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# ***CLIENT WORKBOOK***

## ***SKILLS FOR LIFE***

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**The Seven Principles of Rapid Eye Technology**



RAPID EYE TECHNOLOGY, INC.

# Rapid Eye Technology, Inc., The Rapid Eye Institute DBA

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RAPID EYE  
VISION STATEMENT

*Rapid Eye Technology  
offers freedom to choose an  
innovative vocation with  
practical skills and tools  
inspiring balance  
and gratitude.*

*RET advances education,  
support, and attracts opportunities,  
Creating authentic community  
and  
prosperity with purpose.*

# CONTENTS

Rapid Eye Vision Statement .....	3
Introduction .....	5
Instructions for this Workbook.....	6
What are the Skills For Life?.....	8
The Principle of Thought .....	11
Perception.....	47
Choice and Accountability .....	59
Cause and Effect.....	75
Abundance and Gratitude .....	91
Health and Healing.....	105
Harmony and Rhythm .....	137
Suggested Reading List.....	150
Bibliography.....	151

## 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. It will increase your knowledge and awareness of why things show up in your life the way they do. If you like this workbook, you might want to continue your Skills For Life Workbook study with the Quantum Laws in our “You Have The Keys To The Kingdom” manual.

Rapid Eye Technology sessions discharge the old trapped trauma and greatly assist you in making the connections on all levels; physical, emotional, mental and spiritual. This workbook will support your Rapid Eye session work. Doing both together is suggested.

Skills for Life is the part of this model that assists you in developing new ideas and ways to create quality living. It is education so you can create

something different. The truth and awareness you will discover will be yours alone. Each of us in this world goes on our own personal journey, I sincerely hope you use this workbook to know yourself better. Give your family DNA line a great gift by doing your own work.

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 outside of ourselves. We are the source of it all. We then begin to find a wonderful new freedom.

It is your journey – make it a good one!

Love and Light,

*Ranae Johnson*

Founder, Rapid Eye Technology, Inc.

*Lynell Beckstrom*

Master Trainer, Rapid Eye Institute

## Instructions for this Workbook

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

Don't concern yourself with neatness, handwriting or spelling. Focus on the accuracy of your statements and the expression of your feelings. Ask for support from your RET Technician or call The Rapid Eye Institute (503-399-1181) if you need it.

**Something to Consider:** These sections ask you to take a few moments to reflect on particular issues and determine how it relates to your discovery and life journey.

These areas offer you information that may be of interest and assistance. It may expand on the basic facts in a section to assist you to grasp important aspects of your

new and growing awareness of yourself.

The manual contains exercises and study materials that are best done in the Skills for Life class or with your RET Technician, or both. It will help you move beyond your old experiences 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, and be amazed at how these RET Seven Principles work on physical, emotional, mental and spiritual levels. It is the other half of the model called Rapid Eye Technology.

### **Discovering the Perfect Self**

**Within:** If you were building a house, you would first have a plan. You would also spend a lot of time making sure that the details 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 like building a house. The master plan is our perfect self just as Source created us. We go back to the original plan or blueprint often. As we build ourselves, we sometimes forget to check in with the master blueprint, thus creating our ego states based on non-productive patterns.

We look for our blueprint 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, and awareness of life is creative power restored. Reading or hearing about anything remains in our intellect, but we must experience or participate to gain experiential knowledge. It is the difference between eating an apple and 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 yourself and how you have come to be who you are, as well as how you might become who you would rather be, do what you would rather do, and have what you would rather have, because if you continue to do what you have always done, you will continue to get what you have always gotten!

## What Are the Skills For Life?

The Skills for Life are the knowledgeable application of natural laws or principles which govern human development. Our Seven Principles of Universal truth assist in creating new positive patterns for life. A thorough understanding of these Principles helps us move into alignment with the natural harmony and rhythm of the Universe.

### 1. Thought

Thought is the beginning of all creation. We create our own thoughts. We are free to think anything we want. When we change our negative thoughts, we will have a better chance of changing our lives. Energy follows thought and matter follows energy.

### 2. 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 or her own perceptual creation. Most emotions stem from our

perceptions. Comprehension of this principle dissolves conflict into understanding.

### 3. Choice and Accountability

We choose how we feel about our experiences. The Universe is always accountable to respond abundantly in our choices, giving us experiences according to our choices. 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 that the Universe delivers to us. Choice and Accountability, as a unit, equates with the development of personal empowerment.

### 4. Cause and Effect

What we think and feel, creates and returns to us multiplied, offering us the opportunity to change our thinking. Since energy follows thought and matter follows energy, negative experiences will follow negative



thoughts just as positive experiences will follow positive thoughts. Recognizing how this principle works helps us reclaim our power, changing the cause (our thinking) and the effect (our experience).

### **5. Abundance and Gratitude**

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

### **6. Health and Healing**

Health and healing is the process of accessing and maintaining a personal state of wholeness. We

are responsible for our own physical, emotional, mental and spiritual health. As we incorporate all of the RET Skills for Life Seven Principles into our lives, we understand what we require to consciously enjoy this state of wholeness to its fullest.

### **7. Harmony and Rhythm**

All Universal Laws or Principles work together in complete harmony. All life exists in a type of song, rhythm, and 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 RET Skills for Life Seven Principles and looking at how to apply them together to create patterns that work well in life – creating your own beautiful life symphony!

# THOUGHT

Whether you think you can,  
or you think you can't –  
you're right. ~ Henry Ford

## THE PRINCIPLE OF THOUGHT

Everything begins 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 a physical reality, while others die in the mental realm, never coming to fruition. Some thoughts are meant to be manifested 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 (or image in) anything. Since we can imagine or think anything we wish, we can also choose what we 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**

The principle of thought says 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.*" -James Allen

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

All our worries, woes, troubles, enemies, poverties, and grief have been created by our thoughts. Though we may point the finger of blame (projection) at someone else, we are doing the thinking in our world. Perhaps it is time we took responsibility (or the ability

to respond) for our thoughts and change our thinking!

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 (image in) 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.

Remember that all thoughts are energy. Energy vibrates at various levels of intensity and frequency.

Thoughts of love, compassion, gratitude, enthusiasm, etc., vibrate at much higher frequency than thoughts of despair, jealousy, rage, and fear, etc. These different levels of vibration can literally

bring your emotional being up or down.

### **We Are Electro-Magnetic**

**Beings:** Thoughts are electric. Feelings are magnetic. As Gregg Braden, in *Awakening to Zero Point* explains it – at the core of each of our 75 trillion cells is 1.7 volts of electricity, enough electricity to power New York City for two weeks!

Surrounding each cell, is a spherical magnetic field. According to Gregg Braden, it is the thing that keeps our every thought from manifesting immediately.

Furthermore, magnetics of the earth and of the people with whom you associate, also work together to influence circumstances in your life.

Gregg Braden also explains that in the deep south of the United States, for instance, the magnetics of the earth are very dense, whereas on the Pacific Coast, the magnetics are lighter. This results in the slow rate of change of attitudes and norms surrounding the population. Things are still pretty much the same in the deep south as they have been for many

decades, whereas constant change is obvious on the west coast.

The frequency of thought determines whether the changes are for positive or negative results. This is illustrated in the fact that while the magnetics of the Holy Lands are very light, change is constant but not so much for the better, given the suffering and conditions of the people there.

It is FEELING that brings our manifestations into reality.

As Esther Hicks says, "Whatever you really, really, *really* want will come to you very quickly. Whatever you really, really, *really* don't want will come to you very quickly."

The key is in the emotion we place on our wanting. If we wait with joyful anticipation and gratitude for it's inevitable occurrence, it comes much more quickly.

If instead, we focus on the lack, on the agony of not having, then we create more of the same – lack of what we want. Emotion is the magnetic factor that either attracts (through love and gratitude) or repels (through fear, anger, and sadness, etc.) that which we desire.

Knowing what you don't want is actually a good start to figuring out what you do want. That's the easy part. Take what you don't want, and give it a new angle – what does the flip side look like?

Get specific, employing all the senses and positive emotions. Once you have a clear model, change your perspective to focus with joyful anticipation on what you do want, rather than giving negative emotional attention and creative energy to more of what you don't.

Shakti Gawain, in *Creative Visualization* suggests that we determine the *essence* of what it is we feel lacking in our lives, notice where we already have traces of that in our current circumstances, and focus loving gratitude on THAT, which then strengthens the probability of having more of it in the form you want.

For instance, say you want to build a new addition onto your home. Boiling it down to the essence, you might find that what you really want is more beauty and order in your home. Focus **gratitude** on the beauty and order already in your life, and wait with joyful anticipation for the new addition to come into fruition.

As we put focused energy into a 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.

Traumatic memories can stand in the way of focusing thought. When positive thoughts are negated with fear, the result is frustration. It is possible, however, to clear out the trauma through Rapid Eye Technology.

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

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, and learn to direct 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.

## **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 thinking, our behavior will change and so will our reality, our world.

Because at some level (conscious, subconscious and super conscious) 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 a pattern of thought that needs to be changed and change it, the physical symptoms or manifestations will disappear, for their function as communicator of a lesson is no longer needed.

Think about what you want, and act by modeling, or imitating, the way you would behave if you had already achieved the result. Intend, pretend, and celebrate!

If our desired result is 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 illusion. 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.

Change happens only at the level where it is possible. It is unnecessary to feel worried, afraid, or feel sorry for, or be critical of, ourselves or others. Doubt can cause 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. Focus on loving and trusting yourself and others.

### **The Flow of Thought**

Creativity flows in this way:

- spiritual power
- mental direction
- emotional focus
- physical manifestation

Starting at the body, these four levels of awareness proceed from

physical, to emotional, mental, and spiritual. These four aspects are encompassed in our "aura" if you will, and compose the whole of our several bodies of awareness.

Vibrationally, it is easy to see that we are most dense and slow at our physical level; that emotions are heavier than thought, and thoughts are heavier than spirit. Anything that comes TO us travels in the opposite order of awareness. That is, things are created spiritually before we think them; our thoughts create our feelings, and the body is the last to "get it."

The Principle of Thought was illustrated in a Discovery channel program using Kirilian photography to study the aura in relation to medical conditions and healing. They showed time-lapsed photography of a man who had a "cloud" in his aura. Over the course of several days, the cloud moved closer and closer to his body, until when it reached his body, he had "caught a cold."

The connection of physical illnesses to body-mind is a telling example of creating our physical realities with our thoughts.

Another aspect of this principle, is understanding that any thought that occurs to us has already manifested in spirit.

Spiritually, there is no judgment between good and bad – it's all relative; it's all experience. How does it feel to want? Let's find out. Think about how much you want something. Focus on how much you lack it. See how that makes you feel...and the more you focus on the lack, the more you create "wanting."

By the same token, if we can dream something, the very thought of it insures that it's already complete in spirit. Focus on how good it would feel to possess it; act as if you already possessed it; and soon it manifests in physical reality.

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. They habitually look for flaws in appearance as well as personality. They find pleasure in poking fun at a person's nose, mouth, or mannerisms. They lose the facility to see the good things, to see people as they are with the charm and beauty they really possess.

Belief in our success 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 begins and ends in the heart.

We believed we could walk when we took our first step; we believed we could earn money when we began our first job. As Henry Ford said, "Whether you think you can, or you think you can't--you're right."

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

As we learn how to skillfully apply the principle of thought, we discover our prayers and affirmations are answered, and 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 our lives. This continues to be the most powerful knowledge we have, and we hold it in great respect.

### **Changing Trains - A Mental Exercise Routine**

Have you ever found yourself on a runaway train of thought? Your son is late coming home, he just got his driver's license, it's past time for safety on the roads, he's not picking up his phone...and the train is off. Especially when seemingly headed for disaster, it can be difficult to stop the train.

Maybe it's not something so concrete as waiting for a tardy child; maybe worry keeps you awake at night, or wakes you from a fitful sleep. Worry is a habit that must be overcome in order to change our trains of thought.

As discussed already, feelings generated by worry are seldom positive. The worse we feel, the more dire become the thoughts, until we have dug ourselves into the pit of despair.

Despair attracts more of the same, and our fearful thoughts become self-fulfilling prophecies.

Ask yourself, "Is that what I really, really, really want?"

In her *Excuse Me, Your Life is Waiting Playbook*, Lynn Grabhorn writes:

*"It takes 16 seconds for an emotion to begin to draw like energy to itself. Keep this in mind the next time you feel irritation and anger behind the wheel of your car.*

*While old-fashioned action can and does produce, it does not have the producing power that flowing pure thought with feeling has. For instance:*

*16 seconds, plus another 16 seconds [of pure feeling thought] will produce the equivalent of 2000 of your high-action hours. (32 seconds, or about a year of work at 40 hours/week)*

*The power of holding the pure thought with feeling expands exponentially so that:*

- *48 seconds equals 20,000 hours, or a year of 40 hour weeks*
- *192 seconds, 3.2 minutes, equals 200,000, or 100 years of man hours, and*
- *208 seconds, or 3.5 minutes equals the equivalent of 2,000 years of concentrated effort!"*

With all that in mind, MRET Julia Fairchild created an exercise called "*Alpha-Mations*" which helped her to stop the train of dire thinking and change her life completely.

Whenever she found herself on a runaway train of thought, she would ask, "**Is THAT what you really, really, really want?**" And in answer, she would reply, "NO! I am Julia, Fair child of God, and I am filled with appreciation of my abundance, beauty, bravery, balance, courage, creativity, calm, divinity, desire, destiny, energy, effervescence, efficiency, faith, fun, family, friends, fortune, grace, gratitude, generosity, health, happiness, hope, intuition, intelligence, integrity, joy, jubilation, kindness, knowing, love, laughter, learning, maturity, mastery, nobility, nurturing, opportunity, options, optimism, peace, praise, promise, purpose, perfection, quiet resolve, quick study, questing spirit, response-

ability, rejuvenation, regeneration, stamina, savvy, sweetness, surrender, serendipity, trust, truth, tenderness, touch, understanding, vision, valor, vim and vigor, vibrancy, vitality, wit, wisdom, worth, and wonder. I AM Julia, Fair child of God, and I Am whole!

This exercise built slowly. The idea is not about writing down a list of words, but rather to exercise the mind in finding the words which describe what you would like to BE, DO, or HAVE.

We often think or hear, 'if only I had such and such, I'd be happy'. **The formula for success is not have, do, be; it is rather --be, do, have.** If you want to have more, you must do more, and in order to do more, you must first become more.

Becoming more is only attainable in inner conscious awareness, in imagination, in reflection, in meditation, and in insight.

Information and knowledge are gained from your *outer* conscious awareness. Wisdom and insight are gained from your *inner* conscious awareness. It's through reflection that you can achieve an understanding of the totality of

who you are, and where you are going in this journey called life.

The very act of catching one's self in negative thinking and switching to a more positive train of thought is a huge step in the right direction.

The purpose of using the alphabet as a prompter is to avoid any feeling of frustration in remembering what word comes next. It's easy to find two or three words per letter, and to remember them, and to change, add or subtract as time goes by. This keeps the flow pure, without doubt or irritation as the words become a part of your "Alpha-mation".

Creating the initial list can take time, and that is the intent and purpose – taking time to craft the person you want to be, trying on new words as they occur to you.

A note here, is that if less-desirable words appear at the alphabet prompt, that is a very good chance to address those ideas, take them to your next RET session, and process them, rather than denying that they are part of you. You could also instantly in that moment, say, "Cancel that – I am (say the positive opposite). This may seem hard work, to be

this conscious – but it is way worth your effort. One cannot enlighten the unconscious. Remember, the healing path requires one to

- honor
- release
- resolve
- reclaim your original blueprint.

Honoring those words as they present themselves to you is the first step in clearing unwanted emotions from your mind and body.

The Alpha-Mation process is not intended to be done overnight; think of it as a mental training ground.

Step 1: Using the alphabet as a prompter, choose words which appeal to you as words that already fit, or which you wish to accomplish or be. Think of the dictionary as a giant candy store, and choose words which are sweet to you.

Begin with one word per letter, and let them wax on as the process continues.

Step 2: As you build your list, memorize it, so that the whole list flows without hesitation. Make

this a priority in your life; work on your list before you sleep, and first thing in the morning, and while you wait at stop lights, and any time you find yourself thinking negative thoughts or feeling sad or lonely or depressed or anxious.

Step 3: Once you have the list completely memorized (and it will change as you do) use the list in meditation, finding yourself in each word, finding the feeling of THAT. Feel it, taste, it, smell it, hear, remember it, recreate it.

Since you already have the words memorized, each word takes you out to the experience of it, and brings you back again for the next word. It feels almost like a spiral dance.

Step 4: Practice, practice, practice. Be mindful of how much time you spend in flowing pure joyful thought with feeling. Know that such flow will create your intention, and be aware of how that begins to manifest in your experience.

Step 5: Choose Again! Perhaps all your initial words will be ones that seem altruistic or spiritual. Maybe you want to work on a physical goal, for better health, or weight, or a better job. Choose a

new sets of words with that goal in mind, and create a path to fruition of your fondest desires.

Notes to remember:

1. Mirror, mirror...There is a Universal principle that says that any word you choose reflects who you already are.

You could not conceive of, or resonate with a trait that you did not already possess in your heart of hearts, in your "I Am" presence.

So, the truth is that any time you admire another, or look 'up' to them, you are looking in the mirror.

2. How does that make you FEEL? Just as the mirror reflects positive traits that you love in others, and are really yours, the same is true when others accuse you of something – when they are really talking about themselves, or what they fear to be true about themselves, (consciously or not);

AND

If it makes you feel bad, it may be that you believe it about yourself as well.

If someone calls you a 'CAR', you don't run out and paint yourself

green and change your name to Toyota. You look at that person and wonder what's eating them today?

However, if that same person calls you 'lazy' or 'stupid' and it hurts your feelings, you might want to look at what you really believe about yourself.

FEELINGS are your measure of how much something 'matters' to you, and how close you are to bringing 'that' into your material reality or manifestation. What you fear today, you live tomorrow.

3. About "**I AM**" -the frequency of the words "**I Am**" are the frequency of creative life force energy. Any time you say the words, "**I Am**", be prepared to BE whatever follows them.

In this light, it is wiser to say, "I feel tired", rather than "I am tired." Feelings come and go. "**I Am**" creates whatever you choose.

Inserting "**I Am...**" into your Alpha-mations helps to super charge the creation of that in your life.

4. Remember to stop a runaway train of negative thoughts on a dime by asking, "Is THAT what you really, really, REALLY want?"

Finally, remember that there are only two motivating forces of human experience; love, or fear. Examine your thoughts and ask yourself – are these thoughts which promote love or fear? And which do I choose to live?

## 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.

## Emotions

Emotions are simply a belief plus a feeling. Thoughts (energy) in motion. 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.

Research has shown that many emotional problems originate at an early age. Many of us have grown up in emotionally unhealthy families. Some children have been abandoned in physical ways: inadequate food, clothing, shelter or emotional support, beatings or sexual abuse.

Some have suffered from emotional abandonment by being expected to meet unrealistic demands or being verbally attacked for coming up short. These feelings of trauma may have become trapped in the mind/body system.

The consequence is that people with troubled childhoods often have a difficult time recognizing and expressing their emotions or even having healthy relationships.

Following are some journal exercises to help identify how your emotions play in your past and present life experiences.

Take time to explore these questions honestly and with introspection. Sometimes it is helpful to use both hands to answer these types of questions. This allows both right and left

brain to participate, and gives you a more complete picture of your conscious and subconscious interactions and responses.

For more room and to really take this to the next level, get yourself a notebook or blank book to give yourself plenty of room to write.

*Briefly describe how your family expressed feelings when you were a child. How do you do it differently now?*

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*Describe the feelings you felt most often as a child.*

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

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Here is a list of feelings. Circle those feelings you experience most often. Put an X through those you rarely feel. Add any feelings we may have left out.

Afraid

Aggressive

Mischievous

Agonized

Angry

Anxious

Apologetic

Arrogant

Bashful

Bored

Cautious

Cold

Confident

Disappointed

Disgusted

Enraged

Envious

Exhausted

Frightened

Frustrated

Grievous

Guilty

Goofy

Happy

Horrified

Hurt

Hysterical

Innocent

Jealous

Joyful

Lonely

Lethargic

Miserable

Negative

Obstinate

Optimistic

Pained

Paranoid

Perplexed

Regretful

Shocked

Sorry

Tense



**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, words, or phrases.*



Briefly write about a time you felt the emotions listed below:

Recently, I felt angry... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Recently, I felt guilty... \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

Recently, I felt grieved... \_\_\_\_\_

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Recently, I felt resentful... \_\_\_\_\_

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Recently, I felt fearful... \_\_\_\_\_

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Recently, I felt hopeful... \_\_\_\_\_

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**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: \_\_\_\_\_

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

When you blame someone else for how you feel, you are giving your power to them. The feelings you experience belong to you. Your feelings may be influenced by others, but your feelings belong solely to you, so you can change them.

My example of this is: \_\_\_\_\_

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## Feelings Can Be Sneaky

Often feelings come in disguises. You can mislabel 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: \_\_\_\_\_

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## Feelings Follow Change

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

My example of this is: \_\_\_\_\_

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## 10 Big Feelings

Some feelings seem more intense than others. The intensity of an emotion depends upon how

important you believe an event has or will have on your life. 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. These feelings often play important roles in reclaiming your life.

### 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.

On a scale of one to ten, where 10 is always, and 1 is never, how frequently do you currently experience the feeling of happiness?

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Describe an experience in which you have been genuinely happy.

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

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### **Optimism/Hope**

Hope 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, faith and optimism.

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

Optimism is a vital ingredient in a happy, successful life. Every child is born an optimist; how many four-year old's do you know who refuse to walk again because they've fallen down and scraped their knees too many times? Pessimism is a learned response, and can be changed back to our natural state of optimism.

Researchers are convinced that optimism plays a key role in health, wealth, and happiness. Optimists have better immune responses than pessimists, and have a better chance of survival from life-threatening illness.

Optimists outsell and outperform their competitors every time. Optimists are resilient. They understand that change is inevitable and that sustainability is not always the best goal. Adapting to change, rather than trying to keep things the same, is a response-able way to live.

Two key characteristics of optimists are gratitude and humor.

### 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."

On a scale of one to ten, where 10 is always, and 1 is never, how frequently do you currently experience the feeling of hope?

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What are you hopeful about today? Send that energy ahead to create for you.

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To learn more about optimism, test your own level of optimism, and learn new ways to become more optimistic, check out the website [whyoptimism.com](http://whyoptimism.com) or look up the author, Jurriaan Kamp

**Serenity**

Serenity 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 is a by-product of building faith in the gift in all things, noticing that all things have ultimately worked for good in your life, and trusting that they will continue to do so.

Serenity Prayer

God grant me the serenity to accept  
the things I cannot change,

Courage to change the things I can,  
and

The wisdom to know the difference

-Reinhold Niebuhr

On a scale of one to ten, where 10 is always, and 1 is never, how frequently do you currently experience the feeling of serenity?

\_\_\_\_\_

Describe an experience in which you have felt serene.

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

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## **Fear**

Fear is a feeling that is common to all people. Fear can be an appropriate response, and is actually essential in keeping us safe in dangerous circumstances. Without fear, we would act irresponsibly without regard to our safety.

For instance, it is appropriate for a child to be taught to fear a hot stove, or a busy street, or even strangers who would do them harm.

Perhaps a better word for fear would be 'awareness' of the inherent dangers in the world, especially as children learn them from infancy.

Fear can also become an unhealthy habit, and must be overcome in order to grow.

When something traumatic or hurtful happens, a person may be frozen in fear of that happening again, and be triggered to a fear response by anything that sounds or looks like or seems similar to the initial event. This applies not only to physical trauma, but to emotional and mental trauma as well.

When children are raised with fear, it becomes a 'normal' response to life experiences, and may take precedence over faith or gratitude unless the growing person is taught to clear away the mental and emotional fear stored in the body, and learn more helpful responses.

Fear is at the root of pessimism, and all other forms of hurtful emotions, such as anger, jealousy, greed, low self-esteem, etc. Any time we fear that we are not enough, or better or worse than anyone, we are in fear.

In fact, it could be said that if it's not love and gratitude, it's fear.

## **Fear Busters**

Here are some suggestions for dealing with fear:

- Recognize and accept that fear is normal and is a part of everyone's life at one time or another.
- 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.

On a scale of one to ten, where 10 is always, and 1 is never, how frequently do you currently experience the feeling of fear?

\_\_\_\_\_

Make a list of your past fears. Use IRT to tap out any fears. You're your Technician for assistance if needed, or call The Institute 503-399-1181). Plan to have an RET session on these fears. It's good to stay with feelings, and let the story go.

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Anger is often a secondary emotion. Just before feeling anger, there is often an associated feeling such as hurt, fear, betrayal, etc. When you feel angry, check in with yourself. What is the underlying feeling?

As with any seemingly negative emotion, anger can be an appropriate response to an inappropriate situation or set of circumstances. Anger can be a protection when strength is needed or a motivator when change is necessary.

Anger can also be a habit, modeled by family patterns, and can be traded in for healthier, more effective ways of accomplishing your goals than blustering, bullying or stonewalling.

Anger ranges in intensity and meaning. It can escalate from an irritation to a slow boil, or erupt into volcanic proportions.

People often use anger to hide from other emotions. Others hide their anger behind a smile. Still others 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 hide behind their anger in moody silence or other passive-aggressive behaviors undermine the true desire in each of us to love and be loved by those around us.

Those who stuff their anger will not be able to open up emotionally without releasing some of the pent up anger. They will remain defensive, bitter, and resentful. Like a wounded animal, they will be unapproachable and feel unsafe to be around, thereby making healthy relationship difficult, if not impossible.

### **Dealing with Anger**

*Feel it:* "I cannot pretend my angry feelings do not exist. I accept them as real and honest feelings." Avoid the story so you don't get into projection.

*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. No excuse justifies any abusive behavior

toward others. I can always choose again for myself.

*Be Honest with Yourself::* "What am I really feeling? Am I judging other people? Am I hurt? Or afraid? What pattern am I repeating here that gives me opportunity to make healthy changes?"

### **Something to Consider**

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

Fury	Seething	Rage
Hostility	Vengeance	Incensed
Abused	Humiliation	Hatred
Sabotaged	Betrayal	Perturbation
Rebellion	Outrage	Fuming
Exploitation	Frustration	Mad

On a scale of one to ten, where 10 is always, and 1 is never, how frequently do you currently experience the feeling of anger

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Make a list of your past and present feelings of anger.

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- Allow yourself to experience the pain, anger, depression, and fear.
- Give yourself time to heal.
- Get lots of rest.
- Eat healthy.
- Stick with your regular activity schedule.
- Keep decision-making to a minimum.
- It's okay to ask for comfort and help.
- 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.

**Grief**

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

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.

**Working Through Grief**

- Recognize and honor the loss.

On a scale of one to ten, where 10 is always, and 1 is never, how frequently do you currently experience the feeling of grief?

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

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Allow guilt to inform you of how you would like to do things differently. Then let it go. This can take as little as 2 minutes.

On a scale of one to ten, where 10 is always, and 1 is never, how frequently do you currently experience the feeling of guilt?

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How can you bring resolution to this pain?

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Make a list of situations and experiences for which you have felt guilty and process it in an RET session. Avoid recreating it by talking too much about the story.

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**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 acted badly".

**Shame focuses on you:**

"I am a bad person".

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

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## Shame

Shame is not as much a feeling as it is a belief or state of mind. [This is an important distinction to make in regard to all 'feelings' which factor in your life. Betrayal, for instance, is not a feeling, but a belief; the feeling is hurt.] 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.

## Self-Messages

Self-messages can either encourage shame to grow or serve as

a foundation for feelings of self-esteem.

## 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.
- I don't fit in.

## 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 peoples' feelings or behaviors. I am only responsible for me.
- I can be myself and others will like me just as I am.

## Something to Consider:

Shame takes on many forms:

Rigidity	Numbness
Depression	Controlling
Perfection	Toughness
Procrastination	Shutting down
Shyness	Rage

On a scale of one to ten, where 10 is always, and 1 is never, how frequently do you currently experience the feeling of shame?

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Words reflective of shame are viewing oneself as:

damaged	bad	inadequate
a loser	inferior	worthless
stupid	dirty	no good
retarded	hopeless	not enough

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

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

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## Resentment

Resentment comes around when things don't go your way.

Looking at the word re-sent-ment, aptly describes how it works. You send and resend feelings of anger, judgment, fear, and thoughts of retribution, judgment, outrage, etc., over and over, and these vibrations return to you like a boomerangs attracting like vibrations to your life.

You may have good reason to resent a person or circumstance; you may have been cheated or insulted or harmed in some way. Whether your resentment is based on facts or false beliefs makes little difference. Resentment is left over anger that can keep you from peace and joy.

The most important aspect of resentment is that after the person or circumstance to which your anger is directed is long gone; you are left with the aftermath of the experience. Only you can choose whether to let it continue to ravage your life, or to use that experience to grow stronger and more loving in your own world.

Harboring resentment is like taking poison and waiting for the person you resent to die. That person may already be dead, yet people hold on to the resentment.

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Three ways to free yourself from resentment are:

- Take full response-ability for your own behavior.
- Accept the world as it is today.
- Forgive those people who you feel have harmed you.

**Something to Consider**

*"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."*

-Bill Wilson

On a scale of one to ten, where 10 is always, and 1 is never, how often do you currently experience the feeling of resentment?

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Make a list of resentments you are still experiencing today and have a session on them.

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Do IRT while moving eyes back and forth or do a figure 8 with your eyes concentrating on what you DO want to let go of those resentments. (Ask your Technician to assist you if needed).

**Self-Pity**

Self-pity can quickly become a runaway train of thought on a downward spiraling track.

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:

- Stop the train with alpha-mations, focusing instead on a solution to the situation. What do you really, really, *really* want instead?
- Focus some of your energy on helping others around you.
- Give yourself credit for where you are today, and your willingness to change.

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Do an Energy Circle to get out of a self-pity mode and create what you would rather be, do, or have. List those things here:

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On a scale of one to ten, where 10 is always, and 1 is never, how often do you currently experience feeling sorry for yourself?

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What are the thoughts or phrases that chase themselves around in your head?

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Your emotions are a normal and important part of your life.

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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 this is not true. In fact, three important things about emotions are:

- 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.
- Notice patterns that form around the feeling and situations that occurred to trigger the feelings, i.e., "when he comes home late, I feel \_\_\_\_\_. See if there are connections from your past that explain that pattern.
- Remember that an emotion is a belief plus a feeling. Change your beliefs – change your feelings.

Feelings are not irrational. They spring from your conscious or subconscious thoughts. It is impossible to have feelings that are not connected to thoughts.

Therefore, when a feeling becomes intense or troublesome, it is helpful for you to 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. Clearly your feelings are not based on an event, but more on how you view yourself in relation to that event.

### **Labeling and Judging**

We begin to make sense out of life when we are very young. We are taught to label people, things, and situations, categorizing or judging them as desirable or undesirable.

This is how we develop our value system. This is a good thing. In the beginning, it helps us to manage life.

As we mature and begin to think abstractly, it is no longer necessary to judge or label events or people. In fact, if we can't learn to separate the people from the events, we will never develop self-acceptance



and self-love. The RET model believes we made choices before we came to earth. Free will operates all the time, we can't believe in free will sometimes. We either have free will or we don't. We may not remember what spiritual process or lesson is going on in any given experience. Since we don't know the spiritual process at work in everyone's life, not judging people or their actions frees us to use our energy in a positive way.

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 (pre-judgments), interfere with the ability to see the healthy, whole and divine in another or in ourselves.

Some labels people use include such observations as:

- 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's always like that.

Each of us could supply our own list of labels we have been given, we've given others, or that we give ourselves through self-talk, even if only in jest.

Labels tend to stay with us. We all carry labels from our childhood, and many of those labels still have an impact on how we live our lives.

Some labels I've had throughout my life are:

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

- We label someone or something because of what we know or perceive from experiences, or from hearsay.
- We use this label and control or manipulate people or events to make it true.
- We disregard evidence that suggests the label is inappropriate, dismissing it as accidental or mistaken. Denial.
- The result becomes a pattern that we trust.
- We expect this plan to work and create a belief system to sustain it. We enlist others to support us.
- 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.

We've already discussed how our thoughts and their attendant feelings are electro (thoughts) - magnetic (feelings). We've explained how frequency of thoughts is determined by their quality.

- High frequency – happy, compassionate, loving ~vs~

- Low frequency – sad, depressed, angry.

Feelings based on those thoughts are either attractive or repellant to like thoughts and feelings.

Long before science described this phenomenon of thoughts and feelings being electro-magnetic, Napoleon Hill, in his classic Think and Grow Rich, 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 shaping of his character, circumstances, and destiny."

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?"*

Shakti Gawain, author of *Creative Visualization*, on the same theme, says, *"Thoughts 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 "no-thing", but a "some-thing". 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 the 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 get. 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**

It's *important* to know that we are always right. Our thoughts are so powerful that what we believe affects what happens.

It really boils down to the difference between love

(gratitude) and fear. What you fear today, you live tomorrow. What you are grateful for today, you live tomorrow. What you live today is what you loved or feared yesterday. Today is the day to set the stage for tomorrow's experiences.

Realizing that every thought we have and every word we speak is an *affirmation* is a powerful awareness in creating our reality.

**What affirmations do you often repeat that are unfailingly true in your life?**

A woman asked if a seat was free in a movie theatre. The reply was that, yes, the seat was free, but she should know that a tall person in a big hat would be coming to sit in the row ahead.

Sure enough, in a few minutes the front seat was taken by a tall man in a cowboy hat! The woman turned to her new friend and said, *"That's a powerful affirmation you've got going there! Why don't you exchange it for a short person with a crew cut?"*

We all have examples of things such as this in our lives that are unfailingly true. The woman in the above story realized (real eyes'd) from that experience that

the story she had told herself her whole adult life was that within 5 inches of the last seam in any sewing project, her bobbin would run out of thread.

Taking her own advice, she changed the story, and after a lifetime of self-perpetuating prophecy, changed her reality.

We don't really have a choice about the fact that our thoughts and words create our reality. The choice we **do** have is what thoughts and words we live by.

The first step in choosing our outcome is to choose our language, schooling our thoughts to be optimistic rather than doom-saying, and being aware of the language that comes from our deepest places.

To become a wordsmith is to become aware.

Here are some examples:

**Responsibility** = Response-ability. What IS your ability to respond? What is the other person's? Are you expecting the impossible from someone who has no ability to respond in the way you think or wish they should? If you want to take response-ability, how do you

go about creating the ability to respond ably?

**Should** - How often do you "should on" yourself or others? What are you expecting them to shoulder that doesn't fit there?

**Realize** = Real Eyes. What do your real eyes tell you about something that your conscious eyes have never seen before?

**"To live for!"** Why would you limit yourself by choosing one thing "to die for"...after which you couldn't even enjoy THAT anymore.

**"Live-it"** - The root word of diet is 'die'. Choose a lifestyle of nurturing yourself that you can live with, and live it!

In choosing new and improved realities in your life, there are a few guidelines to follow in crafting what you really, really, really want.

We all know what we don't want. That's a good place to start. Exploring the flip-side of those things that we would rather not experience, we can then begin to take the first steps toward life as we prefer it.

**Be Specific.** Get to the heart, or the essence of what it is that you

want. Make a list of those things. Look for examples of those things in the lives and experiences of others, in literature, in your own life, past, present or imagined future.

**Magnetize.** Remember that feelings of love, gratitude, joyful anticipation, and hopeful optimism are all attractors to that which you love. Get passionate about the new changes you are creating in your life, and explore what that might fe-e-e-e-l like.

Pay attention to feelings as they do arise – whether they be joyful or fearful. Ken Carey in his delightful book, *The Third Millennium*, describes how important it is to address these emotions as they arise. He explains that these feelings are like a soap bubble, with a surface tension coating of fear, hatred, anger, jealousy, despair, etc. He says that within the void of the bubble is love, and the fragile coating is the feeling. He suggests that there are three options in dealing with these "ill spirits" as they bubble up in us.

1. We can ignore or deny the feeling, pushing it back down, pretending not to feel that way, even to ourselves. This

strengthens the feeling for greater expression later.

2. We can vocalize and physically act out the feeling, acting out our fear or anger or depression or jealousy for all the world to hear – which also strengthens the feelings and creates and attracts more of the same.

3. We can examine the feelings, honor them, and give ourselves credence for why we might feel that way; re-solve the feeling, using information we may not have had at the time we created it, release the feeling with love and forgiveness, and reframe the feeling to realize that all there is, is love. This will pop the bubble of that emotion and allow love and understanding to prevail.

Embarking upon a new life path is something we optimally do over and over in a lifetime – like a new school year, or a spring-time garden. We are always learning and growing, and our growth seems to come in seasons.

The discovery of Rapid Eye Technology and the Skills for Life is like starting a new garden in

fertile ground with all the tools and resources you need to create abundance of health, wealth, and love in your life.

Ideally, one uses RET sessions to clear the ground, remove the rocks, pull the old vines and weeds, and plough the furrows for the new life we can create.

The Skills for Life are the seeds for new growth of a whole new way of living. Many, many people have observed that the RET Skills for Life have saved their lives!

This manual is not meant to help you achieve some specific goal or desired object in your life. Rather, it is meant to help you create a new life, replete with all that you desire to be, to do, or to have in that life.

Remember, that it is not possible to stop doing anything. It is only possible to start doing something else.

Start schooling your thoughts so that you may begin your life anew.

# PERCEPTION



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What do you perceive? Is the rider coming? or going?

## PERCEPTION

Energy is only energy until you filter it through a perception. Like sunlight streaming through a prism, energy streams into our lives, and is filtered according to our perceptions. If we can clear our perceptions, we can project pure light, like dancing rainbows. To the degree that we hold onto our clouded perceptions, we project shadowed beliefs and reactions.

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.

This truth was illustrated to a person sitting behind the driver of a car, coming to a stop light. In those days, the new reflective lights had just been introduced, and they could only be seen from certain angles. To the passenger in the car, the light was impossible



to see whether it be green or red or yellow.

Behind the driver, this woman could see that the light was indeed green. The front seat passenger could not see, but was convinced that the light was red. She was adamant in her chastisement of the driver for running the red light. As a back seat passenger, able to see that the light was indeed green, she tried to tell the passenger that it was all good, the light was green, but the passenger was not to be convinced. She was frightened and angry. She had seen what she had seen, and nothing would sway her feelings or reaction.

Such a simple example was profound in the moment, as it was so easy to see how perceptions and misperceptions rule our lives.

These perceptions weave the fabric of our life experience. We may even 'know' better, or be unaware of that perception in our lives, until it becomes apparent through being challenged.

For instance, a legal secretary tells the story of sitting at her desk, listening to a divorce client grieve the loss of his marriage. He said, *"I will be okay, my wife will be okay. We're adults, and we'll get through*

*this, but it's the loss of my children that breaks my heart."*

The secretary was shocked. She had been raised by a father who was neither loving nor safe to be around. Her immediate inner reaction was, *"What are you talking about? Father's don't love their children! What do you care what happens to them?"*

She was flabbergasted by this response. She 'knew' that fathers all love their children, and she was unaware that this perception existed within, and colored her response to this grieving man. Recognizing this as misperception, she was able to look again, and see that not all fathers were abusive, and that most fathers do love their children.

Imagine how many misperceptions we all carry, based on our life experiences, and how much more joyful could be our relationships and our lives if we did the work to uncover and heal these misperceptions.

Whenever we judge anyone negatively, we are really judging those aspects in ourselves. As discussed in *The Principle of Thought*, it is impossible to see something in someone else unless we perceive it in ourselves on

some level of experience. "*What we resist persists.*"

Perception is a mirror, not a fact. What we see in another is our state of mind, reflected outward.

This is powerful knowledge. Knowledge can set you free. Until we become aware of our mis-perceptions we can be blindsided by them, lose touch with reality, and create conflict with those we love.

Perceptions don't have to be negative. Optimists carry positive perceptions which color their world with joyful anticipation of all good things to come, and come they definitely DO.

Many people believe there is no such thing as coincidence. This may be a belief based on a perception that the Universe is benevolent, and filled with angels waiting to be asked for help and guidance.

To illustrate, this following set of 'coincidences' is just too good not to share. During the period of time while re-typing this workbook, the typist was also listening to an audio recording of a book by Lorna Byrne entitled *Angels in My Hair*. On a Friday morning, inspired by the author's

description of the angels she communes with on a daily basis, the typist asked her angels for inspiration and guidance in finding good examples of perception to share in the updating of this workbook.

As well as typing this workbook, she had also been asked to transcribe an angelic communication received by the Rev. Ana Jones from Archangel Michael. Ana requested that this be done over the weekend in order to make a publication deadline on her website.

Friday evening, as she dropped into Starbucks to spend some time typing the transcription, there sat Rev. Ana Jones next to the only empty table in the shop! She too had come to get some work done before heading home for the weekend.

As the typing of the transcript progressed, the typist was not even surprised to find that the subject of the discourse was the power of perception! Sitting next to Ana, she asked her permission to share the essence of the discourse in this workbook, which was happily granted.

One small portion of this recording is quoted here:

*"...And that is one of my intentions with this message -- to help you through this healing process and to do any and everything that I can at this point, in cleansing the lenses of perception. Helping to raise your consciousness, your vibrations, through lifting up your perceptions.*

*Until you are perceiving in more clear and whole and complete ways, you will continue to create and generate more of the shadow results that accumulates from hurtful and harmful things that you say to one another, do to each other, and how you treat each other..."*

Basically, Archangel Michael was teaching that there is a big difference between 'oneness' and 'sameness'. Between 'unity' and 'uniqueness'. He said that while we are all **one** with God, we are not designed to be the **same** as any other living being. We are each unique and diverse, and until we can embrace that, and stop judging ourselves and others for being different – until we can embrace one another in our diversity, we will continue to perceive ourselves and others as 'wrong,' which perceptions lead to conflict and heartache.

Like the five blind men who perceived the elephant as five different realities, there are as many perceptions of what truth is as there are people on the planet. Wars have been fought because leaders lost sight of the fact that their truth wasn't the only truth. Each of the blind men knew his perception was right, and quite a melee could have occurred had each man chosen to battle for his version of the truth.

When circumstances seem to move against us, it is because we are looking at events through our natural eyes, rather than the eyes of faith. We are unable to see beyond the moment, or to distinguish between advance and retreat.

In retrospect, some of our seemingly greatest advances we have judged as failures, while some of our most trying moments became a life-enhancing success.

Each of us can look back at those times we felt most challenged or defeated, and see that indeed, it was the best thing that could ever have happened to us.

Using these experiences as teachers, we can build faith that all is well, that all things work

together for good, and begin to look for the gift in all that occurs.

Accepting what is, knowing that it is a gift, no matter how disconcerting it seems in the moment, frees us to expect and receive life in all its glory. We can perceive the Universe as loving and benevolent.

Our beliefs create our perceptions, and our perceptions create our reality as surely as the noonday follows the dawn.

Check in to your own reality and list your beliefs pertaining to the following important aspects of everyone's life.

**(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. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

List six things you believe about health and healing:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

List six things you believe about your future:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

**(2) Check each belief, and highlight the ones that are your truths, as opposed to the ones suggested to you by someone else as their truth.**

We are creators of our own world. 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?
- Does this bring more love and light into my life?

If the answer to either of these questions is negative, these perceptions are illusion.

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 constantly act out our perception of who we think we are.

When we perceive ourselves as inadequate, foolish, or unworthy, we tend to "**act as if**" and model those qualities, becoming more inadequate, foolish, or 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 create scripting for other actors to play with us. That is, regardless of what others say or do, we perceive their words and actions to mirror our beliefs.

The story is told of a young man, though highly intelligent and capable, he was a lifelong underachiever. In hypnosis, he remembered that when his mother

found out she was pregnant, she was overjoyed. She had waited many long years for a baby, and had miscarried many times, so this was more than she could hope for.

The man realized that his response was, "I'll never live up to that..."

It's impossible for anyone to predict how these types of remarks will affect another. No matter the intention of the speaker, the person who perceives what is said will put his spin on it according to his own agenda.

The key in overcoming these misperceptions is to explore the patterns that will present themselves in your life, and with deep introspection, meditation, and inner guidance, make the connections and reconnections that will re-route the neural pathways.

### **Projection Makes Perception**

What we have inside is what we project. Consider looking at your perceptual world as a mirror 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 by choosing to love and support yourself. 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.

Check in to see if you are blaming them for something you feel you didn't get – such as respect or consideration. Think about how you can give this to yourself, instead of looking outside yourself for these things.

Having found a connection, learn from it and send it on 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 us a mirror of what we are feeling and experiencing within. All our answers, therefore, must come from within ourselves. Fulfillment comes only through the real self within.

Negative circumstances will fail to survive when we refuse to sustain them with 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**

As we journey through life, it is unnecessary to reuse and regenerate old lessons or thoughts and perceptions. We can create new tools that serve us better.

If we talk to or about ourselves negatively, 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 we are not, or on what areas 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 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 in 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 perceives 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 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.

Changing your perceptions can be as easy as placing yourself in the other person's shoes and seeing it from their perspective.

A mother, highly sensitive to criticism, was visiting her son and his wife, who seemed to challenge everything she said. She was feeling defensive and wounded until the daughter-in-law said to her, "When I ask you why you do something, it's not because I think you are wrong. It's because I want to know what you know that I don't know so I can understand

why you see it that way. I want to learn from you!"

Positive, whole, unconditional love is our natural spiritual state. Once we are open to examining our painful habits, recurring patterns, and misperceptions, exchanging them for the truth of our own noble intent and that of everyone else, we can relax into our wholeness. Every experience leads to spiritual growth as we learn to seek the gift in every circumstance.

### **Additional Activities**

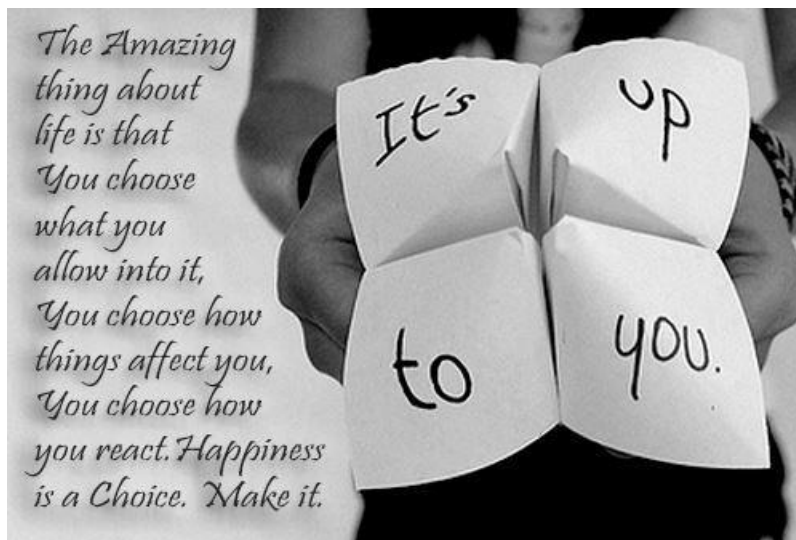
(1) List the challenges and regrets that you have experienced in your life – the ones you wish had been different, or those that have shaped your perspectives and perceptions.

For each such experience, journal

- What happened – what were the circumstances? (Mental)
- Where did you feel that in your body – how has it affected your health? (Physical)
- How did it make you feel? How do you still feel about it? (Emotional)
- What were the gifts of this experience? How are you stronger or more capable or more compassionate as a result of this life path? (Spiritual)

(2) Create your own Epitaph. Write the noble intents of your life actions, what you wish to be remembered for, your honest tribute to a life well lived, so far and into the future.

# CHOICE AND ACCOUNTABILITY



## CHOICE AND ACCOUNTABILITY

Choice and accountability is a Universal principle. On every level of learning, we have the ability to choose. Sometimes we are unaware that we are at choice or that we have alternatives available to us.

To believe that we are without choice is to believe that we are powerless. Choosing to be responsible for our own outcomes is to claim the ability to respond to circumstances in ways that empower us rather than choosing to remain a victim to those circumstances.

Until we recognize our ability to respond 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 own limiting choices and limited awareness.

'Responsibility' has been defined by some who might call us irresponsible to mean that we have not followed a course of action of which they approve. These accusations may be designed to make us feel guilty or

ashamed, and thereby get us to become more compliant with their definition of 'responsibility.'

True responsibility is to act appropriately for you in consequence of your choice.

For instance, children act in ways that adults would often call irresponsible. Alcoholics act in ways that sober folks would call irresponsible.

Children can only learn to respond more ably as they experience the consequences of their choices, and have opportunity to choose again.

Alcoholics can only learn to respond more ably as they are held accountable for their choices.

When we attempt to save others from the natural consequences of their actions, we seek to replace the Universe and its infinite wisdom with our own limited understanding.

It is the way of the natural world to be obedient to our thoughts and feelings. Life is a constant and eternal round of thought, image,

action, and result. We choose, and the Universe provides us experience.

Accountability is the ability to balance the choice with its consequences. We make the choice and the Universe provides the consequence.

To take away someone's accountability is to interfere in 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.

If our choices are unconscious, or habitual, and our choice, for instance, is usually to feel sad, or afraid, then the Universe will continue to provide situations that enforce that feeling.

By choosing to feel joy, looking for joy in every action, the Universe will respond with joyful situations.

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 with yet another result.

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

### **Choosing vs. 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 our army of supporters.

Since we only need to defend ourselves against what we perceive as dangerous to us, we can say we approach defense from

the point of fear. We defend because we feel afraid.

How would it look if we were to see our condition from a position free of fear? The very choice to see it differently, to change perspectives, allows us the option to merely observe and grow.

Old patterns are reinforced by reacting to and defending against perceived fears. We decide, then defend; we pass judgment, then we react. Thus we become victims of our own decisions 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 to 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 definition opinion; to come to a conclusion.

**de-**, [L. a prefix signifying separation, intensification, cessation, or contraction; also, from Fr. d+, from L. de or Fr. 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 cudere, to cut down, strike mortally, kill.] a suffix meaning killer or killing, as in homicide.

**Choose**, v.t.; chose, pt.; chosen, pp.; choosing

1. to pick out by preference from all available, to select; as, to choose a wife.
2. to prefer; decide; think proper (with an infinite 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.

It is interesting to note that in the Bible, the word 'choose' appears over 50 times, while the word 'decide' 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*")

Notice that with choice there is rejoicing, while with decision there is depression. It is literally the difference between life and death.

While that which you choose can be chosen again because there are 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 your 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. . ." 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, and they will finally be happy.

In the extreme, people live the whole of their earth life, living for the happiness to come in heaven.

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 rather than what we have not.

How often, though, do we do the opposite? How often do we ignore the compliments that are paid to us, while dwelling on the criticism or unkind words for weeks afterwards?

Allowing a bad experience or nasty remark to occupy your mind will bring suffering of the consequences. Remember, you are in control of your own mind.

What causes us to remember compliments for a few minutes and insults for years? Finding and addressing THAT is tantamount in learning how to clean house, take out the garbage, and set up housekeeping in the temple of your Being.

A wonderful counselor once said, "The first goal of a person's life, is to experience 'hell', and the second is to discover themselves as living in the temple of their Spirit, to clear the temple and 'get the hell out'.

### **The Formation of Patterns**

To really be at choice, we must be as awake to how we create what we do in our lives.

What we do accomplish without any attention to detail is amazing! We walk, we talk, we drive, we digest, we breathe, we recreate new cells, entire new bodies every seven years. Many of us could do our daily work in our sleep; we can listen to music or even a book on tape, know what the children are up to, plan a shopping trip and mow the lawn all at once.

Many of these things happen in our subconscious mind, which is also responsible for a large portion of the results we get in life.

When we find our personal history repeating itself in our lives, it is our subconscious mind that is responsible.

Many of us have recurring, limiting patterns that keep us in tow.

It has been said that we use 10% of our minds. That is because the other 90% uses us! We are conscious of a generously estimated 10% of what goes on in our lives, while the subconscious functions on auto pilot.

To add insult to injury many of us find ourselves affirming and reaffirming these self-defeating patterns by repeating them over and over, "I'm always late," "I



always catch a cold in December," "I can never find my keys when I need them most."

There are many types of subconscious programs that run our lives:

**Drama Patterns:** Life is a long drama. Some crisis is always in the wings. Whenever 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, illness descends, someone gets arrested...and everything returns to normal.

**Accident Patterns:** Some people spend life falling off ladders, bicycles, out of trees, having car accidents, etc. Insurance companies know how to spot these people and adjust accordingly.

**Sickness Patterns:** Some people get sick like clockwork, twice a year, or whenever a big opportunity arises, or a big challenge is accomplished, or every Monday morning.

**Mess Patterns:** These people don't consciously try to do be messy, but wherever they go, mess follows. Most of them

actually prefer order, but don't seem to be able to maintain it for any length of time.

**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.

These and many other patterns around loss, abandonment, rejection, not good enough, etc., can run our lives right into the ground. The good news is that we are always at choice, and can choose again.

**EXERCISES**

Identify the first limiting pattern that comes to mind in your life.

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What is the core belief that keeps creating this pattern?

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

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We begin to form patterns right from birth. This is why they are persistent and tenacious. For example, let's look at eating patterns. As 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.

On many occasions, in answer to our cry, 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 far to see where some of your programming began.

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 who mirror our parents' relationships with others. If our parents were loving and gentle, we will tend to be loving and gentle. If they were angry and explosive, our first instinct would be to be the same.

Also, the quality of our relationships with our parents creates its own pattern. If, as children, we had 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.

Sometimes, the patterns of our parents inspire us to do the opposite, and we become as far swung to the opposite as we can be. This can be a good thing, or it

can also require some modification in bringing balance into our lives and that of our families.

For instance, having been raised in a home with substance abuse, a parent may be extremely opposed to substances of any kind -- like maybe sugar and white flour. This may sound like a good thing, but extremes lead to more extremes, and children raised under an iron fist of any kind tend to become more intense in their own opposition to being controlled.

We are never stuck with old patterns! They 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. To speak well of yourself and consistently visualize your life working as you want it, you will be creating new patterns of happiness and joy.

Awaken your conscious and subconscious mind to the realm of new possibilities. Read and listen to motivational materials, and spend time with people from whom you can learn. You can

rewrite your patterns to become what you choose.

The fact that you have this manual in your hand is proof positive that you are awake and aware and seeking change in your life.

In addition, Rapid Eye Technology can assist you to systematically release the things from your life that hold you down, and create the patterns that can propel you forward in your quest for happiness and wholeness.

## Challenges

Whenever we doubt our own ability to achieve, it is worthwhile to ponder 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.

Jean-Dominique Bauby suffered a massive stroke that resulted in "locked-in syndrome"

The well-known French journalist, author and editor was left paralyzed and speechless, his only method of communication being the ability to blink his left eyelid. He went on to write the book The Diving Bell and the Butterfly, letter by letter, with this one good eyelid. A transcriber recited a modified alphabet to Bauby until he blinked his eye to indicate the letter he wanted.

An average word took around 2 minutes to "write" this way. The book was written in about 200,000 individual blinks, accomplished in 4-hour-a-day sessions over a span of 10 months.

If anyone ever had the right to claim "writer's block," it was him. But he didn't.

Helen Keller was deaf and blind. She not only learned sign language, but earned a Bachelor of Arts degree, wrote 12 books and numerous articles, was a fundraiser for the blind, and campaigned for many liberal causes including women's suffrage and workers' rights. She was awarded the Presidential Medal of Freedom and inducted into the National Women's Hall of Fame.

No one would have faulted her for living a quiet life of solitude, given her seemingly insurmountable disability. But she didn't.

Beethoven began to lose his hearing at the height of his career and eventually became completely deaf. He sawed the legs off his piano so he could set it on the floor and feel the vibrations as he played. His Symphony No. 9, of which he never heard a single note, is one of the best-known works of classical music.

He could have given in to the suicidal thoughts that overtook him at first and become just another poetic tragedy. But he didn't.

Elie Weisel and Viktor Frankl experienced the unspeakable horrors of the Nazi concentration camps. Weisel went on to spread a message of hope, atonement and peace, drawing from his own struggles to come to terms with the presence of evil in the world. He wrote over 40 books, including the acclaimed memoir *Night*, and is a political activist for human justice, tolerance and freedom the world over. He was awarded the Nobel Peace Prize for his crusades for human dignity.

He could have become disillusioned, bitter and withdrawn from the world. Few of us would have faulted him for that. But he didn't.

From his own attempts to find a reason to keep living in the midst of meaningless suffering, Frankl developed a philosophy that even in the cruelest and most hopeless of situations, man has the ability to find internal meaning and purpose. He went on to teach that even when we are helpless to change our circumstances, we have within us the power to summon the will to live. He pioneered existential and humanist psychiatric systems and wrote more than 32 books, including his hallmark *Man's Search for Meaning*.

He could have been broken and defeated by the horrors he experienced. Most of us probably would have, in his situation. But he didn't.

Nelson Mandela spent 27 years as a political prisoner. He became a leader among his fellow inmates, fighting for better treatment, better food and study privileges, earning his B.A. while imprisoned through a correspondence course. He also became a symbol of hope

and anti-apartheid resistance for his entire country. While behind bars, he continued to build his reputation as a political leader, refusing to compromise his beliefs to gain freedom, and upon his release, he led negotiations that resulted in the democracy he had always fought for.

He was elected president of South Africa and received more than 250 awards, including the Nobel Peace Prize. His funeral was a global event.

He could have decided to lie low, give in, and let those 27 years sap his motivation and his influence. It would have been easy enough. But he didn't.

Albert Einstein, Alexander Graham Bell, Leonardo da Vinci, Thomas Edison, Walt Disney and Winston Churchill are all said to have displayed signs of learning disabilities like dyslexia. They did poorly in school. They were told they were stupid, talentless, unteachable, and that they would never amount to anything beyond "mediocre." I think you know they all went on to do some fairly impressive things.

They could have believed the negative voices and been the

smallest versions of themselves. But they didn't.

Speaking of Thomas Edison...

In addition to failing about 10,000 times before landing on a successful design for the light bulb ("I have not failed; I've just found 10,000 ways that won't work"), his factory burnt to the ground when he was 67, destroying countless lab records and millions of dollars of equipment. When he surveyed his losses, he remarked, "There is great value in disaster. All our mistakes are burned up. Thank God we can start anew."

He could have thrown in the towel at any one of these setbacks. It certainly seemed like "fate" was trying to tell him to do so. But he didn't.

J.K. Rowling was a divorced single mom living on welfare when she had the idea for the Harry Potter books. She walked her baby in its stroller until it fell asleep, then rushed to the nearest café to get out as many pages as she could before the baby woke up. She is now the revered master creator of a beloved global franchise and one of the richest women in the world.

She could have dismissed her idea as silly or focused on something more “viable.” But she didn’t.

James Earl Jones still struggles with a speech impediment. When he was young, his stutter was so debilitating that at one point, he actually gave up speaking.

He could have stayed silent. But he didn’t.

Jackie Joyner-Kersey was diagnosed with asthma when she was 18. She is now a six-time Olympic medalist in track and field, is ranked among the all-time greatest athletes in the women’s heptathlon, and was named by Sports Illustrated for Women as the Greatest Female Athlete of the 20th Century.

She could have seen herself as defective or weak and given up on her dreams. But she didn’t.

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 to not change. We change."*

--Henry David Thoreau

### Additional Activities

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

A. Identify a situation you would like to change.

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B. Identify the underlying belief that created the situation.

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

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D. How would others view your belief or situation?

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

(2) To rebalance an issue,

- identify an issue, imagine you could take it out of your head and put it into your hand.
- In the other hand, imagine what you'd rather have -- the opposite
- Now imagine that you are relabeling both energies "it just is" and let the energy go back and forth between the hands like a slinky.

- Energy is just energy until you place a perception upon it and make a choice.

(3) **Visualization:** *(Maybe have a loved one read this out loud to you, or record it on your phone for playback so you can go fully with the vision. Practice often).*

"Shut your eyes and imagine a column of light in front of you. Notice the color of the light - does it have a color, or does it change colors, like the back of a CD?

Notice that the light comes from no earthly connection, but directly from Source.

Touch the light - is it warm or cool? Reach into the light, and notice that it connects to the light at the core of each of your cells, and that you can move the light with the wave of your arm.

Step into the light and expand the column as your spread your arms wide into it, allowing the light to enter your body and connect to each of your cells at its core, expanding into your light body, which is nearly 57' tall and 47' wide.

"Feel the light shining from every cell of your body, out through



every pore, and spreading to fill the space you now occupy.

Watch the light as it expands to fill the whole town.

Allow the light to 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, settling back down each of your cells as dew over a meadow, shining brightly from every cell and pore.

Notice how your light extends in all directions, illuminating everyone and everything.

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

Open your eyes, put fingers and thumbs of both hands together and press firmly for a few seconds to ground yourself.

### **To bring this into this dimension:**

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 placed all of your "I am" statements in the circle, physically jump into the circle with passion and excitement, pulling the circle up around you like a giant soap bubble. Breathe it in, pat it into your body, pulling it up through your body and breathing it out again into the Universe to begin the creation of your desire.

Repeat this pulling up, patting in and breathing in and out process three times to make sure it is fully activated in your field of light.

## How to Love Yourself

### (1) STOP ALL CRITICISM.

Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everyone changes. When you criticize yourself (or anyone else) 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 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) 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.

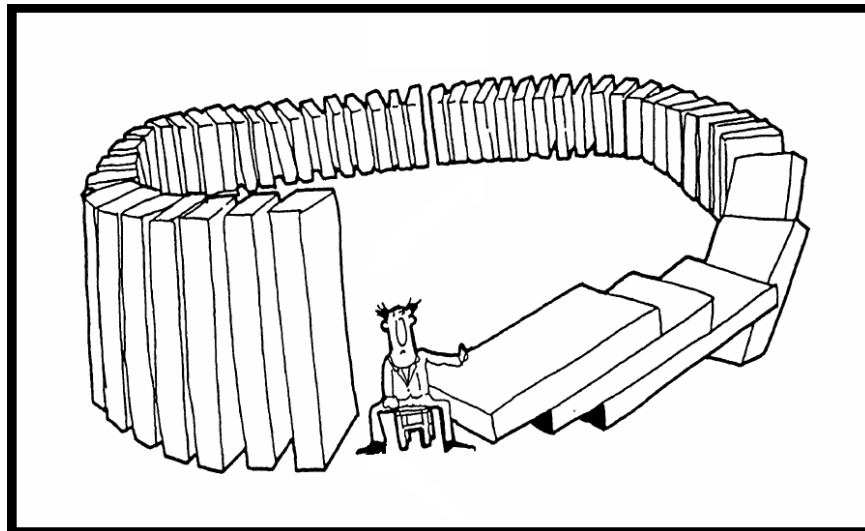
(8) TAKE CARE OF YOUR BODY Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality. Learn about exercise. What kind of exercise can you enjoy? Cherish and revere the temple you live in.

(9) MIRROR WORK Look into your own 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

Newton discovered the *law of cause and effect* - namely that for every action there is an equal and opposite reaction (or return). We only get back what we have put out. If we plant tomatoes, we don't reap peaches. This principle is inescapable and affects everything we do and every experience we have.

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 can't predict when the return will come, when we will receive the dividends on our time and effort -- or on our foolish choices.

We can know that what we are experiencing in our life in this moment, is the result of the choices we have made until now. If we currently enjoy warm and loving friendships, 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 will be talked about. If we speak well of others, they will speak well of us. If we rip people off 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 lied to. If we criticize, will be criticized. If we love, we will be loved in return.

Historically, we can see that 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 out.

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 equally to relationships and that which we reap in other dimensions of life.

It's easy to look at someone who is outstanding and think, "I wish I had their luck, or their talent."

What isn't always visible until the rewards are made public are the months and years of effort that molded that person's success.

The wonderful thing about nature is that it always gives back much more than we put out. When you plant a pumpkin seed, you don't get back one seed, but rather a whole patch of pumpkins with countless seeds. Of course, there's work to do between the planting and the harvest, but the outcome is assured if only you put in the time and effort.

There are different perspectives about the aspect of 'equal and opposite reaction' within the law of cause and effect.

Drunvalo Melchizidek teaches that if we create solely with the mind, with its inherent duality of left brain and right brain, we will reap the equal and opposite in return. He says that if we create from the oneness of the heart, we will not receive the opposite of our intentions.

Alison Mendyka, a Wholeness Coach and Business Mentor, writes in her blog, "*The element of Newton's Law that I misunderstood involved the equal and opposite reaction. I thought that the subject of the action would be reversed to an "equal and opposite" state, rather than the action itself. For nearly a decade, I used the law to amplify my hoarding tendencies. The more I give away, I thought, the less I will have. Applying this mistaken interpretation to my view of time, energy, money, and even love, I felt a gnawing drought in the flow of an otherwise abundant stream. A recent conversation with a (guru) friend brought me to the realization that, in terms of "equal and opposite reactions," duality doesn't pertain the opposite of the subject, but instead about the boomerang effect of the action; when we give something away, it often returns to us two-fold. As we send our energy, our time, our money, even our compassion into the world, the same valuable item seems to return to our doorstep in enhanced proportions. What we give, we receive. The duality exists between the action and the result.*"

Either way, we can only benefit from living in the heart, intending from the heart, and staying in coherence with mind and heart in our intentions, and what we put

out there. Anything we put out is fundamentally a vibration -- so, if we are vibrating in fear, we will attract more to fear.

*"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
- You reap what you sow

The concept is the same, regardless of what you call it. It is Cause and Effect.

*"If you send out goodness from yourself, or if you share that which is happy or good within you, it will all come back to you multiplied ten thousand times. In the kingdom of love there is no competition; there is no possessiveness or control. The more love you give away, the more love you will have.."*

--John O'Donohue

## 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 dimensions. 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 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 simply 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 full awareness of this principle. Consider that difficulty as a perception, a choice of thinking, and it can be changed. When you change your perception, you enjoy putting this principle to work. Perhaps you will experience an even 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."*

--A Course in Miracles

### **Cycles of Creation**

Let's examine some cycles of creation (cause and 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 words to that thought form, aloud or internally. "*When I am quick to correct others, I have failed to correct myself.*"

Another way to remind yourself of that might be to say, "**WAIT! -- Why Am I Talking?**" 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.

Simply cleaning up your language may put you on the path to cleaning up your life. Consider the following examples:

"I would like to welcome you here,"

~vs~

"Welcome!"

"I'll try to..."

~vs~

"Yes! I'll do it!"

"I am so....(tired, angry, sick," etc.)

~vs~

"I feel angry, sick, tired." (Feelings come and go. "*I Am*" is a powerful creative force for whatever you choose to create.)

"I don't get angry anymore".

~vs~

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

"I love you, but we don't hit people".

~vs~

"I love you, and we don't hit people".



(The first says, "I love you until you hit someone, and then it's questionable. The second says, "I love you, and in my love for you, I want you to understand how to be loving and lovable to others.)

After thought, in the cycle of creation, comes speech. If what you are creating hasn't already manifested, then action based on those thoughts and words are needed, until we reach the final stage --the **result** of our thoughts, words and actions, (or behaviors, habits).

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.

Next time you find yourself under the wheel of a revolving pattern in your life, take a minute to identify what it is, in one word, that you have created. Take that word and place it in your left hand.

In your right hand, place the word for what you would rather have created. Pour the energy of the two words together, from hand to hand, like a slinky.

When the two words have become blended and balanced as one,

bring your two hands together, and place that new energy back into your heart.

This kind of mindful awareness, stopping to really feel what it is you have created, and what you choose instead, goes a long, long way toward re-creating your true desires.

The Universe uses this cycle of creation, these wheels of pattern, to teach what we have come to learn.

Like a loving parent, the Universe begins with small things, like a ping-pong ball, thrown at us. As the cycles turn, and we remain oblivious, the balls get bigger and bigger, until finally, a cannon ball lands in our lap.

This is because every thought must come home to the one who originated it. Thoughts return multiplied by the images, actions and results of the cycle of creation. It also accumulates the energies of others of similar thought, like iron filings to a magnet.

If we remain oblivious to the return of our thought in a physical form, we will give more energy into another cycle of creation. The pattern grows exponentially until we can no longer ignore it, or until

the pattern takes us out of this dimension. It is possible to "die dumb." People do it every day.

If you were content with that option, you would not be reading this manual, or taking this class, or seeking to learn new ways of living and being in harmony with your Universe. Your participation here automatically moves you to a new frequency on the spectrum of human awareness.

## **Denial**

Denial is a tricky thing to understand, to recognize, and to overcome. Denial 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 a defense, 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.

It's much easier for us to see the truth of another's denial, or for them to see ours, than for us to see our own. This is because we are not emotionally dependent upon the denial of another, and we can see more clearly the results of their actions than we can see our own.

For instance, a mother can clearly see the misbehavior of another's child, or their manipulation of their mother, long before she can see the same of her own children.

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

With chemical dependence, denial can become more complicated because of the mind altering nature of alcohol or other drugs. You can lose your ability to accurately judge simple 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".

If you are still breathing, you have issues in your life that need to be

addressed, and about which you are in denial.

You are in good company. We're all in the same boat together.

### **AND**

We can always choose again. We can always work our way up the spiral of life toward the next, wider, more expanded layer of awakening.



*"Moving along the upward spiral requires us to learn, commit, and do on increasingly higher planes. We deceive ourselves if we think that any one of these is sufficient. To keep progressing, we must learn, commit, and do-learn, commit, and do-and learn, commit, and do again."*

--Stephen Covey

In order to make positive lifestyle changes, you will need to recognize (re-cognize - real -eyes) 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 illness.

- 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 may fail to follow lifestyle changes that promote good health.

### **Facts About Denial:**

- Denial impairs judgment
- Denial is a characteristic of the disease
- Denial distorts 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 to 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 for."

### **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 you're 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 three defenses you use most often and give a specific example of how you have used each one.

1. \_\_\_\_\_

Example \_\_\_\_\_

\_\_\_\_\_

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2. \_\_\_\_\_

Example \_\_\_\_\_

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3. \_\_\_\_\_

Example \_\_\_\_\_

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### **The Two Roles of Denial**

Denial can be misunderstood because it plays both a good role 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. Parents shield their children from financial, marital, or societal loads that are too heavy for them to carry, and for which they are not equipped to address.

#### **Denial the Enemy**

Denial has not allowed you to accurately view the pain your issues have caused you and those around you. Without fully recognizing your discomfort, 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."

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

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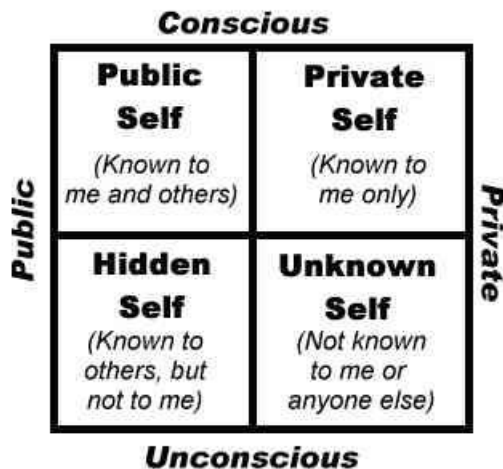
Another aspect of denial that may trouble you is how easily it can find supporters among your friends and family.

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 behavior.

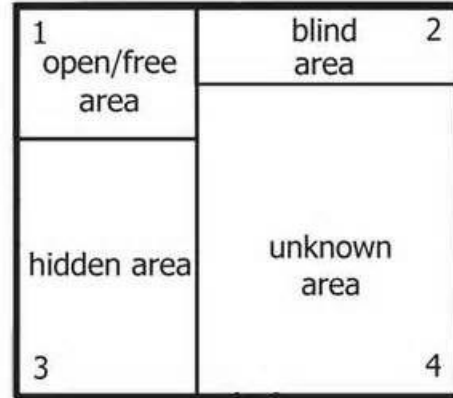
Any of these circumstances may play into your pattern of denial. You may be thinking, "If she thinks I am doing so well, maybe I don't need to be so strict with myself." or "If he didn't recognize how bad things were last Christmas, maybe I overplayed the problem."

One helpful tool to recognize your own denial and begin a more open and honest way of sharing with others is the Johari Window.

**Johari Window**



Few if any of us are as balanced as this, and our quadrants are more likely to look something like this:



The **open, public** pane contains information 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.

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

The **hidden (from self)** 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.

The **unknown** pane is pure potential, which is information stored in your subconscious, and truly, in the collective conscious, as we are all one. So, in this area, all things are possible.

Take some time to experiment with drawing these boxes as pertains to yourself and any patterns you may wish to address. It can be helpful to do so with another person you trust to share their insights and awareness with you, and you with them.

It can also be an exercise in awareness of your growth to revisit this model as you learn and grow, keeping copies of them for reference and encouragement on your path. It is human nature to forget what we've suffered, and how far we've come as we learn and grow into the greater beings we are always striving to become.

The worse it looks at the trailhead, the greater the reward when you reach the mountain top.

### **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 not 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 him/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.

**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 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 feel most happy about in my life now?"

### **The Morning Power Questions**

#### **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 feel excited? How does that make me feel?

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

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

#### **D. What am I grateful about in my life right 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 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 Robbins

**(4) Mirror Work** (When you feel resistance to this, feel the fear and do it anyway - I DARE you!)

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."**

When something happens that is unpleasant for you, immediately go to the mirror and say: **"IT'S ALL RIGHT, I LOVE YOU!"**

When 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 or purse to use at any moment.

If people ask you what you are doing, tell them. Let the word and method spread. When you do this consistently, you can make great changes quickly.

**IMAGINE** the changes we could make if everyone took your example and tried it for themselves?

# ABUNDANCE AND GRATITUDE

"I will fill my life with  
abundance and gratitude."



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PURCHASED AND USED WITH PERMISSION

## Abundance and Gratitude

What do we know about abundance? It is one 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 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.

How many homeless people have you seen with a car so full of debris they could scarcely fit into 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 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 or emotion. This brings the thought

into physical manifestation. Thereby, we experience physically all that we think and feel gratitude for.

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 the incoming fire.

Doing what you love most as a battered wife might be escaping the blows of your 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 of men. We are free agents, and man is more powerful than matter."*

-- 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.

We live in a dimension of fluid creation, where what we focus on, grows. All is energy. Some energy is kinetic, like movement and form (chairs, tables, bridges, peoples' bodies, etc.), while other 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 or emotion. This brings the thought into physical manifestation. Thereby, we

experience physically all we think and feel gratitude toward, or focus attention upon.

### **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 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, etc.

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 forward to new possibilities, you will have new relationships.

Our body can teach us a lot 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 and emotionally.

Whenever we let go of our attachment to something, it's replacement 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 a 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 seem 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 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, and 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 struggle with – the 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 or negative to maintain balance. This creates a continual block to progressing in any real way with the quality of our lives.

The Universe simply gives us whatever we believe. Change your belief and you change your life.

If you must believe in the necessity of the negative, consider the possibility that most of us have experienced enough negative already to last a lifetime. Believe that your future can be as good as the past has been bad, and choose only love.

*"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 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.

In fact, if you were to stop and think for a moment, take the first number that comes into your mind, you will find that you have a 'set point' of how much money you are comfortable with in your wallet, and another in your checking account. Stop. Ask. What is your set point?

### **Situation A**

You have just been to the bank and collected \$5,000 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 walled 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 money, 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 find that you have left all 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

## RECEIVE 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 for you! You got it 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.

While the Universe is generally forgiving, if a person consistently concentrates on what he doesn't have, he will receive less and less of what he wants.

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 to them.

It appears that in many cases we are socially conditioned to look at the negative side of life. Every form of media is notorious for its fascination with the bad news, the doom and gloom, the pain and drama of our fellow human beings.

Closer to home, if there are ten things going right and one thing going 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 he missed.

When we get a headache, we don't say "My chest, stomach, arms and legs feel great!" We say, "My head hurts!" We worry about the spot on the collar and miss the fact that 99% 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 fixed on what we have to be grateful for. 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 be a really great musician if only I 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 something.

According to Wally Minto's *Results Book*, from his Alpha Awareness Training, 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 much easier things would go for you as you do things if first you 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 an animal lover 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 will manifest itself throughout 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 our 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 wonderful rest." (a statement of gratitude)

"I notice a calm and peaceful feeling in my body." (may be an exercise of faith)

"I feel eager and grateful to start a new day." (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." (power of thoughts and acting "as if" relates to our faith. We are acknowledge cause and effect by BEING the part.)

### My Perfect Day Affirmation:

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### 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 things.
- 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 ready.
- 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, optimism 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. 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 you 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.

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When writing is finished, continue with this meditation:

**(3) Visualization**

Become more aware of wanting to let go of the obstacles to our 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 in 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 any way 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 its way back to them. Burning the letter 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.

#### **Procedure:**

Pick the terms below that fit you now, placing each term in the

appropriate column. **Old Way** or **New Way**. Cross out each term as it finds its way to a column.

**YOUR INTENTION IS EVERYTHING**

**OLD WAY**

**NEW WAY**

low trust

high trust

wanting

"being the part"

lack

gratitude for all things

life is a struggle

worthless

do what you love

I deserve

confusion

peace

helpless

empowered

hate to pay bills

Add any words that fit:

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**Notice where these are for you, or write in your own words.**



# HEALTH AND HEALING

Health and Healing  
In Body, Mind  
and Spirit



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## 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.

More and more universally, especially with the growing awareness of quantum physics, and greater understanding of the interconnectedness of all living things, people have become aware of the mind/body connection.

Even allopathic doctors are the first to admit that at least 98% of symptoms of illness begin with mental or emotional disturbance.

*"It is not a question of whether an illness is physical or emotional, but how much of each."* Dr. F. Dunbar, author of Mind and Body.

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 not enough, 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.

Emotional pain is experienced physically. Who among us has not suffered heartache, and wondered why they could feel it so tangibly in the area of the heart?

Our experiences 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 judgment."

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 will certainly experience emotional upset. This is human. If you choose to learn from the situation, you may 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.

This is not to say that we should live without houses and cars. The point is that successful people learn from such experiences and adjust their values to allow life's hiccups to become less painful.

*Scientific experiments have demonstrated incredible ways to kill guinea pigs. Emotional upsets generate powerful and lethal toxins. Blood samples taken from persons experiencing intense fear or 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 impossible 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.*

*It is also fascinating how our subconscious mind shapes our health. Do you recall falling sick on a day when you didn't want to go to school? Headaches brought on by fear? Do you know anyone who got laryngitis before his big speech? 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 brother-in-law says, "I've got this rotten cold and you'll probably get it and be in bed for two weeks," 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 suffer a disease because our parents had it and we think it is “appropriate” or 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 classic victim syndrome, “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 is death.*

*I don’t suggest that our health can be totally explained by the preceding paragraphs. I do wish to emphasize the mental role in our physical health.*

*If I take a banana to the South Pole, dig a hole and plant it, and, ten years later, return with a big basket to harvest my banana crop, how many bananas will I get? You say not very many? The reason is that the environment is bad for growing bananas. Well, through your thoughts and emotions you control your bodily environment. It is your choice whether you make it a hot house for germs or a temple of health. (from the book, Being Happy, by Andrew Matthews, pp 25-27)*

*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 fingernail, it is another fingernail that you grow 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 your 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 your 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 whole.

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 misperception 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.

*"We cannot heal another human being. We can only heal ourselves until our presence is healing."*

--Irene Smith

Letting go of our perception of what health looks like can be very healing to our own being.

What may appear to us as illness or handicap may be another person's choice on a super conscious level designed to bring them a sought-after lesson, or to enable family members to grow in ways they need to grow, or to bring compassion and caring into a family line, or any number of reasons beyond our conscious awareness or ability to know.

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 altogether. 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 illness
- overall better health
- improved relationships
- reduced burnout in both your work and personal life.

### **How Stress is Unique**

Public speaking may be thrilling for one person, and for another, 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 every individual.

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.

### Daily Hassles

- Lost or misplaced items
- Getting caught in traffic
- Waiting in line
- Oversleeping
- Disagreement with others
- Running late
- Missing the bus
- Forgetting purse or coat
- Coming home to a mess
- Having car trouble
- Getting a traffic ticket
- Arguing with spouse/child

What have we missed that is on your list of daily stressors?

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### Major Events

- Marriage
- Being laid off or fired
- Expecting death of loved ones
- Moving
- Having a baby
- NOT having a baby
- Going to war
- Having surgery
- Divorce or break-up
- Going to jail
- Changing jobs
- Starting school
- Receiving a diagnosis of disease
- Children leaving home
- Children coming back home
- Fighting with the IRS

What have we missed that is on your list of major stressors?

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### Ongoing Problems

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

What have we missed that is on your list?

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### Identifying our 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 of the physical, mental, emotional and behavior reactions you typically experience when you are under stress.

#### Your Physical Reactions

- Headache
- Muscle tension / cramps
- Dry mouth or bad breath
- Racing heartbeat
- High blood pressure
- 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
- Allergies
- Dis-ease in the body

Have we missed any on your list?

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**Your Thoughts and Feelings**

- Irritability
- Anxiety
- Forgetfulness
- Depression
- Apathy
- Nervousness
- Worry
- Confusion or spacing out
- Excitement
- Hopelessness
- Cynicism
- Resentment
- Fearfulness
- Hostility
- Difficulty concentrating
- Racing / obsessive thoughts

What have we missed that are on your list?

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**Your (Re)Actions**

- Withdrawing from close relationships
- Stonewalling
- Snapping at others
- Over or under eating
- Being accident prone
- Uncompleted tasks
- Trying to do several things at once
- Talking very fast
- Watching more television
- Video game addiction
- Smoking cigarettes
- Drinking alcoholic beverage
- Taking OTC or recreational drugs
- Blaming others
- Blaming self
- Crying easily
- Compulsive actions like fingers drumming or hair twisting

What have we missed that are on your list?

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## Something to Consider

Drugs, alcohol, cigarettes, sex, food, internet, video games -- 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.

Crutches, whatever the type, may mask the deeper symptoms of stress. 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, as you can, if 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 stranglehold, 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.

Keep in mind that your very willingness and awareness to try something, anything different, to make a new choice, can signal your mind and body that you are sincere in your desire to change and be healthier. Half the battle in changing habits is to give yourself permission (and courage) to choose again, even if it feels uncomfortable in the beginning.

## Deep Breathing

This is especially a good technique to use if you respond to stress with fast, shallow breathing. It is a good foundation for other techniques, and you can do it anytime, anywhere. If feasible, sit or lie down comfortably, but you can do it in line at the store, or while stuck in traffic.

1. **Take a deep breath,** counting to 4, 6, or 8
2. **Hold it** for 4, 6, or 8
3. **Release it** for a count of 4, 6, or 8.

**Repeat several times,** until you can feel yourself relax. If it's quiet enough, try to find your heartbeat,

using that as your counting measure.

## Stretching Exercises

These don't require any special clothing, equipment, or training – just a willingness to take a break and rejuvenate. These stretches are shared by Jocelyn K. Gleib, a writer and founding editor of 99U.com.

### 1. Square Breathing: Shake off anxiety and clear your head.

There is no aspect of relaxation more important than breathing. When I get particularly hyper-focused at work, my breathing becomes quite shallow. If you're anything like me, deep breathing alone can have a huge impact on your state of mind. It's like hitting restart to restore calm, clear thinking.

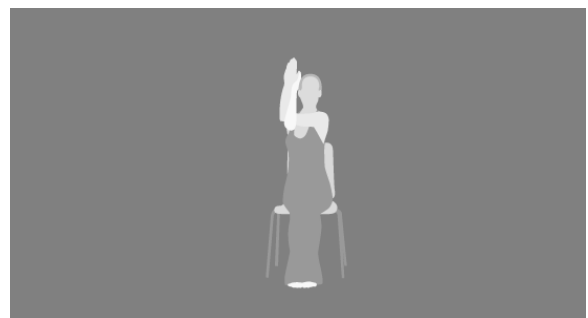
To begin square breathing, sit in a comfortable, upright position on the floor or in a chair. Inhale through your nose for four counts (1, 2, 3, 4). Hold that breath in for four counts. Exhale through your nose for four counts. Hold that breath out for four counts. That's one cycle.

Repeat 10 times, going at your own pace: Inhale 2, 3, 4. Hold 2, 3, 4. Exhale, 2, 3 4. Hold, 2, 3, 4.



### 2. Shoulder stretch: Release neck and shoulder tension.

Interlace your fingers, and raise your arms above your head, with your palms facing upwards. Try to keep your arms in line with your ears, while you look straight ahead and relax your shoulder blades down your back (don't shrug them up!) Hold for five full breaths in and out through your nose. Let your arms fall down to your sides, roll your shoulders backwards and forwards a few times, then repeat the stretch, holding for five full breaths.



### 3. Eagle arms: Ease the deep-seated shoulder knots.

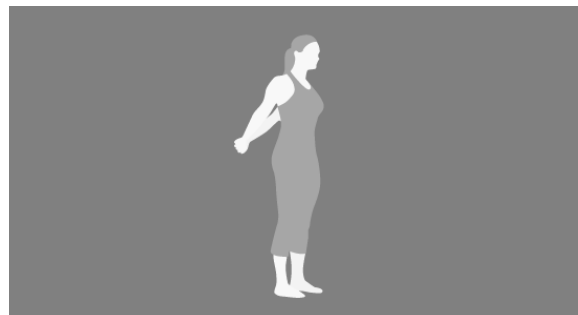
Stand with your feet hip-distance apart. Hold your arms straight out

from your sides, parallel to the floor. Swing your arms toward each other, bringing your left elbow over your right. Then bend your elbows, so the backs of your hands are touching. Now, hook one hand over the other so that your palms are facing each other.

Once you have the arm wrap going, look straight ahead and try to keep your elbows lifted. Press your palms into each other, while you try to pull your elbows apart. Keep your shoulders relaxed. You should feel a powerful stretch in your neck and between your shoulder blades. Hold for five breaths.

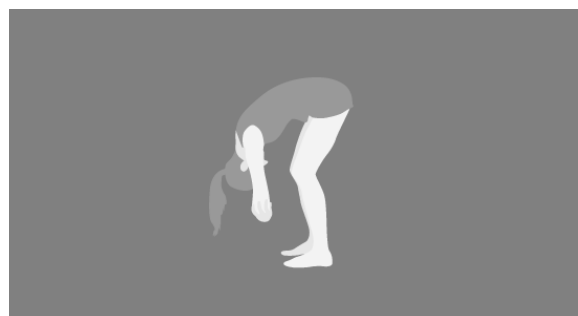
Unwrap your arms and hold them out to the side again. Swing them back toward each other, this time bringing the opposite elbow on top. Repeat the pose in the opposite position, holding for five breaths.

For a video of this complicated explanation, paste this URL [http://www.ehow.com/video\\_2357527\\_yoga-eagle-arms-pose.html](http://www.ehow.com/video_2357527_yoga-eagle-arms-pose.html).



#### **4. Heart opener: Counteract the concave chest of computer hunching.**

Still standing with your feet hip-distance apart, reach your hands behind you, clasping them together in a fist at the base of your back. Looking straight ahead, lift your clasped hands as high as you can behind you, pulling your shoulder blades together. (If you want more of a stretch, you can fold forward over your legs and let gravity pull your clasped hands toward the floor.) Hold for five full breaths.



#### **5. Standing forward bend: Let back and neck tension melt away.**

Keeping your feet hip-distance apart, fold over your legs. If your hamstrings are tight, bend your knees. Try to relax into the pose for five full breaths. (If you want a little

help from gravity, grab opposite elbows and let your head hang down.)

Then stand up, take a few breaths, and fold over your legs again. This time shaking your head “no” and nodding your head “yes” as you hang over your legs for another breath cycle.



## 6. IT Band Stretch: Loosen up after hours of monotonous chair-sitting.

*OK, so this last stretch is not the most office-friendly. You have to lay down on the floor, and your jeans can't be that tight. But if you meet these qualifications, I highly recommend it. You will probably discover some crazy hip tension you didn't even know you had.*

*Lie down on your back. Bend your left leg, keeping your left foot flat on the ground. Now put your right ankle on top of your left knee. Then, reach down and clasp your hands around your left thigh, pulling it in towards you. Ultimately, your lower left leg will be parallel to the ground. Keep both feet flexed and breath there.*

You should feel the stretch in your hip and buttocks on your right side. If you want a little more stretch, you can push your right elbow into your right knee.

*After you've held for a few breaths, switch sides. Bend your right leg, and cross your left angle on to the right knee. Clasp your hands behind your right thigh and pull the leg in as before. Hold for five full breaths.*

*The most important thing to keep in mind as you're stretching is continual breathing, and not trying too hard. If something hurts, ease off the stretch a little bit, and keep breathing. You'll get there eventually.*

<http://99u.com/articles/6999/6-simple-yoga-stretches-for-daily-de-stressing>

## 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!? At some point, the only way out is UP! Why wait till you hit bottom to turn around?

### **Progressive Relaxation**

Progressive relaxation is a process of tightening and releasing

muscles and feeling the difference between the two sensations in your body.

1. Tighten our 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 which tastes sour makes your mouth water, then you may understand how Autogenics works. This technique 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 shady or sunny beach, to feel particularly relaxed.
3. Visualize feeling calm, warm and relaxed.
4. Notice not only what you see there, but how you feel, what you taste and smell, and what you hear.

5. If you feel unable to bring up an imagined picture of a relaxing place, go back in memory till you find a time you felt so relaxed. Perhaps you remember the joy of snorkeling in the liquid velvet of Hawaiian waters, or reading in a hammock under a shady tree beside a babbling brook.
6. Take into account your own sensitivities. To one person, a sunny beach spells sunburn, salt and sand in all the wrong places, so honor your own preferences when choosing your spot, and make it your own by coming again and again to the same place.

### **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.

#### **Try 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.

- Occupy your mind with two or three tasks at once; i.e., **Count your breaths** - in 6, hold 6, out 6; **find and monitor your heartbeat**, perhaps matching the beats to your counting; and **listen for the ticking of the clock** or other rhythmic sound nearby - crickets, or even the sound of your own frequency, the inner hum of your own creation.

### **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 voice in your everyday life.

Whether or not you realize it, your internal voice -- 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 has a continuous 'tape' running. Is your tape playing negative self-talk or positive? 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 tape over with a new message. See if you recognize any of the more strident voices.

(This method also works with loved ones. If you find yourself talking to your children in a way you regret, ask them for a 'rewind'. You can actually make the motion of rewinding the tape, and ask them to rewind as well. Together, you can redo the encounter in ways that are more conducive to the kind of interaction you prefer to be remembered by, and by which you can hope for more respect and cooperation.)

### **"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. 'All or nothing' too often settles into 'nothing'. These voices also often translate into "should" talk: "I should never make mistakes." "People should always treat me fairly." "Life should be easier for me."

To combat this tendency, take time at the end of each day to recount what you have accomplished in the day, and congratulate yourself on a job well done.

Notice what others have done, and give them positive feedback to encourage more of the same.

### **"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 downplay the insignificant problem in your life.

On a regular basis, take time to count your blessings and notice how many of the truly big things ARE in control in your life, i.e. do you have a roof over your head? A car to drive? Food to eat? Loved ones who care about you?

### **"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 really 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 perspectives that may make them healthier. They are intelligent optimists. 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 own responses to those events, which can greatly lower your levels of stress.

### **Stressors You CAN Control**

Make a 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.

1. Car trouble

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**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:**

Get car fixed

1. Set up appointments for regular auto maintenance.
2. Use public transit more regularly.
3. Buy a more reliable car.
4. Take auto maintenance lessons.
5. Trade auto repair for a skill that you are good at. It never hurts to ask!

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**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 (those 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

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### 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 take opportunity to review my career paths.
2. Can spend more time with my children.
3. Can take a class during the daytime.

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#### 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

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#### Your Positive Self Talk

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**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, why 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, or refusing to engage.

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 a much easier target for exploitation, which is a definite formula for stress.

**Assertive**

This is the ideal: expressing our rights and feelings without infringing on the rights and feelings of others. When you believe you're equal to others, you can disagree opening, 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 which style of communication each represents, as well as a better way to communicate the message.

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!"

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

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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."

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

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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.

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

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7. "Because I said so!"

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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?"

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

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You've begun to build some solid skills for managing stress. They won't eliminate stress, but can help you better weather its effects.

Creating 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, and increases the strain on you. Varying your activities and interests helps fulfill your many needs for joyful achievement, recognition, creative expression, and emotional support. 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.

Community activities/classes such as Parenting, Skills for Life, Cooking, Compassionate Communication classes, etc., allow focus and growth to occur in a



setting of learning and mutual support.

### **Personal Time**

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

Time alone isn't just for serious thoughts; have fun too! Learn to play an instrument, read or write a book, garden, swim, ride your bike -- anything that enlivens your spirit and makes you feel glad to be alive.

### **Work**

Work - inside and outside the home provides a sense of productivity and achievement that most people need to feel good about themselves. Participation in professional associations such as Rotary Club or Toastmasters is one way to enhance the quality of your work.

### **Community Involvement**

Pursuing a political cause or helping youth or people with special needs allows you to give something back to the community. Helping others may have a unique

payoff in that it may help put your own life into better 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, can spirituality provide a sense of meaning, fellowship and purpose in your life.

### **When Work Takes Over**

Work can be gratifying and is usually a financial necessity, AND 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.

### **Try 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.

## **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 the sake of fun, and getting good rest.

## **Fitness**

Aerobic exercise such as biking, dancing 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 kinds of exercise, such as biking, walking or swimming also can produce a type of meditation in motion.

## **Nutrition**

Balanced meals provide the energy you need to meet the day's physical and mental challenges. Google is your friend when it comes to fresh ideas and helpful information on healthy choices in menus and meal planning.

Food carries a lot of emotional baggage in terms health and well-being, as well as comfort, traditions, lifestyle, etc.

Most important is to balance your choices for optimum physical and emotional health, and to honor, release and resolve those food choices based on emotional baggage or allowing food to substitute for love and comfort.

## **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 your 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**

If you don't know how to have fun, it's never too late to learn. You can justify having fun for the sake of fun - it's usually good for

you. Diving, snorkeling, card games, gardening, puzzles, art work, sports, sewing, dancing, writing, reading, bowling, music, whatever you enjoy, can provide a tremendous physical release. Creative expression, whether artistic, musical or athletic can bolster your self-image as well.

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

To ensure good rest and revitalization, go to bed at a regular time each night, avoid 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, and don't try to do everything all at once.

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, and, consider trying a new technique for at least a week before giving it up. It might take that long to get comfortable with something new.

For extra help on sharpening your technique, refer to this workbook as needed. Many have made great changes by completing this workbook. Check out other resources, or work with a health professional.

It might also be a good idea to team up with a partner who can support, encourage and to whom you are accountable for daily and weekly commitments. Working together toward common goals often affords a more desirable and productive outcome.

## Practice, 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. Also 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 will defeat your whole purpose!

### Extra Tips

- Do at least one thing you enjoy everyday.
  - 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, or work on your Alphamations!
  - When you are faced with a task you dread, get it over with early in the day.
  - If world events are interfering with your mood, avoid the news, especially first thing in the morning and late at night.
  - Prepare for the next day by planning breakfast, making lunch and choosing your clothes the night before.
- Keep your house and car keys on their own hook at all times when not in use, and keep duplicate keys easily available in your wallet for times when you lock yourself out.
  - As you drift off to sleep each night, remember to list the accomplishments of your day, and congratulate yourself on a job well done.
  - If failures come up instead, be gentle with yourself and encourage yourself with kind words and gratitude for trying your best. In your mind, do a rewind, and format the day or the event with a more satisfactory outcome.

### 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 (A-L) to the stressful situations (numbered 1-8). This game might give you some ideas for handling your own stressful situations.

*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 anything up.
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 on time 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 Solution**

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. Let your voicemail pick up calls when you are busy. Neither doorbells nor phones have to be answered just because they ring.
- B. Be direct. Express your feelings. Come up with some alternatives.
- C. Is that what you really, really *really* want? Take every opportunity to change your train of thought and perfect your Alphamations.
- D. Focus on what you CAN do to prepare. When despair

- pops up, spend **that** time focusing on what you CAN do in the time you would have spent worrying.
- E. Put your alarm clock across the room so you have to get out of bed on time.
  - F. Give yourself enough time between appointments. If you estimate two hours to accomplish something, add an extra 30 minutes.
  - G. Try deep breathing, visualization, or a good stretch.
  - H. Organize your house and office so that everything has a logical place. See this as tangible evidence of the inner work you are doing, and as an honoring of the respect you deserve in your own sacred dwelling place.
  - I. Download audible books or music on your phone or tablet so you can listen while you wait.
  - J. Plan ahead. Don't wait until your gas tank is on reserve, your stamps have run out, or your deadline is one day away.
  - K. Prioritize and plan for the important things in your life, including those things you enjoy and want to do for the fun and satisfaction of it.

- L. Light some candles, put on some soft music, and sink into a hot tub of fragrant salt and mineral water.

### **Some Things to Consider:**

Besides stress, there is another thing that has been scientifically proven to be the cause of all disease – that is hidden cellular memories which compromise the immune system.

This information is nothing new. It is simply now more provable because scientists have better ways of measuring and showing the connection between the body and mind and heart, as well as the importance of coherence between the mind and the heart.

Ancient practices such as Ho'oponopono have long taught that in order to be in perfect health and harmony, one must 'clean' the cells of memories, whether they be genetic memories carried in our DNA, or subconscious memories. Ho'oponopono further teaches that if you see something that is awry in your life or the life of another, it is YOUR responsibility (ability to respond) to make it right by cleaning the memory of that and its results from your cellular makeup.

This concept is beautifully illustrated by the experience of Ihaleakela Hew Len, who was a clinical psychologist over a ward of mentally ill inmates. Without ever seeing a single patient, he cleared the ward, which was eventually closed due to lack of inmates by simply going over every man's file, over and over, and over again repeating the mantra, "I love you, I'm sorry, please forgive me, thank you.

Another author who has done extensive research to assure that his method works for everyone is Alex Loyd, who wrote *The Healing Code*. In his book, he tells of his own experience of seeking for twelve years to help his wife heal from severe, life-threatening depression. One day, on an airplane, in answer to prayer, he received a download of a method. He hastily wrote it down and upon arriving home, he tried it with his wife, who was suffering deeply. Within 45 minutes of this method, she was feeling fine, and within three months, she was, and remains, completely free of depression. She was so different that she changed her name to Hope.

His co-author, a medical doctor, was diagnosed with ALS, which

we all 'know' is a death sentence. Feeling he had nothing to lose, he tried the method described by Alex Loyd, and remains completely symptom free of ALS.

Yet another groundbreaking work is that of HeartMath. Quoting from page 1-2 of *The Heartmath Solution*, Heart Math is described thus:

*"The HeartMath Solution is a comprehensive system that provides information, tools, and techniques to access your heart intelligence. ...Scientific research will be presented that reveals an intelligence residing within the heart and shows how the heart communicates with the brain and the rest of the body. This research has shown that when heart intelligence is engaged, it can lower blood pressure, improve nervous system and hormonal balance, and facilitate brain function.*

*In order for the mind, emotions, and body to perform at their best, the heart and brain must be in harmony with one another."*

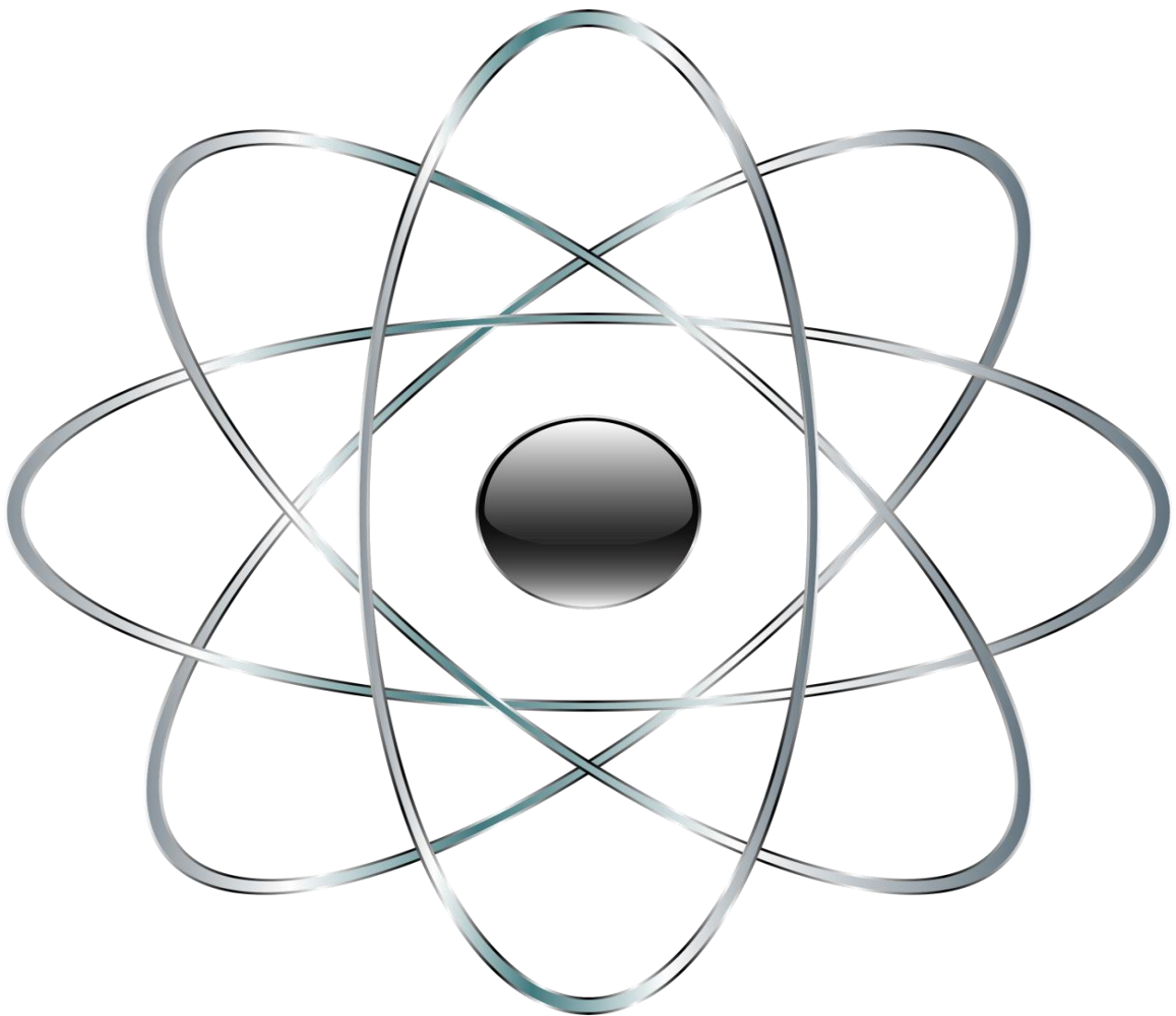
There are many roads leading to health and wellness. Rapid Eye Technology acknowledges there are many great healing modalities out there and it is usually a combination of tools/skills that leads to long-lasting positive

change. We research and try to embrace the parts of all models that are willing to share into the Rapid Eye mode. We are constantly doing research and development to improve and hone the skills and fill the tool boxes of our practitioners. It is our wish and desire that those that Rapid Eye will help can find us and a Technician in their area. For some, it is RET that finally moves

them into the healing and better life they have always been searching for. We believe that if you have found your way to Rapid Eye Technology, it is no accident! Glad to be on this health and healing journey with YOU.



# HARMONY AND RHYTHM



## HARMONY AND RHYTHM

This principle is strikingly illustrated by placing a handful of sand on a thin sheet of metal and playing a certain musical note near the sheet. Wondrously, the sand particles arrange themselves into an intricate pattern. Change the musical note and the sand rearranges itself into another intricate pattern. The higher the frequency of the note, the more intricate the pattern.

Every sound has its vibrational pattern, and the visible sand patterns demonstrate the invisible pattern of the sound.

This has also been beautifully illustrated by Dr. Masaru Emoto in his groundbreaking work with water crystals. Perhaps his most striking example is the one of the before and after photos of water which was polluted, and then prayed over.



These results held true whether the water was prayed for, words written upon paper and taped to the jar, or sounded upon. The results are amazing and wonderful and illustrate beyond doubt that our thoughts and feelings carry their own vibrational signature, and that we make a difference in the world.

Science has also proven that in regard to these types of results, neither time nor distance makes any difference.

Our thoughts are like the sound, and the circumstances in life are like the sand particles, or the water molecules. These particles have no volition of their own. They simply fall into the vibrational pattern of the sound or of the written word or thought. 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 we radiate.

When this Skills for Life student manual was originally published in 1987, little of this research was

available to the public. Since then, and since the advent of the internet, so much has been shown to be indicative of the fluidity and connectedness of all matter and all beings. The planet has indeed become smaller as we realize the significance of our connectedness.

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. This sound that hums constantly from within has up to 9 tones, and you can hear it change as you 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 that natural guidance is always there for us, forming life into a divine pattern.

To illustrate this harmony and rhythm between heart, brain and the Universe, notice sometime that if there are two clocks ticking in the same room, they will tick together. If you become quiet enough to listen to the beat of your heart, or feel it within your body, you will notice that your heart beats in time with the clocks! Baroque music has this learning effect on us because it also beats to the rhythm of the heart and of the Earth as it matches the beat of the clocks which all tick together as one.

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.

Consider the difference between a reaction, and a response. When you visit the doctor, a 'reaction' is usually bad news, while a 'response' is a positive result.

When we react to mirror 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, or better, see him as perfect in his innocence, much like we view a child having a tantrum.

When a child has a tantrum, we don't believe the child to be bad or wrong, but rather we look to see what the child needs to bring him

back into balance and harmony with his surroundings. We certainly don't take his outburst personally, or take offense as though his temporary inability to cope is the truth of the world as it is. We are all children of God, and we all have temporary bouts of inability to cope with the world around as we perceive it. As we have compassion for these lapses in ourselves and one another, we can contribute to greater and greater peace and harmony among us.

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, and or hatred (hurt) 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 vibratory signature or channel.

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 own 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 in 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 of 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 disk 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 papers. We know it's in there, but 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; 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 a part 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 the 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 lifestyle.

### **Cycles**

As sure as the earth revolves around the sun and winter follows spring, so must our life move in cycles. So there will always be easy times and 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 choose differently.

When we do make rest a part of our life-style, like the soil we become so much more productive when we do work. Having said this, I do 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 most 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.

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 just 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 low, moderate, or high priority. Remember, your priorities may change.

In your journal, list the following typically important priorities, modifying the list to fit your own life. As you write the list, choose them by level of priority, with number 1 first. Add to or subtract from this list as fits your needs and desires.

Family  
 Friends  
 Significant Other  
 Time Alone  
 Recreation  
 Exercise/Fitness  
 Hobbies  
 Work  
 Volunteer Activities  
 Spiritual Involvement

Once you have your list of priorities, in order, determine for each one, on a scale of 1-10, how much of your daily or weekly energy is currently spent for each priority.

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**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 care to change that, is to adjust that pattern where you can. Pick three areas you'd like to improve, and list some goals. Rank those goals in order of most important to least important to help you know where to begin.

What aspects of your life are out of harmony?

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How could you bring those aspects of your life into harmony and rhythm that works for you?

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**Additional Activities**

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

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*Choice brings freedom. . .*

## 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.

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 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 hypnologic 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 or 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 neurophysiologic effects. Drum beats have 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 state, even when it is extracted from cultural ritual, ceremony, or intent.

The pattern of the drum beat 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:

1. Loss of Time Continuum.
2. Movement Sensations –
  - a) body parts pulsating or expanding;
  - b) pressure on the body or parts of the body;
  - c) energy moving in waves through the body.
  - d) sensations of flying, spiraling, dancing, running, etc.
3. Increased energy.
4. Temperature fluctuations to include (hot/cold).
5. Relaxed, sharp, clear mind.
6. Discomfort (emotional or physical).
7. Out-of-Body Experiences or Visitations.
8. Images:
  - a) Vivid Imagery;
  - b) Images of Natives;
  - c) Images of Animals or Landscapes;

- d) Images of People:  
past, faceless, teachers,  
nonnative drummers, etc.
- e) Images of journey.
- f) Non-Ordinary or  
Altered States of  
Consciousness (ASC).

It is our wish and desire that each of our lives come into a harmony and rhythm that brings us into a positive quality experience of life to include happiness, joy and love.

We hope this Skills for Life manual has created “aha moments” as well as education and sparked you

to try on some new tools and skills! Remember – if you continue to do what you have always done, you will continue to get what you have always gotten!! If it’s not working for you, do it differently.

Good Journey Friends!!  
Love Ranae, Sharlene, Lynell  
and the whole Institute  
support team.

Call for support ANY time –  
Ranae, 503-999-9876  
Lynell, 801-856-1631

## Suggested Reading List

### Thought

Reclaim Your Light Through The Miracle of Rapid Eye Technology by Ranae Johnson

You Can Have it All, by Arnold Patent

Conversations with God by Neale Donald Walsch

Goodbye to Guilt by Jerold Jampolski

You Can Heal Your Life, by Louise Hay

Excuse Me, Your Life is Waiting, by Lynn Grabhorn

### Perception

Instant Rapport, by Michael Brooks

The Four Fold Way, by Angeles Arrien

The Results Book, by Wally Minto

Love is Letting Go of Fear, by Gerald Jampolsky

The Road Less Traveled, by M. Scott Peck

### Choice & Accountability

The Healing Power of Humor, by Allen Klein

You'll See It When You Believe It, by Wayne Dyer

Real Magic, by Wayne Dyer

Winter's Flower, by Ranae Johnson

Homecoming, by John Bradshaw

### Cause and Effect

Babies Remember Their Birth, by David B. Chamberlain

Ageless Body, Timeless Mind, by Deepak Chopra

Creative Imagery, by William Fezler

Birth & Relationships, by Sondra Ray

### Health & Healing

Body/Mind Workbook by Deb Shapiro

Hands of Light, by Barbara Brennan

Light Emerging, by Barbara Brennan

Light, The Medicine of the Future, by Jacob Liberman

Eye and Brain, by R. L. Gregory

### Harmony and Rhythm

The Seven Spiritual Laws, The Wizard Within, and Merlin, by Deepak Chopra

## Bibliography

### Thought

Redfield, The Celestine Prophecy

Bradshaw, Homecoming

Goldsmith, Living the Infinite Way

Walsch, Neal, Conversations with God

Allen, John, As a Man Thinketh

Zukav, Gary The Seat of the Soul

Grabhorn, Lynn Excuse Me, Your Life is Waiting

Kamp, Jurriann, The Intelligent Optimist's Guide to Life

Braden, Gregg, Awakening to Zero Point, and Matrix

Carey, Ken, The Third Millenium

Wilson, Bill, The Big Book

Fairchild, Julia, Swan University. com/Alphamations.html

Hill, Napoleon, Think & Grow Rich

Bristol, Claude, The Magic of Believing

Gawain, Shakti, Creative Visualization

Bach, Richard, Illusions, The Adventures of a Reluctant Messiah

### Perception

Byrne, Lorna Angels in My Hair

Jones, Rev. Ana, facebook.com/ArchangelMichaelLegion ofLight/

Arrien, Angeles, The Fourfold Way

Covey, Stephen, The Seven Habits of Highly Effective People

Morgan, Marlo, Mutant Message Down Under

Patent, Arnold, You Can Have it All

Robbins, Anthony, Unlimited Power, Awakening the Giant Within

Sacks, Oliver, Awakenings

Truman, Karol Kuhn, Feelings Buried Alive Never Die

Melchizidek, Drunvalo, Living in the Heart

Alyson Mendyka, facebook.com/CleanAwareFit

West, Morris, The Shoes of the Fisherman

John O'Donohue, Anam Cara: A Book of Celtic Wisdom.

## **Abundance & Gratitude**

Minto, Wally - Alpha Awareness

## **Health and Healing**

Dunbar, Flanders, Mind & Body

Mathews, Andrew, Being Happy

<http://99u.com/articles/6999/6-simple-yoga-stretches-for-daily-de-stressing>

Cousins, Norman, Anatomy of an Illness

Conti, Joe, Zero Limits

Loyd, Alex, The Healing Code

Childre, Doc and Martin, Howard, The Heartmath Solution.

## **Harmony & Rhythm**

Emoto, Masaru, The Miracle of Water  
(?)check the title

Hoff, Benjamin, The Tao of Poo

Maxfield, Ph.D., Melinda C., 1984  
doctoral dissertation, Effects of Rhythmic Drumming on EEG and Subjective Experience