

Have You Ever Noticed

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Have you ever noticed how when you are able to simply practice non-judgment 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 helpful manner to what has been asked of me, such a transformation occurs between us. I like it. And I know such effort is undoing all the unlovingness I still hold in me.

Have you ever noticed that when you conclude that someone is a difficult person for you, is someone you simply don't connect with, don't like, or more; 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 whole "shift in perception" that "A Course in Miracles" calls a miracle. It's the result of doing transformational work of any kind that consciously deals with changing your beliefs, judgements, and defenses. The result is always greater personal and interpersonal peace.

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 and concerns 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. He 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 results in a complete shift in how we are able to live that affects everyone around us. Have you ever noticed it's absolutely worth the consistent effort and focus to transform fear and judgment to peace? Peace equals love, equals wellness, health, prosperity and all we truly desire.

****Torkom Saraydarian** (TSGfoundation.org) was an American musician and prolific author of spiritual books who was trained since childhood in the Ancient Wisdom teachings. Torkom's books are part of the spiritual foundation of Transformational Kinesiology (TK). Read more <http://www.tsgfoundation.org/about-torkom-saraydarian.html>*