

**Life Skills  
Workbook  
for  
Clients**

## Vision Statement

In a spirit of gratitude and service,  
the Rapid Eye Technology model  
is dedicated to enhancing the  
awareness of the worth, dignity, uniqueness  
and divine nature of  
each individual, providing an  
environment for transformation  
through education,  
unconditional love,  
honor and community.

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## Rapid Eye Technology (RET)

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# Life Skills Workbook

## Acknowledgments

We appreciate the many clients, books, and other trainings that have been our teachers. We hope you will find this workbook helpful and inspiring.

You can copy anything in this workbook or you may buy additional copies from The Rapid Eye Institute.

Written and edited by Ranae Johnson, Founder – Lynette Butcher and Lynell Beckstrom, Research and Development Directors.

## Introduction

This is a workbook designed to enhance self discovery. Inner work is a continuous life process. The more you focus on knowing who you are, the better your life will work. This workbook is meant to take you to the places where you might have trapped trauma and unresolved emotions stored. This workbook will increase your knowledge and awareness of why things show up in your life the way they do. Rapid Eye Technology sessions discharge the old trapped trauma and greatly assists you in making the connections on all levels, physical , emotional, mental and spiritual. Life Skills assist you in developing new ideas and ways to create quality living.

The truth and awareness you will discover will be yours alone. Each of us in this world goes on our own personal journey. We all have wonderful creative powers to discover. As we bridge the belief in separation and connect to our source, we will discover nothing is out side of ourselves. We begin to find a wonderful new freedom.

Love and Light,  
Ranae

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## Instructions for this Workbook

This workbook is an instructional experience for clients traveling beyond the realm of the past. This journal is designed to promote positive life-style change. It depends upon your motivation and hard work. Your open and honest responses will allow you to personalize the information provided to your individual circumstances.

Don't concern yourself as much with neatness, handwriting or spelling as you do with the accuracy of your statements and the expression of your feelings. Feel free to use any white space of margins to complete your thoughts.

**Something to Consider:** asks you to take a few moments to reflect on a particular issue and determine how it relates to your discovery.

**Fact Finder:** offers you information that may be of interest and of assistance. It may expand on the basic facts in a section in order to assist you in grasping an important aspect of the discovery of yourself.

It contains exercises and study materials that are best done in the life skills class or with your technician and this workbook or both.

It will help you to move beyond your old creations and create something new, instead of returning to old familiar patterns. The rewards are new insights and connections about how your life works - or why it doesn't work.

As you proceed you will become aware of your own creative power, you will be amazed at how the life skills work on physical, emotional, mental, and spiritual levels. It is the other half of Rapid Eye Technology.

### Discovering the Perfect Self Within

If you were building a house you would first have a plan, you would spend a lot of time making sure the detailed of the plan were all in place before you ever began to build.

You would go to the plan often to make sure you were building the house correctly. Life is similar to building a house. The master plan is our perfect self just as God created us. We go back to the original plan or blueprint often. As we build our self we sometimes forget to check in with the master blueprint. We create our ego states after earlier patterns.

We look for our source outside of ourselves. This causes a lot of delay and pain. Finally when we have tried everything else - we go within and discover the real self and find a simple loving plan that was there all along - as humans we have convinced ourselves that life is hard and we are very suspicious of anything simple. Love heals - awareness of life is creative power restored.

Reading or hearing about anything remains in our intellect - we must experience or participate to gain experiential knowledge. It is the difference in eating an apple or studying what an apple tastes like. Truth is simple it goes beyond words. You will find your own truth. Begin the following exercises to determine insights about you. The workbook will assist you in putting the puzzle pieces together of a much larger plan that any of us have ever dreamed. What you get out of the life skills is for you to determine.

***It is your journey - make it a good one.***

# What Are The Life Skills?

Life Skills are the knowledgeable application of natural laws, or principles which govern human development. We have what we call our seven principles of universal truth. A thorough understanding of these principles help us move into alignment with the natural harmony and rhythm of the universe.

## Thought

Thought is the beginning of all creation. We create our own thoughts. We are free to think anything we want. The intent of thought is the primary mover of all creation. Change our thoughts and we will have a better chance of changing our lives. Energy follows thought—matter follows energy.

## Perception

Perception is how we understand or view our world based upon our experience and is filtered through our judgments. It is so for everyone, each person living in a world of his/her own perceptual creation. Most emotions stem from our perceptions. Comprehension of this principle dissolves conflict into understanding.

## Choice and Accountability

We choose how we feel about our experiences. The universe is always accountable to respond abundantly to our choices, giving us experience according to our choice. Choosing suggests the ability to choose again. We can choose to perceive differently and thus change our life experiences. Because of the responsibility the universe has to us, we are bound to the consequences of our choices. When we choose again how we feel about life, we change the consequence the universe delivers to us. Choice and accountability, as a unit, equates to the development of personal empowerment.

## Cause and Effect

What we think, creates and returns again to us multiplied, offering us the opportunity to change our thinking. Since energy follows thought and matter follows energy; negative experiences will follow negative perceptions just as positive experiences will follow positive perceptions. Recognizing how this principle works helps us reclaim our power, changing the cause (our thinking) and the effect (our experience).

## Abundance and Gratitude

Abundance means plenty, sufficient, overflowing, and is a manifestation of thought. The universe is set up to give us whatever we want in abundance. Therefore, what we feed (give energy to) will grow. Gratitude helps us appreciate our abundance as well as giving us the power to change the form our abundance takes.

## Health and Healing

Health and healing is the process of accessing and maintaining a state of wholeness. We are responsible for our own physical, emotional, mental, and spiritual health. As we incorporate all of these principles we understand what we require in order to consciously enjoy this state of wholeness to its fullest.

## Harmony and Rhythm

All universal laws or principles work together in complete harmony. All life exists in a type of one-song rhythm of tone presenting a musical vibration that creates perfect balance such as one might find in a symphony orchestra. This principle focuses on combining all the life skill principles and looking at how to apply them, together, to create patterns that work in life.

**Thought**

# Thought

Think for a moment. Everything starts with a thought. Your home was first a thought in someone's mind. Your car started out in the mind of a designer or engineer. Everything that exists in the present moment was first a thought.

Thinking is a creative force. We are always thinking. There is never a second when we are otherwise engaged. Even in sleep or unconsciousness we are thinking; muscles require sleep, yet thought processes require no rest.

Some thoughts create corporeally, others die in the realm of thought. Some thoughts are meant to be created in our world and others are meant to remain thoughts only. Our thoughts reside in a realm that is free of the limitations of this world; that is, we are free to think anything. We can imagine anything. Since we can imagine or think anything we wish, we can also choose what you will think.

We control our reality by controlling our thoughts. Our world is exactly as we have created it. Dr. Deepak Chopra refers to the space between each thought as *"The realm of infinite possibilities."*

## All Thought is Creative

*"In the Beginning was the Word... John 1:1"*

The principle of thought is; all thought is creative. We are creating our world at this very instant. It is precisely as we think it is, and the moment we take responsibility for our world will be the moment we take control of our world! *"For as he thinketh in his heart, so is he."* - Proverbs 23:7

Thought is the principle that puts all other principles into motion. Nothing happens without thought.

All our worries, woes, troubles, enemies, poverty, and griefs have all been created by us. Though we may point the finger of blame at someone else, we are doing the thinking in our world. Perhaps it's time we took responsibility for our thoughts and change our thinking! *"When I feel alone and separate, I have failed to forgive."*

We can start by realizing that our thoughts are free. We may think any thought we want to think at any point in time. We can choose to imagine our world as perfect, just the way we want it to be: safe, exciting, challenging, successful, warm, comfortable, peaceful, full of friends and loved ones. We can, if we wish, think of an enemy as a friend in our thoughts. We can see our marriage as perfect in our thoughts.

We can imagine getting a raise, driving a new car, buying a new house, or boat. We can imagine anything—without limits. We can choose to imagine life as we would like it to be and then practice focusing our thoughts on that image. Act as if or **"Be"** the part.

To focus thoughts, remember that all thoughts are energy. Energy vibrates at various levels of intensity and frequency. Spiritual thought energy vibrates at a much higher frequency than does temporal, earthly, three-dimensional energy. In order for us to slow spiritual thought frequency down to manifest into our three-dimensional world, we must hold the thought until it manifests.

As we put energy focus into the thought, it becomes manifest in our three-dimensional world of substance. Most of the time, however, we send our thought vibrations out in many directions at once, negating the effect of focusing. Therefore, our desired thoughts never take form in this dimension and we feel frustrated. You are probably familiar with the

feeling of working hard at something just to see it fall apart. Maybe it was a relationship or a project at work. It seems, at times, no matter what the work is or how hard we work, our expected outcome will fail to manifest.

Traumatic memories are something else that can stand in the way of focusing thought. When positive thoughts are negated with traumas, the result is frustration. It is possible, however, to clear out the traumatic memories in the realm of thought through high spiritual experience.

**The RET process works in the realm of thought. We work with thoughts, rather than corporeal reality. RET is another way to clear neural distortions.**

Truth is positive. Truth is forgiveness and love. It is knowing we are loved and worthwhile. We can free ourselves of the bonds of guilt and fear, see our great worth, let go of guilt and learn to control our thoughts. When we identify with the power of our own thoughts, there is nothing we are unable to do, no obstacles we will be unable to overcome. Faith is this power. It can literally move mountains - in thought and in our lives. If we fail to change our thinking, the mountains remain.

### **Getting Control of Our Most Powerful Tool**

The mind is the world's most powerful instrument. By using our mind in the way we choose to think, we literally create our own world. If we change our mind, our behavior will change and so will our reality, our world.

Because the mind is the source of all of our experiences, we can always trace our life lessons back to a pattern of thinking. When we discover the pattern of thought that needs to be changed, the physical symptoms or manifestations will disappear, for their function as the communicator of a lesson is no longer needed.

Miracles are fruits of faith, or the process of acting as if. How do we act as if? We begin by modeling, or imitating, the way we would behave if we had already achieved the desired result. If our desired result was to be a great chef, we would study cooking and use the same recipes that the great chefs use. We would never become a great chef by stirring together the same old box of macaroni and cheese every night.

As we begin to practice acting as if, it becomes more readily apparent that every thought we have makes up some segment of the world we see. It is with thought that we must work.

Every thought we entertain contributes to truth or to illusion. Either it extends truth or it multiplies the illusion! What is an illusion? Can we see our physical life as an illusion? If we did, would it make a difference in our thinking? No one can be a slave to two masters. We must choose in which direction we want to send our thought energy. With our thoughts we give energy to the way our life will be.

Correction happens only at the level where change is possible. Recognize it is unnecessary to feel worried, afraid, or feel sorry for or be critical of ourselves or others. Realize that doubting is the primary cause of many of our troubles. Love is the way to correct our perception. We control our thoughts by controlling the focus of our attention. *"Love allows change."*

### **The Flow of Thought**

Creativity flows in this way: spiritual power, mental direction, emotional focus, physical manifestation. The reason so many of our thoughts fail to come into physical manifestation in our lives is that we judge them and discard them in our thoughts. We focus them out at the emotional level.

Therefore, our physical world seems completely out of focus or chaotic.

Our thoughts will naturally flow where our attention is focused. A famous English satirist was once asked if he would teach the art of caricature. He refused to do so.

“It is not a faculty to be envied,” he explained. “Take my advice and never draw a caricature. You’ll get into that habit and from then on nothing will look good to you. People have a face divine and that is what we should see.”

Some people are caricaturists at heart without being artists. They habitually look for flaws in appearance as well as personality. They find a certain amount of pleasure in poking fun at a person’s nose, mouth, or mannerisms. Thus, they lose the facility of seeing the good things, of seeing people as they are with the charm and beauty they really possess.

Belief begins with belief in ourselves. When we look in the mirror, we are looking at our best friend or our worst enemy. Our world revolves around us. It starts and ends in the heart. What we are and hope to become begins with belief in ourselves. We believed we could walk when we took our first step. We believed we could talk when we said our first word. We believed we could earn money when we started our first job. We believed we could succeed and we probably did because we believed, or we failed because we believed we would fail. *“Where there is no vision, the people perish.” - Proverbs 29:18*

Our whole life is based on belief/faith of one kind or another. We add to the growth and progress of our community when we believe in progress. We support law and order with our belief in fairness and justice. We help all people everywhere with our belief in them.

*“All that we are, arises with our thoughts, with our thoughts we make our world.”*  
-- The Buddha

*“It is the mind that maketh good of ill, that maketh wretch or happy, rich or poor.”*

- Edmond Spencer

### Crafting Reality with Thought

You could spend years gathering self knowledge and self awareness, but in order to change anything you must be skillful in applying the principles of directed thought. Self knowledge without skill in creating with thought renders your knowledge impotent. However, knowing how to create with thought without self knowledge renders your life important. The empowerment growth process is uniquely designed to bring these two vital dimensions together; self discovery and self creation.

The formula for manifestation has been around since the dawn of the universe. It is how the universe works. Every major practical philosophy has discovered these principles for manifestation. It is only by working with these principles and techniques over a period of time that their extraordinary power can be clearly seen and appreciated.

As we learn how to skillfully apply the principles of thought, we discovered not only did we have the ability to have our prayers (otherwise known as affirmations and visualizations) answered but also that our lives take on greater grace and ease. We begin living in harmony with the universe. The principles of manifestation and their application become clear, pragmatic guidelines for living our lives. This continues to be the most powerful knowledge we have, and we hold in great respect.

### The Three Principles of Manifestation

- The Principle of Creative Thought: what we believe is what we create.
- The Principle of Mental Clearing; we must clear our self limiting beliefs before we can

manifest new beliefs.

- The Principle of Vision; in order to manifest, we must have a clear vision of what we want to create.

### Manifesting Thoughts

The process of manifesting our thoughts is the most natural thing we do. Whether we are aware of it or not we are always doing it. Our life today reflects what we've been thinking about in the past. Our life in the future will be a reflection of what we're thinking about now.

In other words, you are already manifesting, and the techniques we're offering don't require any unusual ability. They do require that you be aware of where you want to direct your mental attention and that you learn how to do it with skill. They require that you be conscious of the manifesting process rather than continuing to unconsciously manifest things you don't want.

Think of your mind as a fertile field. Taking control of your thoughts and beliefs makes the difference between a garden that you cultivate and a patch of ground that is left to grow wild, whether cultivated or neglected, something will grow. If you don't plant the seeds of something you want to cultivate, then weeds will grow and continue to produce more of the same.

There are two parts to manifesting. First you need to create a mental seed, which consists of a directed thought called an affirmation and a specific image called a visualization. Then you need to cultivate and nourish this mental seed so that it bears fruit - this is called the energizing process.

### Emotions

Emotions are simply a belief plus a feeling. Sometimes people have a difficult time identifying their emotions or expressing them in a clear and effective manner. Some may

have used mood altering drugs to hide from painful emotions. Still others may attempt to show false emotions to gain some real or imagined advantage over people around them.

In the majority of cases, problems with feelings originated at an early age. People may have grown up in emotionally unhealthy families. As children they may have been abandoned in physical ways, such as being left alone, given inadequate food, clothing or shelter or been beaten or sexually abused. They may have suffered from emotional abandonment by being expected to meet unrealistic expectations and being verbally attacked for coming up short. Their feelings of trauma may have gotten trapped.

The consequence is that people with troubled childhoods often have a difficult time recognizing and expressing their emotions.

### Something To Consider

*"So I filled out this sheet about the kinds of feelings I had experienced growing up. The technician thought it was strange that I had never been lonely, scared, sad or angry.*

*She asked me why I thought other people had chose those kind of feelings and I didn't have any of them.*

*I told her the truth. It was because I had to be tough."*

**Briefly describe how your family expressed feelings when you were a child.**

## Rapid Eye Technology (RET)

Here is a feelings list. Circle those feelings you experience most often. Put an X through those you rarely feel.

Describe the feelings you felt most often as a child.

|              |            |             |
|--------------|------------|-------------|
| Afraid       | Envious    | Lethargic   |
| Aggressive   | Exhausted  | Mischievous |
| Agonized     | Frightened | Miserable   |
| Angry        | Frustrated | Negative    |
| Anxious      | Grievous   | Obstinate   |
| Apologetic   | Guilty     | Optimistic  |
| Arrogant     | Goofy      | Pained      |
| Bashful      | Happy      | Paranoid    |
| Bored        | Horrificed | Perplexed   |
| Cautious     | Hot        | Regretful   |
| Cold         | Hurt       | Relieved    |
| Confident    | Hysterical | Shocked     |
| Disappointed | Innocent   | Smug        |
| Disgusted    | Jealous    | Sorry       |
| Ecstatic     | Joyful     | Tense       |
| Enraged      | Lonely     |             |

What are your strongest feelings today? Describe how you express them.

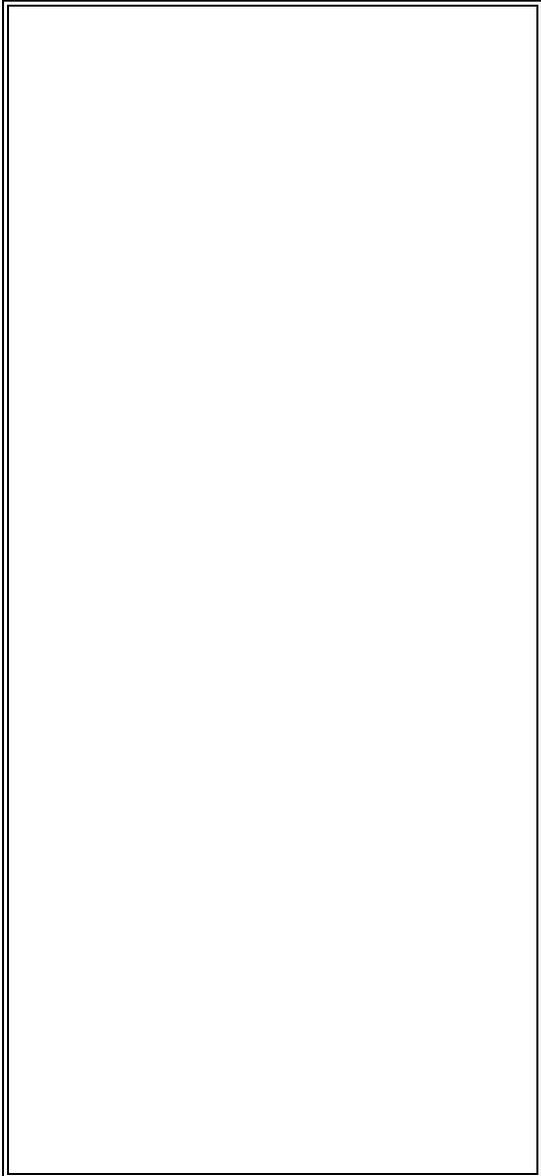
### Your Feelings List: How You Feel

There are so many different kinds of feelings you can experience. And often you mix two or more of them together. You may experience two opposite feelings about a single event. For example, you may feel relieved about not getting the new job you think you wanted yet angry because you were passed over.

**Your Feelings List: What Others See**

How does your feelings list look to other people? Which feelings do you show to others?

**Use this box to show the feelings you think others see in you. Feel free to express those feelings in pictures, doodles or words and phrases.**



Think about the ways you experience each emotion. Now write about a recent situation for each emotion you have experienced.

Recently I felt angry when...

Recently I felt guilty when...

Recently I grieved when...

Recently I felt resentful when...

Recently I felt fearful when...

Recently I felt hopeful when...

**Feelings Can Come in Combinations**

You don't always experience one feeling at a time. Two or more feelings can be experienced at once and they may be at opposite ends of the emotional spectrum.

My example of this is...

**Feelings Don't Just Disappear**

If feelings are ignored, they don't just go away. Feelings stick around and take other shapes and forms. Often, they do damage to your physical or mental health. Feelings buried alive never die.

My example of this is...

**Others Don't "Make You" Feel a Certain Way**

The feelings you experience belong to you. Your feelings may be influenced by others, but your feelings belong solely to you.

My example of this is...

**Feelings Can Be Sneaky**

Often your feelings come in disguises. You can label your emotions. For example, you can feel you are angry when you are really afraid, or you can feel you are sad or confused when you are really angry.

My example of this is...

**Feelings Follow Change**

Strong feelings often come about when changes are taking place. When you rethink, redo, reorganize or rearrange, feelings may come on strong.

My example of this is...

**10 Big Feelings**

Some feelings seem more intense than others. The intensity of an emotion depends upon how important of a role you believe an event has or will have on your life. It is important to recognize that the intensity is based on our perception, which may or may not be factual.

Ten feelings you may be carrying with you are briefly explored on the following pages because they often play important roles in reclaiming your life.

Describe an experience in which you have been genuinely happy.

**The Feelings We Carry**

The first three feelings discussed are most often thought to be positive: happiness, hope and serenity. The other seven emotions have the potential of getting in the way of your quality of life. It is important to note that this does not mean that they are “bad” emotions. Feelings of anger, guilt, grief and fear all have helpful or healing benefits to people in various circumstances.

**Happiness**

Happiness is one of those all-encompassing emotions that can include many different feelings such as jubilation, joy, gladness, elation and cheerfulness. “Feeling happy” is your reaction to a positive circumstance. “Being happy” is often used in a broader time frame relating to how you view your overall state of mind.

You may wish to pay special attention to happiness. You may not have stopped and appreciated for some time those happy feelings that come with honest effort and hard work.

What do you see yourself able to do to bring greater happiness into your life?

**Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of happiness. (10 is maximum and 0 is never).**

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

**Hope**

Hope is a vital emotion of life. It reassures you that something better may be around the corner. Hope is an emotion that responds to where you are now and where you wish to be. Hope also has different shades of meaning such as confidence, anticipation and faith.

Feelings of hope can be effective coping strategies to deal with situations that are challenging and uncomfortable.

**Something To Consider**

*One type of hope can cause considerable damage to a productive life. False hope depends on outcomes that go against realistic odds. Clinging to false hope can keep a person from taking necessary action.*

*Example: "I hope I win the lottery so I won't have to find another part-time job."*

**Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of hope. (10 is maximum and 0 is never).**

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

What are you hopeful about today?

What can you do to help make that hope be realized?

**Serenity**

Serenity is an emotion that is a positive state of mind. It is a feeling of being at peace with yourself. Serenity offers a sense of calmness and comfort.

This feeling of serenity is only possible after we have come to terms with our past, are willing to let go of our need for control and power and ultimately have faith in a power greater than ourselves.

Most often serenity does not come immediately. It is created after a period of consistently responding to daily responsibilities and living with honesty and integrity.

**Serenity Prayer**

*God grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference.*

**Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of serenity. (10 is maximum and 0 is never).**

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Describe an experience in which you have felt serene.

**Fact Finder**

*Here are some suggestions for dealing with fear:*

- *Recognize and accept that fear is normal and is a part of everyone's life.*
- *Admit your feelings of fear to people who are close to you; talk about them.*
- *Identify the reasons for your fear and take appropriate action.*
- *Ask for help.*

What can you do to achieve a greater feeling of serenity?

**Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of fear. (10 is maximum and 0 is never).**

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Make a list of your past fears.

**Fear**

Fear is an feeling that is common to all people. In many cases, fear freezes the person from taking action and the fear just gets larger and larger. In time fer and anxiety are so common that they are always present without any particular event or circumstances attached to them.

Make a list of your present day fears. If you have the same fears for both lists, simply put an asterisk (\*) by them in the first list.

another feeling. Still others may feel anger, but attempt to keep it buried within themselves. Some people use anger as a means of getting their way in social situations.

Anger is an emotion that can block healthy living. People who let their anger “run riot” will not be able to make wise choices in their daily affairs. People who totally stuff their anger will not be capable of receiving the emotional benefits of their recovery. They will become bitter and resentful.

**Dealing with Anger**

**Feel it:** “I cannot pretend my angry feeling does not exist. I accept it as a real and honest feeling.”

**Accept Responsibility:** “I am responsible for my own behavior. I cannot control the actions of others. I can act in a manner which is right for me.”

**Be honest with yourself:** “What am I really feeling? Am I judging other people? Am I angry because my will is not being met?”

What can you do to lessen any of your present day fears?

**Something To Consider**

*Anger is a strong feeling of displeasure that can take many forms:*

- |                   |                   |                    |
|-------------------|-------------------|--------------------|
| <i>Furious</i>    | <i>Seething</i>   | <i>Enraged</i>     |
| <i>Hostile</i>    | <i>Vengeful</i>   | <i>Incensed</i>    |
| <i>Abused</i>     | <i>Humiliated</i> | <i>Hateful</i>     |
| <i>Sabotaged</i>  | <i>Betrayed</i>   | <i>Perturbed</i>   |
| <i>Rebellious</i> | <i>Outraged</i>   | <i>Fuming</i>      |
| <i>Exploited</i>  | <i>Mad</i>        | <i>Frustration</i> |

**Anger**

There are many shades of anger that play out in people’s lives. They range in intensity and meaning, Some people use anger to hide from other emotions.

Others may hide their anger in the cloak of

**Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of anger. (10 is maximum and 0 is never).**

What can you do to lessen any of your present day angers?

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Make a list of your past angers.

Make a list of your present day angers. If you have the same angers for both lists, simply put an asterisk (\*) by them in the first list.

**Grief**

Grief is emotional suffering caused by a loss, real, imagined or anticipated. The greater the loss is to the individual, the more intense the grief will be.

Grief can be both normal and healthy. It is a process you go through to cope with a significant loss and get on with your life.

**Fact Finder**

**Working Through Grief**

- *Recognize the loss.*
- *Allow yourself to experience the pain, anger, depression and fear.*
- *Give yourself time to heal.*
- *Get lots of rest.*
- *Eat healthy.*

## Rapid Eye Technology (RET)

- *Stick with your regular activity schedule.*
- *Keep decision making to a minimum.*
- *It's okay to ask for comforting.*
- *Do nice things for yourself.*
- *Expect a positive outcome—heal at your own pace.*
- *Keep a daily journal.*
- *Share your grief; listen to others who grieve.*

**Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of grief. (10 is maximum and 0 is never).**

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Make a list of losses in your life. Then bracket ( ) those for which you recognize there is still unresolved, incomplete grief.

What do you think is getting in the way of your bringing resolution to this pain?

### Guilt

Guilt is the feeling you get when your behavior does not match your values.

Guilt can be healthy. It allows you to make amends, change your behavior and get on with your life.

Guilt focuses on the deed: “I did a bad act.” Shame focuses on you: “I am a bad person.”

**Values = Behavior ⇔ Guilt**

**Values = Behavior ⇔ Harmony**

Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of guilt. (10 is maximum and 0 is never).

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Make a list of situations and experiences for which you are feeling guilty.

**Shameful messages**

- I must not let others know who I really am. I must continue to fool them into believing I am someone that I am not.
- I feel so lonely and isolated inside.
- I am always feeling nervous and anxious about everything. That's why I need to stay in control. I can't allow things just to take their course.

What can you do at this time to either cope in a healthy manner with the guilt or to lessen it?

**Messages of self-esteem**

- I can laugh at myself. It's okay to make mistakes; everyone does.
- When I am wrong, I can promptly admit it. I don't need to hide from being human.
- I can let go of my expectations of other people. I cannot control other people's feelings or behaviors. I am only responsible for me.

**Shame**

Shame is really not an feeling as much as it is a belief or state of mind. Shame is an inner belief that tells you that you are bad, inadequate, defective or unworthy. Shame is judging yourself and giving yourself a failing grade.

Yet shame may be difficult to recognize in other people or in yourself. That is because shame often hides itself as other emotions or behaviors. It can stay hidden as it gets bigger and bigger.

**Something To Consider**

**Shame takes on many for ms.**

- |                   |                        |                 |
|-------------------|------------------------|-----------------|
| <i>Rigidity</i>   | <i>Shutting down</i>   | <i>Numbness</i> |
| <i>Depression</i> | <i>Controlling</i>     | <i>Rage</i>     |
| <i>Perfection</i> | <i>Procrastination</i> |                 |

**Self Messages**

Self-messages can either encourage shame to grow or serve as a foundation for feelings of self-esteem.

Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of shame. (10 is maximum and 0 is never).

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Words that are reflective of shame are viewing oneself as:

- inadequate*      *bad*                      *damaged*
- a loser*              *inferior*                      *worthless*
- stupid*              *dirty*                      *no good*
- damaged goods*

Circle any of the above shame-based words or phrases that you often think about yourself. Think about where those messages came from.

What messages can you give yourself that ultimately offer greater esteem?

## Two Nasty Feelings: Resentment & Self-Pity

### Resentment

Resentment comes around when things don't go your way. You may think you were cheated or insulted or harmed in some way. Whether your resentment is based on facts or false beliefs makes little difference. Resentment is leftover anger that can keep you from peace and joy.

Three ways to free yourself from resentment are:

1. Take full responsibility for your own behavior.
2. Accept the world as it is today.
3. Forgive those people who you feel have harmed you.

### Something To Consider

#### Dealing with Resentments

*“Resentment is the number one offender. From it stems all forms of spiritual bankruptcy, for we have been not only mentally and physically ill, we have also been spiritually ill.”*

Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of resentment. (10 is maximum and 0 is never).

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

## Rapid Eye Technology (RET)

Make a list of resentments you are still experiencing today.

Place and X on the scale to indicate how frequently and intensely you currently experience the feeling of self-pity. (10 is maximum and 0 is never).

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

What can you do to “let go” of those resentments?

What self-pity thoughts or phrases do you use?

What do you need to tell yourself or do to get out of a self-pity mode?

### Self-Pity

Self-pity says, “I am more interested in feeling sorry for myself than taking positive action to move forward.”

Self-pity paints a person as a helpless victim of life; “Why should I like myself, when nobody else likes me?”

Three ways to free yourself from self-pity are:

1. Take steps toward a solution, even if they must be small steps at first.
2. Focus some of your energy on helping others around you.
3. Give yourself credit for where you are today, and your willingness to change.

Your emotions are a normal and important part of your life. Because of the way emotions sometimes suddenly appear you may think they are automatic and that you have no control over them.

You will discover that this is not true. In fact, three important things to remember about emotions are:

1. The emotions you experience have a great deal to do with what is important to you, how you view yourself and the world around you.

2. You can best think about an emotion as being a mini story within your life. It will be helpful for you to figure out the plot of those emotions that cause you trouble.

3. Remember an emotion is a belief plus a feeling. Change your beliefs—change your feelings.

So often people attempt to separate how they think (reason) from how they feel. It is impossible. Your feelings are not irrational. They depend a great deal on how you think.

Therefore, when a feeling becomes intense and troublesome, it is helpful for you to think of it as a personal story or drama and ask, “Why do I feel this way?” or “What are my beliefs that cause this intense emotion?”

### A Sporting Example

If you are a fan of Team X that has just lost a close game to Team Y, you may feel sad and disappointed. However, if you are sitting next to a fan of Team Y, she may feel happy and relieved. You both witnessed the same event but your emotional responses are totally opposite. This illustration represents the fact that your feelings are not automatically based on an even, but more on how you view yourself (you identify with the success of Team X) and how you view the world around you (you put importance on your team’s athletic success).

### Labeling and Judging

One of the ways we begin to make sense out of life when we are very young is to label people, things, and situations and categorize or judge them as desirable or undesirable. This is the way we develop our own value system. This is a good thing. In the beginning, it helps us manage life. As we grow up and begin to be able to think abstractly, it is not necessary for us to judge or

label events or people. In fact, if we can’t learn to separate the person from the event, we will never develop self-acceptance and self-love.

Being “judgmental” indicates how much personal pain we are in and how much shame we are carrying.

Labeling and judging are blocks to achieving healthy relationships. These prejudices interfere with the ability to see the healthy, whole and divine in another.

Some labels that I have overheard people use include the following:

- I can’t sing, write, or dance.
- You’re so sloppy.
- We are poor.
- You’re always causing trouble.
- He is too soft.
- She is so overpowering.
- I’m so accident prone.
- He’s shy.
- She is always like that .

Change the label to a positive choice. Then re-label that “It just is”. Each of us could supply our own list of labels we have been given, we’ve given others, or that we give ourselves through our self-talk even if it is only in jest. Labels tend to stay with us. We are all carrying around labels from our childhood, and many of those labels still have an impact on how we live our lives.

Some labels I've had through out my life:

The following is a summary of a negative thinking process and the results of this labeling:

- (1) We label someone or something because of what we know or perceive from experiences, or from hearsay.
- (2) We use this label and control or manipulate people or events to make it true.
- (3) We disregard evidence that suggests the label is inappropriate, dismissing it as accidental or mistaken. Denial.
- (4) The result becomes a pattern that we trust and set up.
- (5) We expect this plan to work and create a belief system to sustain it. We enlist others to support us, too.
- (6) If our expectations are unfulfilled, we blame the guilty other who caused the failure, seek ways to change their thinking, or eliminate them so we can be right.

In his classic best selling book, *“Think and Grow Rich”*, Napoleon Hill wrote, “... our brains become magnetized with the dominating thoughts which we hold in our minds and, by means with which no man is familiar, these “magnets” attract to us the

people, the circumstances of life which harmonize with the nature of our dominating thoughts.”

James Allen wrote in *“As a Man Thinketh”*, “...a man sooner or later discovers that he is the master-gardener of his soul, the director of his life. He also reveals, within himself, the laws of thought, and understands, with ever increasing accuracy, how the thought-forces and mind elements operate in the shaping of his character, circumstances and destiny.” He added, “That circumstances grow out of thought every man knows who has for any length of time practice self control..”.

In *“The Magic of Believing”*, Claude Bristol again speaks of the mind's power to attract. “Our fear thoughts are just as creative or just as magnetic in attracting troubles to us as the constructive and positive thoughts in attracting positive results. So no matter what the character of the thought it does create after its own kind. When this sinks into a man's consciousness, he gets some inkling of the awe-inspiring power which is his to use.” He later says, “What may appear as coincidences are not coincidences at all but simply the working out of the pattern which you started with your own weaving.”

In offering some explanations of the mind's power to attract, Bristol makes the point that radio waves pass easily through wood, brick, steel and other so-called solid objects and suggests that we might see thought vibration in a similar light. He asks the question, “If thought waves, or whatever they are, can be tuned to even higher oscillations, why can't they affect the molecules of solid objects?”

I quote Shakti Gawain, author of *“Creative Visualization”* on the same theme. She says, “Thought and feelings have their own magnetic energy which attracts energy of a similar nature... This is the principle that whatever you put out into the universe will be reflected back to you. What this means from a

practical standpoint is that we always attract into our lives whatever we think about most, believe in most strongly, expect on the deepest levels, and/or imagine most vividly.”

Richard Bach wrote, “We magnetize into our lives whatever we hold in our thoughts.”

A thought is not a “nothing”, but a “something”. In order for you to think it, it must exist. It must be a thing! And as it is a “thing” with an energy of its own, a thought must necessarily be bound by laws and principles like everything else on this planet.

Perhaps seen in this light it is easier to acknowledge that the law of attraction is as real and as powerful as gravity and electricity.

The list could go on and on. The object is to provide some clarity for us, as to how the mind creates the results we reap. The proper use of our mind will enable us to achieve our goals far more quickly and easily than we otherwise would.

## You Are Always Right

Isn't it a great feeling to know that you are always right? Our thoughts are so powerful that whatever we believe in will happen. If a person chooses to believe in illness, he will have it; if a person believes in health, he will have that.

As difficult as it may seem to admit, at some level we choose our life and life situations. Whatever your situation in life, there is something there for you to learn and experience. There is a purpose for everything. If you are unhappy with the lessons you are learning, set your intention to learn the lesson quickly. You can learn the lesson quickly and choose again; choose to be healthy and whole. All things are possible through faith; acting as if.

An affirmation is a statement affirming what you want in your life. It is a declaration of the new belief you are creating. To be effective it needs to be:

- **Written Down:** writing down an affirmation begins making your intangible thought more concrete. To put your wish in a sentence form demands that you be clear about what you want.
- **Stated in the positive:** when you affirm positive thoughts, you immediately begin manifesting the thing you desire. When you affirm what you don't want; “I'm going to loose weight;” or I'm no longer going to be afraid of my partner;” you are actually putting energy into it and supporting it with our mental attention. Instead of getting rid of it we are bringing it more powerfully into our life. Reframing our desires in the positive makes a difference.
- **It works to have your affirmation to the point and articulate (succinct):** It is easier to focus on. Avoid making the affirmation wordy. You are sculpting a single key thought.
- **Specific:** when you get specific you realize just how much power you have. You remember that you are in charge of your own destiny. The way you become practiced at being a creator is through the act of creating. It's an evolutionary process, and your understanding of yourself and of the creative principles involved will evolve. There are no mistakes. What comes back to you is simply feedback that helps you refine your understanding of what you value in life.
- **Magnetic:** Make your affirmation as attractive as possible. The more the affirmation evokes deep feelings in you, the more you'll be able to put your full energy behind it. Be passionate about what you want. *Emotion is energy in motion.*
- **Stated as it already exists:** The affirmation will manifest in the time frame that you create in your mind. If you state you affirmation as something that will happen in the future it will

always be in the future. “I AM” or “I HAVE” acknowledges it as a present reality. We need to see the future in our mind as if it already exists. Don’t worry for the moment about not knowing how you will get from here to there.

- **Include You in it:** Use “I”, “me”, your name, or any other method of allowing you to personally identify with the affirmation.

- **About Changes for Yourself, Not Others:** The primary thing we always have control over is our attitude and behavior. If you direct your affirmations to bringing about changes in yourself, you will be surprised by how much this actually begins to affect your relationship with other people. The most effective and enduring way to change a situation is to change yourself. (This doesn’t rule out speaking to and working with the other person to resolve the problem.)

- **Avoid Self Sabotage:** The affirmation must appear to be within the realm of possibility for you to accept it into your consciousness. If its too large a stretch from where you are now, you will subconsciously build up resistances. However, it has to be enough of a stretch to excite you to want to create it. Our affirmations need to extend the boundaries of our sense of self without going so far out that they seem utterly impossible.

Some people have said, “I can’t do affirmations. They feel like a lie because what I am saying is false.” This is where faith enters in. One definition of faith is a hope for things unseen. That is the value of stating the affirmations in the present tense: rather than faking it, we are faithing it.

The body must have a pattern to follow. By “being” what we are working for first; our bodies will do what is needed to have what we want. The Universe supports us when we flow in our lives from being to doing to having – with **being** happening first.

### *Some ideas for positive affirmations:*

- “I love and approve of myself now.”
- “I see the divine in every situation now.”
- “I have an abundance of all things good now.”
- “Everything I eat turns to health and beauty now.”
- “My actions serve the highest and greatest good now.”

Affirmations are best done in a relaxed, alpha state: a quiet, meditative condition. Meditate by first finding a place in your life where you are already experiencing meditation without recognizing it. That could include times when you are daydreaming or doing repetitive tasks, such as washing dishes. Then relax and visualize things as you want them to be. Clarify in your mind what you want, and create a statement that fits appropriately like the examples above.

Make your own list of affirmations that work for you. Look at the areas of your life that you want to have healed, or characteristics you want to develop. State them in the positive, in present tense, and focus on them daily with faith.

Two affirmations for myself:

### Visualization

A visualization is a mental image or picture. Affirmations and visualization used in tandem create the best results. Like a movie, images and narration together have the maximum impact.

Visualization is a process of creativity and imagination rather than an optical technique. In order to visualize you need to think of an image that represents the thing that you want. If you want a car, begin to think about how you want that car to look? What make or model is it? What color? Convertible or hard top? Standard or automatic?

If what you want is more intangible, such as more confidence, you can build an image slowly, detail by detail. You can create an image of yourself as more confident. How does your face and body look. How do you physically move? You have just sketched a mental picture.

Until you can visualize something as being possible, that thing can not begin to manifest. You must see the possibility clearly in order to move toward it.

If you can think of an image or picture, you are capable of manifesting it. To have the greatest power to manifest, your visualization should:

- **Evoke Feeling:** your mental image should evoke feelings of excitement so that you want to bring it into your life immediately. The more emotionally appealing the picture, the more enthusiasm you will have to create it.
- **Use a Single Image:** create a simple mental picture that is meaningful to you. It should be like a snapshot capturing a moment in time.
- **Include you in the Image:** you are the star of your life drama. See yourself enjoying

whatever it is that you have mentally created. Allow yourself to feel the satisfaction and fulfillment of your accomplishment.

- **Be Literal or Metaphoric:** If you are working on something to manifest physically, you might create a literal mental picture. If you are working on an attitude, you might create a metaphoric mental picture.

### The Energizing Process

An affirmation combined with a visualization produces a thought form. It actually gives shape, definition, and form to a thought. It now has possibility and must be given energy to grow.

To allow this thought form to grow, the first thing you need to do is create expectancy. You create whatever you expect to create. Our world is a picture of our expectations. To manifest your thought you need to believe it will manifest. You must have a state of knowing. The principal way to nourish your affirmation and visualization is by the simple act of repeating and seeing it on a daily basis.

As you develop a state of knowing you will start performing with the actions that will assist manifestation. You are committed to a vision you believe will manifest, so you do what it takes to make it happen.

### Relationships

We can redefine ourselves and others with our thoughts. It is in our thoughts that we experience everything. All our feelings come from our thoughts. The feelings or emotions that we generate are the connections to other thoughts or people. Most of us never consider the great power we have in our ability to think. All of our relationships are connected by invisible thoughts. What you think about

expands, and your thoughts originate within you.

Our relationships reflect how we relate to ourselves. What you experience inside you gets there by thoughts. If we can look beyond the lesson that we or others are in and see the perfect spiritual being within, then we can love and lose the need to be controlling.

If we desire to change our thoughts and our lives, then we begin by knowing we have already arrived, and the miracle will happen.

Because so many people base their self-worth on the opinions of others, we can help them change their lives when we see and treat them as perfect and complete divine beings already.

### **My Story Activity**

This is an opportunity for you to explore your past. Much of this information may be helpful to you as you explore your current quality of life. The more open and honest you can be, the more you will gain from doing “your story.”

Don't rush through this activity. Relax, close your eyes for a few minutes and put yourself back into your past. Remember how you felt about important events and people in your life.

### **Tips**

- *Let your mind relax*
- *Think about your past before writing.*
- *Allow yourself to feel the emotions of that time.*
- *Don't be concerned about neatness, handwriting or spelling.*
- *Let your thoughts and feelings flow on the*

*page.*

- *Reread each journaling section before moving on.*

### **My Early Childhood**

- Important people
- Important events
- Feelings I had as a child
- Losses I experienced as a child

### **My Preteen Years**

- Important people
- Important events

**Important things about my home life I have not mentioned**

- Feelings I had as a preteen
  
  
  
  
  
  
  
  
  
  
- Losses I experienced as a preteen

**My Teenage Years**

- Important people
  
  
  
  
  
  
  
  
  
  
- Important events
  
  
  
  
  
  
  
  
  
  
- Feelings I had as a teen
  
  
  
  
  
  
  
  
  
  
- Losses I experienced as a teenager

**My Adult Years**

- Important people
  
  
  
  
  
  
  
  
  
  
- Important events
  
  
  
  
  
  
  
  
  
  
- Feelings I had as an adult
  
  
  
  
  
  
  
  
  
  
- Losses I experienced as an adult

- This is how my life has flowed as an adult

- Today I feel...

**Here are some other things about myself that I have not mentioned**

- Today I will...

**Give Yourself Credit**

You deserve a personal congratulations for your commitment to building a positive life-style.

The important issue is to take advantage of the opportunity that is available to you today. It is now up to you to pursue what you want.

Stay open to the suggestions that are offered. Do not close down on recommendations that may have failed in the past. You are at this moment of opportunity for the very first time.

Complete these statements with the first thought that comes to your mind.

Today I believe...

**Additional Activities:**

1. Write down on a piece of paper something you want to create in your life. Spend ten minutes per day imagining what you would do with what you created on a spiritual level, mental level, emotional level, and physical level.

2. For one day carry a small notebook and write down each time you say the words "I am" or "but". Notice your statement of being "I am" identifies who you are. Are you creating negative or positive with your "I am" statements? Next notice how you negate every thing you say when you use "but" at the end of or in the middle of your sentence. For example: "I would have already done that but I didn't know how." Or "You sure have a beautiful dress, but you look better in red."

3. Breathe deep for at least two minutes, notice how much better you feel and how your

energy level has gone up. Make sure you have an open window in your house (especially in your bedroom) to let negative energy escape.

4. Make your own meditation tape or positive affirmation tape. Listen to it every night before you go to sleep. Blink them in every cell.

5. Look into the mirror and say positive affirmations to yourself.

## **Perception**

# Perception

## The Philosopher's Answer

The story is told of a philosopher who stood at the gate of an ancient city greeting travelers as they entered. One of them questioned him: "What kind of people live in your city?"

The philosopher met the question with a counter question: "What kind of people lived in the city from whence you came?"

"Oh, they were very bad people," answered the traveler, "cruel, deceitful, and devil-worshipping."

"That's the kind of people who live in this city," declared the philosopher.

Another traveler came by and asked the same question, to which the philosopher replied: "What kind of people lived in the city from whence you came?"

"Oh, they were very good people, answered the second traveler, kind, and truthful, and God-loving."

The philosopher replied, "That's the kind of people who live in this city."

Perception is, in a nutshell, our beliefs based on our experience. The way we perceive our present-day world is based on how our world has been in the past, and the meanings we put on those experiences are based on that perception.

There is no right or wrong in perception. Perception simply is! It is made up of either illusion or reality. Illusion is defined as anything that is temporary in nature, that was thought up by man, and had a perception placed on it. When two or more people agree on this illusion, it then becomes their reality.

Perception can make whatever picture the mind desires. This is especially important to remember in the way we perceive others.

Whenever we judge anyone negatively, we are really judging those aspects in ourselves. It is impossible to see something in someone else unless we perceive it in ourselves on some level of experience. "*What we resist persists.*"

Instruction in perception will help us realize there is always another way to look at any situation. With improved perception we can avoid judging others. "*The prize of experience is perspective, everything else is information.*"

Perception is a mirror not a fact. What we look on is our state of mind, reflected outward.

We are affected only by our thoughts and perceptions."

## Five Blind Men

There were five blind men who were asked to give their best judgment of an elephant, based upon the perception of their experience. One, after feeling the elephant's tail, declared that certainly an elephant was like a rope.

The second protested, having touched the trunk and concluding the elephant was undoubtedly like a snake.

The third man bumped up against the elephant's tusk and stated conclusively that this animal was like a spear.

The elephant flapped his ears and the fourth was assured that the elephant was like a fan.

The fifth man wrapped his arms around the elephant's leg and tried to lift it. He was fully convinced that this was like a tree.

When circumstances seem to move against us,

## Rapid Eye Technology (RET)

it is because we are looking at events through our natural eyes, rather than the eyes of faith. We are unable to distinguish between advance and retreat. Some of our greatest advances we have judged as failures, and some of our deepest retreats we have evaluated as success. The insignificance of the present moment, with its seeming failures, contains within it the seeds of triumph. What seems to be, may conflict with what is. Sickness or suffering is usually a problem of guilt in the mind, changing our perception.

There are as many perceptions of what truth is as there are people on the planet. Wars have been fought because we forgot our "truth" wasn't the only truth. Each of the blind men in the story knew he was right, and quite a melee could have broken out had each man decided to battle for his version of what was right. The next time you encounter a similar situation, rather than fight, ask yourself if you would rather be right or happy.

### **(1) To determine if beliefs you hold are fact or perception:**

List six things you believe about yourself that are truth to you.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List six things you believe about relationships in your life.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List six things you believe to be true about money.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List six things you believe about your life's work.

1.

3.

2.

4.

3.

5.

4.

6.

5.

**(2) After each belief , write whether it was your truth or if someone else has suggested it to you as their truth.**

6.

List six things you believe about health and healing.

1.

We are the creators of our worlds. We get to choose the foundation we build our life upon. Universal truth is self evident. If you wonder if what you perceive is truth—go inside and ask yourself, “Does this acknowledge and support the magnificent being that I am?”

2.

Faith is the exercise of the “Act as if” principle. In other words, we become what we act. Acting is a great profession and we pay highly those who become really adept at it for our entertainment. Consider for a moment that we are all actors on our perceptual stage. We act out our perception of who we think we are constantly. When we perceive ourselves as inadequate, foolish, or unworthy, we tend to “act as if” and model those qualities, becoming more inadequate, foolish, and unworthy. Since we are always completely faithful to our performance, we become what we act, thereby fulfilling our perception of ourselves. What’s more, we even have the faith to create scripting for other actors to play with us. That is, we perceive how others will act for us, too. We are literally creating our own world around us with our perception and faith. It is true that whatever the mind can

3.

4.

5.

6.

List six things you believe about your future.

1.

2.

conceive and believe, it will achieve. Put that powerful faith machine to work now to consciously create what you choose.

### Projection Makes Perception

What we have inside is what we project. Consider looking at your perceptual world as a mirror of what's going on inside you. Fear will cause us to see the world as threatening and hostile, with anger and attack as its expressions. Joy within will cause us to see the world as safe, beautiful and helpful to us, with excitement, wonder, and gratitude as its expression.

To affect a change, choose to see only good in yourself, others, and the world. It may take some practice. Begin today to love.

Never allow fear, misunderstanding or a lack of forgiveness to block your way. The next time you feel angry with someone, stop for a moment, retreat to a quiet place, and see if you are also feeling some guilt or anger at yourself. If so, choose to forgive yourself and let the guilt go.

Learn from it and send it along its way with gratitude for its service to you. See then if you still feel angry. Letting go of guilt will free you to see and enjoy truth rather than give you license to hurt yourself or others.

We often fight life because we fail to perceive our own best interests. It is rare that we can know how any particular experience will fit into the whole plan for good in our lives. And often there is a difference between what we think is good for us and what really is good for us.

We come to realize that we only need to let go of our attachment to people or things to make life change. We can physically remove ourselves from people and things, yet if we keep mental ties to them, we will attract a similar lesson somewhere else. We might

consider keeping the attachments only until we've gotten the learning and then let them go.

So long as we seek anything, outside ourselves, we will never have complete peace. Life is constantly presenting to you a mirror of what you are feeling and experiencing within yourself. All our answers, therefore, must come from within ourselves. Fulfillment comes only through the real self within.

Negative circumstances will fail to survive when you refuse to sustain them with your emotional energy. Learn from the mirror of life, including people and things, reclaim your own light from within, and awaken to your own powerful self within.

### Perception and Criticism

We are on our life's journey. It is unnecessary to reuse and regenerate old lessons or thoughts and perceptions. We can create new tools that serve us better.

If we call ourselves negative things, our mind and body will honor that. It will send the signal out through our bodies to create what we have thought and said. If we want positive to expand in our lives, we must speak it, think it, and act it.

We can choose to stay focused on what we are for, or what we are against. It is impossible to teach by criticism because criticism focuses on what is not or areas that are lacking. Only by love, firmness, acceptance, and seeing the good in others can we see the good in ourselves.

Consider for a moment that we are already perfect, just as we were created. We must do nothing more to become so. What we require, however, is to become aware of our perfection.

This is a matter of a perception change, or, in

other words, a paradigm shift to viewing things in a different way than perhaps we have ever done before.

It's fun to practice and see our perfection. Each time we overcome, release and forgive, we become stronger and improve our ability to imagine ourselves as perfect and joyful. It is our birthright as humans to be joyful.

If we wish to grow and heal, it means self transformation will happen on all four levels: physical, emotional, mental, and spiritual. Choosing to rid ourselves of our obsolete conditioning is the first step.

Desire is the first and most important ingredient to healing. People who really want growth and freedom from pain come into a RET session eager to let the past go. They make their growth and healing a priority. What is put into this effort comes back compounded.

Once we have experienced growth we will discover that we are unwilling and unable to go back. We will continue the process of broadening perceptions, and eventually perceive beyond our normal sensory parameters.

The ability to filter input from the senses through past experience is perhaps the most marvelous function built into the mind.

When we receive input from our senses, our mind compares the present image with a similar incident from our perceptual past rather than recreate the entire image from scratch. It merely compares and notes the differences. Differences are much easier and faster to process than complete recreations.

When you walk into a room, you receive sensory input from your eyes that take in everything you see in the room. If the image of the room as you see it appears similar enough to rooms you've seen in past experience, you feel all is right or normal. If one of the chairs has a red rubber ball on it,

however, you would notice the ball right away.

Your mind might perceive that the ball is out of place or inconsistent because it fails to compare with your past experience with chairs. If a mouse were to run across the floor, you would notice that right away, too, because it is in motion while everything else is still.

The images your mind uses for comparison are perceptions stored in memory. When those images are traumatic memories, they have priority over all others because those memories are associated with survival. They are highly distorted by pain, so the filtering (perceptions) may become distorted, too.

We can greatly facilitate our own growth by avoiding attachments to our flawed perceptions and letting go of addictive behaviors based upon those perceptions.

By quieting the mind we can emancipate ourselves from our habits. People often perceive this to be difficult or impossible. Our experience has been that it is very difficult to remain in our painful habits once we rid ourselves of our conditioning because positive, whole, unconditional love is our natural, spiritual state.

**Additional Activities**

- (1) Write your own story in the positive. If needed create a new family or people to create positive memories. Create what you want, observe how wonderful this makes you feel.
- (2) Create your own Epitaph, the objective of this is to remind you what a profound experience life is. Write an honest Epitaph in tribute to your life thus far.

## Seven Stages from Projection to Integration

**1. We search for and find the perfect person to hold our projection.** For example, if we fail to claim our leadership or beauty, we may idolize someone with strong leadership skills or idolize someone who we perceive as beautiful. If we have difficulty expressing our anger, we will often experience difficulty with someone who does express anger. In this stage we never see people for who they are; we see only what we want them to be for us.

**2. The projection begins to slip.** We begin to see that our idol may be something other than what we have projected; however, we readjust the projection with rationalization and excuses because we don't want to believe the projection is part of our own nature. For example, the effective leader may have unskillfully handled a situation, yet we rationalize that everyone has a hard day or that the people involved actually deserved the treatment. By doing this, the projection that had begun to slip is put quickly back into place.

**3. The projection totally falls off.** At this point no rationalization can be made. We are forced to see who the person is beyond what we projected. We become disappointed, angry, blaming, and judgmental. Now we have the choice to either move to stage four, or to pick up the projection and look for another person to carry it for us rather than bring it home. Often we spend years just doing stages one, two, and three. We find different people who hold the same projection of those parts of ourselves that we are unwilling to bring home and claim. For example, if we find our own anger difficult to accept, we may often put it outside of ourselves, and judge or avoid it

when we see it expressed in another person.

**4. Recognition.** We realize that it was a projection, and we see that it was our own material. It is the stage of grief: grief for the lost part of ourselves that has been away for so long; and grief from the recognition that we didn't see the other person for who he or she was, and now recognize the unintentional harm that we may have done in stage three.

**5. Compassion for and integration of the projection.** In this stage we have compassion for ourselves and others with similar issues. We model the quality that we once projected rather than continue to place the projection outside of ourselves. We move into a state of responsibility and begin to exercise power over the qualities and characteristics we had once projected.

**6. Gratitude for the integration.** We begin to recognize in this stage that all we perceive in others is only what we project from within us. We then feel gratitude for the return of our own power; power to write our own script; power to change our script ourselves; the power of our own innate creativity. We accept and feel gratitude for the mirror that life is to us.

**7. Celebration of oneness.** In this stage we take gratitude one step further and actually celebrate the oneness of integration we have with all our projection. We recognize the projections for the illusions they are and celebrate the beauty of our own creations. We exalt all life because it is recognized now as the mirror of the ultimate expression of godly love with is ourselves.

**Choice  
and  
Accountability**

# Choice and Accountability

In learning to understand the principle of choice and accountability, it is important to remember that this principle is universal. On every level of learning we have the ability to choose. Sometimes we are unaware that we can choose or that we have alternatives available to us. Sometimes we get so involved in the results of our choices that we lose awareness of the power we have to choose again and provide a new result. Until we recognize our responsibility for our choices and the results they provide, we limit our power to change the things in our lives that we desire to change. In other words, we limit ourselves with our limiting choices and limited awareness.

Let's talk about responsibility as it relates to choice. To be responsible is, literally, to be "able to respond" to our choice. Responsibility is occasionally perceived as blame or guilt. Consider for a moment how unable to respond you become when filled with guilt or blame. Responsibility has been defined by some to mean that you follow a course of action that they approve of. True responsibility is to act appropriately for you in consequence of your choice.

Accountability is the ability to balance the books. It is the ability to balance the choice with its consequence. In other words, we make the choice and the universe balances the books by providing us with a consequence or result. Nature is truly our best friend, keeping us constantly abreast of our choices by providing us a sensory extravaganza expressing even our deepest thoughts. Life is a constant and eternal round of thought, image, action, result. We choose and the universe provides us experience. For example, if you choose to feel sad, the universe will account for that choice by providing you with a situation in which you may feel sad. By choosing to feel joyous, the

universe will account to you with situations that provide you with that feeling. What a gift!

It is the way of the natural world to be obedient to our thoughts and feelings. This may provide us some insight into why co-dependency can be so debilitating to relationships. When we attempt to save people from the natural consequences of their actions, we seek to replace the universe and its infinite wisdom with our limited understanding. We seek to take away someone's accountability, and therefore, the arena for their learning and growth. This will result in a cycle of creation and reaction for us that repeats itself over and over again, until the lesson is learned and the cycle is completed.

Our choice is the cause, the thought, the beginning of the cycle, the alpha. Accountability is the universe's response to our cycle, the have, the result, the omega. The cycle returns again to another choice, the universe is accountable to provide us yet another result.

*This is the eternal balance of life, the ancient law of the Two Ways.*

## The Formation of Patterns

To really be at choice we must be as awake as we can be as to how we create what we do in our lives. We are really pretty amazing. Let's take a look at our minds. When we walk across the street, do we have to concentrate on each step? Do we have to think about how to chew gum? Do we have to work at digesting pizza? Do we have to concentrate to keep breathing? No.

We do these things with our subconscious mind. Our subconscious mind is responsible for a large portion of the results we get in life.

When we find history repeating itself in our lives, it is our subconscious mind that is responsible. Many of us have recurring limiting patterns that keep on cropping up.

Do you know someone who is always late? You set the time to meet at 7:00 am and sure enough they'd arrive at 7:15 am. There are always many reasons; "I could only find one shoe;" "The goldfish was sick," or "I couldn't find my keys."

This person thought that the world was sabotaging him. He was not trying to be late consciously, but on his subconscious he had a program that said, "You are always running behind" and that program was running his life.

There are many types of patterns we run:

**Drama Patterns:** Life is a long drama. Some crisis is always happening. Whenever their life threatens to go smoothly, a little subconscious voice says, "Hey, this can't be right!" and very soon another drama emerges. The job is lost, have to have another operation, get arrested...and everything returns to normal.

**Accident Patterns:** Some people spend life falling off ladders, off bicycles, out of trees, having car accidents.

**Sickness Patterns:** Some people get sick twice a year. Some people get sick every time a big opportunity comes along. Some people get sick every Monday morning.

**Mess Patterns:** These people don't consciously try to do it but everything's a mess and if you straighten it within twenty minutes, it will be a mess again.

**Victim Pattern:** "People are nasty; "life is horrible; "Why is the world doing this to me?" Pattern. This one is really no fun!

**Lack Pattern:** There's only enough to get by. It doesn't matter how much money comes in, it always ends up gone.

Then there's all those patterns around loss,

abandonment, rejection, not good enough and so on and so on.

### EXERCISES

Identify 3 limiting patterns you have noticed in your life:

1.

2.

3.

What are the core beliefs that keep creating these patterns?

What are some of the things you can do to counteract the patterns results?

We begin to form patterns right from birth. This is why they are persistent and tenacious. For example, let's look at eating patterns. When we were babies, we cried for many different reasons; we were thirsty, hot, cold, lonely, frustrated, wanting a cuddle, exercising our lungs, wet, wanting a toy, wanting attention and so on. When we did cry, on many, many occasions, we were fed. Thus the association was formed that the solution to any of the above was to put something in our mouths. So if you smoke, drink or overeat, you don't need to look very hard to see where some of your programming comes from.

For similar reasons, many of our other current characteristics result from early childhood experiences. In early years we are open-minded and empty-headed: we absorb information like a sponge. Since our first relationships are with our parents, their influence on our later lives and our later relationships is huge. Partly consciously and mainly subconsciously, we create patterns in our lives which reflect the experience we had with our parents. For example, we—

- Establish relationships with people who resemble our parents. We may find ourselves working for bosses or establishing friendships with people who resemble our mother or father.
- We establish relationships with other people that mirror our parents' relationships with others. If our parents were loving and gentle, so will we tend to be. If they spent time abusing people, we pick up that initially.
- We attract partners who resemble our mother or father. This we may do, not once or twice, but repeatedly. This can be because we form a subconscious picture from a young age that says, for example, "real men are tall and

dark and silent" (like my Dad) or "a woman should be short and well mannered," (like my mother). Totally unaware of this on the conscious level, we may then go looking for the partner to fit the picture.

Also, the quality of our relationships with our parents creates its pattern. If, as children, we'd experienced guilt or disapproval then we will continue to attract and associate with people who treat us as "bad" people. Similarly, if we experienced love and approval as children, then, as adults, we will gravitate toward people who treat us with respect. In short, we attract what we expect and the world treats us as we believe we deserve to be treated.

We are never stuck with patterns. Old negative patterns may be tenacious but they are not invincible. Always think positively about yourself and your condition. Mental discipline in this area may not be easy but the rewards are great. Always speak well of yourself and consistently visualize your life working as you want it. You will be creating new happiness patterns.

Listen to motivational cassettes and read books on success. Use affirmations, subliminal tape programs and spend time with people from whom you can learn. You can rewrite your patterns to become what you choose.

In addition, use the Rapid Eye Technology to systematically release the things from our life that hold you down, and consolidate the patterns that can push you ahead.

### How to Find Peace

One of the fears that some people have about choice is that they will make a wrong choice. Once a choice is made, consequences begin and we believe we are stuck with them. There are always results that come from making a

choice. If we dislike the end result of a choice, we can simply forgive ourselves and choose again, thus providing a new result.

Awareness of our choices can assist us in focusing on what we want in our lives. Becoming aware of what we really want will create a space for more choices that are compatible with our focus. This is why it is vital to use our choice, our free will, to create an enlightened purpose for our lives. *“No one else but me, can make myself or the world honest.”*

Choose light and enlightenment; it is joy beyond your wildest dreams. Choose to feel loved, capable, and abundant. Start today with, “I am what I believe I am.” It is unnecessary to search for truth because we already have it within us. It is only necessary to become aware of the false beliefs. *“When I experience struggle in the world, I have denied responsibility for my own creation.”*

Sometimes removing the false means getting outside help, like Rapid Eye Technology processing. One may need spiritual or technical training. Others may go through self-initiated tests and challenge the weakest parts of their personality. We create from choice, on some level, our own challenges to assist us in moving to our next level of development. Consider choosing now with integrity, honesty, and love. Tell the truth to yourself, as you are aware of it, as fast as you can.

### Choosing and Deciding

The word decide comes from the Latin root “to cut off, to separate, to pass judgment.” According to Webster’s Dictionary, it means to bring to an end. The word defend means, “to fend or ward off, to forbid or prohibit, to resist, to try to justify.”

It is an interesting human characteristic that we tend to first decide and then defend. We

pass judgment, then defend our position with justification. As we decide, we take ourselves toward an end. We defend, or justify our position, and solidify ourselves in the decision. We draft an army of supporters to assist us. We can recognize those times when we have decided by noticing how necessary we find it to defend ourselves or build an army of supporters. We only need to defend ourselves against what we perceive as dangerous to us, therefore, we may say that we approach defense from the point of fear: We defend because we feel afraid.

What would happen if we were to look at our condition from a position free of fear? Would we then feel the need to defend? Or would we feel the desire merely to observe and grow? Most of us spend our time reacting to and defending against perceived fears. We decide, then defend; we pass judgment, then we react. We then become the victim of our own decision and defense, giving away our power to our decision and defending our loss with justification.

This brings us to the concept of choice and commitment. To choose connotes that there are options that one can select from. With choice, there is power. With decision there is defense. To commit means, “to entrust into the care of another, to do, to give in trust.” It would appear from these definitions, that commitment deals with trust, whereas defense deals with fear. When we choose, we have the option to choose again. When we decide, we solidify ourselves into one option to the exclusion of all others.

To decide and defend is to solidify, separate, and die:

**Decide**, v.i.;

- 1. to pass judgment.
- 2. to make up one’s mind; to form a definite opinion; to come to a conclusion.

**de-**, [L. a prefix signifying separation, cessation, intensification, or contraction; also, from Fr. d+, from L. de or OFr. des-, from L. dis- , dis-.] a prefix meaning: (a) away from, off, as in depilate, detrain; (b) down, as in depress, decline; (c) wholly, entirely, as in defunct; (d) undo, reverse the action of, as in defrost.

**-cide**, [from Fr. or L.; Fr. -cide; L. -cida, from *cūdere*, to cut down, strike mortally, kill.] a suffix meaning killer or killing, as in homicide.

**Choose**, v.t.; chose, pt.; chosen, pp.; choosing, ppr. [ME *cheosen*, *chesen*; AS. *ceosan*, to choose.]

- 1. to pick out by preference from all available; to select; as, to choose a wife.
- 2. to prefer; decide; think proper (with an infinitive object.)
- 3. to desire; want. [Colloq.]

*Webster's New Twentieth Century Dictionary Unabridged* (second edition), Collins World, 1978.

To choose and commit is to select with power, and trust life to accomplish it. With RET one has the opportunity to release the frozen thought forms created through decision and defense. This allows, in the present moment, a new point of power through choice and commitment into accountability. *"Whatever we choose, we give attention to. Attention like gravity, holds things in place by drawing it to its source. The character of what is attracted is of no concern to either."*

Looking at the words choose and decide in a biblical sense, we find it interesting that the word decide fails to appear in the Bible, while the word decision appears only once (Joel 3:14,15 [speaking of the valley of decision where *"the sun and the moon shall be*

*darkened, and the stars shall withdraw their shining"*]).

The word choose appears over 50 times. (*See Deuteronomy 12:10 - 12*).

Notice that with choice there is rejoicing, while with decision there is depression. It is the difference between life and death, literally. While that which you choose can be chosen again because there are other options. Consider how you choose. Do you choose from available alternatives through preference leaving yourself open to new alternatives, or do you decide upon the only way because it's "right"? Consider possibilities.

If we're unhappy, it's because life is not as we want it. Life is not matching our expectations of how it "ought" to be and so we're unhappy.

So we say, "I'll be happy when..." Well, life is NOT perfect. Life is about being exhilarated, frustrated, sometimes achieving and sometimes missing out. So long as we say "I'll be happy when...", we're deluding ourselves.

Happiness is a choice. Many people live life as if someday they'll arrive at "happiness" like one arrives at a bus stop. They figure that someday everything will fall into place, they will finally be happy.

Being happy is not always easy. It can be one of the greatest challenges that we face and can sometimes take all the determination, persistence and self-discipline that we can muster. Maturity means taking responsibility for our own happiness and choosing to concentrate on what we have got rather than on what we haven't.

How often, though, do we do the opposite? How often do we ignore the compliments that are paid to us yet dwell on unkind words for weeks afterwards? If you allow a bad experience or nasty remark to occupy your mind, you will suffer the consequences. Remember, you are in control of your own

mind.

Most people remember compliments for a few minutes and insults for years. They become garbage collectors, carrying around trash that was thrown at them twenty years ago. Cindy may be heard to say, "I still remember how he said that I was fat and stupid back in 1963!" Any compliments Cindy received even yesterday will probably have been forgotten but she is still carting around the 1963 trash.

## **CHALLENGES**

Whenever we doubt our own ability to achieve, it is worthwhile pondering the obstacles that others have overcome. To name a few, Demosthenes, the outstanding Greek orator suffered from such a serious speech impediment that he could scarcely speak. He practiced talking with a mouth full of pebbles, figuring that when he had mastered that he would be able to speak in public. He became one of the great orators of all time.

Napoleon overcame his considerable handicap, his tiny stature, to lead his conquering armies across Europe.

Helen Keller refused to allow her blindness and her deafness to prevent her from spending her life helping those less fortunate than herself.

Abraham Lincoln failed in business aged 22, lost a legislative race at 23, again failed in business at 25, had his sweetheart die when he was 26, had a nervous breakdown at 27, lost congressional races aged 34, 37, and 39, lost a senatorial race aged 46, failed in his efforts to become vice president of the USA aged 47 and lost a further senatorial contest at 49.

At fifty two years of age, he was elected president of the USA and is now remembered as one of the great leaders in world history.

Anwar Sadat started his life as a peasant boy.

Menachim Begin was a street urchin in a Polish ghetto.

Winston Churchill was a poor student with a speech impediment. Not only did he win a Nobel prize, but he became one of the most inspiring speakers of recent times.

Thomas Edison was kicked out of school.

Julio Iglesias was kicked out of his high school choir. That didn't stop him from becoming the biggest selling recording artist in the history of the world.

The list goes on and on. The moral must surely be, "IT IS NOT WHERE YOU START THAT COUNTS, BUT WHERE YOU CHOOSE TO FINISH." Obstacles are a blessing if we choose to see them that way and use them as incentive to do better, and better.

**"Things do not change, we change."** - Henry David Thoreau

## **Additional Activities**

(1) Can be done with or without your RET technician.

A. Identify a situation you would like to change.

B. Identify the underlying belief that created the situation

## Rapid Eye Technology (RET)

C. What is your evidence that your belief is true?

(3) Visualization: “Shut your eyes and imagine a column of light in front of you, move the light inside your body feeling the light flowing up and down your spine.”

“Now imagine the light expanding until it fills your whole body.”

“Feel the light come out of every pore of your body and spread to the space you occupy, now imagine the light spreading and filling up the whole town.”

D. How would others view your belief or situation?

“Let the light ripple out drawing other light to it of the same frequency until it fills the whole state and spreads until the entire planet is filled with light.”

“Now spread this light through the whole universe and universes beyond. Because everything must return to its source feel the light return to you in great abundance.”

“Make your light extend in all directions. Include everyone and everything.”

“Now with intention, imagine that everywhere you go you are walking in this light. This love energy goes before you to prepare the way.”

E. What proof do they have that your belief is truth?

“Open your eyes, put fingers and thumbs of both hands together and push firmly for 30 seconds to ground yourself.”

### To bring this into this dimension:

(2) To re-balance an issue, identify an issue, imagine you could take it out of your head and put it in your hand. In the other hand imagine what you'd rather have, the opposite. Now imagine that you are re-labeling both energies “ it just is” and let the energy go back and forth between the hands like you were doing a slinky. Energy is energy until you put a perception on it and make a new choice.

Draw an imaginary circle on the floor and build a hologram of “I am” positive statements about what you want for you. When you have all of your “I am” statements in the circle with passion and excitement, physically move into the circle and pull the circle up around you. Breathe it in and put it out in the universe to begin to create for you.

## How To Love Yourself

- (1) **STOP ALL CRITICISM.** Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.
- (2) **SWITCH SCARING YOURSELF TO LOVING YOURSELF.** Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure and immediately switch your scary thought to a pleasant thought.
- (3) **BE GENTLE AND KIND AND PATIENT.** Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really loved.
- (4) **BE KIND TO YOUR MIND.** Self hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change your thoughts.
- (5) **PRAISE YOURSELF.** Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with even little things.
- (6) **SUPPORT YOURSELF.** Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.
- (7) **BE LOVING TO YOUR NEGATIVES.** Acknowledge that you created them to fulfill a need. Now you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.
- (8) **TAKE CARE OF YOUR BODY.** Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality. Learn about exercise. What kind of exercise can you enjoy? Cherish and revere the temple you live in.
- (9) **MIRROR WORK.** Look into your eyes often. Express this growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them too. At least once a day say: "I love you, I really love you!"
- (10) **LOVE YOURSELF...** Do it Now. Don't wait until you get well, or lose the weight, or get the new job, or the new relationship. Begin now - and do the best you can.

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**Cause  
and  
Effect**

# Cause and Effect

***“Success is simply a matter of luck. Ask any failure!”*** –Earl Wilson

Newton discovered the law of cause and effect: in other words that for every action there is an equal and opposite reaction. We only get back if we put out. If we plant tomatoes, we don’t reap thistles. It is important to remind ourselves that this principle affects everything we do and every experience we have.

We can’t beat the law. Our physical health, our mental health, our business success and our personal relationships are each governed by the same equation which requires us to “pay up front”. The fascinating thing about the law is that we never know quite when we will be rewarded; when we will receive the dividends on our time and effort. But the rewards always come and the uncertainty of their time of arrival only serves to make life more exciting.

In addition, what we have in our lie at the moment is a result of the sowing we have been doing until now. If we currently enjoy warm friendships and loving relationships, it is because we have prepared the ground and planted the seed. If our business is currently flowering, it is because we’ve expended the effort to get the results.

If we talk about others, we’ll be talked about. If we speak well of others, they will speak well of us. If we rip people off then we will be ripped off. If we rejoice in the success of others, we will be more likely to enjoy success ourselves. If we tell lies, we will be told lies. If we criticize, we will be criticized. If we love, we will in turn receive love.

Historically, we can see the Golden Rule has

been expressed in many different ways and the principle is constant– “you will be treated by others as you treated them. You will get back what you put in.”

On an Egyptian tomb dating back to 1600 B.C., are written the “words”: “He sought for others the good he desired for himself.”

Confucius said, “What you would not want done to yourself, do not do to others.”

Aristotle said. “We should behave to the world as we wish the world to behave towards us.”

In the bible we read, “Do unto others as you would have others do unto you.”

These principles apply to our relationships and they apply equally to what we reap in the other dimensions of life. Some will stand by observing those who are outstanding and remark, “I wish I had his talent!” or “I wish I had her luck”, and they never see the months and years of effort that molded that person’s success. How often do we read about the “overnight success” in show business and find that this new superstar has actually been slogging away for fifteen years!

The wonderful thing about nature is that it gives us back much more than we put out. When you plant a pumpkin seed, you don’t just get back one seed! Otherwise, why bother? Nature is very generous. Plant a few seeds and you may end up with a truckload of pumpkins. Again, this principle works with everything we do, but first we need to get out in he fields and dig!

***“It costs so much to be a full human being that there are very few who have the love and courage to pay the price. One has to abandon altogether the search for security and reach out to the risk of living with both arms. One***

*has to embrace life like a lover”.*

—Morris West

The principle of cause and effect is known by many cultures and by many names. It is called Karma, “what goes around comes around,” The Law of the Harvest, or “As a man soweth, so shall he reap.” The concept is the same, regardless of the name. It is Cause and Effect. “*What you send out - comes back to you multiplied.*” “*As you give - so shall you receive.*”

### Cycle of Thought

Consider the cycle of creation each thought goes through as it passes through the realms of mental, emotional, and physical development.

The spirit body contains the power that creates our existence and all things we perceive in it. It’s a little like electricity in that we fail to perceive it until we notice its effects. We call these perceptual awarenesses “miracles” because we fail to detect how normal they are. The spirit body is the source of all power and creative force or the life force we experience in this dimension.

Our mental body is the directive body. The job of the mental facility is to make choices. It is the home of our ego and as such has the capability to view itself as the source of power, the creative force. Unlike the spirit body that enjoys all experiences, the mental body is concerned with our level of physical and emotional safety. The mental body thinks its job is to protect us and defend us from potential attack. Nevertheless, the true function of the mental body is to direct energy.

The emotional body performs the necessary work of focusing our directed energy into the physical dimension. How we feel about our choice will largely determine the form in which it will manifest. Many of us find our

lives confused and jumbled because we are unable to focus our emotions due to our past traumas and limiting beliefs. One way we have found to refresh our emotional body and regain its powerful focusing effects is with RET.

Our physical body is, in a word, obedient. The entire physical dimension is designed to be obedient to our desires. When the body dies, when it is vacated by the spiritual, mental, and emotional bodies, we become starkly aware of the weakness of the physical body.

Our spirit provides the power; our mental body directs that energy; our emotional body focuses our energy into this dimension and an effect is then produced. This is the trail of cause and effect. We are the cause as well as the effect. We literally are Alpha and Omega, the beginning and the end, the first and the last.

We are infinitely powerful in the spiritual state. When our mental and emotional bodies come into alignment through awareness we find profound creation and peace. We will bring great power into our lives just by becoming aware that our other bodies exist. Our awareness of options from which to choose seems to increase. Since growth is our natural state, anything we choose to experience in our mental and emotional bodies will appear abundantly in the physical.

The energy we direct and feel, will by design come back to us multiplied. This is the action of choice and accountability. It is the process of our universe to provide us with ample opportunity to awaken to who we really are: the creator and the created. Creations tend to return to their creator multiplied. Consider what this may mean to you.

***“Experience is not what happens to a man; it is what a man does with what happens to him.”***  
- Aldous Huxley

At first it may seem difficult to live in

awareness of this principle. Consider that difficulty is a perception, a choice of thinking, and can be changed. When you change your perception you enjoy putting this principle to work, perhaps even a more enlightened, peaceful manner. Understanding you are the creator of your own universe can have profound consequences in your relationships and in your own personal growth;

***“I am responsible for what I see, I choose the feelings I experience, and I decide upon the goal I would achieve. Everything that seems to happen to me I ask for and receive as I have asked.”*** - Course in Miracles

### Cycles of Creation

Let's look at some cycles of creation (cause & effect): *“When events repeat themselves, look for the lesson.”* Consider Cause and Effect like a cycle of creation. We initiate a thought in the mental body which directs the infinite energy source, the spiritual body. Early on we put some sort of image to that thought so it becomes a thought-form. We may then put speech to that thought-form aloud or internally. *“When I am quick to correct others, I have failed to correct myself.”*

***“A lie is an attempt to experience something other than what you are creating,”*** - Course in Miracles

Because speech arrives so early in our cycle of creation, it can be used to quickly identify our hidden, underlying intent that may conflict with our conscious desires. Consider what a useful role our self-talk plays in our creative flow. Developing an ear for self-defeating language can be a useful skill.

Consider the following words or phrases go out and create for you, ask yourself whenever you make a statement (Do I really want to create this?), if not then replace it with a positive “I AM” statement.

(1) “I would like to welcome you here,” (“but I’d rather not”)

(2) “I’ll try to...” (giving myself an instant excuse for failure)

(3) “I am [negative feeling, like sick, or angry, or sad]...” (I AM is your highest statement about yourself. Consider how this statement could limit you.)

(4) “I don’t get angry anymore” (represents statements of negation where the focus of the statement is on the negative behavior. Because you are giving energy to the negative behavior, it will grow [Principle of Abundance])

(5) “... but ...” (negates or invalidates all that has been said before the word)

You may ask, “How can we talk?” What can we say that would be more in line with what we really mean? Consider the following instead:

(1) “Welcome!” (with feeling - without qualifiers)

(2) “I will do it!” (with conviction and commitment)

(3) “I feel [negative feeling like sick, angry, or afraid].” (A description of feelings rather than a description of selfhood)

(4) “I express peace in all my doings,” (a statement of fact yet to be experienced [faith])

(5) “... and ...” (or rephrase to omit the word but)

Simply cleaning up your language may put you on the path to cleaning up your life. Consider how powerful the spoken word is and how easily it can be changed.

Continuing our journey around the cycle of creation we next experience some action (like speech). This action is natural because it follows the flow of our thought. We are always doing and acting upon some intent.

The next stage of the cycle of creation will assist us in discovering our own hidden (subconscious) intentions and the patterns we've developed around them.

The last stage of the cycle of creation is the result. By becoming aware of the results of our cycles of creation in relation to the thoughts that spawned them we can awaken to our intentions. A simple exercise may assist you in this: Take the issue out of your head and place it in one of your hands. Then ask yourself what would I rather have. Move your hands up and down as if you had a slinky. As the two energies feel balanced bring your hands together and put the energy back into your heart.

To complete the cycle, every thought must come home to the one who originated it. It tends to return multiplied by the image, action, and results of the cycle of creation. It also accumulates the energies of others of similar thought, like iron filings drawn to a magnet. In this way we can honor our true intentions and release the patterns that have bound us.

If we become oblivious to the return of our thought in a physical form, we will give it energy into another cycle of creation. This new cycle will be energized with a greater image, stronger action, and larger results so that when it returns to us we might notice it this time. This cycle continues until we "get it" or we give up all our energy and leave this dimension. Consider that we could get the message, reclaim our energy and live again!

This is the meaning behind the Living Cycle. We often find ourselves caught up in the Vicious Cycle instead and discover that we blind ourselves to our own power and choice. Our bodies play out the part by creating toxic chemicals and disease. It is our own cycle of creation and we can choose to change it.

### Denial

Denial is a tricky thing to understand to recognize and to overcome. It is so much a part of everyone's psychological makeup that it blends smoothly into the way we handle day-to-day events in our lives.

As is true with everyone, you have a system of denial that you have developed over the years. Denial is self-deception. It is the way you protect yourself from the pain or fear of events you are not ready to accept.

Has anyone ever told you, "You're only fooling yourself"? If so, they were informally telling you that you were in denial about a particular event or belief.

Denial is a way your mind operates to avoid the painful recognition that you are in a self-destructive situation or pattern.

With chemical dependency, denial can become more complicated because of the mind altering nature of alcohol or other drugs. You can lose your ability to accurately judge simply day-to-day situations.

### Denial Says

"I do not have a problem."

"Everyone behaves the way I do."

"Things will get better tomorrow or next year."

Describe one way your own denial may have distorted the way you viewed your life issues:

In order to make the positive life-style changes you will need to recognize and work through the system of denial you have built up to protect your patterns.

It won't be easy because your denial has grown deep roots in your daily life. You probably have developed a strong group of defenses that surrounds and protects you.

### Some Things To Consider

Denial can be apparent in chronic disease.

- *People with cancer may put faith in a "magic cure."*
- *People with heart disease often ignore warning signs and fudge on exercise and diet recommendations.*
- *People with diabetes fail to follow life-style changes that promote good health.*

### Facts About Denial

- Denial impairs judgement.
- Denial is a characteristic of the disease.
- Denial distorts the truth.
- Denial grows in strength as the disease progresses.
- Denial cannot be overcome until you face what's not working.

One way of looking at denial is to see how you use a number of non-feeling defenses to make up your Wall of Denial. These defense mechanisms keep you from seeing the truth, and often keep others away from showing the truth to you.

By building a wall of isolation with your defenses, you can hide where no one can get at you. You may protect yourself so well that no

one can even get through to help you.

### MY WALL OF DENIAL - Circle any you have used.

#### Rationalizing

"I yell and lash out because I am under a lot of pressure."

#### Silence

"I can stare her down before she says something she is sorry about."

#### Blaming

"My problems are because I am stuck in a dead end job with a jerk of a boss."

#### Intellectualizing

"Two ounces of alcohol a day is recommended by health experts."

#### Threatening

"I'd like to see you try to make me stop."

#### Minimizing

"I only get high on special occasions."

#### Switching

"You always seem to be in a bad mood, what is bothering you?"

#### Hiding

"If I hang low for a week, no one will give me static about last night."

#### Generalizing

"We all have a bad habit or two."

#### Projecting

"John really has a problem with anger. I'm glad I'm not like him."

#### Agreeing

"Yes, I think your right. I should cut down on my compulsive spending."

**Joking**

“If you think this is bad, you should see me when I really get going.”

List the three defenses you use most often and give a specific example of how you have used each one.

1.

Example

2.

Example

3.

Example

**The Two Roles of Denial**

Denial can be misunderstood because it plays both a good and a bad role in most people’s lives.

**Denial the Friend**

Denial has protected you from facts and feelings that you may not have been ready to accept. The pain of the truth may have been too overpowering. Denial was your shield that allowed you to continue functioning from day to day.

**Denial the Enemy**

Denial has not allowed you to accurately view the pain your issue have caused you and those around you. Without fully recognizing your uncomfotability, you have not felt it necessary to change. This has allowed your denial to continue to grow.

Describe one way your denial has served you as a “good guy.”

Describe one way your denial has served you as a “bad guy.”

Another aspect of denial that may trouble you is how easily it can find supporters among your friends and family.

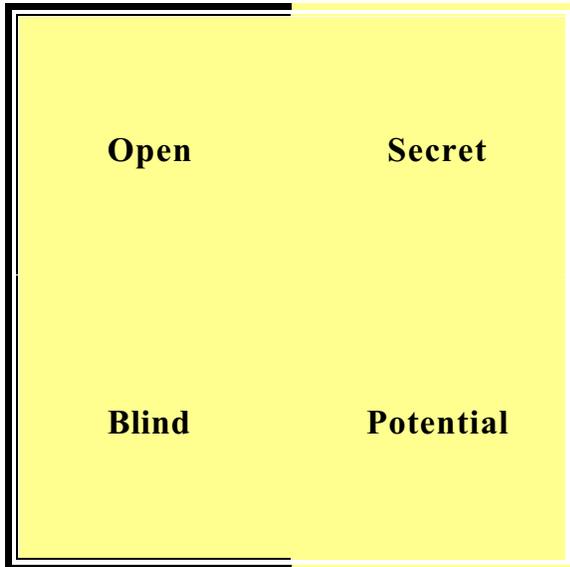
It may be your spouse or parent or son or daughter who want to believe that you have had a brief problem. Or they may wish to compliment you on your recent changes in your behavior.

Any of these circumstances may play into your own pattern of denial. You might be thinking: “If she thinks I am doing so well, maybe I don’t need to be so strict with myself” or “If he didn’t recognize how bad things were last Christmas, maybe I overplayed the problem.

One helpful tool to recognize your own denial and begin a more open and honest way of sharing with others is the Johari Window works has helped many to change for the better.

The window’s four panes represent four aspects of your total self. The entire window represents you. The top two panes are visible to you but the bottom two panes are hidden from your view.

**Myself**



**Open**

The open pane contains material that is visible to you and that you are willing to share with others. This may include your job and your love for your hobby.

**Secret**

The secret pane stores things you know about yourself but do not want to share with others. This pane increases as your addiction or problem progresses. Perhaps you are jealous of a friend's promotion or had an affair. You have many secrets centered around your pattern.

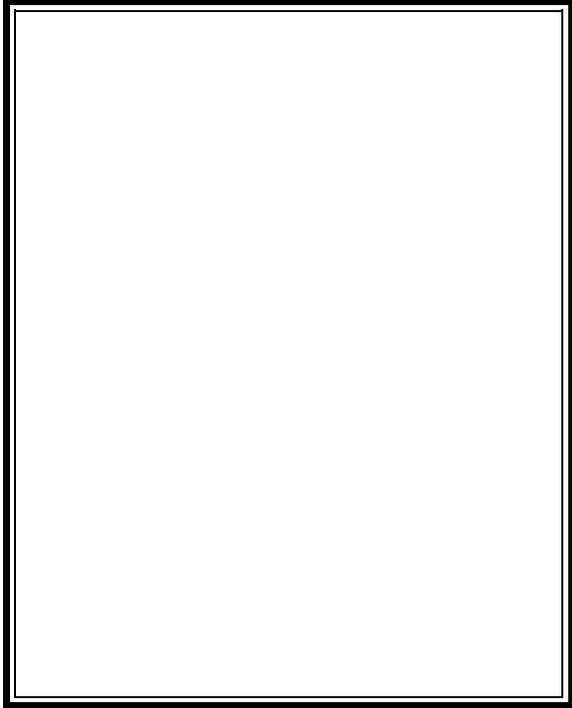
**Blind**

The blind pane houses aspects of yourself that you do not recognize but which are easily seen by others. For example, you may think of yourself as a giving person, yet others see that you have become very self-centered.

**Potential**

The final pane is potential, which is information stored in your subconscious shows four panes of equal size, they could be very different. The open pane may be very small if there is little the person is willing to share. The secret and blind panes may be enormous.

Draw the panes in your Johari Window.  
Explain the sizes of your open, secret, and  
blind panes.



My Blind pane is this size because...

**Confronting and Leveling**

As you build honest relationships, through confronting and leveling, your Johari Window changes. By sharing your secrets, you shift some of your Secret pane to the Open pane. As you learn to accept words you hear about yourself from friends and peers, your Open pane grows and your Blind pane shrinks.

Leveling and confronting are healthy ways you talk with others. This helps you discover your Blind and Secret self. It takes courage to level and confront. It is so easy to act in ways that develop honesty.

**Peer One–Confronting**

*“You don’t appear to be willing to talk about your feelings about your children.”*

**Peer Two–Leveling**

*“It’s still difficult for me to accept how my drug use has hurt them.”*

**To Confront** is to present a person with himself/herself by describing how you see him/her. This is sometimes called “Mirroring.” Confronting is factual. It is not criticizing or advice-giving.

**To Level** is to respond openly and spontaneously about your feelings. When you level – that is, when you reveal a feeling – the feeling usually becomes less intense and easier for you to handle.

My Open pane is this size because...

My Secret pane is this size because...

**Additional Activities**

(1) List three situations in which it is difficult for you to confront.

- 1.
- 2.
- 3.

A. What thoughts/feelings get in your way of leveling with those closest to you?

B. What value might you create by leveling with others?

C. When I am my authentic self I feel:

(2) Addictions or compulsive behaviors are caused because the body craves attention. To overcome this spend 15 minutes touching

each part of your body lovingly, while thinking thoughts of gratitude to your body for the service it performs.

Example: Do with an oil massage before your bath or in the shower using soap.

(3) Our life experience is based on what we focus on. The following questions are designed to assist you to experience more happiness, excitement, pride, gratitude, joy, commitment, and love every day of your life. Remember, quality questions create a quality life. Come up with two or three answers to all of these questions and feel fully associated. If you have difficulty discovering an answer simply add the word “could”. Example: “What could I be most happy about in my life now?”

**The Morning Power Question**

**A. What am I happy about in my life now?**

• What about that makes me happy?  
How does that make me feel?

**B. What am I excited about in my life now?**

• What about that makes me excited?  
How does that make me feel?

**C. What am I proud about in my life now?**

• What about that makes me proud?  
How does that make me feel?

**D. What am I grateful about in my life now?**

• What about that makes me grateful?  
How does that make me feel?

**E. What am I committed to in my life right now?**

• What about that do I enjoy? How does that make me feel?

**F. What am I committed to in my life right now?**

• What about that makes me committed?  
How does that make me feel?

**G. Who do I love? Who loves me?**

- What about that makes me loving?  
How does that make me feel?
- In the evening, sometimes I ask the Morning Questions, and sometimes I ask an additional three questions.

**The Evening Power Questions**

**A. What have I given today?**

- In what ways have I been a giver today?

**B. What did I learn today?**

**C. How has today added to the quality of my life or how can I use today as an investment in my future?**

- Repeat the Morning Questions (optional).

Taken from the book *Awakening the Giant Within* by Tony Robins.

**(4) Mirror Work**

Look into your own eyes and say out loud: **“I LOVE YOU, I REALLY LOVE YOU!”** Do this first thing in the morning and last thing at night. Do it often during the day. If uncomfortable feelings come up... just feel them ...let them pass through. Then repeat: **“I LOVE YOU, I REALLY LOVE YOU!”**

Do your positive affirmations while looking into a mirror. If the affirmations feel false at first, do them anyway. Repeat: **“I LOVE YOU, I REALLY LOVE YOU!”**

If something happens that is unpleasant for

you, immediately go to the mirror and say: **“IT’S ALL RIGHT, I LOVE YOU!”**

If something wonderful happens, go to the mirror and say: **“THANK YOU!”** Acknowledge yourself for the good in your life.

Look into your own eyes and say: **“I FORGIVE YOU AND I LOVE YOU!”** Forgive other people in the mirror, too. Use the mirror to talk to other people. Tell them the things you are afraid to tell them in person. Tell them you want their love and approval.

Have a mirror on your desk, or inside your desk. Keep a small one in your pocket to use at any moment. If people ask what you are doing, tell them. Let the word and method spread.

When you do this consistently, you can make great changes in less than a month.

**Abundance  
And  
Gratitude**

## Abundance and Gratitude

What do we know about abundance? It is an aspect of perfection and is the natural state of the universe. The universe operates on the principle that we always receive what we believe in abundantly. We are always experiencing abundance, to have abundance in our lives requires a willingness to recognize that it is always available and we need only open ourselves to receive it. Regardless of our underlying beliefs, we are experiencing those beliefs abundantly in the manifestation of them.

Our lives are full of manifestations of our own beliefs. If we believe that we deserve to be wealthy, we tend to manifest great wealth. If we believe that we deserve to be mediocre, we will manifest great mediocrity. If we believe that we deserve poverty, we will manifest it in abundance, to experience less than abundance in our lives, we must actively resist it.

It appears that the principle of abundance relates very much to our own sense of self worth. Some people exist in great wealth and yet feel they are worthless. And others exist in abject poverty and believe they are of great worth. So what's the connection between abundance and what we believe about our worth? Certainly there must be a connection between wealth and self-worth.

Abundance is merely the universe's response to our thoughts and emotions. We think it and feel it and the universe provides experience or form in abundance to assist us in thinking and feeling.

Consider that it is what we focus upon that will grow. We live in a dimension of fluid creation. It is full of energy. Some energy is kinetic, like movement and form (chairs, tables, bridges, people's bodies, etc.). Some energy is potential, awaiting instructions. Potential energy is potential creation. Energy

becomes kinetic as we focus attention upon it. This is the principle of gratitude.

Gratitude is the focusing of attention upon a thought and emotion. This brings the thought into physical manifestation. Thereby, we experience physically all that we think and feel gratitude toward or focus attention upon.

To enjoy abundance in our lives requires only a willingness to recognize that it is our natural state. When we choose to make doing what we love the core experience in our life, we move into alignment with the universe. Immediately, the infinite supply of energy is made available. We begin to feel the aliveness that comes with the expression of gratitude, and these same good feelings are felt by the people we come in contact with. The people and circumstances that will support us are attracted to us.

Consider for a moment that we have been doing that very thing all along: doing what we love as the core experience of our lives. Looking at your life you may exclaim, "I don't think so! I hate living with that SOB!, I hate that job!, I hate my parents!" And yet, if you really loved to do something else, you would most probably find a way to do that.

You are always doing what you love most at that given moment. Now the word "most" is a subjective call and comparative in nature. If you found yourself in the jungles of a far away place, like a soldier in Viet Nam, for instance, doing what you love most might be running like a rabbit away from incoming fire. Doing what you love most to a battered wife might be escaping the blows of her husband, or it could also be in another view, taunting him so he will abuse. It's all a matter of perspective. Nevertheless, we are always doing what we love most at any given moment.

***"Man is not the creature of circumstances;***

*circumstances are the creatures.* - Benjamin Disraeli

This is the point of awareness that we can change the manifestation of our abundance by changing the focus of our gratitude and love. When we focus our attention and our gratitude toward what we don't want, we tend to get that. When we focus that same attention toward what we do want, we tend to get that. It all comes down to choice.

That which you choose and focus upon tends to grow abundantly. The connection this principle has with all the others is a demonstration of the interconnections we all have to our abundance.

***“If you could only love enough - you could be the most powerful person in the world.”***

- Emmett Fox

## Attraction

As we do what we love, we direct energy into the creation of high quality products and services. The people we attract are the ones who will help us by buying our products and services and recommending them to others.

Here's another point of view pertaining to those we owe money to: as we open the mailbox each day, look at the letters received. Who are the people we hear from the most? Our relatives or buddies from college? Month after month, it is our creditors who write to us. They keep track of us when we move. They are concerned about our well-being and our financial security. If they don't hear from any one of us, they call. Few others we know will express that much interest in us.

## Release

Things being in a constant state of change, we need a healthy attitude toward letting go of old

things and embracing the new. One thing is always replacing another. In getting rid of the old and the unnecessary, we create a vacuum and we draw to us new and exciting things.

When we hang on to the old and the outmoded, we create blocks, stagnation. This applies to habits, old clothes, junk in the closet, in the attic, in the garage and so on.

We must be prepared to let go of things. If you have loved people and you never actually let go of them in your mind, no one will come along to replace them. The minute you truly let go of those people and release them, and look toward new possibilities, you will have new relationships.

Our body can teach us lots about the value of elimination. It has no fewer than six ways aside from the skin as a whole, which it uses to get rid of unwanted material. What a disaster area we would be if our bodies never eliminated! From the same point of view, we need to eliminate mentally.

Whenever we let go of our attachment to something, it returns to us again multiplied. What we are unwilling to let go of becomes a source of anxiety and threat. A relationship based upon clinging, possessiveness, or unhealthy attachment will fail. There is constant worry and fear. It is only when we hold people and things lightly that we can enjoy them fully.

People come into our lives to teach us and to learn from us. Sometimes they stay for a moment, sometimes for a lifetime. When they go, we often feel sad because we cling to a picture of the past or what we think might have been. The key to happiness is to allow the person and the relationship complete freedom to evolve unfettered by fears.

Clinging never feels good. It brings hardship to the one who feels the need to possess and to the one he or she would possess. When we cling to someone in resentment, we bind

ourselves to that person by our thoughts and memories. The metaphor of seeing life as a river is an apt one. The river of life would have us flow to the ocean; instead we would rather cling to the rock upon which we dashed our foot.

It is impossible to change the events of the past. We can, however, change the way we feel about those events. Those people who seemed to bring us pain and hardship were our teachers presenting us with challenges that helped us to grow.

Once we realize the problems existed because of the way we perceived them, we free ourselves to learn the lessons, and move on. Relationships can heal. Growth can happen. Love can replace fear.

***It is time to enjoy our Journey of Abundance!***

We all deserve the great abundance in our lives; An abundance of health, happiness, love, money, friends and intimacy. Look at our lives and our bodies - we have spent our lives creating both of them. It may be time to change the lesson and move on! It's a matter of choice.

***"Wealth is the product of man's capacity to think."*** - Ayn Rand

### **Another View of Lack**

Lack of any kind in life is a direct message that we are failing to love ourselves. Loving ourselves will heal and change our lives. It will also allow us to consciously direct tremendous abundance in our lives. Gratitude is the key to directing abundant energy. So begin now to consciously express gratitude for your world, your creation.

To experience the total abundance in our lives we must think and feel abundance all around us, becoming aware through conscious

gratitude moment by moment. The past is an illusion. The future a vision. We have the gift of this moment. That's why we call it the "present". When we select peace, joy, serenity, love, we manifest it in abundance. Be in alignment with life. Withhold love from no one, yourself or others. Love is the principle of abundance.

***"When I have forgiven myself and remembered who I am, I will bless everyone and everything I see."***

The principle that we always receive what we believe is relentless. It is in constant operation whether we notice it or not. A related issue is one that many people have trouble with. It is a superstitious belief that in order to have some things in our lives that are good and positive, we have to be willing to accept things that are bad and negative to attain a balance. This creates a continual block to progressing in any real way with the quality of our lives.

***"The best thing you can do for the poor is not be one of them."***

Many people believe that when it comes to money and prosperity, all the positive thinking, hard work and right attitudes will never make a difference to their ability to pay the bills at the end of the month.

The fact is that your conscious and your subconscious thoughts are always creating results in your life INCLUDING determining how much money you have in the bank. Your prosperity or lack of it is a result of your thinking. Your mind and your belief system are what hold you right where you are, and your mind will keep you right or poor depending on how you train it. What you think is what you get. Think poor, stay poor., Think rich, stay rich.

Many people are uncomfortable with money for various reasons and hence they keep themselves poor. Imagine yourself in the following situations to see how comfortable

you are about having money.

**Situation A**

You have just been to the bank and collected \$5000 in cash to buy a second hand car. On the way home from the bank you meet a friend and stop for a coffee. While you are paying for the drinks, your friend notices that you have a wallet stuffed full of money.

Would you be embarrassed and hastily explain to your friend why you have so much money, or would you feel perfectly comfortable in carrying the money and explain nothing?

(IN ORDER TO MAKE MONEY OR SAVE IT, YOU NEED TO BE COMFORTABLE WITH IT. If you are uncomfortable with it, you will subconsciously, if not consciously, arrange for you to end up not having it.)

**Situation B**

You are out shopping with a friend and you find that you have left all of your money at home. Your friend has sufficient to loan you some cash for the afternoon. How would you feel about asking to borrow fifty dollars? Would you prefer to go back home and pick up your own money?

(It is important for your own prosperity that you feel that you are worth helping out. IT IS IMPORTANT THAT YOU FEEL YOU DESERVE HELP, (AND MONEY) AS YOUR ABILITY TO RECEIVED DETERMINES YOUR PROSPERITY.)

**Situation C**

Many people associate poverty with spirituality. Their idea is that it is virtuous to be poor.

How do you think God would feel, on finding out that you are making half a million dollars per year? Do you think he would say, "What a greedy pig!", or do you think He would say, "Good luck to you! You must be doing something right."

PROSPERITY AND FREEDOM FROM WANT DEMONSTRATE THAT WE ARE BALANCED AS INDIVIDUALS. The spiritual texts encourage us to give to the poor, not join them in their poverty.

**An Attitude of Gratitude**

It is imperative that we are thankful for what we have, not only from a spiritual point of view, but also from a scientific point of view. The great spiritual teachers, Jesus, Buddha, Mohammed and others, have taught that we should count our blessings. The wisdom behind this is that our mind is a magnet and we gravitate toward what we think about most.

My observation has been that the universe is essentially fairly forgiving, but that if a person consistently concentrates on what he doesn't have, he will get less and less of what he wants. I have also found that those people who have the most beautiful friendships are those people who value them very highly. Those who lead active and fulfilling lives are the people who are consistently rejoicing in what life gives them.

It appears that in many cases we are socially conditioned to look at the negative side of life. If there are ten things going right and one thing wrong, we tend to draw attention to what is wrong. When our child gets eleven out of twenty in a math test, we don't concentrate on the eleven he got right, but on the nine that he missed. When we have a headache, we don't say "My chest, stomach, legs and arms feel great!" We say, "My head hurts!" We worry about the spot on our collar and don't rejoice in the fact that ninety nine percent of our shirt is clean! Too many people believe that being realistic and being rational is a matter of focusing on faults!

An attitude of gratitude ensures that our

attention is on what we want. As we see ourselves as living abundantly and richly, and recognize what we already have, we set up a flow of good things coming our way. More and more often, we find ourselves in the right place at the right time.

### What Can I Do?

Often the world teaches that life is a struggle. Many times that really feels true. That is only because the way we have been taught to live diametrically opposes the way the universe operates.

Have you ever said something like this to yourself: "I could really be a really great musician if I only had a recording contract?" The world would have us believe that we can't be something until we have the trappings that show we are that something.

According to Wally Minto's book, Alpha Awareness, the universe works like this:

**BEING → DOING → HAVING**

The world teaches....

**HAVING → DOING → BEING**

So much time is spent trying to HAVE, that we never get to BE.

Looking at the above example in this light, first you would be a musician, then you would be able to perform as a musician, then you would have the things that a great musician would have.

To put it another way, rather than first build our house (create it physically), draw up plans (create it on a mental level), or determine what it will look like (create it spiritually): we begin with a feeling or idea of the type of house we would like, then we draw up the blueprints,

and then create the house on a physical level.

Consider how easily things would go for you as you do things, if you first had an awareness of what you want to do and a strong willingness (emotion) behind that action. It's so much easier to become a veterinarian, for instance, if you started out being a veterinarian as a child. It's the principle of faith, acting "as if" or "being the part".

Realizing how creative we are, as we think about the things we want, we will get more wanting. We must affirm and think as if we already had what we want. Living in gratitude that source has already given it to us is called faith.

### Exercise:

#### Affirming The Perfect Day

Since what we focus our attention upon will grow, it stands to reason that what we focus our attention on in the morning (or the beginning of our day, whenever that may be) will manifest itself through the day. Therefore, we believe it is important to affirm your day with intent at the opening of it. It has been our experience that your first thoughts of the day will set the trends for that day. Consider affirming your day into the positive right from the beginning.

The Perfect Day Affirmation starts out with a good positive statement. To make your own statement, use the following example:

*(Notice that each sentence includes feelings, rather than details. Use this statement at the beginning of each day and whenever you feel less than peaceful. It is a great way to expand your mind and see the joyfulness around you.)*

"I awake feeling grateful for the wonderful rest." (a statement of gratitude)

"I notice a calm and peaceful feeling in my

body.” (maybe an exercise of faith)

“I feel eager and grateful to start the day.” (a statement of gratitude)

“I feel centered and balanced from doing what I love.” (Harmony)

“I look forward to all the new experiences I shall have and all the love I shall give and receive.” (Practicing my perfection)

“I realize that everything in the universe is perfect, and only perfect things happen to me.” (Negative and positive are for my growth - gratitude)

“I sense a direct connection to Infinite Intelligence, and trust that I will be guided perfectly as I use my intuition.” (Choice and accountability - trusting)

“I am filled with joy and happiness and see myself radiating that joy to everyone all day long.” (Acting “as if” - faith. BEING the part.)

My Perfect Day Affirmation:

### Additional Activities

(1) Here is a checklist of things you can do to become aware of this principle working in your behalf:

- a. Choose to be abundant and commit yourself to doing whatever it takes. Replace negative thoughts, statements and actions with positive, loving ones. Have faith, acting as if you already have what you want.
- b. Spend more time doing what you love. Express and develop your talents, and share them with others.
- c. Constantly reaffirm to yourself that you deserve abundance of all good thing.
- d. Build a support system to help you develop new habits. Ask for assistance, knowing how

to ask for help builds our ability to receive.

e. Notice what works and do it! Observe wealthy people, examine their positive attributes and let them rub off on you.

f. Be thankful. Count your blessings. List them individually. Keep a journal of your experiences.

g. Continually stretch your belief system as to what is possible. Awareness of abundance is merely seeing we have all things already.

h. Blessing - bless seven other people and yourself with seven things that you want every morning before you get out of bed. Bless your creditors as you pay your bills. Be grateful and enjoy your creation.

i. Face every challenge with enthusiasm and commitment.

j. Recognize that poverty is a mental disease. Like many diseases, it is curable for those who believe it can be cured. As with illness, it takes effort, initiative, and courage to beat it-- and if you give up, you're in trouble. Nearly all happy and prosperous people have beaten the disease at some time in their life. You can too!

### *What you feed - will grow!*

(2) Many people have developed negative attitudes toward money. Most of us need to develop a more positive relationship with money. We live in an abundant world and money is simply a form of energy that we relate to along with many other life involvements. Money is simply energy and by creating a more constructive relationship with it we increase our manifestation of abundance.

Abundance is not just money, but money is a constructive way of practicing abundance.

Sit quietly for a few minutes with pen and paper. Let thoughts come to you, in a natural, unforced way, with money. Speak to money as if it were a person and let it speak to you. Hear money respond to your thoughts about it. Let money tell you how it operates in your life; let it have a voice so it can speak to you and tell you what it has to say to your so it can help you. Think of money as a friend who wants to relate to you positively and write down its messages to you.

When writing is finished continue with this meditation:

### (3) Visualization:

Become more aware of wanting to let go of the obstacles to your living a more abundant life. Through the dialogue you had with money, you have become aware of some of the attitudes that need to be changed. You are aware of how letting go of some of these attitudes and becoming aware of them is a new

beginning to a more prosperous life.

You have been so accustomed to these thoughts and beliefs that these obstacles have become a part of your inner landscape, but now you are doing some digging out of entrenched ways of living and clearing them out.

You know it's time to say goodbye, so you are going to recognize these obstacles and beliefs and tell them goodbye in a letter.

You take the steps toward creating a better relationship with your abundance and realize money is your friend. Money wants to get unblocked in your life. You begin with: Dear Obstacles, Dear Poverty Attitudes, Dear Lack and Limitation, however you wish to address them.

Release the letter in anyway that appeals to you. Some save the letters in journals to chart their progress, others burn them in a final ritual letting go, and others even mail the letter to their lack with no return address so it can never find it's way back to them. Burning the letters seems to work the best.

### (4) Shifting A Lack Paradigm

**Objective:** To assist in shifting any negativity connected with creating abundance - from the old way of thinking to the new way of thinking. This pencil and paper game assists us to see the distinction between the old way of lack thinking and the new way of abundance consciousness. Engaging participants in analysis and choice regarding both the old and the new helps them realize what the shift to an abundance paradigm means. When a person exercises choice, the paradigm shift becomes easier to understand. Seeing the composite "old" and the composite "new" helps to reinforce the comparison and clarify the new way of thinking being, and manifesting.



## **Health and Healing**

## Health and Healing

The idea that energy follows thought becomes readily apparent in the study of the Principle of Health and Healing. Stated simply: the mind directs the body; you direct your mind.

Recently the field of knowledge about health called psychosomatic medicine has experienced growth and acceptance as more people have become aware of the mind/body connection. This knowledge states that many or most of our troubles manifesting as physical symptoms have their origin in mental or emotional disturbance.

All illness has its primary origin in the mind rather than in the body. Although a person's physical health can be imperiled by certain emotions, this concept goes beyond the physical level.

Pain results from an imbalance somewhere in your being. It is the evidence of some form of toxin. It may be toxic food, toxic emotions or a toxic relationship. Physical pain warns that something is toxic in the body. Symptoms can include headache, diarrhea, constipation, colds, allergy, indigestion, and weight problems.

Physical pain has its valid, positive point. It is continual feedback to tell us what to do and what not to do.

Whenever we eat too much or we don't get enough sleep or a part of our body is getting worn out or something is broken and needs a rest, our marvelous automatic alarm system lets us know.

Our experience of emotional pain operates along the same lines. If we are hurting emotionally, it is a message that we need to change our approach or see things differently. If we feel hurt, let down or dumped by someone in our life, the message may be, "Love those in your life without expectations. Accept them as they are and take what they

want to give without judgement." Alternatively, the message may be, "Don't let the actions of others destroy your own self-esteem."

If your house burns down or someone steals your car, you may well experience emotional upset. This is human. If you choose to learn from the situation you may well discover that you can live happily without the things to which you were so attached. The emotional upset may cause you to reassess your priorities. I don't mean to say that we should live without houses and cars. The point is that successful people learn from such experiences and adjust their values so life's hiccups become less painful.

Emotional upsets generate powerful and lethal toxins. Blood samples taken from persons experiencing intense fear of anger when injected into guinea pigs have killed them in less than two minutes. Imagine what these toxins can do to your own body.

Every thought that you have affects your body chemistry within a split second. Remember how you feel when you are barreling down the highway and a big truck suddenly brakes twenty meters in front of you. A shock wave shoots through your whole system. Your mind produces instant reactions in your body.

The toxins that fear, anger, frustration and stress produce not only kill guinea pigs, but kill us off in a similar manner. It is possible to be fearful, anxious, irritated and healthy at the same time. It is not just difficult, it is impossible. Simply put, your body's health is a reflection of your mental health. Sickness will often then be a result of unresolved inner conflicts which in time show up in the body.

The mind-body connection is such that if, for example, we want to avoid something, very often our subconscious mind will arrange it.

Once we recognize that these things happen to us, we are half way to doing something about them.

Our belief system and our expectations can keep us sick. If our sister says, "I've got this horrible cold and you'll probably get it and feel horrible," then we become susceptible to the illness. We get sick in part because we expect it.

There is also evidence to suggest that we may get a disease because our parents had it and we think it is inevitable. We carry subconscious patterns or programs around on our brain cells that keep us either healthy or sick. Some people say "I never get colds" and never get them. Others say "I always get at least two colds per year" and they succeed. This is not coincidence.

As children, we learn quickly that being sick is one of the most effective ways of getting attention. For some of us it is the only way. When we become sick, our friends and family rally around and immediately we feel more loved and reassured. Some people never break this pattern and for a lifetime manage to fall ill, fall off ladders and break legs whenever they feel ignored or unloved. Clearly, this is much more an unconscious than a conscious behavior. However, the fact remains that those people who feel loved and secure have far less illness and "accidents" than those who don't.

Repressed feelings and emotions affect our health. The victim pattern, "don't worry about me. I'm not important" or "I'm used to being ignored and disappointed" or "I'll just sit here with a smile on my face and stew inside" is the beginning of disaster. To be healthy and energetic, we must maintain positive emotions and we must be expressing our feelings. It is also very important to believe we DESERVE to be healthy. If we harbor any subconscious feelings like, "I'm not a nice person" or "I've done a lot of bad things" or "I deserve to be

punished," then a classic way to suffer is through ill health - sometimes for a lifetime.

If we are not doing the job or leading the life we enjoy, our mind is constantly holding the thought, "I wish I wasn't here." As our body is a slave of the mind, our body will then start getting us out of whatever we want to get out of. The first step is illness. The more permanent solution of death.

In looking at the mind--body connection, it is easy to see how much our body is affected by our mental state. Our subconscious mind is monitoring our healing processes every second of the day. Your body is continually rebuilding and its rebuilding blueprint comes from your mind.

When your wounded finger heals, what controls the binding of the new cells? What intelligence is it that ensures that when you lose a finger nail, it is another finger nail you grown on the end of your finger, and not a bladder? Something has to be controlling all these things! Let us not take the miracle of our physical being for granted!

Your mind is the architect of our body and your body is a reflection of your thoughts. If you are consumed by fear and anger and unexpressed emotion, your body will reflect it. The "disease" of the mind becomes "disease" in the body.

### **Our Health is Our Responsibility**

What we focus on expands. Visualize our perfect, healthy self on all levels and act "as if." Having good physical, emotional, and mental health gives our spirit a more powerful, energetic place to dwell. Our entire being acts as a unit. The health of one level influences the health of the others. It is a system of operations, each affecting the others.

To heal any disease, whether mental, emotional or physical, go to the source of the condition and change the perception. By our becoming quiet, (meditation and listening), the spirit can assist us in changing the perception that is creating the disease.

Consider that when you give your illness energy, it will grow. Consider, further, what you may be doing to yourself by “owning” an illness: i.e., “my ulcer,” “my liver condition,” “my manic depression,” etc. By owning an illness, you feed it, give it energy and make it real. A change of perception might rid you of the illness and return you to health. Perhaps if you called the illness a condition of your body, a manifestation of your process of thought: “My body has experienced a liver condition in the past and now I choose to get the message it has for me and move on.” This statement accurately describes the situation without attachment, puts it into the past where it belongs, takes responsibility for the emotional condition causing the physical malady, and exercises faith to heal.

To begin the healing process, avoid squelching or hiding emotions and feelings. Reclaim your health by being responsible for it. Rapid Eye Technology is one quick and effective method to discharge pent-up negativity and mis-perceptions and return to you the responsibility for your own health.

We heal ourselves by recognizing our own worth; we heal others by recognizing the wholeness and divinity within them. When we perceive health in another we heal ourselves. We make health real in others by believing in their health. This is the basis for healing in any mode or model. Faith healing, the curing of disease by supernatural means, might be considered the natural means of healing regardless of the method. In other words, it is our own innate process that creates the health we experience.

Letting go of our perception of what health

looks like can be very healing to our own being. Many of us spend our energy looking outward to see if those around us are healthy or ill. By doing so, we exert our energies in a process called judgment and labeling. Consider what might happen to you if you were to release this pastime and begin to perceive those around you as whole and complete, full of love and light.

### Stress

Stress is a physical and emotional reaction to change – whether positive or negative. The fight or flight reaction kicks in, preparing your body for action: your muscles may tense, your heart may “race,” you may breathe more rapidly, and sugars and fats may be released into your bloodstream for quick energy. At the same time you may experience a wide range of feelings, from anxiety and worry to excitement and anticipation. Your actions may also reveal telltale signs of stress: fidgeting, racing around, snapping at others, or eating more than your body needs.

### Stress vs. Distress

Not all stress is bad. In the short run, stress can help you be more alert, efficient, and productive. How negative your stress reaction is depends on many things: how often it occurs, how intense it is, how long it lasts, and most important, how you perceive the stressful event.

Short surges of stress can add zest to your life, helping your body mobilize to meet specific demands.

When you don't have a chance to recover from stress, your physical, emotional and mental resources become depleted, leading to illness.

**Why Manage Stress?**

You can't eliminate stress all together. But you can manage it. You can do this by taking time out from tension and with relaxation techniques. Listening to how you communicate with yourself and others and using social and physical buffers against stress can also help. Some of the payoffs of managing stress are: a stronger immune system for fighting disease, lower risk of heart disease and other chronic illnesses, and overall better health. Other benefits include improved relationships and reduced burnout in both your work and personal life.

**How Stress is Unique**

Public speaking may be thrilling for you, but for the next person, the experience may be as terrifying as standing in front of a firing squad. The events that trigger your stress and reaction to stressful situations are unique to you.

The following checklists may help you better understand your stress triggers and reactions. Simply being aware of them may lower your stress by helping you identify changes you can make.

Check those on the list that have caused stress for you in the last six months.

**Daily Hassles**

- Misplacing or losing something
- Getting caught in a traffic jam.
- Waiting in line
- Oversleeping
- Disagreeing with a co-worker
- Running late
- Missing the bus
- Forgetting your purse or coat

- Coming home to a messy house
- Having car trouble
- Getting a traffic ticket
- Having argument with spouse or child

What have we missed that is on your list?

**Major Events**

- Marrying
- Being laid off or fired
- Expecting the death of a friend, family member, or co-worker
- Moving
- Having a baby
- Going to war
- Having surgery
- Divorce or breaking up
- Going to jail
- Changing jobs
- Starting school
- Receiving a diagnosis of a serious disease
- Having your children leave home (or come back)
- Fighting with the IRS

What have we missed that on your list?

**Ongoing Problems**

- Money or credit problems
- Noisy or nosey neighbors
- Chronic illness
- Disability
- Crime in the neighborhood
- Eating disorder
- Unsatisfactory job
- Shaky economy
- Poor housing or living arrangements
- Alcoholism or drug addiction
- Physical, emotional, mental or spiritual abuse
- Poor relationships with friends or family
- Raising children through the adolescent years
- Having someone dump on you

What have we missed that on your list?

**Your Physical Reactions**

- Headache
- Muscle tension or cramps
- Dry mouth or bad breath
- Racing heartbeat
- High blood pressure or heart burn
- Cold or flu
- Diarrhea
- Clammy hands
- Constipation
- Teeth grinding
- Skin rash
- Back pain
- Stomach ache or vomiting
- Chest pain
- Laryngitis
- Shaky hands
- Blurred vision
- Insomnia
- Fatigue
- Dis-ease in the body

What have we missed that on your list?

**Identifying Your Stress Reactions**

In the last exercise you gave some thought to your stress triggers. Now focus your attention on your unique reactions to stress, sometimes called a stress “signature” since no two are completely alike. Read the list below, check off the physical, mental, emotional and behavior reactions you typically experience when you are under stress.

**Your Thoughts and Feelings**

- Irritability
- Anxiety
- Forgetfulness
- Depression

## Rapid Eye Technology (RET)

- Apathy
- Nervousness
- Worry
- Confusion or spacy
- Excitement
- Hopelessness
- Cynicism
- Resentment
- Fearfulness
- Hostility
- Difficulty concentrating
- Racing of obsessive thoughts

What have we missed that on your list?

- Blaming others
- Crying easily
- Compulsively drumming your fingers or flickering your hair.

What have we missed that on your list?

### Your Actions

- Withdrawing from close relationships
- Snapping at others
- Overeating or under-eating
- Being accident prone
- Completing tasks with difficulty
- Trying to do several things at once
- Talking very fast
- Watching more television
- Smoking cigarettes
- Drinking alcoholic beverages
- Taking tranquilizers or other drugs

### Something To Consider

Drugs, alcohol, cigarettes, sex, food– all can become crutches used to stand up to stress. Because they may temporarily calm your nerves, satisfy your urges, or make you feel more relaxed, you may think they really do help.

But crutches, whatever the type, may mask the deeper symptoms of stress. And when abused, they can lead to even more stress. They may make it more difficult for you to live up to your responsibilities, leading to physical burnout. Or they may become an all-consuming addiction.

Identify whether or not you're propping yourself up with a crutch, and find other means of support. Then you can learn to "walk" on solid ground without the faulty support of a stress crutch.

### Releasing The Tension

When you need to break the stress 'strangle hold," you can use a variety of relaxation

techniques that give your body time out. You don't have to use all the techniques on the next few pages; try them for a week and find the ones that work best for you. Practice them once or twice a day or when you feel particularly stressed.

### Deep Breathing

This might be a good technique to use if you respond to stress with fast, shallow breathing. It's a good foundation for other techniques, and you can do it anytime, anywhere.

1. **Sit or lie down** in a comfortable position
2. **Place your hands** on your stomach
3. **Inhale slowly** and deeply through your nose; hold your breath for a few seconds.
4. **Exhale all your air slowly** through your mouth while pursing your lips; this helps control how fast you release the air.
5. **Repeat steps three and four** several times

### Stretching Exercises

Stretches are easy to learn and are one of the quickest ways to loosen "knots" in your muscles. Depending on where you "hold" your tension, try a variety of different exercises. The stretches below work on two common "hot spots" – your shoulders and back.

#### Shoulder Stretch

1. **Extend your arms in front of you** at shoulder height and interlace your fingers. Take a deep breath and exhale slowly.
2. **Turn your palms outward.** Lower your chin to your chest and extend your arms

forward. Take a deep breath and exhale slowly.

3. **Take a deep breath and exhale slowly,** hold for ten to twenty seconds.

### Back Bend

1. **Stand** and place your palms on your low back. Take a deep breath and exhale slowly.
2. **Slowly lean your upper body back** without over-arching your neck; hold for 5 seconds. Take a deep breath and exhale slowly.
3. **Now slowly lean forward** until you feel your low back muscles stretch; hold for 5 seconds. Take a deep breath and exhale slowly.

### Humor

In Norman Cousins' book *Anatomy of an Illness*, he tells how he recovered from a crippling disease to resume a healthy, normal life. His main medicine--laughter in large doses. Cousins believed that his serious approach to life had precipitated his illness and figured he could reverse the condition through laughter. He watched Marx Brothers movies and Candid Camera tapes until both the symptoms and the pain disappeared. He demonstrated what people have said for years, "Laughter is the best medicine."

When you laugh, all kinds of wonderful things happen to benefit your body and mind. Endorphins are released in your brain which give you a "natural high" and your respiratory system gets the kind of workout that it may get from jogging.

Laughter relieves pain. You can only laugh when you are relaxed and the more relaxed

you are the less pain you feel; so funny books and movies are ideal pain relievers. In fact, you can't get ulcers and laugh at the same time--you have to choose one or the other. The same goes for other illnesses. We often get sick by taking ourselves and life too seriously. What we need to do is laugh to help us stay healthy.

Let us assume that you are broke and you have just smashed your car, you are going through a divorce and the roof is leaking. If all that is going on, why make things worse by being unhappy as well?

### Progressive Relaxation

Progressive relaxation is a process of tightening and releasing and feeling the difference between the two sensations in your body.

1. Tighten your hand muscles while making a fist. Feel the tension in your hand and hold this position for a few seconds.
2. Relax your fist, letting the tension melt away. Notice how your hand feels lighter; your forearm may also feel lighter. Imagine you are a rag doll with no bones in your body.
3. Notice the difference between tense and relaxed states. Was your hand throbbing when tense, warm and tingling when relaxed?
4. Repeat these steps with each muscle group in your body; your arms, face, back, neck, chest, stomach, legs and feet.

### Autogenic

If thinking about something tastes sour makes your mouth water, then you may understand how Autogenics works. Autogenics is a technique that uses mental commands to

reverse physical symptoms such as cold or clammy hands. By telling yourself you feel warm and heavy your body begins to relax; your body learns to follow your thoughts.

1. Sit comfortably, loosen any tight clothing, close your eyes and clear your mind.
2. Mentally focus on your right arm, repeating to yourself, "My right arm feels warm and heavy," until it feels warmer and heavier.
3. Repeat the same command with the rest of your body until you feel completely relaxed.

### Visualization

Like Autogenics this technique builds on the principle of "mind over matter." On the "wings" of imagination, your mind travels to a pleasant safe place, producing sensations of relaxation in your body.

1. Sit or lie down in a relaxed position.
2. Picture a tranquil setting such as a sunny beach to feel particularly relaxed.
3. Visualize feeling calm, warm and relaxed.

### *When Your Mind Wanders...*

*During relaxation techniques, you may find that your mind keeps wandering. This drifting can interfere with your ability to relax. With practice though, you can learn to focus your mind.*

### *You Can Do This...*

- *Accept that a certain amount of mind-wandering is normal. Don't waste time punishing yourself for it.*
- *Bring your mind back gently to a favorite image: a gently flickering flame, bubbles rising to the surface of a glass, your baby's face.*
- *Whenever possible perform a rhythmic activity like jogging before hand, which may help you focus on breathing and clear your mind.*

### **Listening to Your Self**

You just learned how to use the power of your mind during relaxation techniques. Now consider the power of your mind's voices in your everyday life. Whether or not you realize it, your internal voices—your self-talk— and how you communicate with the rest of the world can affect your level of stress. Learn to identify, listen to, and change the negative voices you hear.

Your mind had a continuous “tape” running. Is your tape playing negative self-talk or positive self-talk? The next time you catch yourself muttering about the incompetence of the driver ahead of you or your own inferior IQ level, put the thought on “pause,” then rewind and erase! Next, put a new message on the tape. See if you recognize any of the more strident voices.

### **It's a Black and White Life**

This voice oversimplifies life: it says that situations are always black-and-white, either-or, yes-or-no—with nothing in between. This shortsighted view traps you into thinking you have few options to choose from. It doesn't allow you to dream, to problem-solve, to enjoy the richness of life.

### **Perfection—and Nothing Less**

Expecting perfection in yourself and others is a sure setup for failure. In fact, perfectionism leads to procrastination, which leads to paralysis. These voices also often translate into “should” talk: “ I should never make mistakes.” “People should always treat me fairly.” “Life should be easy for me.”

### **Molehills That Are Mountains**

When you can't separate the big stuff from the small stuff, molehills quickly turn into overwhelming mountains. Don't wait for a truly major event, such as a life-threatening illness, to put things in perspective for you and make you down play the insignificant problem in your life.

### **The Center of the Universe**

If you think things are always your fault, you may have put yourself at the “center of the universe.” You may blame yourself for others' moods and feelings, especially when it's someone you're very close to. Realize that you rally don't have that much power. It may come as quite a relief.

### **A View of the World That Works**

Stress-resistant people share certain perspective that may make them healthier. They see change as a challenge, feel a sense of commitment to something, and have a feeling of being in control of their lives. Take your cue from these people Especially remember that even when you don't have control over events, you do have control over your reactions to those events, which can greatly lower your stress level.

### **Recognizing Your Choices**

Here's an exercise to help you counteract one form of negative self-talk: black-and-white thinking. Use this exercise to help you begin to see the wide, colorful spectrum of choices you have for dealing with the stressors in your life. Often you can take action, But even when you can't, you can change your thinking to help you reduce stress.

5. Take auto maintenance classes.

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### **Stressors You CAN Control**

Make list of the stressors in your life that you have some control over. They might be daily hassles, ongoing problems, or more rarely, major events.

**Example:**

1. Car trouble

### **Stressors you CAN'T Control**

Now list the stressors in your life that you think you have no control over. You may find, however, that you can move some of these into the first category: stressors you can control. For example, you may feel helpless to do anything about a bad relationship, but, in fact, you can always end or change the relationship.

**Example:**

1. Being laid off.

### **Action You CAN Take**

Take one or two of your stressors and generate as many options for action as you can. Write down whatever comes to mind. Don't edit; one idea may lead to another.

**Example:**

1. Get car fixed.
2. Set up appointments for regular auto maintenance.
3. Use public transit more regularly.
4. Buy a more reliable car.

### **Thoughts You CAN Change**

Generate new ways of looking at these problems. At first glance, the stressful event may have no redeeming qualities whatsoever. Think again. Is there anything to be gained from this experience?

**Example:**

1. Can taker opportunity to review my career path.
2. Can spend more time with my children.

3. Can take a class during the daytime.

### **Your Positive Self-Talk**

#### **Talking Back**

You've read about a few different types of negative self-talk and begun to counteract one specific type: black-and-white thinking. What's your negative self-talk? Listen to yourself over the next week, and write down what you're saying. Give the voices a face. Do you recognize anyone else talking besides yourself? Your parents, your spouse, your boss? Next, do your best to swap the negative self-talk for positive self-talk.

#### **Your Negative Self-Talk**

#### **If you're telling yourself...**

"I never do anything right. I'm such an idiot."

"I can't believe this is happening!"

"This always happens to me."

"If only I would have..."

"There's no point in getting my hopes up."

"Why don't they understand me?"

#### **Then substitute with...**

"So, I'm not perfect! I do lots of things right, and some things very well."

"If I can do something about a problem, I do it; otherwise, I try not to worry."

"Some problems are inevitable. Good things happen in my life too."

"I'm learning to be gentle, forgiving, and kind to myself."

"I try to be optimistic about life and to welcome new challenges."

"Everyone has a different view. I usually can learn something from others, even from those with whom I disagree."

## Styles of Communication

Learning to listen to the voices inside is only half the battle. The other half involves improving how you communicate with others. When you disagree with someone, do you feel anxious or frustrated, your stress levels rising along with your blood pressure? That's what can happen when either you or the other person uses an aggressive, passive-aggressive, or passive style of communication. An assertive style of communication creates less stress.

### Aggressive

Aggressive communication conveys an attitude of intimidation, leading to bad feelings on both sides, and possibly even abuse. While you're verbally abusing another, though, you're physically abusing yourself: your heart rate may increase and your blood pressure may rise.

### Passive-Aggressive

Passive-aggressive people believe they have a right to their feelings, but don't express them openly. Instead, they resort to covert communication: talking behind backs, making excuses, being indirect. This doesn't lead to resolution of problems, so stressful situations are more likely to occur.

### Passive

People who believe they don't have the right to their feelings or opinions may not express them at all. A passive person is much easier target for exploitation, which is a definite formula for stress.

### Assertive

This is the ideal: expressing your rights and feelings without infringing on the rights of others. When you believe you're equal to others, you can disagree openly, say 'no' without flinching, and more often see the results of your actions.

### Styles Exercise:

Learning to identify effective and ineffective communication styles can help you recognize them in yourself. Read the statements below and write in the style of communication each represents. Then practice being assertive in your everyday life: say what you mean, but speak with respect for yourself and for others. If you need help learning this skill, consider taking an assertiveness training course.

1. "Do I have to do everything myself? I told you I needed that report by the end of the day."

2. "No one ever pays attention to me. Do you think it's because I don't have an outgoing personality?"

3. "I can understand why you want to go to the party with your friends honey. But we did agree to make this a family night since it is your mother's birthday."

4. "I can't believe he's treating me like this. How do I deep ending up with these guys who thing they're God's gift to women? Did I tell you how his last relationship ended...?"

5. "I really think it's time to disclose the proposed merger. Now, I know you disagree, so let's talk about it some more."

6. "Where did you learn how to drive, you idiot! Go take a remedial driving class!"

7. "Because I said so!"

8. "Oh, that's okay. I don't mind doing the dishes again. I know your favorite program is on. Did you like what I fixed for dinner? Honey...honey?"

9. "I'd like to talk with you about how I'm feeling in this relationship. Is this a good time to talk?"

You've begun to build some solid skills for managing stress. Now erect some social and physical buffers, or insulation, against stress. They won't eliminate stress, but can help you better weather its effects. Creating a balance in your life can cushion you against boredom, isolation, or lack of purpose, and improve your self-esteem. Taking good care of your body can create better protection against the physical assaults of stress.

### **Create a Balance In Your Life**

Putting all your eggs in one basket is usually a big mistake. It only increases the strain on you. But varying your activities and interest helps fulfill your many needs for achievement, recognition, creative expression, and emotional support. And when one area of your life isn't going well, you have other areas to fall back on.

### **Family and Friends**

As "social animals," we need to feel involved with others. Having strong connections with family and friends provides the kind of caring and support people need as an emotional buffer against hard times.

### **Personal Time**

Everyone needs quiet time alone. Time for yourself allows you to reflect on your relationships, your career path, your financial status, your health, and the overall direction of

your life. But time alone isn't just for serious thoughts: have fun too.

### **Work**

Work—inside and outside the home—provides a sense of productivity and achievement most people need to feel good about themselves. Participating in professional associations is one way to enhance the quality of your work.

### **Community Involvement**

Pursuing a political cause or helping people with special needs allows you to give something back to the community. Helping others may have a unique payoff: it may help put your own life into perspective.

### **Spiritual Involvement**

Whether you define it as belief in a higher power, connection to the earth, or simply a moral consistency in what you think, feel, and do, spiritually can provide a sense of meaning and purpose in your life.

### ***When Work Takes Over***

*Work can be gratifying, and usually it's a financial necessity. But it can take over your life. If you're putting all your eggs in this basket, take another look. You're not working; your job is working you.*

### ***You can do this...***

- Take breaks, get away from the workplace during your lunch hour, and don't put off taking your vacations.
- Learn how to ask for help. When you delegate, be sure to give up both the responsibility and the authority for carrying out the task.
- Take a time-management course. It may help you learn how to prioritize better.

- Focus on the outcome of your work, not just the task.

### **Building Blocks for De-stressing**

Help build strong bodies four ways—with fitness, food, fun, and forty winks (or more). Stress is hard on your body, but you can buffer some of its effects by exercising, eating nutritionally balanced meals, having fun for fun's sake, and getting good rest.

### **Fitness**

Aerobic exercise such as biking or jogging offers many stress management benefits. It releases pleasure-producing hormones, strengthens and relaxes muscles (much like progressive relaxation), and gives you more energy. The rhythmic quality of many types of exercise, such as biking, walking, or swimming, also can produce a type of meditation in motion.

### **Food**

Balanced meals provide the energy you need to meet the day's physical and mental challenges. High-energy foods include complex carbohydrates, such as potatoes, rice, and whole-wheat bread, and fresh fruits and vegetables. Limit caffeine, a stimulant that intensifies the stress response, and sugar, whose quick-energy fix backfires, making you more tired.

### **Pets Keep You in the Pink**

They purr, sing, hop, dance, or wag their tails with unconditional joy. Who can resist that animal magnetism? Pets are often a saving grace in the face of stress. In fact, they may even lower your blood pressure or decrease your number of doctor visits. They provide emotional benefits, too, often giving unconditional love. If you can't have a pet of

you own, volunteer for someone who needs help with one, or pay regular visits to a petting zoo or pet store. You may find that caring for plants can provide many of the same benefits.

### **Fun**

Don't feel guilty about having fun. Just enjoy yourself. You can justify having fun for fun's sake: it's usually good for you. Diving, card games, gardening, puzzles, artwork, bowling, music—whatever you enjoy—can provide a tremendous physical release. And creative expression—whether it's artistic, musical, or athletic—can bolster your self-image too.

### **Forty Winks (or more)**

To ensure good rest and revitalization, go to bed at a regular time each night, don't drink caffeine or alcoholic beverages before bedtime, and don't exercise at the end of the day. When you can, take naps for quick, midday refreshers. And when under stress, get an extra hour of sleep at night.

### **Setting Realistic Goals**

If you wanted to play the piano, you'd accept that some time and effort were required, wouldn't you? Building stress management skills also requires practice, so be realistic about setting goals. To ensure success, make a commitment, try new techniques, and practice, practice... and practice some more. Also, try the tips below for a more "polished performance."

### **Commit to Change**

Making changes in your stress habits is similar to making any other change: you have to really want to do it. Commit to making a change. Don't try to do everything all at once, though. Prioritize, focusing on those skills you want to build first, and give yourself credit for even the smallest of changes.

### **Try New Techniques**

By now, you may know which stress management techniques work best for you. But try a technique for at least a week before giving it up. It may take that long to get comfortable with something new. For extra help on sharpening your technique, refer to this workbook as needed, check out other resources, or work with a mental health professional.

### **Practice, Practice**

As with building any skill, you need practice to become proficient. Recognize that everyone learns at a different rate, so give yourself plenty of time to improve. And remember that improvement usually comes in spurts. Be as consistent as you can, but don't "beat yourself up" if you miss a "practice session." That undoubtedly will defeat your whole purpose!

### **Extra Tips**

- Do at least one thing you enjoy every day.
- When feeling stressed, close your eyes and slowly repeat a calming word or sound over and over again out loud to help quiet your mind.
- When you're faced with a task you dread, get it over with early in the day.
- If world events are interfering with your sleep, avoid the news, especially at night.
- Prepare for the next day by planning breakfast, making lunch and ironing your clothes the night before.
- Keep duplicate house and car keys in your wallet for those stressful times when you lock yourself out.

**Stress Buster Exercise**

Here's a chance to practice solving stressful problems. For example, if your goal is to quit feeling rushed on your way to work, you can prepare for work the night before or leave for work 15 minutes earlier. Pretend you're a contestant on a game show, and play the following game, matching solutions to the stressful situations at the left. This game may give you some ideas for handling your next stressful day.

*It was the worst of times...*

That's how it usually feels when you've had a bad day. The situations below are typical scenes from a day in the life of a stressed-out person.

1. I can't seem to get to work on time. It's as though my body is programmed to arrive 15 minutes late, which always starts me off on the wrong foot.
2. I have an uncanny ability to choose the slowest moving lines at the grocery store, which put me on a slow burn all day.
3. My boss seems to think I'm Wonder Woman. I don't want to be uncooperative, but she just keeps giving me more work. What should I do?
4. There's never enough time to do the things I want to do. But I can't give up anything.
5. As I stood to make my presentation, my mind went blank and my eyes glazed over. All I could see was my job going up in smoke.
6. Is it too much to ask? All I want is to leave the house once without having to go on a scavenger hunt for my keys.
7. I've got a deadline tomorrow. I know I'm not going to meet it. There's a lot riding on this. I don't want to turn in a half-baked project, but I can't get it done. Help!

8. Can you believe it? They just showed up on my doorstep unannounced –and I didn't have one free minute to spare.

**Select Your Solutions**

It's your turn to problem-solve. What would you do in each of the situations? Remember that there may be more than one right answer for each situation. Or, you may think of other solutions altogether.

- A) Buy an answering machine and let it pick up calls on evenings when you're busy.
- B) Be direct. Express your feelings. Come up with some alternatives.
- C) Turn back in this workbook and try this exercise again!
- D) Write your weekly goals in a notebook and carry it with you. When you think of something to add, jot it down. When you complete a task, cross it off your list.
- E) Focus on what you can do to prepare
- F) Put your alarm clock across the room so you have to get out of bed on time.
- G) Give yourself enough time between appointments. If you think something will take 2 hours, allow an extra 30 minutes.
- H) Try deep breathing, visualization, or a stretching exercise.
- I) Organize your house and office so that everything has a logical place.
- J) Always keep reading material with you so you never feel as though you're waiting time.
- K) Plan ahead. Don't wait until your gas tank is on reserve, your stamps have run out, or your deadline is one day away.
- L) Light some candles, put on some soft music, and take a hot bath.

## **Harmony and Rhythm**

## Harmony and Rhythm

This principle is strikingly illustrated by placing a handful of iron filings on a thin sheet of metal and playing a certain musical note near the sheet. Wondrously, the filings arrange themselves into a pattern. Change the musical note and the filings rearrange themselves into another pattern. Every sound has its vibrational pattern, and the visible filings demonstrate the invisible pattern of the sound.

Our thoughts are like the sound, and the circumstances in life are like the iron filings. The filings have no volition or will of their own. They simply fall into the vibrational pattern of the sound. In the same way, automobiles, money, food, jobs, and relationships have no particular will of their own. Their nature is to follow the direction of the waves of thoughts that we radiate.

Some say, "Look what I created!" Another way that could be said might be. "Look what I attracted!" The word circumstance neatly depicts the process: circum means around; stance means stand. Circumstances are the conditions that stand around us, magnetized to us by the central core of our thought-forms. Change the thoughts at the center of the energy field, and we change the conditions that stand around us.

There is a basic rhythm to all God's creations - including us. We notice it when we are quiet enough to listen. Each of us has a natural rhythm. Life is simple when we hear, feel, and follow in harmony and rhythm. Meditation and visualization improve the ability to hear, feel, and become more sensitive to our inner self and the world around us. As we practice being quiet, the inner self teaches us and we will see that miracles are natural expressions of love.

Often a piece of music is called beautiful because of the interplay and harmonious

synchronization of the notes. In fact, some music (such as Baroque) can actually program or format a person's brain to facilitate learning. This harmonious interplay extends beyond music for our ears. The infinite intelligence of the universe is behind the rhythm and harmony we need in our life. As we become more practiced in using these principles, we realize the natural guidance is always there for us, forming a life into a divine pattern.

To increase our harmony and rhythm we can increase our understanding of the information we receive from our five basic senses: touch, sight, taste, hearing and smell. Then we can become more aware of our other senses, such as intuition and awareness of energy. When we are in harmony with these principles we draw upon the powers of nature or heaven. We are aware that all is in harmony; that all things work together for our good. When we react to anger, confusion, anxiety, or fear in another person, we encourage the other person to believe he is presenting the truth. Another response is to disregard the illusion the other person is expressing and see him as perfect and joyful.

We occasionally fall into the temptation to perceive ourselves as unfairly treated. We can be treated unfairly only by ourselves. We are only victims of the world, if we think we are. Rather than what others or the world do to us, it is what we believe they have done to us, or what we believe we have done to ourselves that make up our problems. Deprivation is the feeling we experience when we feel we are isolated or separate. We then project blame, anger, hate to others. They pick up the signal and play a part for us so we can feel that our anger, hate, or sadness is justified. This signal is a vibration we radiate in our energy field. It's a little like a call to others to come and

play with us (something akin to “choosing up sides” in basketball or some other team sport). The signals we emit are received, processed, and reacted upon by those seeking that signal; they are tuned in to our broadcast, our vibration.

This ability to draw conditions to us has tremendous practical implications. It means we can use our thoughts to create the life we want. It means that we can really change for the better. It means that things no longer have power over us, for we realize that they are just the manifestations of our thoughts, and nothing more. They are thought forms reacting to the signals we project.

The principle of Harmony and Rhythm is perhaps best expressed in the magic of music! Music is a powerful influence in our daily lives. There are three basic ingredients of music: melody, harmony and rhythm. Melody and harmony are universal in nature. The solar system maintains its order because of the vibrations of each individual planet. They comprise a chord of music which is unique to our place in space.

Rhythm belongs to the earth. It is the method whereby a song is broken up into measures and notes are assigned different values of time. It is the rhythm or beat of a song which involuntarily sets your toe to tapping. It is the ingredient of time.

There is another ingredient of music which is absent in some music. When it is present, it changes lives. Even plants and animals respond to it! What is this fourth ingredient? It is LOVE! When music contains this element, it performs miracles! It sets into motion natural forces which begin a tumbler-like action, a turning of the tide in the lives of people.

Research into the science of sound, or vibration, helps us understand that creating music requires the interaction between the right and left brain. In a very real sense, music

transcends the mind and goes directly into the heart!

Music is an integral part of RET processing as well as the cognitive work. It can be a powerful way to access the ability to feel in clients who have endured so much pain that they have dissociated from life and become “past feeling.”

While listening to music can penetrate even the hardest heart, the activity of creating music, expressing oneself through music, develops a person’s ability to organize creative thoughts and to express them effectively. It doesn’t seem to matter whether that creation of music is in the form of humming a tune or in performing in a concert. Feeling will happen!

Researchers have studied Baroque music to discover why it is so powerful in assisting in learning. The combinations of notes, and the patterns of the music create order in the brain in much the same way a computer formats a diskette to implant a grid or map which will allow information to be stored in a location where the computer will know precisely where to go to retrieve it.

Why is order so important? To create is to organize that which is unorganized. There is no judgment between order or chaos, both are necessary to the process of growth and creativity. To make use of the information we accumulate throughout our lives, we need to be able to retrieve it. If there is no order, no

system for storing and retrieving that information, it is much like a file cabinet with no separate folders, just piles of stuff. We know it’s in there, yet we aren’t able to find it.

People with Alzheimer’s disease are losing this grid pattern, this map for how to store and retrieve information. Remarkable results are being achieved with Alzheimer’s patients through the use of music technology.

An interesting phenomenon is occurring. The

elements of the earth, the minds and hearts of the people on the planet are beginning to polarize. There is a gathering of order, a gathering of those who follow the principles which created our universe. There are multitudes of people making a choice for order.

What is left is chaos; that which is in conflict with order. Each person is responsible to make conscious choices about the level of vibrations which influence them.

When all our levels are in alignment (physical, emotional, mental and spiritual), we are in tune. We will feel in alignment with the universe and the principle of harmony and rhythm. We have once again aligned with the one song.

***“You are apart of the universe, no less than the stars and trees, and you have a right to be here. And whether it is clear to you or not, no doubt he universe is unfolding as it should..”.***  
--Desiderata

We are part of the universe and our lives are governed by the same laws that govern the rest of the cosmos. We need to keep a balance as does the rest of nature. We take time to grow and time to heal. Our lives will always move in cycles because that is the universal law. We need time to rest and recuperate, as do all other living things.

### TAKING TIME

Nature always takes her time. Great oaks don't become great overnight. They also lose a lot of leaves, branches and bark in the process of becoming great. Diamonds aren't formed in a week either. Everything of value, of beauty, of majesty in the universe took time to become so.

So it will be with our own growth and development. Let us recognize the way things work down here, and so be gentler on

ourselves when assessing our own progress. It takes time to build confidence, to build a healthy body or a positive outlook. It takes time to build a business of value or to create our own financial independence. In the real world there are very few instant, overnight successes. Inner work is a life-style.

### CYCLES

As sure as the earth revolves around the sun and winter follows the spring, so must our life move in cycles. So there will always be easy times and there will be hard times, as sure as one season follows another. One of the great challenges of life is dealing with the winter while you are waiting for things to get better. Things will get better. They always do. The trouble is that many people give up and go home too early. The tide will always turn.

### REST

Nature has a rest from time to time. The soil needs a rest, bears and snakes hibernate; even fish sleep with their eyes open. We can learn from this approach. We need to take time out; to rest, to review, to ponder, to be.

If you decide that you are indispensable and that you must always have your nose to the grindstone, then you can live your life like that. Your belief that you can never rest will be your reality until such time as you decide differently.

When we do make rest a part of our life-style, like the soil we become so much more productive when we work. Having said this, I believe that as humans we are engineered for enterprise and activity.

### Relax and Let Go

Have you noticed what happens when you are trying really, really hard to remember

something or to hit a baseball just right or solve a problem? Invariably, you don't get the results you want.

In their search for ideas and solutions to problems, most people note that they have their greatest success while they are engaged in activities where they are naturally relaxed. Hence they have their brain gems in the shower, in the bath, in bed, in the toilet: places where we relax easily.

To understand the scientific angle, when we relax, our brain rhythms move into a slower mode--the alpha mode--where we are far more able and creative. Results come easily. When you step into a warm shower, you naturally relax. In bed, the same happens; and so you will find you get ideas in bed! You can be very creative in the bedroom. You are open to ideas in the toilet, because you have to relax in there just to get the job done!

Of course, physical relaxation is equally important for peak performance. As we relax our physical body, our whole metabolism comes into balance; our blood pressure drops, our breathing becomes deep and easy, and the organs in our system work harmoniously.

On a broader scale, the same picture emerges. We get the best results in our life when we are prepared to go with the flow. This means finding the delicate and elusive balance between effort and relaxation, between attachment and letting go. It is no simple thing to achieve!

Again, we can take our lead from nature. The birds and the animals work, but they don't work day and night. Even the soil needs a rest every so often. That one gets us into trouble too! We plant beans on the same plot for twenty three consecutive years, we cram the earth with chemicals to keep them popping up, and wonder why the beans taste worse than the fertilizer. Everything needs a rest. Everything takes time to regenerate, to have an ebb and flow.

Benjamin Hoff wrote a wonderful book, *"The Tao of Pooh"*, in which he expounds the Eastern philosophy of "Tao", as intuitively applied by Pooh, the all time favorite "bear of little brain". He suggests that we can learn much from Winnie the Pooh's easy, accepting, uncomplicated philosophy--"while Eeyore frets, and Piglet hesitates and Owl pontificates... Pooh just IS."

Hoff writes: "When we learn to work with our own Inner Nature, and with the natural laws operating around us, we reach the level of Wu Wei. Then we work with the natural order of things and operate on the principle of minimal effort. Since the natural world follows that principle, it does not make mistakes. Mistakes are made--or imagined-- by man, the creature with the overloaded Brain who separates himself from the supporting network of natural laws by interfering and trying too hard."

We love Pooh because he doesn't try too hard. He lives in the present moment. He just is.

**Assess Your Priorities**

Here’s an opportunity to see how well you’re balancing the priorities in your life. First, see how much energy you’re currently putting into each of the major areas of your life. Using the key below, decide whether you’re making it a low, moderate, or high priority. Next, assess each area’s true level of importance to you. Using the key again, decide whether you want to make it a low, moderate, or high priority. Remember, your priorities may change.

| KEY          |
|--------------|
| Low = L      |
| Moderate = M |
| High = H     |

| Major Priorities      | Energy Spent | Level of Importance |
|-----------------------|--------------|---------------------|
| Family                |              |                     |
| Friends               |              |                     |
| Significant Other     |              |                     |
| Time alone            |              |                     |
| Recreation            |              |                     |
| Exercise              |              |                     |
| Hobbies               |              |                     |
| Work                  |              |                     |
| Volunteer activities  |              |                     |
| Spiritual involvement |              |                     |

**Make an Action Plan**

Unfortunately, the urgent often overwhelms the important in our lives, much as the squeaky wheel gets the grease. The last exercise may have revealed a difference between the amount of energy you’re currently putting into certain priorities and the amount you’d like to devote. Your mission, should you choose to accept it, is to change that pattern where you can. Pick three areas you’d like to improve and list some goals. Then rank those goals in order of most important to least important to help you know where to start.

| Areas to Improve | List Goals | Rank Goals |
|------------------|------------|------------|
| 1.               |            |            |
| 2.               |            |            |
| 3.               |            |            |

**Additional Activities**

(3) How could you bring these aspects of your life into a harmony and rhythm that works for you?

(1) What aspects of your life flow in harmony?

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.

*Choice brings freedom...*

6.

(2) What aspects of your life are out of harmony?

1.

2.

3.

4.

5.

### Journey Drumming

Why is it that indigenous cultures rely so heavily upon drumming? Virtually every American Indian tribe, nearly all African tribes, most South American Indian groups, and the Australian Aborigines include drumming in their most sacred ceremonies. Even in modern Western society the drum is important in music. It seems to do more than hold the beat of the tune. It is as though it gets into our very being. We feel the beat. Indigenous cultures utilize the drum to enter altered states of consciousness (ASC) in order to do work of a spiritual nature. Is there something in this drumming that can be used by the technician? Could this be a tool overlooked because of its origin in "lesser" cultures?

Melinda C. Maxfield, Ph.D., in her 1984 doctoral dissertation, *Effects of Rhythmic Drumming on EEG and Subjective Experience*, introduces us to *The Journey of the Drum*. Journey drumming consists of a regular drum beat of a pattern that duplicates a certain brain wave frequency. The brain waves sought for are:

**Delta waves** at 4 Hz or 4 beats per second. This wave is associated with sleep or unconsciousness.

**Theta waves** at 4 to 8 Hz or 4 - 8 beats per second (a fast drum beat) are associated with states of reverie and hypnogogic dreamlike imagery.

**Alpha waves** at 8 to 13 Hz or 8 - 13 beats per second are associated with states of relaxation and general well-being. Alpha generally appears in the occipital region of the brain (the visual cortex) when the eyes are closed. Consciousness is alert and unfocused, or focused on the interior world. It is the world of RET.

**Beta waves** at 13 Hz or higher are associated with active attention and focus on the exterior

world. It is also present during states of tension, anxiety, fear and alarm.

Research has confirmed that such spiritual practices as yoga and meditation produce changes in the electrical activity of the brain, leading to an increase in alpha and theta rhythms. Theta is found to be a characteristic brain wave pattern of long-term meditators. Further, shamanic drumming, in the majority of cases, consists of a steady, monotonous beat of 3 to 5 beats per second, or at the frequency of theta waves.

Dr. Maxfield's research supports the theories suggesting the use of the drum by indigenous cultures in ritual and ceremony has specific neurophysiological effects. Drumming has the ability to elicit temporary changes in brain wave activity. Thereby facilitating imagery and possible entry into an ASC especially the Shamanic State of Consciousness (SSC). Here are her subjective results:

A pattern that incorporates approximately 4 to 5 beats per second is the most inducing for theta gain.

Drumming in general, and rhythmic drumming in particular, often induces imagery that is ceremonial and ritualistic in content and is an effective tool for entering into a non-ordinary or even when it is extracted from cultural ritual, ceremony, and intent.

The pattern of the drumbeat as it relates to beats per second can be correlated with resulting temporary changes in brain wave frequency and/or subjective experience, provided the drumming pattern is sustained for at least 13-15 minutes.

The drumming also elicits subjective experiences and images with common themes:

- a) Loss of Time Continuum
- b) Movement Sensations:

- i) body parts pulsating or expanding
- ii) pressure on the body or parts of the body
- iii) energy moving in waves through the body
- iv) sensations of flying, spiraling, dancing, running, etc.
- c) Energized
- d) Temperature Fluctuations (Cold/Hot)
- e) Relaxed, Sharp/Clear
- f) Discomfort (emotionally or physically)
- g) Out-of-Body Experiences or Visitations
- h) Images:
  - i) Vivid Imagery
  - ii) Images of Natives
  - iii) Images of Animals/Landscapes
  - iv) Images of people: past, faceless, teachers, nonnative drummers, etc.
  - v) Images of a journey
  - vi) Non-Ordinary or Altered States of Consciousness (ASC)

### **Listening**

Many years ago, a wise king set out to teach his son, the crown prince, the wisdom necessary for him to become a great ruler. To do this, the king thought to send the prince to the forest alone for one year. The instructions the wise father gave the son were to return to him in exactly one year and describe the sounds of the forest.

The dutiful son did as his father bade him. He went to the forest and listened for all the sounds he could hear. He returned in one year and happily told his father what he had heard: leaves rustling in the wind, leaves falling to the earth, birds singing, bees buzzing, insects whirling and chirping, small and large animals coming and going, waters gurgling up from crevices in rocks.

But the king was not pleased. He frowned and admonished his beloved son to go back to the forest and listen some more, and when he had discerned the true sounds of the forest to return home again to report his observations. So the boy went back to the forest.

He sat alone beside huge trees and lay in the forest grasses, pondering his apparent lack of understanding. After many days and nights, the prince began to sense a strange awareness about him. He knew that at last he could return to his father with honor.

So the young boy ran home, bursting with the excitement of his new learning. He came to his father and reported that finally he had heard the leaves of the trees awakening in the morning dew, the sound of the woodland flowers opening and closing, the clamor of earth as it bared itself to the warming rays of the noonday sun, the heartbeats of a thousand animals and birds. His father was pleased.

“My son,” said the king, “to hear the unhearable is one’s best discipline for being a great leader. The best rulers must truly hear unspoken joys and pains of their people. It is easy to hear the obvious and the superficial, but great kingdoms are built only by hearing the secret sounds of those around you. You have learned well the wisdom of the forest for your lifelong journey.”

When we all become quiet enough and listen to our spirits - we will know ourselves and our journeys. Rapid Eye and the Life Skills, if done with a desire to heal, can change our lives and bring us to the pure love of the Christ Energy that heals us on all levels. We love you...

**READING LIST**

**THOUGHT**

*Rapid Eye Technology* by Johnson  
*You Can Have it All* by Patten  
*Conversations with God* by Richard Neale  
*Goodbye to Guilt* by Jampalski  
*You Can Heal Your Life* by Hay

**PERCEPTION**

*Instant Rapport* by Brooks  
*The Four Fold Way* by  
*The Results Book* by Minto  
*Love is Letting Go of Fear* by Jampalski  
*The Road Less Traveled* by Peck

**CHOICE & ACCOUNTABILITY**

*The Healing Power of Humor* by Clein  
*You'll See It When You Believe It* by Dyer  
*Real Magic* by Dyer  
*Winter's Flower* by Johnson  
*Homecoming* by Bradshaw

**CAUSE & EFFECT**

*Babies Remember their birth* by Chamberlin  
*Ageless Body Timeless Mind* by Chopra  
*Quantum Healing* by Chopra  
*Creative Imagery* by Fezzler  
*Birth and Relationships* by Ray

**ABUNDANCE & GRATITUDE**

*The Celestine Prophecy* by Redfield  
*Return to Love* by Mary Ann Williams  
*The Power of Unconditional Love* by Keyes

**HEALTH & HEALING**

*BodyMind Workbook* by Shapiro  
*Hands of Light* by Brennan  
*Light Emerging* by Brennan  
*Light The Medicine of the Future* by  
Lieberman  
*Eye and Brain* by Gregroy

**HARMONY & RHYTHM**

*The Seven Spiritual Laws* by Chopra  
*The Wizard Within* by Chopra  
*Merlin* by Chopra

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