how you could do things better in the future.

Of course just knowing this logically is rarely enough. The People's Coach Guide to Social Confidence is designed around 'The Social Confidence Cycle'. It is a revolutionary approach to flipping round to this way of thinking, feeling and being in the social world that will help you unleash that confident you deep down you know has always been inside you. 

Steven Burns is an NLP Trainer from Scotland, well known as "The People's Coach," and has recently started specializing in helping people let go of social fears and become more socially confident. Check out his latest work at [Guide to Social Confidence.com](http://Guide%20to%20Social%20Confidence.com).

This new program will help you turbo-charge your social confidence, improve your skills when dealing with others, and raise your overall level of attractiveness - so that you can be more persuasive and get more of what you want from life. If you would like to have any of the following:

- Become supremely confident
- Become comfortable with yourself irrespective of your flaws
- Attract the right people into your life (personally and professionally)
- Become a lot more attractive to people in general
- Re-ignite the attraction in your current relationship
- Become even more attractive to your current partner
- Let go of social fears, anxieties and shyness
- Boost your sense of self worth, and much, much more,

...then you'll love [Guide to Social Confidence.com](http://Guide%20to%20Social%20Confidence.com)
160 Personal Growth Books

Peter Shepherd (founder of Trans4mind) and Greg Willson (founder of No Limits for Me), the co-editors of Cultivate Life! Magazine have created a list of 160 books which have been most influential in transforming the understanding and awareness of each. Having read many informative books to distill the list down to 160 it was necessary to omit many excellent works contained in our personal libraries... but this selection includes the "Desert Island" books we really wouldn't want to be without.

So it's a personal selection, but we feel that if you choose to read these books your personal growth will be on a firm foundation, and you can look forward to many tremendous insights and boundless vistas opening up before you.

See the entire list here

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a word to the wise...

"The winners in life think constantly in terms of I can, I will, and I am. Losers, on the other hand, concentrate their waking thoughts on what they should have or would have done, or what they can’t do."

– Dennis Waitley

Increase Your Confidence

From success in the workplace to successful dating, confidence is one of the most important qualities a person can possess.

www.trans4mind.com/unexplainable
Who Is Wolfgang Sachs?
Wolfgang Sachs is a researcher, university teacher, and author. He heads research on globalization and sustainability at the Wuppertal Institute for Climate, Environment, and Energy in Germany. He is honorary professor at Kassel University and regular lecturer at Schumacher College, England, and also a member of the Club of Rome. His has become known as the editor of the widely read *The Development Dictionary: A Guide to Knowledge as Power*. His most recent book is *Fair Future: Resource Conflicts, Security, and Global Justice*.

Books that changed Wolfgang’s life:
*Tools for Conviviality*, Ivan Illich  
*Small is Beautiful*, E. F. Schumacher  
*The Great Transformation*, Karl Polanyi

Insight from Wolfgang Sachs:
“Beyond a threshold, things become thieves of time. Goods need to be selected, bought, set up, used, experienced, maintained, tidied away, dusted, repaired, stored, and disposed of. Even the most beautiful of objects and the most valuable of interactions gnaw away at our time—the most restricted of all resources. As a consequence, we have become poorer in time as we became richer in things. Scarcity of time has thus turned out to be the nemesis of affluence. Yet the full value of things can only be enjoyed when they are given attention: they have to be properly used, adequately enjoyed and carefully cultivated. So poverty of time degrades the richness of goods. Frugality, therefore, is a key to well-being.”
No, you're not helpless. No, you're not powerless. No, you're not a victim!

Sure there are some aspects of your life that you're not in control of. You didn't expect to get a serious illness, a financial reversal, a divorce, a kid on drugs. Other situations are less serious but can be just as frustrating. You hate your job; you're fighting with your spouse; your kids are mouthing off. In short: life has not turned out the way you expected it to.

So what are you going to do about it? Be miserable? Give up? Sink into a depression? Spiral downward?

Or, are you going to figure out where your power lies. Maybe you need to brace yourself for chemo, begin family therapy, seek out the services of a headhunter. You're not locked up in jail. But, it may be that you're in the wrong marriage, wrong career, wrong approach to parenting. Reflect on the matter. Pinpoint the problem. Then make a decision as to how you'll continue to grow your future.

If, in contrast, you keep yourself in the helpless position of "I'm screwed; I have no choice," you reinforce an ineffectual mind-set. If you don't modify that now, what makes you think it'll be any easier as time goes on?

So, let's start being proactive right now.

Think of a situation in which you view yourself as a victim. If you're thinking about skipping this exercise by saying, "This is dumb" or "I can't do this," you're actually enacting the victim position. So instead of whining, do it!

As you reflect on this situation, see if you can discover where your power lies. The answer may not come to you right away but stay with it. In every situation, you've got power. Don't believe me? Listen to Viktor Frankel, a World War II concentration camp survivor:

"The one thing you can't take away from me is the way I choose to respond to what you do to me."

Just because you can't do everything doesn't mean you can't do anything. As much as you want to, you can't snap your fingers and make it all better. You can't close your eyes, click your heels and go home again. You can't make other people change; hell, you can't even make yourself change. All true, but so what?

Finish this sentence. "I don't know how to deal with the issue I'm facing but one thing I do know is ..."

Take the time to complete this sentence and you'll be on the road to discovering where your power lies. ###
Now and then we all seem to experience problems, for they are part of life. And when they arise, we instinctively realize we have the inner resources to overcome them. If we don’t know how to conquer the obstacles we face, we search for answers from books, friends, and elsewhere. But often, we already know what needs to be done. Yet, despite this knowledge, we remain stuck, unable to achieve our wishes. Examples are the overweight man who can’t lose weight, the woman smoker who can’t quit, or the negative thinker who can’t smile, laugh, or jump for joy.

Why is it that despite knowing what needs to be done, we can’t get it done? The answer is the solution to the problem isn’t enough. There is a missing ingredient. You see, besides knowing how to overcome our problem, we also have to know how to get from where we are to where we want to be. What do I mean by that? Well, let’s look at an example.

Larry wants to lose weight and realizes that he can do so by eating smaller portions, eliminating junk food, exercising, and drinking plenty of water, BUT he doubts he has what it takes to be successful. In a word, he doesn’t believe he will succeed. The gap between where he is today (fat) and where he wants to be (slim and suave) seems to be too difficult to bridge. But there is always a gap between where we are and where we wish to be. That’s why in addition to learning how to solve our problem, we also have to learn how to bridge gaps, how to believe we can get from where we are to where we want to be. The point is, we cannot achieve anything we cannot first imagine achieving. We cannot bridge the gap unless we can first imagine bridging it in our mind.

Two young men wrote, asking for help. One suffers from anxiety, the other depression. Although their problems are different, the treatment and cures for their problems are similar enough for me to deal with together. Neither of the men is incapacitated as they are both working. One of them, a 22-year-old law student from India made this telling comment, “I know it’s good to view problems as opportunities, but I can’t always do that.” His statement reveals that he has an idea of what needs to be done, but doesn’t know how to bridge the gap.

In the first part of this article I will list 14 things we can do to reduce or eliminate anxiety and depression. The material I will cover is just common sense and will be familiar to most readers. Nevertheless, it is good to review these simple facts to optimize our well-being. In the second part, I will give a 4-step formula for bridging the gap from where we are to where we wish to be.

Part 1: Aids to Overcoming Depression and Anxiety and Optimizing Our Well-Being

1. Exercise. I cannot overstate the importance of exercise. In a study of 156 patients suffering from major depressive disorder (MDD), they were broken into three groups: exercise, medication, or a combination of medication and exercise. Sixteen weeks later, the patients of all groups experienced similar and significant improvements. In other words,
exercise may match drugs for treating major depression and anxiety. The research was conducted by psychologist James Blumenthal, and his findings were published in the October 25, 1999, issue of *The Archives of Internal Medicine*.

Just how much exercise is necessary to relieve depression? A brisk 30-minute walk or jog three times a week is all that is necessary. To learn more about the healing power of exercise, see: *The Healing Power of Exercise: Your Guide to Preventing and Treating Diabetes, Depression, Heart Disease, High Blood Pressure, Arthritis, and More* by Linn Goldberg and Diane L. Elliot, Wiley, 2000. [http://astore.amazon.com/cultivatelife-20/detail/0471348007](http://astore.amazon.com/cultivatelife-20/detail/0471348007)

2. **Become curious.** If you’re suffering from depression, become curious. Investigate it. That’s what Julian Lincoln Simon (1932~1998) did. As a result, this former professor of business administration at the University of Maryland and a Senior Fellow at the Cato Institute discovered a cure. You see, Professor Simon suffered from a deep, dark depression for 13 years. But spurred on by his curiosity and fascinated by new methods of treatment for depression, he immersed himself in the study of Cognitive Behavioral Therapy, refining it by adding his own method of treatment, which he called Self-Comparisons Analysis. Once he applied his own method, he cured his depression in just a few weeks, and remained depression-free until his death. To learn his method, read *Good Mood* by Julian L. Simon, Open Court Publishing Company, 1993. It is available here: [http://astore.amazon.com/cultivatelife-20/detail/0812690982](http://astore.amazon.com/cultivatelife-20/detail/0812690982)


You can also download the book for free, by going to the same web page and clicking on the menu where it says DOWNLOAD CHAPTER (it’s not a chapter, but the entire book).

3. **Fight anxiety**, for “Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.” (Arthur Somers Roche, 1883~1935) To overcome anxiety, read, learn, and apply the principles in the following two books:


4. **Develop Interests and get active.** For example, the 22-year-old law student who wrote enjoys photography and travel. Hobbies add enjoyment and pleasure to life while providing an outlet for our creativity. But engage in constructive activities as well. That is, set goals and attain new achievements as they will create a sense of pride in yourself. Also helpful is volunteering. When you help others who are less fortunate you benefit two ways. First, you feel worthwhile. Second, you appreciate your own good fortune.

5. **Attack your problems with baby steps.** Regardless of the size of your problem, there is always a step so small that you can take it now. And no matter how small it is, it’ll take you closer to your goal. The important thing is to keep moving forward.

6. **Remember, this, too, shall pass.** When you’re feeling blue or worried, remind yourself that feelings, like the wind, are fleeting. They will fade away. Allow that realization to comfort you.

7. **Keep a positive mental attitude.** Look for the bright side of every situation. Count your blessings and appreciate what you have. Be thankful for your problems, for they add to the adventure of life. If everything was easy for you, what would you accomplish? How can you lead a heroic life without obstacles to surmount?

8. **Stop making demands and clinging to unrealistic expectations.** Yes, it would be nice if everyone got out of your way while you’re driving on the highway of life, but they won’t. Accept that. Besides, why do you expect people to act better than you? If you want to have expectations, expect life to be an exciting adventure, rather than having your own way.

9. **Don’t get sucked into the dependency trap.** During bouts of depression or anxiety, if you tell friends and family how terrible you feel, they may respond with tender, loving care. Their good intentions may act as a reward for your bad feelings and encourage you to remain depressed or anxious. They may feel guilty and want to ‘help’ by doing some of your chores for you. But the only ‘help’ that would be is help you remain stuck in a rut. Don’t allow that to happen. Regardless how down or worried you feel, insist on acting like a hero, not a victim.

10. **Don’t identify with your condition.** For example, never say to yourself, “I am depressed.” Such thoughts keep you locked in the
condition. You are not the condition of depression; rather, you are a man or woman temporarily feeling depressed. It’s essential that you straighten that out in your mind. Beware, for once you identify with your condition, it becomes uncomfortable to change. Even the brilliant Danish philosopher Soren Kierkegaard (1813~1855) became ensnared in this trap, causing him to say, “In addition to my other numerous acquaintances, I have one more intimate confidant. My depression is the most faithful mistress I have known — no wonder, then, that I return the love.”

11. Get along with and befriend others. Bad relationships will only add to your depression and anxiety. Having friends will add pleasure to your life and provide opportunities to practice acceptance, compassion, forgiveness, and understanding. Getting along with others is quite simple, merely treat others as you would like them to treat you.

12. Practice mindfulness. Did you realize that if you live in the present moment, it is impossible to be worried or anxious? Anxiety is fear of what may happen. In other words, it is fear of the future. But when we are in the present, we have no thought of the future, and, therefore, no anxiety. So, look into attending a mindfulness class or reading a good book on mindfulness to eliminate anxiety and experience the joy of the present moment.

13. To quickly change an emotion, simply act the way you want to feel. Act cheerful, smile, treat everyone you meet warmly. Even if you're just pretending, those who respond to you are not pretending, and their pleasant actions will make you feel better.

Even the Peanuts comic strip character Charlie Brown (who loves to be depressed) knows about the importance of acting how you wish to feel, for he said, "This is my depressed stance. When you're depressed, it makes a lot of difference how you stand. The worst thing you can do is straighten up and hold your head high because then you'll start to feel better. If you're going to get any joy out of being depressed, you've got to stand like this."

14. Keep a journal. By transferring your negative thoughts from your mind to your journal, you weaken their grasp on you. And as you write you gain clarity and see new possibilities. To make your progress quicker, maintain a gratitude list, each day adding things you are grateful for. This exercise will keep you focused on positive thoughts and teach you from experience that we find what we look for. So, stop looking for something to complain about and start look for things to be thankful for.

Also, keep a Victory Journal, listing all of your accomplishments and victories over fear, depression, and anxiety. Again, this will keep you focused on your success, not your failures. Finally, add your favorite inspirational and motivational quotes. As you reread them time and time again, they will become an integral part of you.

Part 2: How to Get from Where You Are to Where You Want to Be in 4 Steps

To get from where we are today to where we want to be, we have to first see it in our mind’s eye. We have to be able to clearly visualize it. The following four steps will release your power to bridge the gap.

1. Prepare yourself for a visualization session.

   a) Find a quiet place. Select a place where you will be undisturbed, turn off cell phones, and remove any distractions. For example, you don’t want a pet cat rubbing against you while you’re trying to visualize.

   b) Quiet the mind. During your visualization session, you will be imagining yourself as the person you want to become. But you cannot have a successful session if your mind is flooded with other thoughts. So, it is necessary to first quiet the mind. We do this by relaxing and focusing on a boring, tedious task.

   To start, close your eyes and take a long, deep breath. Next, imagine a white, flashing number 1 against a dark background. Take another deep breath and imagine a white, flashing number 2. With each deep breath, feel yourself progressively relaxing. Continue until the count of 15. If you become distracted during your count, start again from the beginning. By the time you manage to reach 15 without your mind wandering, your body will be relaxed and your mind quiet, setting the stage for you to begin your visualization session.

2. Visualize your success to completion. Break down your visualization into the following three stages.

   a) See yourself in the early stages of change. What are the first things you will do to become the person you wish to be? For example, Tom suffers from depression and decides the easiest way for him to begin overcoming it is by keeping a journal. So, he imagines writing three victories and three things he is grateful for. He imagines doing this every day.
b) See yourself halfway there. For example, Tom now imagines himself halfway along the road to recovery. He imagines himself getting along with everyone. He sees himself smiling, shaking hands, patting others on the back, laughing, and even sharing a joke. He notices as he gets along with others, he is no longer stressed out. He sees himself relaxed and comfortable in the presence of others.

c) See yourself completely victorious. See yourself as the person you want to become. For example, Tom now sees himself standing erect, smiling, full of poise, content, relaxed, and in full control of his life. He sees himself encouraging, inspiring, and helping others to succeed. He takes a deep breath and enjoys the taste of victory.

3. Bring your visualization to life. To make your visualization as powerful as possible incorporate as many senses as you can. For example, as Tom imagines himself getting along with his coworkers at the office, he recalls to the best of his ability the sounds of the office: phones ringing, chattering in a nearby cubicle, the clatter of high heels on the linoleum, the sounds of the coffee machine, the humming of fluorescent lights and computers, even the sound of the elevator. He then repeats his visualization of getting along with others, but now mixes in the sounds of the busy office. And Tom is still not finished. He now recalls the scent of the perfume Elizabeth wears and the smells of the kitchen. He also remembers what it feels like when stroking the surface of an office desk and how it feels when he walks on the plush carpets of the carpeted area of the office. He imagines getting along with others once again, but this time he adds the sounds, smells, and textures of the office. He has brought his visualization to life, making it very powerful.

4. Create a trigger. Even though Tom’s visualization is very powerful, once he returns to work and gets caught up in the daily grind, it is easy to lose focus and forget about the person he wants to become. To counter this problem, he needs a simple device that can instantly trigger the feelings he had during his visualization and keep him focused on his dream.

So, here’s what Tom does. After his complete visualization, Tom compresses everything he imagined, he compresses the image of the person he wants to become into a single word. If he were to use one word to describe the person he wishes to become, what would it be? It would be different for everyone, but for Tom, he chose the word POISE. Now that he has a word to represent his ideal, he wants to find an image, a photograph that perfectly represents POISE. He could search through magazines, but decides the fastest and most effective route is to do a Google Image Search (http://www.google.ca/advanced_image_search?hl=en)

Tom types in the word POISE, scans through the results, and finds a high quality image that inspires him. He prints out several copies and has them laminated. After his next visualization session, he opens his eyes and removes from his pocket the photo representing POISE. He gazes at the photo, soaking it in. Gently stroking it, he recalls the excitement and inspiration he felt while doing a complete visualization. This photo becomes a trigger. So whenever he sees it, he is immediately flooded with the memories of becoming the person he wants to be.

He tapes one copy of the photo on the bathroom mirror so he sees it whenever he shaves. Other copies go in the car, in his shirt pocket, in his wallet, in his notebook, and in a drawer of his desk. He makes it a point to catch a quick glimpse of his trigger photo about 20 times a day at work (once every 24 minutes). If he spends one second each time he looks at the photo, he would have spent just 24 seconds of his eight hour day doing so.

The combination of a complete visualization and trigger photo will make an impression on Tom’s subconscious, closing the gap, and creating the belief that he can become the person he wishes to be. Armed with the confidence that he can do it, now all he has to do is what he already knows needs to be done. No longer blocked by a huge gap, he will now be able to accomplish his every dream. Why not join Tom by mastering the 4 Steps, which will reprogram our subconscious and enable it to guide us to success! ###

Chuck Gallozzi lived, studied, and worked in Japan for 15 years, immersing himself in the wisdom of the Far East and graduating with B.A. and M.A. degrees in Asian Studies. He is a Canadian writer, Certified NLP Practitioner, Founder and Leader of the Positive Thinkers Group in Toronto, speaker, seminar leader, and coach. Chuck is a catalyst for change, dedicated to bringing out the best in others, and he can be found on the web at:
http://www.personal-development.com/chuck-gallozzi-articles.htm
What Really Inspires You?

I was out walking with my totally crazy 13 year old Labrador 'pup' this morning, and as we walked along the shores of the lake with the morning sun glistening on the water, I was wondering what I would write about today. At that exact moment a couple of wild ducks walked across our path headed for the water. It wasn't so much the two ducks that caught my eye, and my inspiration centre somewhere deep inside me, but the three brand new ducklings who were headed for their morning swimming lessons with Mum and Dad!

"You beauty," I says to myself, "I can write about ducks, and that way everybody will surely know that I'm totally quackers, just like Bo, our 13 year old Labrador pup"!

Why is our beautiful old dog totally quackers?

Well it's like this ... (here goes one of my favourite topics): Bo is the equivalent of being 91 in human years, but despite his lumps and bumps, and his chronic arthritis, and his body telling him to slow down; he has the spirit and the energy of a puppy!

He is a true inspiration purely because of his crazy behaviour regarding his excitement levels for seemingly mundane or routine reasons: if either of us go into the backyard; if we pick up his lead ready for a walk; if we rattle his food container; if we arrive home (regardless how long we've been gone) .... he gets excited! And what's more - he shows it!

He is a true inspiration for anyone who may be feeling down in spirit!

To read about him may not rattle your cage; but to be on the lookout for other dogs or people like Bo, in your own territory in life, is what I would thoroughly recommend to lift your own spirits, and even if your spirits aren't necessarily down - they'll be lifted even higher!

Once we can become aware of the small, almost insignificant things in life which have the ability to arouse our inner emotions, they can become a constant source of pleasure! Inspiration from within is so powerful - and we are surrounded by one of the greatest sources ... nature itself!

Another dog story: Also today. While we were having lunch on our balcony which overlooks the local soccer fields, there was a group of young guys having some fun practising their kicking techniques together. One of the young guys had his dog tethered to a long rope which was tied to his car, and the dog was a constant source of entertainment for all, because he was trying to get his master's attention most of the time, and had a good set of his own personal tricks regarding same. He was precious to watch! After about an hour, we sensed that the dog had had enough though, because he jumped into the car and sat in the driver's seat and put both of his front paws on the car horn ... until the owner ran over and stopped him! We all cracked up laughing ... what a sight! What an experience! I'm not sure if he'd ever tried this before - but it worked - because they all stopped playing soccer, and the dog got to run amuck off his lead. Clever little critter!

I feel totally blessed to be surrounded by inspiring and fun things to amuse me! I feel even more blessed to know that I have developed the awareness to look for things around me which will inspire and thrill me everywhere I go in life.

We are all surrounded by things to inspire us if we care to develop the ability to look with a different view of things!

Like many other aspects of life, this process begins with the ability to count your blessings each and every day! We can focus on the good stuff .... or the bad: there's plenty of both if we go looking!

I choose to focus on cwazy dawgs and families of quackers! ###
One of the happiness times of my life almost never happened because I didn’t like the idea of going out at night, and I didn’t want to miss the rerun of my favorite show at the time, Perry Mason.

Go ahead laugh, but seriously that was my reason. I had to force myself past these two issues to do something I knew would take up every extra minute of my life, which I didn’t feel I had many of, for the next few years.

But I did it. I started a dance company while attending college full time, raising children and working at least one part time job to support my family.

I had lots of excuses that were even better than not wanting to go out at night and missing Perry Mason, but my human sense of myself tried to stop me from experiencing full happiness with something that inane. I could have used any of the other reasons and anybody would have understood and agreed with me that I was too busy, but when I listened within I found those two excuses were the real reasons I was stopping myself.

Once those hidden reasons were revealed I had a choice of accepting them as real or setting them aside and doing it anyway, which I did. The result of choosing what looked so hard to do was a time that everyone involved still recalls as a brilliantly happy experience, full of priceless memories.

I heard a woman explain why she was not fully expressing herself by saying, “I guess I am delaying my happiness.” Don’t we all delay our happiness at least some of the time? Why we do this isn’t important. We could take lots of time and drill down into our human situation and find perfectly acceptable reasons for delaying or never accepting happiness with and as our life.

But why waste time with the why we aren’t happy, when knowing why we are not happy is not necessary to be happy. In fact, this is often another excuse for delaying happiness.

Instead let’s move to happiness now by stepping out of the human “why” and “why not.” Let’s go to where happiness is a quality that always exists and can never, ever be replaced by sorrow.

Which is where? Not in the human duality point of view. Not within the state of mind of not being good enough, not the right time, feeling guilty, feeling superior, feeling old, useless, wrong sex, wrong height, weight, intelligence, skill, no – not beginning within the worldview.

The where is here and the time is now. It is within the understanding that what we call the force of life, the substance of being is Mind Itself, the infinite intelligence of Love, Loving Itself. Here is where happiness is the substance of our being. Not something that must be attained, but what is now.

We can see it everywhere, a baby’s laugh, a bird song, a tree in the breeze, a flower blooming. These are the symbols, the signs, the proof of Love as the only cause and creator. We will see more of these outward
expressions only as we begin within the Truth of being and stay there.

What appears without will become closer and closer to the essence of Truth, not because we are creating it or making it happen, but because we are lifting the veil from our eyes, or more accurately our perception. The mist dissolves revealing Life living Itself.

Happiness can not be stopped from being the essence of our lives by those seemingly logical reasons that the dualist worldview gives when we see them for what they are, lies.

We can never change an outward appearance by remaining unhappy, but when we choose an inward happiness it will shift what appears without in ways far beyond any human outlining.

We can choose to be happy now, even when we are surrounded by people who are not happy, and who have good reasons why they aren’t. If we really want to help them, we must step out of that story and light the way for them by revealing happiness in and as our life now.

It doesn’t need to take years, months, days or even hours to be happy now. When we stand in Truth, Truth will set us free. ###

**Eastern Wisdom**

by Richard A. Singer Jr.

www.RickSinger.ky

“What we call reality is a dream made by the mind.”

—Stephen Levine

**Meditation**

Awaken your entire being to the TRUTH of the Universe. Do not allow your ego to manipulate you into believing that the melodramas of the physical world are reality. Always dive deep within your being and allow your spirit to determine what is important in your life. To follow the ego’s path is to be empty, although if you follow the path of the Universal Source you will be eternally fulfilled. Discover what your spirit desires rather than succumbing to what your ego demands.

**Real Life Application**

Talk a walk in nature and allow the TRUTH to penetrate your being. Ponder what is real and what is a dream in your life. Is the hustle bustle of society truly what life is about or is there more to it than that? Seek truth everywhere you go and do not let the delusional aspect of society convince you differently. The essence of your being eternally recognizes what is real and what is a dream created by the mind.

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After sleeping through a hundred million centuries we have finally opened our eyes on a sumptuous planet, sparkling with color, bountiful with life. Within decades we must close our eyes again. Isn't it a noble, an enlightened way of spending our brief time in the sun, to work at understanding the universe and how we have come to wake up in it? This is how I answer when I am asked — as I am surprisingly often — why I bother to get up in the mornings.

—Richard Dawkins
The Textures Of Life

The Human species has raised self deception to an art form, but how and maybe more importantly why? I can tell already that this will not be the easiest article I've ever written and probably won't be the easiest to read. But regardless of the perceived difficulty, I believe that this issue needs some attention before we all get lost forever in a conceptual version of reality and it becomes virtually impossible for us to find our way back to the world of direct experience where we smell the smells, feel what we touch, experience the vibrations of sound and taste the vivid textures of the present moment in time, where and when our lives actually take place.

It is astonishing that we spend perhaps 90% of the moments of our lives living in a conceptual representation of reality called abstract thoughts which take place in the abstract mind. This is not easy to realize because we visit the real actual world so rarely these days that we don't recognize where we are at any given moment. That is, where our attention is placed most of the time. The truth is that we spend most of our time in thoughts of the future, the past and pure fantasies created by our ability to imagine. And this brings us to the question of why we would do such a thing and how do we do it?

I Me My Mine

First we need to understand the power of the process of conditioning. Whatever we are exposed to repeatedly over time will become installed as a habitual behavior pattern that we believe is the real us or world. The fact that these patterns can and are installed without our conscious awareness is the foundation of the power of conditioning itself and takes a constant and high degree of awareness to combat and defend against. What we identify with and how and why we identify with it is important to be aware of, and this calls for a little self examination. But it is essential that we become aware of the process of how we identify with anything and why. Why does it not seem strange that we rarely investigate the existence of the thing we call ego? How many of us actually know what it is and what it does? What purpose does it serve? Traveling down this path will lead us to the realization that there are two egos. One is natural to us and is critical to our survival. It helps us see ourselves as separate and individual so that we can look after ourselves, protect ourselves, feed ourselves and avoid harm. This is a natural and necessary element of our species existence.

But in time, fear made it necessary for us to create another ego identity and we then made an even bigger mistake by giving that identity a great deal of our power. This ego became the I me my mine monster that rules by fear, denial and deception. It is the one who creates the veils of self deception that we have come to believe is the real us in the real world when in fact it is only illusions created by our minds unique capabilities.

The Desperate Flight From The Real

Greed, hatred and delusion, the ancient Buddhists realized that these were the culprits behind most of the misery in the world and they all spring from the I me my mine ego that we have come to believe is the real us interacting with the real world when in fact this is a mental construct of ourselves living in a mental construct of reality. A conceptual representation of reality that doesn't really exist beyond our mind. But why have we allowed this to come about? The answer to this is found in discovering the ways in which this set up serves us.

Greed, we desperately try to cling to that which is pleasant and desirable. Hatred, desperately we try to escape or avoid that which is unpleasant and distasteful. Delusion, the ways in which we manipulate our perception of things, conditions and events so that we don't have to take responsibility for our own thoughts and actions which are the true source of the things, conditions and events in our lives such as those
motivated by greed and hatred. Think of the lengths to which the human life form will go to get what we think we want and desire.

And who is it that really wants and desires things? The I me my mine ego creates this illusion of reality that we dance to and to which we sometimes sacrifice our entire lives. It is an illusion that we have forgotten is not real, just a device to allow us to feel good about ourselves and our betrayal of our hearts and true nature, the act of taking refuge in the adolescent stage of human development so we don’t have to think about the real issues of being a responsible life form.

The Good News Is

The good news is that it is not the actual real world and it has been established through the processes of conditioning like any other behavior. This means that what we have allowed to come into existence, we can change it and replace it with more appropriate behavior patterns. Ideally, we can develop mindfulness to the point where we actually spend our lives in the present moment which is the only time and place where anything real can actually exist. I can't believe I actually finished this article, I think I'll just whomp me up a fantasy or two to get out from under all this intensity. ###

Robert Darby is a self change and personal development specialist who writes for many organizations including The Agenda Of Life Foundation. He focuses on developing personal power since that is usually the cause of all Human problems. Largely due to his fearless exploration of the true nature of our inner reality, R.E. Darby is emerging as an important writer of our time.

Your Immortal Reality: How to Break the Cycle of Birth and Death
By Gary Renard

In this fascinating book, Gary Renard and his Ascended Master Teachers, Arten and Pursah, teach you how to integrate advanced spiritual principles into your everyday life. Doing so leads beyond theory to an experience of the Divine and the undoing of the ego. Your progress will be accelerated to such a degree that, with continued practice, you can't help but stop the need to reincarnate . . . once and for all.

Like Gary’s first book, The Disappearance of the Universe, this work elaborates on the teachings of two spiritual classics, The Gospel of Thomas and A Course in Miracles. By focusing on a unique brand of quantum forgiveness, rather than the old-fashioned kind, and taking the understanding of the importance of thought up to a whole new level, your goal will become nothing less than to break the cycle of birth and death.
Our future and our fate lie in our wills more than in our hands, for our hands are but the instruments of our wills. ~B. C. Forbes.

This is not about bad power. It's about the power of the mind to create for us the destiny of our dreams. We see here the hard worker is not simply good with his or her hands; it's their virtuous mind and heart - both working together in unison - that punctuates their modus operandi. They have power because they make it happen.

What gets people up at 4.30 A.M. to train or prepare, ensuring the success of that venture of theirs? They have willed something; they decided they wanted something deeply, so they commit and forget the cold, the dark, and the sleep (and warm bed) they might miss. If they're properly diligent they're getting to bed early enough because they recognise the importance of sleep for the health of the mind and heart.

The power of the will of the mind is an incredibly deep reservoir - a resource we can hardly tap; but hone it we may. The inspiration to us is always the person who went fundamentally beyond the will of the normal human being, pushing the envelope into the heights of the 'achieving stratosphere,' continually buffeting the coarse, grainy pessimism natural to life against the typical apathetic flow.

Anyone can grow a mind that's strong of will. Even better is to meld this with strong faith - together the will and faith combine to acquiesce to God, creating much power to the good, fighting and conquering all evil that might otherwise encroach. Life, as they say, is no dress rehearsal. It is good to harness the incredible power and beauty of the mind, making it sing in tune with the vast opportunities life inevitably presents. ###


A goal is a dream with a deadline.  
*Napoleon Hill*

Mind Development Courses  
Learn to awaken the innate powers of mind...  
Let me ask, how many of you would drive your car when the gas gauge reads empty or the oil light is flashing? I know that some of you would. You have to listen to this newsletter at least three more times? Just kidding, but, think about it for a minute, for those of you who have children, would you ever ask your child to pull an all-nighter to prepare for a test or a final exam? Absolutely not. Yet we continually push ourselves past the breaking point.

Most of us are caught in a tug-of-war between who we think we should be and who we are; between what we want to do and what we’re actually able to do. In other words, we’re at the mercy of our guilt demons. Our feelings of guilt often prevent us from taking care of ourselves. These feelings often stem from unrealistic expectations. When you stop to think about it, you'll realize that you have impossible ideals that you strive to live up to—ideals like, "I must always put other people's needs first," or "I should never disappoint anyone." These kinds of standards are not only impossible to meet, but they wreak havoc on your life. When you let yourself be driven by perfectionism, guilt and unattainably high standards you become irritable, grumpy, and unable to function well. Ignore your own needs long enough, and I guarantee, sooner or later Godzilla or Cruella de Ville will emerge wreaking havoc and suffering on you, your entire family, friends and co-workers.

First and foremost, we have to have realistic expectations. I'm talking about what you can reasonably expect of yourself. Time and time again, we demand that we act more generously than we feel, give more than we have to give, and push ourselves beyond our limits. This is a surefire recipe for disaster. How long do you think you can function under these conditions? Not very long, and certainly not very well.

Guilt is a major roadblock to our taking care of ourselves. There’s always a list of things that have to be done that take precedence over attending to our needs. Then there’s the fear of who you’ll disappoint someone if you occasionally make yourself a priority. But stop and consider for a moment that when you put yourself last on the list and allow your guilt to run your life the person who you continually disappoint is yourself.

Think back to the last time you were on an airplane. Remember the instructions the flight attendant gave when you were about to take off, "in case of an emergency first place the oxygen mask securely around you nose and mouth and then place it on your child or someone next to you who needs assistance." This notion needs to run through every aspect of your life.

The truth is, you have to come first, at least some of the time. I know this probably makes you uncomfortable since it goes against everything you've been taught. Yet, the reality is that it's only to the extent that you love and care for yourself that you're truly able to love and care for others. ###

Did you like this article? If you did you'll love my CD program — Days to Sanity: Strategies to Reduce Stress and Live a Meaning Driven Life. In my more than 25 years experience as a licensed psychotherapist I saw countless people dealing with the same problems—feeling overwhelmed, unfulfilled, stressed and just going through the motions of living. Because my time and availability is limited, I created 30 Days to Sanity. Let me assure you that I have struggled with many of the same issues that you face today, and I have taken everything I know and designed this program especially for you. ###
Stephanie is an acclaimed speaker and author. She speaks from experience. Stephanie is the go to expert for those who seek to create quality driven lives. Stephanie is America's foremost life balance expert. Her new CD program, 30 Days to Sanity contains powerful, innovative, practical tools to reduce stress, balance work and family and make time for what truly matters. Stephanie is the author of Chicken Soup for the Soul's Life Lessons for Women: 7 Essential Ingredients for a Balanced Life, If Not Now, When? Reclaiming Ourselves at Midlife and Life Coaching for Parents: Six Weeks to Sanity. For more information and a free Sanity Saving Solution visit http://www.30daystosanity.com

http://www.stephaniemarston.com

The First Principle

When one goes to Obaku temple in Kyoto he sees carved over the gate the words “The First Principle.” The letters are unusually large, and those who appreciate calligraphy always admire them as being a masterpiece. They were drawn by Kosen two hundred years ago.

When the master drew them he did so on paper, from which workmen made the larger carving in wood. As Kosen sketched the letters a bold pupil was with him who had made several gallons of ink for the calligraphy and who never failed to criticize his master's work.

"That is not good," he told Kosen after the first effort.

"How is that one?"

" Poor. Worse than before," pronounced the pupil.

Kosen patiently wrote one sheet after another until eighty-four First Principles had been accumulated, still without the approval of the pupil.

Then, when the young man stepped outside for a few moments, Kosen thought: "Now is my chance to escape his keen eye," and he wrote hurriedly, with a mind free from distraction. "The First

from Zen Flesh, Zen Bones
"It matters not how strait the gate,
How charged with punishment the scroll,
I am the Master of my Fate;
I am the Captain of my Soul."
—Henley.

First came the Stone Age, when life was for the strong of arm or the fleet of foot. Then there was the Iron Age—and while life was more precious, still the strong lorded it over the weak. Later came the Golden Age, and riches took the place of strength—but the poor found little choice between the slave drivers' whips of olden days and the grim weapons of poverty and starvation.

Now we are entering a new age—the Mental Age—when every man can be his own master, when poverty and circumstance no longer hold power and the lowliest creature in the land can win a place side by side with the highest.

To those who do not know the resources of mind these will sound like rash statements; but science proves beyond question that in the well springs of every man's mind are unplumbed depths—undiscovered deposits of energy, wisdom and ability. Sound these depths—bring these treasures to the surface—and you gain an astounding wealth of new power.

From the rude catamaran of the savages to the giant liners of today, carrying their thousands from continent to continent, is but a step in the development of Mind. From the lowly cave man, cowering in his burrow in fear of lightning or fire or water, to the engineer of today, making servants of all the forces of Nature, is but a measure of difference in mental development.

Man, without reasoning mind, would be as the monkeys are—prey of any creature fast enough and strong enough to pull him to pieces. At the mercy of wind and weather. A poor, timid creature, living for the moment only, fearful of every shadow.

Through his superior mind, he learned to make fire to keep himself warm; weapons with which to defend himself from the savage creatures round about; habitations to protect himself from the elements. Through mind he conquered the forces of Nature. Through mind he has made machinery do the work of millions of horses and billions of hands. What he will do next, no man knows, for man is just beginning to awaken to his own powers. He is just getting an inkling of the unfathomed riches buried...
deep in his own mind. Like the gold seekers of '49, he has panned the surface gravel for the gold swept down by the streams. Now he is starting to dig deeper to the pure vein beneath.

We bemoan the loss of our forests. We worry over our dwindling resources of coal and oil. We decry the waste in our factories. But the greatest waste of all, we pay no attention to—the waste of our own potential mind power. Professor Wm. James, the world-famous Harvard psychologist, estimated that the average man uses only 10% of his mental power. He has unlimited power—yet he uses but a tithe of it. Unlimited wealth all about him—and he doesn't know how to take hold of it. With God-like powers slumbering within him, he is content to continue in his daily grind—eating, sleeping, working—plodding through an existence little more eventful than the animals', while all of Nature, all of life, calls upon him to awaken, to bestir himself.

The power to be what you want to be, to get what you desire, to accomplish whatever you are striving for, abides within you. It rests with you only to bring it forth and put it to work. Of course you must know how to do that, but before you can learn how to use it, you must realize that you possess this power. So our first objective is to get acquainted with this power.

For Psychologists and Metaphysicians the world over are agreed in this—that Mind is all that counts. You can be whatever you make up your mind to be. You need not be sick. You need not be unhappy. You need not be poor. You need not be unsuccessful. You are not a mere clod. You are not a beast of burden, doomed to spend your days in unremitting labor in return for food and housing. You are one of the Lords of the Earth, with unlimited potentialities. Within you is a power which, properly grasped and directed, can lift you out of the rut of mediocrity and place you among the Elect of the earth—the lawyers, the writers, the statesmen, the big business men—the DOERS and the THINKERS. It rests with you only to learn to use this power which is yours—this Mind which can do all things.

Your body is for all practical purposes merely a machine which the mind uses. This mind is usually thought of as consciousness; but the conscious part of your mind is in fact the very smalles part of it. Ninety per cent of your mental life is subconscious, so when you make active use of only the conscious part of your mind you are using but a fraction of your real ability; you are running on low gear. And the reason why more people do not achieve success in life is because so many of them are content to run on low gear all their lives—on SURFACE ENERGY. If these same people would only throw into the fight the resistless force of their subconscious minds they would be, amazed at their undreamed of capacity for winning success.

Conscious and subconscious are, of course, integral parts of the one mind. But for convenience sake let us divide your mind into three parts—the conscious mind, the subconscious mind, and the Infinite, Subliminal or Universal Mind.

The Conscious Mind

When you say "I see—I hear—I smell—I touch," it is your conscious mind that is saying this, for it is the force governing the five physical senses. It is the phase of mind with which you feel and reason—the phase of mind with which everyone is familiar. It is the mind with which you do business. It controls, to a great extent, all your voluntary muscles. It discriminates between right and wrong, wise and foolish. It is the generalissimo, in charge of all your mental forces. It can plan ahead—and get things done as it plans. Or it can drift along haphazardly, a creature of impulse, at the mercy of events—a mere bit of flotsam in the current of life.

For it is only through your conscious mind that you can reach the subconscious and the Universal Mind. Your conscious mind is the porter at the door, the watchman at the gate. It is to the conscious mind that the subconscious looks for all its impressions. It is on it that the subconscious mind must depend for the teamwork necessary to get successful results. You wouldn't expect much from an army, no matter how fine its soldiers, whose general never planned ahead, who distrusted his own ability and that of his men, and who spent all his time worrying about the enemy instead of planning how he might conquer them. You wouldn't look for good scores from a ball team whose pitcher was at odds with the catcher. In the same way, you can't expect results from the subconscious when your conscious mind is full of fear or worry, or when it does not know what it wants.

The one most important province of your conscious mind is to center your thoughts on the thing you want, and to shut the door on every suggestion of fear or worry or disease.
If you once gain the ability to do that, nothing else is impossible to you.

For the subconscious mind does not reason inductively. It takes the thoughts you send in to it and works them out to their logical conclusion. Send to it thoughts of health and strength, and it will work out health and strength in your body. Let suggestions of disease, fear of sickness or accident, penetrate to it, either through your own thoughts or the talk of those around you, and you are very likely to see the manifestation of disease working out in yourself.

Your mind is master of your body. It directs and controls every function of your body. Your body is in effect a little universe in itself, and mind is its radiating center—the sun which gives light and life to all your system, and around which the whole revolves. And your conscious thought is master of this sun center. As Emile Coué puts it—"The conscious can put the subconscious mind over the hurdles."

The Subconscious Mind

Can you tell me how much water, how much salt, how much of each different element there should be in your blood to maintain its proper specific gravity if you are leading an ordinary sedentary life? How much and how quickly these proportions must be changed if you play a fast game of tennis, or run for your car, or chop wood, or indulge in any other violent exercise?

Do you know how much water you should drink to neutralize the excess salt in salt fish? How much you lose through perspiration? Do you know how much water, how much salt, how much of each different element in your food should be absorbed into your blood each day to maintain perfect health?

No? Well, it need not worry you. Neither does any one else. Not even the greatest physicists and chemists and mathematicians. But your subconscious mind knows.

And it doesn't have to stop to figure it out. It does it almost automatically. It is one of those "Lightning Calculators." And this is but one of thousands of such jobs it performs every hour of the day. The greatest mathematicians in the land, the most renowned chemists, could never do in a year's time the abstruse problems which your subconscious mind solves every minute.

And it doesn't matter whether you've ever studied mathematics or chemistry or any other of the sciences. From the moment of your birth your subconscious mind solves all these problems for you. While you are struggling along with the three R's, it is doing problems that would leave your teachers aghast. It supervises all the intricate processes of digestion, of assimilation, of elimination, and all the glandular secretions that would tax the knowledge of all the chemists and all the laboratories in the land. It planned and built your body from infancy on up. It repairs it. It operates it. It has almost unlimited power, not merely for putting you and keeping you in perfect health but for acquiring all the good things of life. Ignorance of this power is the sole reason for all the failures in this world. If you would intelligently turn over to this wonderful power all your business and personal affairs in the same way that you turn over to it the mechanism of your body, no goal would be too great for you to strive for.

Dr. Geo. C. Pitzer sums up the power of the subconscious mind very well in the following:

"The subconscious mind is a distinct entity. It occupies the whole human body, and, when not opposed in any way, it has absolute control over all the functions, conditions, and sensations of the body. While the objective (conscious) mind has control over all of our voluntary functions and motions, the subconscious mind controls all of the silent, involuntary, and vegetative functions. Nutrition, waste, all secretions and excretions, the action of the heart in the circulation of the blood, the lungs in respiration or breathing, and all cell life, cell changes and development, are positively under the complete control of the subconscious mind. This was the only mind animals had before the evolution of the brain; and it could not, nor can it yet, reason inductively, but its power of deductive reasoning is perfect. And more, it can see without the use of physical eyes. It perceives by intuition. It has the power to communicate with others without the aid of ordinary physical means. It can read the thoughts of others. It receives intelligence and transmits it to people at a distance. Distance offers no resistance against the successful missions of the subconscious mind. It never dies. We call this the 'soul mind.' It is the living soul."

In "Practical Psychology and Sex Life," by David Bush, Dr. Winbigler is quoted as going even further. To quote him: "It is this mind that carries on the work of assimilation and upbuilding whilst we sleep.
“It reveals to us things that the conscious mind has no conception of until the consummations have occurred.

“It can communicate with other minds without the ordinary physical means.

“It gets glimpses of things that ordinary sight does not behold.

“It makes God's presence an actual, realizable fact, and keeps the personality in peace and quietness.

“It warns of approaching danger.

“It approves or disapproves of a course of conduct and conversation.

“It carries out all the best things which are given to it, providing the conscious mind does not intercept and change the course of its manifestation.

“It heals the body and keeps it in health, if it is at all encouraged.”

It is, in short, the most powerful force in life, and when properly directed, the most beneficent. But, like a live electric wire, its destructive force is equally great. It can be either your servant or your master. It can bring to you evil or good.

The Rev. William T. Walsh, in a new book just published, explains the idea very clearly: “The subconscious part in us is called the subjective mind, because it does not decide and command. It is a subject rather than a ruler. Its nature is to do what it is told, or what really in your heart of hearts you desire.

“The subconscious mind directs all the vital processes of your body. You do not think consciously about breathing. Every time you take a breath you do not have to reason, decide, command. The subconscious mind sees to that. You have not been at all conscious that you have been breathing while you have been reading this page. So it is with the mind and the circulation of blood. The heart is a muscle like the muscle of your arm. It has no power to move itself or to direct its action. Only mind, only something that can think, can direct our muscles, including the heart. You are not conscious that you are commanding your heart to beat. The subconscious mind attends to that. And so it is with the assimilation of food, the building and repairing of the body. In fact, all the vital processes are looked after by the subconscious mind.”

"Man lives and moves and has his being" in this great subconscious mind. It supplies the "intuition" that so often carries a woman straight to a point that may require hours of cumbersome reasoning for a man to reach. Even in ordinary, every-day affairs, you often draw upon its wonderful wisdom.

But you do it in an accidental sort of way without realizing what you are doing.

Consider the case of "Blind Tom." Probably you've heard or read of him. You know that he could listen to a piece of music for the first time and go immediately to a piano and reproduce it. People call that abnormal. But as a matter of fact he was in this respect more normal than any of us. We are abnormal because we cannot do it.

Or consider the case of these "lightning calculators" of whom one reads now and then. It may be a boy seven or eight years old; but you can ask him to divide 7,649.437 by 326.2568 and he'll give you the result in less time than it would take you to put the numbers down on a piece of paper. You call him phenomenal. Yet you ought to be able to do the same yourself. Your subconscious mind can.

Dr. Hudson, in his book "The Law of Psychic Phenomena," tells of numerous such prodigies. Here are just a few instances: “Of mathematical prodigies there have been upwards of a score whose calculations have surpassed, in rapidity and accuracy, those of the greatest educated mathematicians. These prodigies have done their greatest feats while but children from three to ten years old. In no case had these boys any idea how they performed their calculations, and some of them would converse upon other subjects while doing the sum. Two of these boys became men of eminence, while some of them showed but a low degree of objective intelligence.

“Whateley spoke of his own gift in the following terms: “There was certainly something peculiar in my calculating faculty. It began to show itself at between five and six, and lasted about three years. I soon got to do the most difficult sums, always in my head, for I knew nothing of figures beyond numeration. I did these sums much quicker than anyone could upon paper, and I never remember committing the smallest error. When I went to school, at which time the passion wore off, I was a perfect dunce at cyphering, and have continued so ever since.’

“Professor Safford became an astronomer. At the age of ten he worked correctly a multiplication sum whose answer consisted of thirty-six figures. Later in life he could perform no such feats.
Benjamin Hall Blyth, at the age of six, asked his father at what hour he was born. He was told that he was born at four o'clock. Looking at the clock to see the present time, he informed his father of the number of seconds he had lived. His father made the calculation and said to Benjamin, 'You are wrong 172,000 seconds.' The boy answered, 'Oh, papa, you have left out two days for the leap years 1820 and 1824,' which was the case.

"Then there is the celebrated case of Zerah Colburn, of whom Dr. Schofield writes: "Zerah Colburn could instantaneously tell the square root of 106,929 as 327, and the cube root of 268,336,125 as 645. Before the question of the number of minutes in forty-eight years could be written he said 25,228,810. He immediately gave the factors of 247,483 as 941 and 263, which are the only two; and being asked then for those of 36,083, answered none; it is a prime number. He could not tell how the answer came into his mind. He could not, on paper, do simple multiplication or division."

The time will come when, as H. G. Wells visioned in his "Men Like Gods," schools and teachers will no longer be necessary except to show us how to get in touch with the infinite knowledge our subconscious minds possess from infancy.

"The smartest man in the world," says Dr. Frank Crane in a recent article in Liberty, "is the Man Inside. By the Man Inside I mean that Other Man within each one of us that does most of the things we give ourselves credit for doing. You may refer to him as Nature or the Subconscious Self or think of him merely as a Force or a Natural Law, or, if you are religiously inclined, you may use the term God.

"I say he is the smartest man in the world. I know he is infinitely more clever and resourceful than I am or than any other man is that I ever heard of. When I cut my finger it is he that calls up the little phagocytes to come and kill the septic germs that might get into the wound and cause blood poisoning. It is he that coagulates the blood, stops the gash, and weaves the new skin.

"I could not do that. I do not even know how he does it. He even does it for babies that know nothing at all; in fact, does it better for them than for me.

"No living man knows enough to make toenails grow, but the Man Inside thinks nothing of growing nails and teeth and thousands of hairs all over my body; long hairs on my head and little fuzzy ones over the rest of the surface of the skin.

"When I practice on the piano I am simply getting the business of piano playing over from my conscious mind to my subconscious mind: in other words, I am handing the business over to the Man Inside.

"Most of our happiness, as well as our struggles and misery, comes from this Man Inside. If we train him in ways of contentment, adjustment, and decision he will go ahead of us like a well trained servant and do for us easily most of the difficult tasks we have to perform."

Dr. Jung, celebrated Viennese specialist, claims that the subconscious mind contains not only all the knowledge that it has gathered during the life of the individual, but that in addition it contains all the wisdom of past ages. That by drawing upon its wisdom and power the individual may possess any good thing of life, from health and happiness to riches and success.

You see, the subconscious mind is the connecting link between the Creator and ourselves, between Universal Mind and our conscious mind. It is the means by which we can appropriate to ourselves all the good gifts, all the riches and abundance which Universal Mind has created in such profusion.

Berthelot, the great French founder of modern synthetic chemistry, once stated in a letter to a close friend that the final experiments which led to his most wonderful discoveries had never been the result of carefully followed and reasoned trains of thought, but that, on the contrary, "they came of themselves, so to speak, from the clear sky."

Charles M. Barrows, in "Suggestion Instead of Medicine," tells us that: "If man requires another than his ordinary consciousness to take care of him while asleep, not less useful is this same psychical provision when he is awake. Many persons are able to obtain knowledge which does not come to them through their senses, in the usual way, but arrives in the mind by direct communication from another conscious intelligence, which apparently knows more of what concerns their welfare than their ordinary reason does. I have known a number of persons who, like myself, could tell the contents of letters in their mail before opening them. Several years ago a friend of mine came to Boston for the first time, arriving at
what was then the Providence railroad station in Park Square. He wished
to walk to the Lowell station on the opposite side of the city. Being utterly
ignorant of the streets as well as the general direction to take he
confidently set forth without asking the way, and reached his destination
by the most direct path. In doing this he trusted solely to 'instinctive
guidance,' as he called it, and not to any hints or clews obtained through
the senses."

The geniuses of literature, of art, commerce, government, politics and
invention are, according to the scientists, but ordinary men like you and
me who have learned somehow, some way, to draw upon their
subconscious minds.

Sir Isaac Newton is reported to have acquired his marvelous knowledge
of mathematics and physics with no conscious effort. Mozart said of his
beautiful symphonies that "they just came to him." Descartes had no
ordinary regular education. To quote Dr. Hudson: "This is a power which
transcends reason, and is independent of induction. Instances of its
development might be multiplied indefinitely. Enough is known to warrant
the conclusion that when the soul is released from its objective
environment it will be enabled to perceive all the laws of its being, to 'see
God as He is,' by the perception of the laws which He has instituted. It is
the knowledge of this power which demonstrates our true relationship to
God, which confers the warranty of our right to the title of 'sons of God,'
and confirms our inheritance of his attributes and
powers—our heirship of God, joint heirship with Jesus Christ."

Our subconscious minds are vast magnets, with the power to draw from
Universal Mind unlimited knowledge, unlimited power, unlimited riches.

"Considered from the standpoint of its activities," says Warren Hilton in
"Applied Psychology," "the subconscious is that department of mind,
which on the one hand directs the vital operations of the body, and on
the other conserves, subject to the call of interest and attention, all ideas
and complexes not at the moment active in consciousness.

"Observe, then, the possibility that lies before you. On the one hand, if
you can control your mind in its subconscious activities, you can regulate
the operation of your bodily functions, and can thus assure yourself of
bodily efficiency and free yourself of functional disease. On the other
hand, if you can determine just what ideas shall be brought forth from
subconsciousness into consciousness, you can thus select the materials
out of which will be woven your conscious judgments, your decisions and
your emotional attitudes.

"To achieve control of your mind is, then, to attain (a) health, (b) success,
and (c) happiness."

Few understand or appreciate, however, that the vast storehouse of
knowledge and power of the subconscious mind can be drawn upon at
will. Now and then through intense concentration or very active desire
we do accidentally penetrate to the realm of the subconscious and
register our thought upon it. Such thoughts are almost invariably
realized. The trouble is that as often as not it is our negative thoughts—
our fears—that penetrate. And these are realized just as surely as the
positive thoughts. What you must manage to do is learn to communicate
only such thoughts as you wish to see realized to your subconscious
mind, for it is exceedingly amenable to suggestion. You have heard of
the man who was always bragging of his fine health and upon whom
some of his friends decided to play a trick. The first one he met one
morning commented upon how badly he looked and asked if he wasn't
feeling well. Then all the others as they saw him made similar remarks.
By noon time the man had come to believe them, and before the end of
the day he was really ill.

That was a rather glaring example. But similar things are going on every
day with all of us. We eat something that someone else tells us isn't
good for us and in a little while we think we feel a pain. Before we know it
we have indigestion, when the chances are that if we knew nothing
about the supposed indigestible properties of the food we could eat it the
rest of our days and never feel any ill effects.

Let some new disease be discovered and the symptoms described in the
daily paper. Hundreds will come down with it at once. They are like the
man who read a medical encyclopedia and ended up by concluding he
had everything but "housemaid's knee." Patent medicine advertisers
realize this power of suggestion and cash in upon it. Read one of their
ads. If you don't think you have everything the matter with you that their
nostrums are supposed to cure, you are the exception and not the rule.

That is the negative side of it. Emile Coué based his system on the
positive side—that you suggest to your subconscious mind that whatever
ills it thinks you have are getting better. And it is good psychology at that. Properly carried out it will work wonders. But there are better methods. And I hope to be able to show them to you before we reach the end of this book.

Suffice it now to say that your subconscious mind is exceedingly wise and powerful. That it knows many things that are not in books. That when properly used it has infallible judgment, unfailing power. That it never sleeps, never tires.

Your conscious mind may slumber. It may be rendered impotent by anaesthetics or a sudden blow. But your subconscious mind works on, keeping your heart and lungs, your arteries and glands ever on the job.

Under ordinary conditions, it attends faithfully to its duties, and leaves your conscious mind to direct the outer life of the body. But let the conscious mind meet some situation with which it is unable to cope, and, if it will only call upon the subconscious, that powerful Genie will respond immediately to its need.

You have heard of people who had been through great danger tell how, when death stared them in the face and there seemed nothing they could do, things went black before them and, when they came to, the danger was past. In the moment of need, their subconscious mind pushed the conscious out of the way, the while it met and overcame the danger. Impelled by the subconscious mind, their bodies could do things absolutely impossible to their ordinary conscious selves.

For the power of the subconscious mind is unlimited. Whatever it is necessary for you to do in any right cause, it can give you the strength and the ability to do.

Whatever of good you may desire, it can bring to you. "The Kingdom of Heaven is within you."

**The Universal Mind**

Have you ever dug up a potato vine and seen the potatoes clustering underneath? How much of intelligence do you suppose one of these potatoes has? Do you think it knows anything about chemistry or geology? Can it figure out how to gather carbon gas from the atmosphere, water and all the necessary kinds of nutriment from the earth round about to manufacture into sugar and starch and alcohol? No chemist can do it. How do you suppose the potato knows? Of course it doesn't. It has no sense. Yet it does all these things. It builds the starch into cells, the cells into roots and vines and leaves—and into more potatoes.

"Just old Mother Nature," you'll say. But old Mother Nature must have a remarkable intelligence if she can figure out all these things that no human scientist has ever been able to figure. There must be an all-pervading Intelligence behind Mother Nature—the Intelligence that first brought life to this planet—the Intelligence that evolved every form of plant and animal—that holds the winds in its grasp—that is all-wise, all-powerful. The potato is but one small manifestation of this Intelligence. The various forms of plant life, of animals, of man—all are mere cogs in the great scheme of things.

But with this difference—that man is an active part of this Universal Mind. That he partakes of its creative wisdom and power and that by working in harmony with Universal Mind he can do anything, have anything, be anything.

There is within you—within everyone—this mighty resistless force with which you can perform undertakings that will dazzle your reason, stagger your imagination. There constantly resides within you a Mind that is all-wise, all-powerful, a Mind that is entirely apart from the mind which you consciously use in your everyday affairs yet which is one with it.

Your subconscious mind partakes of this wisdom and power, and it is through your subconscious mind that you can draw upon it in the attainment of anything you may desire. When you can intelligently reach your subconscious mind, you can be in communication with the Universal Mind.

Remember this: the Universal Mind is omnipotent. And since the subconscious mind is part of the Universal Mind, there is no limit to the things which it can do when it is given the power to act. Given any desire that is in harmony with the Universal Mind and you have but to hold that desire in your thought to attract from the invisible domain the things you need to satisfy it.

For mind does its building solely by the power of thought. Its creations take form according to its thought. Its first requisite is a mental image, and your desire held with unswerving purpose will form that mental image.
An understanding of this principle explains the power of prayer. The results of prayer are not brought about by some special dispensation of Providence. God is not a finite being to be cajoled or flattered into doing as you desire. But when you pray earnestly you form a mental image of the thing that you desire and you hold it strongly in your thought. Then the Universal Intelligence which is your intelligence—Omnipotent Mind—begins to work with and for you, and this is what brings about the manifestation that you desire.

The Universal Mind is all around you. It is as all-pervading as the air you breathe. It encompasses you with as little trouble as the water in the sea encompasses the fish. Yet it is just as thoroughly conscious of you as the water would be, were it intelligent, of every creature within it. "Are not two sparrows sold for a farthing? And one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not, therefore, ye are of more value than many sparrows."

It seems hard to believe that a Mind busied with the immensities of the universe can consider such trivial affairs as our own when we are but one of the billions of forms of life which come into existence. Yet consider again the fish in the sea. It is no trouble for the sea to encompass them. It is no more trouble for the Universal Mind to encompass us. Its power, Its thought, are as much at OUT disposal as the sunshine and the wind and the rain. Few of us take advantage to the full of these great forces. Fewer still take advantage of the power of the Universal Mind. If you have any lack, if you are prey to poverty or disease, it is because you do not believe or do not understand the power that is yours. It is not a question of the Universal giving to you. It offers everything to everyone—there is no partiality. "Ho, everyone that thirsteth, come ye to the waters." You have only to take. "Whosoever will, let him take of the water of life freely."

"With all thy getting, get understanding," said Solomon. And if you will but get understanding, everything else will added unto you.

To bring you to a realization of your indwelling and unused power, to teach you simple, direct methods of drawing upon it, is the beginning and the end of this course. ###

Excerpt from *The Secret of the Ages*, by Robert Collier, published 1926