

## Have You Ever Noticed?

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Have you ever noticed how when you are able to simply practice nonjudgment and to extend help toward someone, the interaction most often ends up with an exchange of thanks and kindness? I mean this, of course, when that person first appears as somehow unpleasant, demanding, or such. I've been noticing this. When I go beyond my initial reaction to what seems to offend me, and simply respond in a caring and helpful manner, such a transformation most often occurs between us. I like it. And I know such effort is undoing the unlovingness I still hold.



*Not "difficult people" -- good friends; always worth the inner work. (Shiranda, Suzanne, Zee)*

Have you ever noticed that when you conclude that someone is a difficult person for you, is someone you simply don't connect with or don't like; that they continue to show up that way, according to your judgements? I sure have. It sometimes seems to take "everything" to come to see that person...and myself, differently. It's the entire "shift in perception" that "A Course in Miracles" calls a miracle. It's the result of doing transformational work of any kind that consciously works to change our beliefs, judgements, and defenses. The result is always greater personal and interpersonal peace and always involves a shift from fear to love.

One of my favorite Torkom Saraydarian\* stories is from his book, "Joy and Healing" (p. 25). Torkom tells of a heart surgeon who was beginning to have a negative attitude towards his wife and children and was also having significant problems at work. After finally giving in and doing some joy exercises with Torkom for a period of months, he experienced profound changes at work and at home. Torkom concludes the story, writing: "Once his wife said to me, 'I don't know what happened to me. I was planning to divorce him, but now I have fallen in love with him again.'"

How lovely. And that's the benefit. Such dedicated practice often produces a complete shift in how we are able to live that affects people around us. Have you ever noticed it's absolutely worth the consistent effort and focus to transform fear and judgment to love? Love is a cause; a foundation for peace, wellness, health, prosperity, and all we truly desire.

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\*Torkom Saraydarian (TSGfoundation.org) was an American musician and prolific author of spiritual books who was trained since childhood in the Ancient Wisdom teachings. saraydarian.html Read more <http://www.tsqfoundation.org/abouttorkom>

*Torkom's books are part of the spiritual foundation of Transformational Kinesiology (TK ); the specialized form of kinesiology that Shiranda facilitates with individuals, couples and groups.*

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**Shiranda is a Healing Arts Professional and long-time student of Spiritual Teachings.** Her study includes "A Course in Miracles" (1996), New Thought Christianity (1990), and more recently, Christian Science. Her study of Transformational Kinesiology (TK)<sup>®</sup> introduced her to the study of the Ageless Wisdom Teachings in 1993.



Shiranda is long-time admirer of Ram Dass. As a young adult, just out of college, his four-record set, "Love, Serve, Remember" hugely impacted her thinking. She is an educator and a counselor through formal training.

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