

CONSCIOUS CHOICE – CONSCIOUS CREATION

21 DAYS TO SELF-EMPOWERMENT

By
Alexandra Delis-Abrams, Ph.D.



INTRODUCTION

Welcome to the course that will provide you with answers you may have been seeking throughout your lifetime. I have created this program with the purpose of encouraging you to get to know yourself. You will discover why you might be continually struggling with achieving the quality of life that you seek and deserve. In 21-days, you will be able to learn why conscious choices are essential to your happiness and how they will allow you to fulfill your highest goals and dreams in relationships, health, career and abundance.

I invite you to be honest and committed to this project. Yes, learning about your self is a project, which first begins with YOUR INTENTION. What do you intend to achieve throughout this course? Set your intention each day for the desired result, and intend to achieve it. You will need a journal, so select one that brings you joy every time you look at it. A beautiful writing implement is encouraged to support your process.

The *Conscious Choice ~ Conscious Creation* course is designed to stimulate your thinking through the Socratic Method, a system of learning, named after the Greek philosopher who recognized there is power in asking questions. You have all the answers within. As you interact with this process, you will become more engaged with it, thereby allowing your intuitive wisdom to come forth, unhampered and free.

WHEN YOU "SEE IT," "SAY IT ALOUD," AND "WRITE IT"

You will gain the most from the *Conscious Choice ~ Conscious Creation* lessons and all your hard work by fully immersing yourself in the process. Do not skip the journaling part of this transformational program. Read the lesson, say it aloud, and write your responses in your journal. Getting involved in the lessons and your journal will invite your creative nature to burst forth!

Each day will include a 'Reality Check' along with an assignment. The more you participate in both of these aspects, the more you will get out of the course. The assignment is to be used as a benchmark after you complete that day of the course. The 21-day *Conscious Choice ~ Conscious Creation* course could almost be viewed as an extreme makeover. You may not recognize yourself when it is complete. Are you ready for that possibility?

The course requires personal work and introspection, a process that can't be rushed, so you need not complete it in exactly 21 days. However, it is to your advantage to complete the first five days in five consecutive days, then move through the remaining 16 days within the space of three weeks or less. Create your task list of what you will accomplish and by what date and make it work for you. Commit to having a successful experience.

Each topic is so vast it could be a program in itself. We will delve into each subject with the understanding that there is always more to explore. In addition to this material, I will be offering tele-classes that will probe deeply into specific subjects, like Abundance, Success, and Communication. Keep watching your e-mail for regular announcements.

In addition, you will be offered links to products and materials that will support your work in the course and your life of learning and growing. I encourage you to consider them, and you can choose which will support you in this process.

I HAVE UNLIMITED VISION FOR YOU!

The purpose of this course is for you to fully embrace the process of self-actualization, starting with accepting yourself for who you really are. The process of personal transformation is very exciting and complex. The journey is as important as the outcome. I'll let you in on the secret to self-improvement: once you start, keep going. It is a lifetime process. As you enter the doors to personal discovery and growth, you will never look back!

NOW, LET THE GAME OF LIFE BEGIN!

DAY 1



THE IMPACT OF RESISTANCE

*The Tao moves in every direction at once –
Its essence is fluid and yielding.
It is the maker of everything under the sun:
And everything comes out of nothing.*
Chapter 40, **Tao Te Ching**

THE LESSON

When you resist something, it will persist. When you allow, it will disappear.

ATTITUDE CHOICE

Life is a game

OR

Life is a struggle

REALITY CHECK

(to be read and completed before you start to read the material for each day)

Take some time to reflect and write your observations on how you feel about your life at this moment - physically, mentally, emotionally and spiritually. Record your feelings, thoughts and observations. In the next 21-days you will be amazed at the comparison and change in your life!

There is a whole lot to being human! We are multi-faceted beings. Consider a common chair as an example, with four legs offering solid and reliable support. Imagine that you are the chair and each leg represents an aspect of you--the physical, mental, emotional and spiritual. How would that chair function if it were missing one leg? How do you function when one aspect of your life is out of balance? Seeing yourself in this way can help you see the puzzle of your life and to redirect your desires, behaviors, and intentions.

As you begin to recognize that you are more than just your physical senses, you will learn the importance of keeping life in balance. As each leg of the chair contributes to the overall support of the chair, none alone determines its worth. You are just like this chair demonstration – one aspect out of balance creates trouble in the whole entity! Days Fifteen through Eighteen will focus more on

each leg of the chair. You will learn more about your relationship to your body, your mind, your heart, and your essence.

This lesson will also focus on the whole YOU by observing areas where you might be experiencing resistance. Resistance is noticed when things in your life are not flowing smoothly in one aspect or another. It can be experienced in your relationships (and frequently that's the first place to notice the strain) or it might be felt in your health, your sense of abundance or in a feeling of disconnection or lack of inspiration about anything in particular. Maybe you always seem to spend more than you earn, or maybe you find yourself spending time in front of the headache, upset stomach, pain relief shelves (of which there are many) in your local drug store. Maybe women walk out of your life, taking a part of you with them, leaving you feeling untrusting and protected. On the other hand, maybe men withdraw when you start to discuss your feelings and share from your heart. These are the perfect areas to begin self-exploration. Virtually everyone on the planet has one area not in full harmony. The difference between you and them is you are doing something about it!

We start the course with this because it is so powerful to see on paper how much in your life you are resisting. Chances are you will have something to write down or you would not be here! Again, this is for your eyes only, so be as honest as you are willing to be with yourself.

Consider the following examples:

- I'm upset and feel helpless as I see my relationship falling apart and there is nothing I can do to stop it. I don't want it to be this way.
- I get so frustrated every time I get on the scale and see my weight has escalated, even after I eat less. I can't seem to hold the focus to change it.
- I am getting more angry and resentful every time I hear of a co-worker getting a raise. I'm always the last person to get the raise I deserve.
- My life has no fun in it anymore. I seem to move from one 'chore' to the next. My job is boring, my friends make plans and then cancel at the last minute-even my dog looks lethargic.
- I feel jealous of my friends, although they are good people. They are all more successful than I am, and they seem to be happy with their lives.

Maybe some of these examples speak to you and maybe none do. It doesn't matter. You might even be asking what your failing relationship has to do with resistance.

Well, if it isn't working out for you, there is something in it you are resisting. In each of the above scenarios, there is resistance to one form of change or another. The solution to every area of resistance (lack of change) lies in you!

LET'S EXPLORE THIS IDEA OF RESISTANCE A BIT MORE

Point number one. Put this on your refrigerator door: “If I’m suffering I am resisting something.” If you are in pain, hurting, unhappy—you know—suffering, you are resisting. That is just the way it is. Water is wet and rocks are hard. This may come as a surprise to you and maybe you are even resisting the idea of your being resistant. To resist something is to not accept the way it is. Nothing is ever different than the way it is. That almost seems like a no-brainer to get, and yet, it plays havoc with our happiness. You are bored with your job: It isn’t stimulating and challenging any longer. That is the way you are feeling about it. Maybe the job has not changed but you have. It is NOT as challenging to you. Rather than resist what is, which is what is happening if you are bored, investigate why you are bored. Is it a new boss, different working conditions, or a cut in pay? What is the basis of your boredom? Find the underlying cause of it by becoming aware.

AWARENESS IS THE FIRST STEP TO IMPROVING YOUR LIFE

You may have felt some resistance as you contemplated signing up for this course. Take a look at those feelings. Did you have resistance? If your answer is yes, that was your ego feeling threatened. We will cover more on that throughout the course. Were you aware of any resistance? Being aware is a good thing. When you feel uncomfortable after a large meal, you might be aware that you consumed more food than your stomach wanted.

When your good friend expresses to you a concern about your negative attitude and you get defensive, try to explain yourself, start losing eye contact or scratching your foot, you know you are in the midst of resistance. It is good. Embrace it. Be fascinated with it as you seek to understand, improve and grow into wholeness.

Become aware and start to observe your life. Witness your mind, how you behave, when you react versus respond. As you indulge in the skill of being more aware, you may be aware there are layers to awareness. It gets more exciting as you start playing the game of life as a participant rather than an observer.

THE ASSIGNMENT

1. Be aware of which, if either, parent you bond with and why. What about the other one? What is in the way?
2. What do you resist about your parents? Their behavior? Their looks? Lifestyle?
3. Get that resistance going. What are you resisting? Make a list. It could be a long one. How would you prefer it be? What are you in control, and not in control of changing?
4. Close your eyes and take a few deep breaths, then bring someone into your space you accept. Now think of someone you don't accept. Someone who accepts you. Doesn't accept you. What are the different feelings experienced when you thought about each person? What did you learn from this little exercise?
5. What is your foundation built upon? How much resistance is there in your life? Let's start with your childhood. Have you accepted it, exactly the way it was?

AFFIRMATION

I am the flow of life, honoring what is and what is not.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

- *Path of Least Resistance: Learning to Become the Creative Force in Your Own Life*, Robert Fritz
- *Beyond the Wall of Resistance: Unconventional Strategies That Build Support for Change*, Rick Maurer
- *Living, Loving and Learning*, Leo Buscaglia
- *Choosing Truth*, Harriett Cole
- *The Power of Your Attitudes, Beliefs, And Choices*, Alexandra Delis-Abrams, Ph.D. Free Bookmark Download: Consider this book to assist you on your journey through the course. Literally packed with inspiring messages and tools to help you in your process, you are sure to find ideas that move you along the path of self-exploration. Available at: www.theattitudedoc.com

DAY 2



THOUGHTS ARE ENERGY

Cogito cogito ergo cogito sum (I think that I think, therefore I think that I am.)
Ambrose Bierce (1842 - 1914), **The Devil's Dictionary**

ATTITUDE CHOICE

It's a new day. 24 hours to create and manifest. What an opportunity life is.

OR

Same ole' day: work, eat, crap; watch the tube, and sleep—big deal.

THE LESSON

Thoughts are energy. You can choose your thoughts. You decide.

REALITY CHECK

Become aware of your thoughts. Notice how often you think negatively or positively. Notice how you feel when you are in that mode. Record the negative thoughts as well as ideas of why you might be having those thoughts. In addition, you might want to dialogue with that part of you. You could even try sitting in different positions or locations to really get into the role.

Yesterday, you explored areas of resistance in your life. Today, we are going to take a look at your thoughts. Why? Your thoughts are the motivating force behind change in your life. You may have heard it before, but again, "Change your thinking and change your life." It sounds like a tall order, given that we seem to think what we think, without thinking about it. The truth is you CAN change your thinking and put new thoughts into action.

WHEN DID I GO BY THAT EXIT SIGN?

You also learned about awareness. No matter what you do, you need to be conscious—grounded—present—aware. If you are not, you are unconscious, or unaware. "Gee, I guess I didn't see that freeway exit and now I've gone ten miles past it." You may be unaware of your thoughts. Dr. Deepak Chopra says we have about 60,000 of them every day. Are they thoughts that are of the highest quality and vibration? Or, do they lie in the deepest, most dark recesses of your mind? Have you ever noticed?

You will read about the Laws of Duality in Day-8. To give you a jump-start on that lesson, your thoughts are part of a polarity that exists in life. You can have joyful thoughts and ones that are joyless. You may have thoughts that are of the highest integrity, and others that are evil and nasty. Polarity is defined as a system of having opposite characteristics, especially with respect to electric charge or magnetic properties. Thank you to my handy dandy dictionary in my computer. Well, I liked the part about electric charge. Thoughts are energy.

From The Tao of Leadership:

If your life works, you influence your family.
If your family works, your family influences the community.
If your community works, your community influences the nation.
If your nation works, your nation influences the world.
If your world works, the ripple effect spreads throughout the cosmos.

How does one know that it works? This interpretation from ancient wisdom from the Tao Te Ching says, "All growth spreads outward from a fertile and potent nucleus. You are a nucleus."

Your thoughts are energy. Your thoughts are powerful. You are a nucleus, whether or not you like it. So, what are you rippling out into your family, your community, your nation, your world, or your cosmos?

I remember one year buying a rolled piece of decomposable fabric that had imbedded in it thousands of wildflower seeds. I rolled it out in a selected area of the yard, and watered and watched it as it changed. One day, all those invisible seeds (to my eye anyhow) manifested into glorious flowers of a variety of shapes, sizes, colors, and varieties. Our mind works similar to this process. At some point, you may plant your seed thoughts of fear into your mind and one day, they just might become real. I watched the life story of the late Natalie Wood on television. When Natalie was born, a gypsy told Natalie's mother she would die by drowning. She was terrified of the water all of her life, and died by drowning. Her greatest fear was eventually realized.

Be aware of your thoughts. Be conscious of them. Choose to replace them if they are not serving your highest good.

MOSES AND THE NATURAL LAWS

Ernest Holmes, founder of Science Of Mind, writes in his text, The Science of Mind, "Electricity was a reality in the universe when Moses led the children of Israel out of the land of Egypt, but neither Moses nor any of his followers knew anything about it. This is true of all natural laws, they have always existed but

only when understood may they be used. In this way, Life awaits upon man's discovery of natural laws, his discovery of himself, and his discovery of his relationship to the great Whole."

You are ready to discover yourself, and your relationship to the great Whole, because you are enrolled in this course.

The mind never sleeps. You will probably always have thoughts you can't capture, but the thoughts that continue to impact your daily life can and must be changed for you to experience overall happiness. As Candace Pert, Ph.D. stated in her book, Molecules of Emotion, "our emotions are what help us decide what is worth paying attention to."

Maybe the resisted areas of your life are calling out to you to encourage you to take the challenge and change them! Meeting the challenge of the resisted areas of your life is part of your life's purpose.

FAMILIAR SCENARIOS?

Here are some examples of how you can replace the negative thought pattern with a positive one that just might serve your needs and preferences.

Scenario #1

"I could never apply for that position. They probably want someone with more experience than I have now. I've been busy raising kids and have no skills."

Positive Energy: "Applying for that position might be a stretch, but I'm going to go for it. I may have been a homemaker and mother, but after listing everything I do in a day, I see I have tons of ability that I never thought I had! I'm going to make a list of skills I use every day and convert them into a dynamite resume. I'm getting that job!"

OR

Scenario #2

"It's scary to think about traveling alone. It wouldn't be any fun and I'd probably lose my way. What would happen if...?" What is it that really scares me? What, if anything, do I feel comfortable about doing alone?

Positive Energy: "The idea of traveling has always been so exciting, but rather than going alone, I could find a compatible group to go with me. Ask yourself what it is that really scares you. Traveling? Being alone? What do you feel comfortable doing alone? What makes you nervous to do alone besides travel?"

You might want to go back and add some of these thoughts to your list of resistance!”

OR

Scenario #3

“This business will fail because I’ve made decisions in the past that didn’t turn out successfully.”

Positive Energy: “I have come a long way in my understanding about what it takes to make a business succeed. I feel positive and inspired about my new direction. It is going to succeed. I KNOW it!”

Understand the process? This is a critical part of your journey. Each of us has mental scripts we follow without giving them further thought. It is like breathing—as long as we’re here on the planet, we generally keep doing it, and we seldom stop to pay attention to our breathing without a good reason.

Because we think something, we tend to think it is right or as it should be. We have acquired these thoughts and beliefs from parents, friends, relationships, employers, from ourselves, but they're not always valid. In fact, many of our thoughts no longer serve us at all. Get rid of the ones that no longer work for you and replace them with scripts that do work for you!

THE ASSIGNMENT

1. Using the previous scenario format, create some of your own scenarios. Get into the process and be open to answers. You are either the problem or the solution. Which do you choose?
2. Describe what it means to be powerful? Is it a good thing, or not so good. Does the idea of being powerful frighten you? Does it inflate your ego? Do you feel superior to others?
3. Consider challenges that may arise in your life. Visualize and work with them in a “normal” fashion. Now, looking at it from an entirely new perspective, determine if it is helpful?
4. Why do you suppose your life isn’t as you prefer? What is your connection to the result you’re experiencing?
5. Who, if any, were your greatest role models with regard to this subject: thought influencing your reality? If you answer “no”, is this subject completely foreign to you? Does it feel right? Weird?

AFFIRMATION

I welcome the challenge of creating positive and supportive thoughts that align with my highest good. Through my awareness, I effortlessly keep them on track, as I express my potential.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

The Tao of Leadership, John Heider

Science Of Mind, Ernest Holmes

Thoughts Thru Space, Sir Hubert Wilkins and Harold M. Sherman

The Feelings Dictionary Journal – www.abcfeelings.com (650 Feelings words)

DAY 3



ACCOUNTABILITY

Character - the willingness to accept responsibility for one's own life - is the source from which self respect springs.

Joan Didion (1934 -), "**Slouching Towards Bethlehem**"

ATTITUDE CHOICE

I take total responsibility for my life.

OR

People are out to get me. Life sucks.

THE LESSON

You are either a victim or personally responsible in your life.

REALITY CHECK

Recap the last time you were in conflict with someone. What was the first thing you did? For example: defend, listen, make wrong, or look inside to see your part. When was the last time you felt sorry for yourself? How about the time you related to Joan of Arc, and became a martyr? What does it mean to take responsibility for your thoughts or your life? How does it feel? Who do you know who does? Do you know anyone who acts out victim energy?

Do you make people wrong? Blame, criticize and judge? In an argument with your spouse or partner, do you find yourself always pointing out his/her flaws? This can be a mental thing or you might do it aloud. Either way, when you make others wrong, you are indirectly attempting to make yourself right, so you can remain in control!

What does control have to do with anything? Well, control keeps you in the driver's seat. If you are arguing with someone, it's impossible for them to penetrate your rightness. You will cling to it, even if you are shown otherwise. It looks like a LOSE/win situation and you walk away believing you are the winner!

Unfortunately, with control, there is never a winner. It is a standoff that will remain until both parties recognize the role they each play in the drama.

WHO ME? WRONG?

You also learned about awareness. No matter what you do, you need to be conscious—grounded—present—aware. If you are not, you are unconscious, or unaware. “Gee, I guess I didn’t see that freeway exit and now I’ve gone ten miles past it.” You may be unaware of your thoughts. Dr. Deepak Chopra says we have about 60,000 of them every day. Are they thoughts that are of the highest quality?

Many people actually fear the idea of being wrong about some things in life. They equate that with failure or assume they will lose something if they admit they are mistaken.

Look at the following lists of words. Pick the words that most closely describe you. Being honest about yourself is the only route to healing the areas of life you want to change.

VICTIM	RESPONSIBLE PERSON
Self-pitying	Making conscious choices
Blaming	Personally Responsible
Martyr-like	Communicative
Self Righteous	Trusting
Envious	Open minded
Judgmental	Whole
Limited Thinking	Balanced
Defensive	Aware
Holds Grudges	Forgiving
Disparaging	Accepting
Scattered	Centered
Conditional Love	Unconditional Love

If you have chosen one or more of the above, you may be identified with victim consciousness. However, it is important to know that most of us fall into any one of these slots from time to time. A responsible identity is aware of when you are feeling sorry for yourself, corrects the tact and readjusts the setting. The true test of victim identity is how long you stay there.

Personal responsibility suggests that circumstances ARE in our own control. When met with life's challenges, a personally responsible individual knows that how they view the circumstances – what they think and believe about the circumstances – will have great impact on the outcome. They do not believe they are being given a bum deal or that the gods are against them.

Being responsible for my life came hard and heavy in 1975. During this time, I participated in a sixty-hour personal growth seminar. We were given definitions of words such as responsible, integrity, resentment, regret etc. The following is the meaning of the word responsibility from the perspective of the “est” organization (now called “Landmark.”)

"Responsibility starts with the willingness to experience yourself as cause in the matter of your own experience. Responsibility is not burden, fault, praise, blame, credit, shame or guilt." It goes on to use the words, "whether at the moment realized or not..." So in other words, say you did not get a call back from a good friend for several days. If you were to adhere to this definition, you would say, "I wonder why I haven't heard back from ____? Did I have intention to speak with him when I called him? Is there anything out in my relationship between me and _____?" In other words, take responsibility for it, whether in the moment realized or not. Just own it. What happens? You are not making the other person wrong, but when you do communicate, you can get clarity on what happened. "Oh, I never got a message on my machine." Assume nothing. If you made that person wrong, you would be stewing about it for days, rather than experiencing the peace, joy and adventure of each day of life.

Why not experiment and act as if this point of view is accurate. Try it on for a day and simply witness your responses and reactions. It could be quite entertaining.

I'M RESPONSIBLE FOR EVERYTHING?

Being responsible is to know everything you think, speak and do has a consequence. Everything. This may sound like a huge weight on your shoulders, but sorry—it's just the way it is. If you see it that way, then it is a burden, which is NOT responsibility. For every cause there is an effect, and you will experience it some time. There are no mistakes in the cosmos. It operates on a perfect synchronization. You are a part of all the magic, so let the good times roll.

Now, as you continue to look at polarities, note that victims lose because they perceive they will do so, while self-responsible people benefit because they perceive they will benefit. Each of us may feel the victim in one area of life but take personal responsibility in another. Again, we discover the importance of balance.

This will give you the primary clue to the areas of your greatest personal work—areas of resistance. Record these in your journal, without monitoring them. Just write them. Let them flow off your writing implement. Let them bubble up from your consciousness and just surface to free you from despair, bitterness and resentment.

EXAMPLES OF VICTIM CONSCIOUSNESS INCLUDE:

- She got that job because she knows someone! She has no skill. They didn't pick me because they'd never pick someone my age.
- It's his fault when things go wrong. Just once, I wish he'd follow through with what he said he'd do and quit leaving it all for me to do.
- I could have played better, if I hadn't gotten stuck with such a lame team.
- He lost my money because he knows nothing about investments.

The list of possibilities is endless. Try to write down as many as you can. From this you will determine which leg of your chair needs the most help. Here is my promise. The more you take personal responsibility in your life, the more freedom and happiness you will feel. You will no longer be held to the belief that your life is being held captive to someone else's whim.

THE ASSIGNMENT

Ask yourself the following questions:

1. Is it important for me to be right in most circumstances?
2. What are my beliefs about being right, and being in control?
3. Am I a victim in one or more areas of your life? If so, which areas?
4. What would have to happen for me to change my
5. Perception – for me to actually give up being a victim and begin to take total responsibility for my thoughts, words and actions.

Can I imagine taking personal responsibility in every area of my life? If so, how would that feel?

AFFIRMATION

I celebrate my choice to take full responsibility for my life, leaving behind the identity of victim as a part of my past.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

The Four Agreements, don Miguel Ruiz

You'll See It When You Believe It, Wayne W. Dyer

Free Wheel of Life download—discover how balanced you are in life!

www.landmark.org

DAY 4



FORGIVENESS – THE KEY TO FREEDOM

The weak can never forgive. Forgiveness is the attribute of the strong.

Mahatma Gandhi (1869 - 1948)

ATTITUDE CHOICE

I am willing to look at my part in the situation and be honest with myself.

OR

I'll never forgive and I'll never forget.

THE LESSON

Forgiveness starts with recognizing a deep hurt, then honoring your part in that wound. As you forgive others and yourself, you find yourself, and happiness.

REALITY CHECK

Identify your forgiveness issues at this time. Do a rewind on each and discover when and why it started. Who was actually right? How did you feel about what happened? How are you dealing with it currently? What feelings are you having today with regard to this situation and/or person?

WHAT IS FORGIVENESS?

It is said to be the act of excusing somebody for a wrongdoing- for something another has done that has been hurtful to you. In lieu of expressing your hurt and sadness over the situation, you may be feeling resentment, betrayal and a desire to retaliate and hurt back, or lash out at them.

You may like to think forgiveness is something you grant to someone else. You forgive them for the wrong deeds they have done to you. Well, sorry, but that is just one more example of victim consciousness. Forgiveness is really all about freeing you from a *perception*--from the way you are seeing, i.e. perceiving the situation. As you take responsibility, communicate your feelings and ideas, release the hostility and bitterness, and shift your perception, you are free. In the course of being pro-active with the situation, you find peace of mind, because you have looked deep into yourself for the truth.

On the other hand, when you hold a grievance, you can do or say things that have an impact on those with whom you are upset. It is disturbing to you but there is a good chance the other person has forgotten about it and is going on their merry way. Who is in pain?

What deep wounds have kept you from forgiving? When were you hurt about something someone did to you that was devastating? First let's explore this idea about hurt, because that is the basis for lack of forgiveness. You will read in practically every lesson how subtle and powerful the ego is. It needs to survive, remember? Well, your ego will keep you feeling sorry for yourself, along with being righteous. Who wins? That part of you that is not your true nature, called the ego—that is who wins. Brooding, holding a grudge, establishing a stronghold for your position is all ego-based.

Some people are very sensitive and tend to take things personally. One of the agreements in The Four Agreements is “don't take things personally.” I don't say ignore your feelings, but take charge of them. See your part if there was a communication breakdown, and be willing to take responsibility for it happening in your reality. Ask for soul-guided wisdom and things will always work out better for you. Keep the channel open so the other person understands. Not from defensiveness, but by heart-felt communication. Put on your Mother Theresa identity and see the soul in that other person, as you keep the interaction going until you reach a resolution. Intention has to be high on both parts. You can't do anything about the other person's intentions, but you can about yours. Be committed to the idea that you will grow stronger and improve yourself because of what is happening. How do we learn, if not through differences, trials, and adversity? I have a belief that I can learn through joy. One day maybe my reality will reflect this belief.

Make a list of people with whom you have issues. Write the name and the problem down on paper. Note how you are currently responding to the situation and person, and how you feel about their behavior. Now ask yourself, and record your responses. What other ways could you see this situation or other ways you could feel about it.

Question yourself about any role you might have played in the circumstance. Now, ask yourself how your behavior might change if you had a new perception. This exercise is about the power of choice. You cannot change what other people choose to do, but you CAN choose how to view it. How you view the journey of your life is what determines the quality of the journey—the degree of your happiness.

FOR EXAMPLE

I'll never forgive her for walking out on the job when I most needed her help.

Positive Energy: There is something good in this. She had to do what she felt was right for her own life. I'm going to trust in this and let the next right person come into my life to assist me. I KNOW he/she will come.

OR

I can't trust my child any longer, nor will I forgive her for the mean things she said to me.

Positive Energy: There must be bigger issues my child is experiencing that are triggering her to vent on me. I will look inside to discover what my part is in this situation. Perhaps we could talk about what is really going on and find a common ground. I love my child and trust we can work this out. I KNOW it will work out once the common ground for communication is found.

OR

I'll never allow myself to be vulnerable again and feel such devastation. How could he have cheated on me?

Positive Energy: I see that our relationship has been in trouble and this is just one major symptom of that. Our relationship is based on more than just physical connection and I am not going to let one mistake destroy it. I am not going to take this personally. We need to communicate our desires and needs about this for the future, and then see if it is time to make a permanent change. I need to look at my values and his and see if they are compatible for the long haul. If they are, we can work it out. If they are not, it might be time for us to go our separate ways. If we do separate, I wish him well. Love doesn't begin and end. It is endless, regardless of circumstances. Love is unconditional or it isn't love.

OR

I feel so betrayed by her. I spoke to her in great confidence and she went to a mutual friend and talked about me behind my back.

Positive Energy: I'm sorry my friend didn't feel comfortable enough with me to talk with me directly. Perhaps I have not listened to her needs in the past. If she is truly my friend, I need to take some personal responsibility here and approach her about my feelings. I trust we can find a solution, and I won't personalize her choices. I KNOW it will work out for us both.

Lack of trust is not the foundation for loyal and strong friendships. People may disappoint you. Would you agree? The more we expect from our relationships, the more we are open for hurt and disappointment. One of the cards from

Mastery Of Love says, “Love has no obligations or expectations. When you love, whatever you do is because you want to do it. It becomes a pleasure; it’s like a game, and you have fun with it. When you love, you don’t expect something to happen; whatever happens is okay, and hardly anything disappoints you.”

Mighty powerful words. Is this too unrealistic? What do you think? Friendships do present you with the opportunity to see yourself more clearly. They challenge you to discover the deeper meanings of unconditional love.

Back to this idea of being right and how it keeps you stuck in revenge, holding on, and unwilling to entertain forgiveness. People go to their graves being right. Big deal. What did it get them? Their ego claimed victory. Many have suffered needlessly because of righteousness. In 2004, a food market strike in Southern California cost one market alone, \$596 million dollars. Funds were being formed to help those who were at risk of losing their homes because of the lack of a paycheck. Both sides righteously stuck to their own position, and it went on for almost six months before the strike ended. Nobody benefits in a strike, but each side had an investment in their position and in their beliefs. We can be as flexible as our beliefs allow.

Keep in mind that when you are afraid of being wrong, and saying “I’m sorry,” and “I forgive you,” you are into your ego consciousness. Yes, we need an ego to attach to this body, but we don’t need to be led by it, like a dog on a leash. You have Free Will, your greatest gift. Use it. Choose it.

As we close, notice how your lack of forgiveness might be bordering on having victim consciousness. Just be aware. This is a strong message. I’ll never forget the time I totally got my victim identity. It was sort of embarrassing. It was like a flashing light in front of my face. An enormous awareness of how long I’d run it into the ground.

There are times you will slip into that energy again, once you’ve worked with it; but as you travel through this course, you will soon be in charge of it. I am here to support you taking that action.

Be honest with yourself, especially with this day’s material. The ego can be very subtle and lead you down a rose petal path, but just be aware.

THE ASSIGNMENT

1. Look closely at any situations you may be holding on to. Study the times when you may have felt wronged or betrayed. Did you resolve it? How? What did you learn from it?
2. Write about a time when you were the one who wronged someone else. Did you try to make amends? How did it work out?
3. Take some quiet time and allow yourself to be still, and breathe deeply, watching your breath move in and out until you are relaxed. Ask for guidance from whomever you choose. Allow yourself to connect with a wise voice—this could be a departed and endeared relative. Ask advise with regard to how to proceed with this situation. Give thanks at the close of your quiet time.
4. What does it mean to be free? What do you believe has to happen in order for this to occur?
5. Be aware if you believe you are too busy to deal with this forgiveness stuff, and that it is not up to you, because you didn't do anything wrong. It was their mistake, and they do not know with whom they are dealing. Just be aware.

AFFIRMATION

As I forgive the past I recognize the perfection of all life and free myself to claim my birthright of lasting happiness, abundance and peace of mind.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

The Deeper Wound, Deepak Chopra

Freedom from the Ties that Bind, Guy Finley

The Mind and the Soul, Gary Zukav

Sterling Silver Inner Child Charm, to give or to keep, the Inner Child Charm is a reminder that we each need to honor our inner child while on the path to self-discovery.

DAY 5



GRATITUDE AND GRACE

Gratitude is not only the greatest of virtues, but the parent of all others.

Cicero (106 BC - 43 BC), 'Pro Plancio,' 54 B.C.

ATTITUDE CHOICE

I am grateful for all the experiences that brought me to this moment of my life.

OR

After what I've been through, life owes me.

THE LESSON

Gratitude is your measuring stick for JOY in your life.

REALITY CHECK

When was the last time you said thank you to someone? Did you mean it? Does it roll off your tongue easily? When life gets a bit sticky and uneasy, do you naturally look at the plusses in your life for which you are grateful? Do you easily show your appreciation to others, or do you hold back, thinking you have it coming?

You know the moments in your life when out of the clear blue, you think, "I am so happy." Things don't get much better than this. You have a sense of peace and fulfillment in those moments, and you want to hang onto them. Close your eyes and reflect on one of those moments right now. Feel it fully. Say it aloud – THANK YOU!

That feeling of gratitude is your measuring stick for how balanced your chair is in the moment (you remember the chair from Day-1?) When you feel grateful, it is impossible in that same moment to experience anything less than a sense of peace. Oh, you don't have to well up inside and feel like jumping up and down, but you know, deep inside, everything is good. Sometimes it is important to remind yourself of all you have to be grateful for. Reminding others of your gratitude for them in your life is one more way to keep the feelings of gratitude coming!

If you're not feeling grateful in your life, you're not experiencing grace, which is described in my computer dictionary as "the infinite love, mercy, favor, and goodwill shown to humankind by God." My dear friends Ryan and Paige are in India. He is my yoga teacher and soul brother. His last email said, "Nothing has

gone according to our plans, and everything is working out even better than planned. We are living in a state of grace.” That is gratitude.

Two little words—thank you. Whether said, in person, in a note, e-card, sign language, through a drawing, gesture or however, it is bound to make changes in how you perceive life. You too can live in a state of grace.

What would that be like for you? Take a few moments to visualize it. Did you know that Mark Victor Hansen and Jack Canfield used to visualize their book, Chicken Soup For The Soul on the bestseller list? They cut out the list from the paper and pasted their book title into the number one spot. It worked. Well, visualize what your life would be like if you were living in a state of grace- if you expressed your gratitude for everything and anything. Yes, for the yucky as well as the glorious happenings. How about the ability to have your fingers touch a certain key on your keyboard when you command them to? I read an article about Christopher Reeve, “The Ambassador of Miracles,” and how he observed someone getting up from a seated position in a chair. To him, that was so much to be grateful for, but what about for you?

There is abundance everywhere in your day to be grateful for. After I’ve dialed up all my numbers using my calling card, and hear the words, “You have 9 65 minutes for this call,” I feel grateful and most abundant. Don’t take anything for granted. Be grateful every time you take in a deep breath of air. Every time you swallow. Every time you feel the urge to visit the bathroom.

If you are not able to write your thoughts down immediately, try to hold them for as long as you can. Feel each of them. The energy of gratitude, appreciation and thankfulness can shift a negative mood into a positive one in a very short time.

I'm grateful for...

The ability to reach for something in a tall shelf
I have work that I love.
I have the power of choice
Laughter
Friends
The opportunity to feel my feelings, or deny them.
The view from my window.
I have great health
My partner knows how to cook

You can feel grateful for just about anything! Sometimes you might be grateful for the wonderfully useful tools you have on your job or grateful that your partner cooked dinner that night. Gratitude is not reserved just for the big things in life.

In fact, gratitude is very often remembered in the most gentle and simple of all circumstances.

Lack of awareness keeps you from feeling your gratitude, along with a negative attitude towards life. If the later is the case, you need an attitude adjustment. A personal counseling session with me might be just what the doctor ordered.

In the meantime, start with little things that are obvious to you. After you accomplish this, then work your way upwards, or don't. Experiment and feel yourself come alive, the more grateful you are. Acknowledge people who have supported you, those who nurture you, and yourself for your willingness and fortitude to be a happier person.

THE ASSIGNMENT

1. Today, every 60 minutes when the clock strikes the hour, to the best of your ability, try to reflect on something about which you are grateful. Create a section in your journal to record how abundant your life is with good things.
2. Create a self-esteem graph for yourself and notice where you place your markings when you are feeling grateful, versus when you are not.
3. A lovely gesture made by friends of mine who consciously chose not to have children, has been setting up a college fund for the children of their friends. They add to it periodically. It represents an outward expression of their gratitude and blessings in their life. If this, or something like this speaks to you, follow suit.
4. Simplifying your life could heighten your gratitude awareness level. Could it be your life might be too hectic to recognize when you are grateful?
5. Keep your grateful journal entries on a regular basis and watch your life change.

AFFIRMATION

Joy and contentment accompany my every breath as I live each moment with profound and humble gratitude for the many gifts the Universe offers.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

Simple Abundance: A Daybook of Comfort and Joy, Sarah Ban Breathnach

Authentic Happiness, Martin E.P. Seligman

Happiness is a Choice, Brian L. Weiss, M.D.

Magical Meditations CD: www.theattitudedoc.com - four meditations that will assist you in reaching new levels of awareness. Each meditation enhances your sense of self, as you tap into your inner joy.

DAY 6



EARTH SCHOOL IN SESSION – NATURE OF REALITY 101

Experience is the architect of the brain.

Pam Schiller, Ph.D.

ATTITUDE CHOICE

I have the choice of playing life on the game board of Love and Trust.

OR

Fear and Doubt.

THE LESSON

To realize your power.

REALITY CHECK

Open your journal and begin recording any thoughts relating to your daily personal reality. Ask yourself how it differs? If it doesn't differ, why doesn't it? Can you feel reality? Does it feel real, or illusory? Does reality change or is it always the same? What is reality?

Earth School can be likened to any school you have attended. Although this course presents material, it supports the idea that through a question, you discover the answers for yourself. We upped the workload a bit, because I know you are ready for it. Granted the subjects in Days 1-5 could not be considered pre-school: Resistance, Thought as Energy, Victim/Responsibility Identities, Forgiveness, Gratitude. This is material to explore as long as you have breath. These days could be compared to getting your feet wet. Now, you are going for the total immersion. Well, not really, because as I said initially, each day is an in-depth study in itself. I've just added more bulk to each lesson, so you might want to give yourself some extra time to read it through. You will do great. Just trust the process.

You are here to remember just how powerful you are. I am referring to authentic power rather than ego power. There is a difference between the two. Authentic power comes from the essence of your being and personal power is sourced in the temporary and worldly. Your body is made up of the same elements of the earth,

and will crumble with time; however, your being is beyond matter and lasts forever. Your Being, also known as your Essence, IS your one true Reality.

10 Random Ideas to Contemplate

1. The nature of reality is creative
2. Reality is energy – composed of shadow and light
3. Everything is in constant change
4. There is an Intelligence behind everything
5. That Intelligence is infinite
6. The very nature of this energy is Love
7. There is order in reality
8. Everything is vibrating thought
9. Reality is expansive
10. Thought is powerful

Let's play around with these ideas and learn how they might or might not relate to your current life circumstances. You may agree with some of the above ideas and you may vehemently disagree. That's okay too. For now, consider in what way they might relate to why you continue to have the same redundant experiences in your life. For example, you might want to consider why you continually draw men into your life who aren't willing to commit and eventually walk out on you, or why your co-workers get the promotions and you get to go to their parties, or why your social life could be categorized as "borrrrrring." What might any of these examples have to do with thought being powerful?

WHAT IS REALITY?

Okay, so we're not beginning with the most simplistic subject, but I believe in you and your potential. The fact that you have chosen this course tells me there is an identity within you that is brave, and ready to learn and grow. So let's jump right in and learn a few things about reality. Keep your mind open and expansive and trust the process.

THE DANCING WHO???

The nature of our reality is complex and incredibly fascinating. Gary Zukav's The Dancing Wu Li Masters is written for the layperson looking for answers in quantum physics to understand 'reality'. We are all composed of atoms, and from what I've learned, when the atom is reduced to it's finest particle, only the trace can be seen. What we've come to view as permanent, the body, is really illusory: It changes. "What?" you might be saying, "It sure feels solid to me." Read on.

Reality on the other hand, never changes. It just IS. Our experience here on earth is transitory, ever changing. The quality of this experience is determined by our perspective – our thoughts.

THOUGHTS MOVE ENERGY!

Your perceptions, your acquired beliefs, your point of view, your attitudes, your thoughts are determining your experience of life today. If this is so (and please do your own investigation on the subject) then obviously your thoughts are quite powerful. With that kind of power, wouldn't you agree, it only makes sense to pay special attention to what you are thinking?

What is the focus of your thoughts? Are they sabotaging, pessimistic and defensive or supportive, positive and empowering? The universe works like a giant copy machine. Whatever document you place on the window to copy, you are guaranteed to have a print out of the exact same document. If you believe you will duplicate your experience, and if that happens to be a negative one, you are sure to get those results. If you choose a more optimistic one, your outcome will reflect that choice. There are always options. It is your job to discern which of the options is supportive of your personal growth. Which is your highest road? All of this can be compared to working with cookie dough.

THE GREAT COOKIE CAPER

As a child growing up on Lake Erie, my sisters and I made cut-out cookies at holiday time. Mom would roll out the cookie dough and we could choose the cookie cutter design we preferred: the reindeer, star, tree, or moon. This dough, which was malleable, would take whatever design we cast upon it. Once the design was imprinted in the dough, it was placed on a shallow baking pan, then into the oven till cooked and barely browned. Out it came, exactly the way it was cut out – imagine that!

The cookie dough is the analogy for universal energy and the cookie cutter our thought. Again, I ask, what kind of cookies are you making? Look into your outer conditions and you will discover your inner state. What you find should not make you feel depressed or jubilant – it just is. It's your attitude about what you discover that makes the difference. You can change the outer by changing your mind – switch cookie cutters! Learn to become more aware, personally accountable for your choices and make changes wherever you conclude you could improve your life.

In many ways, your life is like a movie! You are the actor, producer, and director. And, just like a producer, you can make an outstanding, and entertaining movie,

or create one that will put you to sleep or one that will scare you silly. Unless you become more aware and begin to take conscious control of your life and choices, the sub-conscious mind will simply produce what it is directed to do based on your past experiences and beliefs. You will get what you get and you may not like it this time any more than the first time!

IF YOU'VE FALLEN ASLEEP AT YOUR OWN MOVIE, THERE IS A SOLUTION

Are the choices you are currently making those that support your highest good? What changes would you like to make in your life? If you are willing to change your thinking in order to change your life, you can put an end to your victim consciousness. You are a creative and powerful being, endowed with the gift of free will and intuition – and the ability to discern and choose – and choose again when necessary. As soon as you begin to consciously choose your thoughts and realize that you are not a victim of your outer circumstances, the more empowered you will feel. (More on thought on Day-16.)

This is a topic we'll be covering extensively in upcoming tele-classes. Stay tuned.

So feel your dreams, visualize your aspirations, create your treasure maps, (see the assignment in lesson 9) and use your mind to empower you. This way you can employ your sub-conscious to work on your benefit. Then you tap into your super-consciousness, that which Plato labeled the “Divine Design”. This is the place where Reality steps in and perception steps out! Here you are truly ‘in the flow’ and you can't fail to fulfill your destiny and true life script.

THE ASSIGNMENT

1. Look out the window at something of interest. Now look directly at
2. the window itself. Continue to go back and forth several times. Who is doing the shifting? Who is making the choice to shift?
3. Think of a time you made a decision about a significant event in your life. What was the event? What were your choices? Why did you choose what you did? On what was that choice based? How do you feel about the choice you made? How did that choice affect your life today?
4. Recall a time you were in conflict with another. How attached were you to your viewpoint? Were you open and willing to see the other's point of view? How did your behavior influence your experience of that moment? What other choices could you have made at the time? How would they have influenced the moment?
5. Have you ever explored the idea that reality is composed of atoms and molecules, waves and particles, shadow and light? Whether the answer is yes or no, how does that idea influence your thinking, behavior,

- perception, life? Do you have an opinion about the subject matter? How did you arrive at that opinion?
6. Notice and evaluate the people in your life. How do they influence your experience? How comfortable do you feel discussing this subject with your friends, your family or your partner?

AFFIRMATION

I celebrate the joy of each moment as I take total responsibility for my reality – my life's circumstances.

SUGGESTED READINGS OPTIONS TO CONSIDER

Dancing Wu Li Masters, Gary Zukav

Illusions, Richard Bach

Set the mood for life change with the *Inner Realms* CD –

www.theattitudedoc.com

Lump of Love created as a statement of love for yourself or someone else you love.

DAY 7



EARLY BRAIN FORMATION

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

King Whitney Jr.

ATTITUDE CHOICE

I have the power to change my life's script.

OR

The world will never be safe enough to trust.

THE LESSON

You are a complex being, and you didn't get that way over night. Your infant brain was more like a sponge than you could imagine.

REALITY CHECK

Did you ever ponder how you came to be who you are? If your answer is "no," today is that opportunity. If it is "yes," you have a jump-start. How DID you get to be who you are? What are your insights about it? Why have you made the choices you have made? How did you get to be the character in the movie called, "My Life?" Brainstorm over a cup of coffee or tea with a friend; take a long walk in the woods or at the seashore. Ponder.

Brain formation is a relatively new research domain. In fact, we are just hearing about it now, even though it's been in process for about twenty years. Public television did an entire series on early brain formation. There have been articles galore on how the brain develops and how you got to be who you are. The provocative discussion on Nature vs. Nurture continues today. From this new research, the brain is now being looked at as more of a framework, rather than a fixed structure. The environment has enormous impact on how circuits are laid in the brain.

The brain has an abundance of neurons – more than it needs. Synapses are the connections between brain cells. It seems that caring adults and positive interactions highly influence the growth of these synapses. If not exposed to a nurturing environment, you will have fewer synapses.

ONE HUNDRED BILLION NEURONS

To put things in perspective: astronomers have found fifty billion galaxies with a telescope; a baby is born with one hundred billion neurons (nerve cells). If the newborn's brain cells were joined end to end, they would stretch six hundred miles.

A child's experiences, regardless of quality, influence the wiring of the brain and the nervous system. Why? Because the brain can be compared to plastic, it has the ability of adapting with experiences. These experiences get recorded in the cells, not just the brain. Many years of research substantiates these findings.

TRAUMA AFFECTS THE YOUNG BRAIN

When a child is exposed to trauma or chronic stress, the learning process is much more difficult for them. Mainly because they have over active neural pathways that control fear responses, which causes the brain to be organized primarily for survival. It is interesting to say the least. It gets even better. The brain is formed in the 25th day in utero and by the fifth month, the baby hears what is going on outside the womb. The fetus is capable of picking up stress. When that occurs, cortisol is released, and when the levels are high, it acts like an acid and washes out these neural pathways.

Are you starting to understand why you are doing a mini, mini look at brain formation? Dr. Bruce Parry says, "It is early childhood experience that creates the template. The pattern is then created based on the template in a repetitive organization." The primary relationship becomes the template for all other relationships. This is true for everyone!

Stop reading, take a few deep breaths and do an overview of your relationships. Do those relationships remind you of anyone else in your life?

As very young children, you learned from your primary relationships. (More on this in Day-13.) You learned about money, education, food, the opposite sex, religion, giving and receiving pleasure and pain. You learned how to survive, how to relate, how to be in life. Your brain was like a sponge, absorbing your environment from the time you were conceived.

THE ISOLATED BEDROOM

I saw a young man as a client, who had been to many doctors regarding a debilitating muscular condition. Nobody was able to diagnose his condition, which frustrated him even more. He and I explored his past with the Neuro-physical Reprogramming protocol (Day-14) and unmasked an identity of a weak,

insecure, unstable child. He shared with me that although his siblings' bedrooms were all located upstairs near the parents, the room he slept in was in a basement type of room, on a lower floor – cold, damp and dungeon like, with creepy-crawlies constantly surfacing. It was a room with no carpet, no warm fuzzy feelings to look forward to when he went off to bed. As a three-year old he would become so frightened in this space, wanting to be held and soothed. He would start up the stairs to seek warmth and comfort, however, the shadow of the trees, along with the sound of the wind would deter him from ascending the flight of stairs to desperately needed hugs and love. Night became a terror for him, which he learned to endure.

Feelings do not go away on their own accord. If not expressed, fear shows up in the body one way or another. By the time he reached his early thirties, the lack of tone and strength in his muscles was an outward manifestation of his feelings of powerlessness as a child. My client also felt very stuck in his adult life – more evidence of the torn ambivalence he felt as a child. Which was worse – the shadows and noise of the trees, or staying in his isolated prison?

Believe me when I say this is not a unique case history. Trunk lines for the circuitry controlling emotions are laid down before birth: After that, the parents take over. What have you learned from your parents? What are you teaching your children through your behavior as parent or caregiver? These patterns are acquired early on and perpetuate themselves mysteriously in the adult life. It's all so fascinating!

Does this give you a picture of how the brain is actually shaped by experience? Although your genes reflect your heredity, there is much more to who you have become. Research now indicates we are products of both nature and nurture.

Now it is time to do some investigating of your own. Take on the identity of Sherlock Holmes and look closely. Proceed with an attitude of fascination and wonder. Have fun.

THE ASSIGNMENT

1. Inquire about your time in-utero and birth. Did anything unusual occur in your mother's life while she was carrying you? Were there any specific events surrounding your birth? Breech, cord tied, cesarean?
2. Search your past for significant events during your childhood, especially during your first three to five years. Was there a divorce, did you move, attend a different daycare, welcome a new sibling, experience trauma of some kind?
3. What was the emotional status of your parents during the time you were conceived, carried, birthed? What was the quality of their relationship? If they are alive, ask them, probe, and investigate your

- past. If they are not alive to discuss these things with, talk to relatives that knew you as you were growing up. Photos may trigger memories.
4. Write these events in your journal along with reflective insights pertaining to them. Just allow your mind and heart to divulge cellular memory. Trust the process. It may be helpful to play healing music while tapping into this material.
 5. Now, take off the detective hat of a child and put on the hat of a parent. If you are a parent, examine these questions with regard to your child. Look into the period of time when you were pregnant, or examine the circumstances in your life when your wife, partner, significant other was carrying your child.

I want to stress the importance of this information and the work you put forth to find the answers. It is crucial in the process of self-discovery. As you begin to fit the pieces together, you will gain a more clear understanding of who you are and how you got to be this way. It will also give you enormous insight into why your partner or your own children have behaviors that have been difficult to understand until now.

AFFIRMATION

With enthusiasm and commitment I set forth to create the joyous and bountiful life I deserve.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

The Secret Life of the Unborn Child, John Kelly and Dr. Thomas Verny
Emotional Intelligence: Why It Can Matter More Than IQ, Daniel Goleman
Magical Child, Joseph Chilton Pearce
Start Smart, Dr. Pam Schiller
"Young Children" Magazine, May 1977
Scholastic Early Childhood Today, *Promoting Non-violent Behavior*, September 2001, Bruce D. Parry, M.D., Ph.D., leading expert on brain development.

Homeopathic Remedies

There are incredible homeopathic remedies that can assist you in eliminating patterns that no longer serve you, patterns that in fact may actually be sabotaging your happiness. (More on this in Day-14.) Learn how Chinese medicine and the Five Element Theory of Acupuncture can work for you in your own home. More to come on these absolutely, incredible, transformative little bottles.

The 5 Element Healing CD and Synchrony CD will help to unlock cellular memory and hasten your process of healing: www.wellnesscenter.net.

DAY 8



THE LAWS OF DUALITY AND THE LAW OF KARMA

Duct tape is like the force. It has a light side, and a dark side, and it holds the universe together.

Carl Zwanzig

ATTITUDE CHOICE

My diverse nature is necessary and captivating.

OR

I reject the darkness as being a part of me.

THE LESSON

Honor all parts of yourself to recognize your wholeness.

REALITY CHECK

Journal time again. What does this mean to you? Do you believe the Universe has a set of laws? If so, what do you believe is the purpose of Universal Laws? If you do not believe there would be a purpose to laws for the Universe, why not? Do you have a set opinion about this question? What do you think the repercussions would be when we do not engage in the 'flow' of universal laws/principles?

I don't pretend to be a physicist, nor do I have latent desires of becoming one. I am simply curious and amazed at how reality is constructed and why it works the way it does. No doubt, for me, it will be an area of study and awe for many years to come. It is imperative to keep our minds stimulated as we age, regardless of the subject of study.

We will touch on only two of the Laws of the Universe today, and those are: the Law of Duality, and the Law of Karma. We will examine the Law of Abundance in Day-12.

When we talk about the law of duality, we are simply talking about balance. It goes with the territory called 'creation.' Everything has an opposite. We do not know something is tall, unless we're familiar with short. We can't know the concept of yearning, until we know how it feels to be fulfilled. Do you honor both aspects of your personal reality? Can you think of anything that does not have an opposite?

Acknowledging the universe as a balanced system of opposites is instrumental to you in achieving lasting happiness. It helps us understand that there is purpose behind all things even when they are not obvious to us at the time. Knowing about duality will provide you with insight to the value of making right choices. To help you understand the importance behind the law of duality, start by looking at and honoring both sides of your hand...yes, your hand. Look at it now—it has a front and a back, yes? Without both, you wouldn't have a hand. The following is a list of opposites. Notice how you would not be able to recognize one without being able to acknowledge the other.

THE LAW OF OPPOSITES

- Yin/Yang: Feminine and masculine energy
- Feeling/Reason:
- Female/Male: Gender differences
- Left/Right: Sides of the brain
- Conflict/Harmony
- Repulsion/Attraction: To repel and to draw towards
- Mind/Heart
- Ego Identity & Five sensory/Soul Identity & multi sensory
- Effort/Surrender
- Control/Trust: Holding on or letting go
- Giving/Receiving
- Doing/Being: Action or non-action
- Macro/Micro: Large and small
- Resist/Allow: Unacceptable or acceptable
- Separate/Wholeness: Disconnected or oneness
- Dark/Light: Shadow or light
- Scarcity/Abundance: Lack or plenty mentality
- Positive/Negative: Attitude style
- Untruth/Honesty: Telling lies or speaking the truth
- Cruelty/Kindness

MOVING THE CHI

Yin and yang, anima and animus, or female and male, all refer to the energies within each of us – energies at work in all things at all times. The gender you most identify with is not the point here. You have both male and female energy. We all do. The important thing is to bring them into your awareness and honor both the male and female aspects of yourself, allowing them to be brought into

balance in your life. The Chinese refer to life's energy as "chi." Tai Chi or Chi Gong are two popular disciplines used for moving the chi to maintain or restore balance. This energy flows through meridians in your body. When it does not

flow, you have a blockage, or dis-ease. This blockage can come from stress, improper diet and basically, imbalance.

If you are a driven, work-oriented, worldly woman, you are accessing more of your male or yang energy. To balance your energies, you might want to access more of your feminine energy with activities like quiet time, luxurious baths and personal pampering. Connecting with your soft feelings, such as vulnerability and weakness would be valuable for your growth into wholeness.

Perhaps you are out of touch with either your masculine or feminine side because the focus on one or another makes you uncomfortable. Our society has historically drawn a firm line outlining the masculine and feminine. We have not been encouraged to explore the idea of bringing them both into our awareness to restore balance.

If you are a female who doesn't know how to balance your checkbook, lacks assertiveness in obtaining a job interview, or identifies with being a doormat in relationships, I would suggest you access your male energy—your 'doing' nature. It is the opposite of your being, or feminine energy. Get yourself into the world. Step out of the familiar role you have grown accustomed to and stretch your awareness of all that you are. Challenge yourself to take some risks. Learn about the stock market, take a marketing course, or investigate your computer.

Now, let's say you are a male student of this course and you are scratching your head about it all. What you wanted was a guaranteed plan on how to meet your soul mate, and what you're getting is a lot of talk about thought as vibration, a baby's neurons, and "chi." Stay with me. You can practice this lesson immediately.

Notice if indeed you are resisting this information. What are you experiencing? What are your thoughts? Feelings? Ideas? Beliefs? Attitudes? Any images of the past pop up? Body sensations? These sensations could indicate emotional blocks. They could also indicate you have kept your focus on one track too long and you're getting a message to move on.

IN YOUR HEAD, NOT YOUR HEART

Men have a particularly difficult time tapping into and expressing their emotional or feminine side. They frequently put off trips to the dentist when needed and avoid acknowledging they are suffering from depression until it has caused disaster in their lives. In fact, many of us stay centered in the intellect. Again, that focus is all about doing, not being and not feeling.

Our fast-paced world leaves little room for reflection unless we take the time for it. It has to be a desire/intention and conscious choice to become more receptive

to the messages of the heart. Most of us could benefit from more solitude, with no cell phone, fax machine or DVD player. Thousands of people are caught in the trap of doing, so if you are one of them, you are not alone. If you feel the burden of stress in your life, it's probably time to shift your focus from head to heart, then into integration.

Balance is the name of this game. The goal is to bring balance to all of the opposites in your life. Balance your male and female energy.

LEARN TO HONOR

Your feeling nature, AND your reasoning nature
Your doing nature, as much as your being nature
Your controlling nature, as much as your trusting nature

As you learn to just be, you pay more attention to your feelings and are more open to heart-centered communication (Day-9.) Your energies are more aligned with surrender and trust than control and fear; and when your behavior is such, you are identifying with your soul, or essence, more than with your ego or personality. When this happens, you allow and trust life to unfold and you start to experience being connected to life, rather than separated. In the space of acceptance, you come to know you are whole, total and complete, just as you are. It is here that miracles can happen. Life is so much more fun when you begin to allow what is, to be exactly as it is.

No one of you is a believer until he desires for his brother that which he desires for himself.

Islam faith

The second law is one we can all tell a tale about – the law of cause and effect, known in the East as karma. While karma is a vast topic, for our purpose today, this law is consistent: What you sow, you reap. In all of the great teachings, from Christianity to Jainism, Buddhism or Confucianism, there is a “Golden Rule.” That rule will bring lasting happiness to anyone who applies it consistently.

A seven-year old client of mine is clear on this one. When asked what she would want her life to be like, if she could wave a magic wand, she replied, “to have my sisters be nice to me.” I asked her what would have to happen in order for her to have those results. Her beautiful response was, “I guess if I was nice to them, they’d be nice to me.” That’s it on the Law of Karma.

Reality is a giant mirror, reflecting back to you what you send out. My friend, Carol, who lives in Australia, sent me an authentic Aboriginal boomerang. Although I haven’t tried it, I love having it. Knowing what it is capable of doing is a fun reminder of the importance of being aware of what we think, the words we

speak, and how we choose to behave. Karma is such a powerful law. It puts you right in the driver's seat, and takes you out of victim energy, directly to accountability. If you do not like what's happening in your reality, change your thinking, your beliefs, and your attitude. These changes will change your behavior. What does the idea that you can create a joy-filled life this moment feel like to you?

There are many laws that are aspects of the mechanism of the universe. Mostly, it is run by Love, the opposite of which is said to be fear. Love is born of your essence and the other from the impermanent ego. Love, just is. But more on that on Day-20.

To complete this day, I want to share the words that were dramatically, and with great conviction given to me in a dream:

"The Laws Of The Universe Are Working Just Perfectly"

There are no accidents. Everything happens in the right time, the right way and in the right place. There is order in the universe, and within that order is change. Everything is constantly moving. An ancient saying suggests that man can never step twice in the same river. Both he and the river have changed! The river of life is always changing. The moon moves 15 degrees every day. Birds migrate thousands of miles to a winter home, while salmon travel 900 miles from the ocean to their exact place of birth. Even the stuff of which you are made changes entirely every seven years! There are no accidents in nature. You are part of this intricate and perfect web of life.

THE ASSIGNMENT

1. Be the observer of your day, from the time you open your eyes to the time you close them. Record the times you resisted your reality? Record the times and circumstances you honored your reality exactly the way it was happening. Did you witness yourself resisting – honoring?
2. Select a person who manages to push your buttons every time you see him/her or even think about him'/her. Make a list of all the traits that "bug" you about this person. Do this first and then go to the next part of the exercise, listed under the references.*
3. Put the rewind button on your mind and take an honest look at how your behavior just might have influenced what you received back? Negatively, or positively. Recall the situation, track it to the inception, and your actions—then track your words—and initially, your thoughts. Write the information down and learn from it.
4. Now put the forward button on and consciously create your reality. Think thoughts that you'd like others to think. Speak the words that

make a difference to people. Words can harm or help. Your choice. Behave in a way that would exemplify who you really are and what you're about. Try it for a day—then two—then three.

5. Gather old magazines and begin browsing through them. Select pictures that appeal to you and your vision of how you want to live your life. This is called Treasure Mapping. It can be as large or small as you choose. Cut these favorites out of the magazine and begin placing them on a board of some kind. Glue them on while designing them in your unique and creative style. This becomes your vision, so have it within eyes range. Let it be representative of your wholeness, your oneness with all of life, the unity and harmony you feel each moment. This is so creative. Have a super fun time with your imagination.

AFFIRMATION

I embrace all aspects of my self, including the shadow, knowing everything is a gift for my own perfect unfolding. I honor my wholeness.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

The Dark Side of the Light Chasers, Debbie Ford

Self-Realization Fellowship; books, lessons, lectures.

*(After you write the list, review it, then replace your name with this person's name, and notice what happens.)

13 homeopathic remedies

Transform Your Emotional DNA by Theresa Dale, Ph.D.

DAY 9



COMMUNICATION, A LOST ART

Be more interested than interesting.

Werner Erhard

ATTITUDE CHOICE

My communication is impeccable

OR

Nobody understands me

THE LESSON

Learn and keep improving the skill of heart-felt communication. They start with intention.

REALITY CHECK

When was the last time you experienced satisfaction from an engaging communication? What about the last time it was unbelievably annoying and unfulfilling? You didn't feel understood or heard and went to work with it in the back of your mind all day. How would you grade yourself as a communicator on a scale from A through F? Now, how would you rate your listening skills on a scale of 1-10...1 being low and 10, high? What constitutes successful communication to you? What is the cause of communication breakdown?

COMMUNICATION IS AN ART YOU CAN LEARN

Good communication all starts with the clear intention to communicate. There are barriers and enhancers to good communication. In spite of the sophisticated technology of the communications industry, most people do not have the skills to communicate effectively. Businesses crumble, marriages fail, people die inside, and dreams diminish like quicksand, all the result of an inability to communicate openly and honestly. There are many components to true communication. Although volumes have been written about the subject, we will touch on only a few critical aspects.

There is no doubt that communication is a challenging subject and an art to achieve. A necessary ingredient is first to get yourself out of the way, then listen as you take responsibility for the reality. Yes, we are each responsible for our own universe, AND we do share that space with others, so it makes the game quite captivating. You have to be willing to keep on keeping on, moving through the dark places in order to get to the light. It is an art and an acquired skill. Just keep this in mind.

SOURCED BY INTENTION

If you knew that every experience first originated with an intention, you would want to better understand and be clear on what that intention is before the actual experience. To have an intention is to have a purpose, a plan. So often we hear that statement, “It was my intention to make a success out of this endeavor.” Well, if it was not successful, Gary Zukav, author of Seat of the Soul, believes that it was actually your unconscious intention to not be successful, while you had a conscious intention to succeed. They are conflicting, aren't they?

Unconscious means, not aware of, or not intended, while conscious means aware of something. As you take responsibility for your thoughts and the outcome of those thoughts, you begin to realize there is often a lack of alignment with your intentions. Check out Gary's book and get his take on this subject. I have to tell you – it is about playing the game of life at a high level of responsibility. It's a very different game when you participate from this vantage point. You have to leave blame, shame, fault and guilt behind, and own your reality because you are in touch with your power and responsibility to choose.

You begin to realize just how much you are empowered because you have free will, which is part of your hard-wiring when you became a physical entity. What a gift you were given! You always get to choose what you do with the universal energy that floods through your being. Chocolate or vanilla – which do you choose?

WHAT DO YOU REALLY WANT TO SAY?

If you truly desire to become successful in your communications, you must start with the intention to do so. You must be clear and aware of what you want to communicate; otherwise, you may have conflicting intentions. To say one thing, yet have a conflicting desire is self-sabotaging.

The strongest desire will manifest it and it may not be the desire you preferred. One way of knowing your intention is by looking into your reality and observing what showed up, e.g. how your life is working out for you right now. That is how

you know your intention. “What? You mean I intended to be fired?” Remember the first principle, “stretch your thinking.” This is a grand opportunity to practice stretching.

Let’s look at the following two scenarios to bring home this Lesson about looking at our intentions, and the power of choice.

Scenario #1:

You get fired.

You’re nervous about how the bills will be paid.

You panic.

You’re resentful because of the termination.

You start feeling sorry for yourself.

You become more resentful.

You are smack in the middle of victim hood.

Your negative thinking escalates.

Your body is feeling the effects of the stress.

You’re relationships are strained and distant.

Your emotional baggage is being carried to job interviews that are not successful

Scenario #2:

You get fired.

“That’s interesting. I’m a bit in shock, but maybe I was ready to leave, and I wasn’t ready to take the action and resign.”

You communicate with your ex-boss and express your feelings with clarity and from a responsible place.

You share with those appropriate relationships, from your heart, your concerns, as you process your feelings.

You take total responsibility for your situation and step into authentic power, which gives you the attitude to re-evaluate your beliefs and establish new beliefs and goals.

Your body is energized, alive and eager for the next chapter in the book called, “*My Life.*”

Two scenarios: One looks like victim energy to me. The other is responsibility based. Scenario #2 is about knowing that at some level, this is what you intended. Be present, aware of your thoughts, and what comes out of your mouth, knowing your intention creates the result. Take total responsibility for the outcome. Be conscious that your intentions are aligned. Again, when you have the desire to get this, it will be obvious to you.

The following list consists of a few components of communication to contemplate:

- Intention is the foundation for communication.
- Eye contact is essential. Focused attention.
- Be open with your body language.
- Share from your heart, your feelings, thoughts, observations, concerns, situations.
- Process and eliminate judgment and make-wrongs.
- Listen to the response.
- Resist the desire to defend. It will only act like a dwindling fire when another log is tossed on it.

COMMUNICATION BREAKDOWN

What do you think is happening when you have a communication breakdown? Is it because the other person's needs and desires are not being understood? For starters, we generally communicate when we want to have our needs met. If they are not, we can experience resentment, bitterness, rejection, guilt, fear, concern, or agitation to name a few feelings associated with communication breakdown. When our needs are met, we feel thankful, connected, relieved, optimistic, trusting, satisfied etc. Look into your experience—is this so for you?

The ego is a strong obstacle to pure communication, as it is fed by the need to defend and be right. Do you know the purpose of the ego? To survive. It abhors to feel threatened. Put that aspect of you aside and come from your heart. Listen with empathy and express your needs, as you hear those of the other's and keep moving forward.

If we are listening with respect and empathy (the ability to understand another's situation), we are present and being in the now. When we are not, we are in our mind. Our mind will take us to comparison, blame, lack of respect, demands, labeling and judging – big time. When we are doing any of these, we are then in our ego identity and have the need to defend and be right.

Let's say you have found the house of your dreams, and your partner is 90% aligned, but hesitates and procrastinates, and the house is sold.

Here are a few questions to ask yourself:

- What was your intention?
- Did you communicate your needs, feelings and ideas clearly?
- Did you feel they were heard?
- Did you hear your partner's needs, feelings and ideas?

- Are you now into blame and make-wrong about this current situation? Or do you choose to take responsibility for it?
- What does that mean and look like for you?*
- Was there a clear decision about when choices would be made?
- Do you choose to trust this house wasn't meant to be yours, and that YOUR home is waiting for you?

I'LL MEET YOU THERE

The Sufi poet Rumi said, "Out beyond ideas of wrong doing and right doing is a field. I'll meet you there." This field is where your being is. Your ego resides in right and wrong, as well as the past and future. This is a significant point to ponder.

The Law of Karma, which we learned a little about in Day-8, states that what you put out you will receive back. So, judge others and you'll be judged. This is the Law of Cause and Effect.

Our willingness to communicate openly and honestly, takes practice, and once again, the desire to do so. No doubt, you did not learn it as a child, (know anybody who did?) so you have to acquire the skill as an adult, if you want to have relationships that nurture your soul. Unfortunately, we are not teaching that skill to our children today, so they are all too often left without an art that will prepare them for life. Words can be bullets unless we understand how to use them. Communicating is a skill and an art. If it sounds redundant, it is because it is meant to this way.

As you learn to observe, rather than react by evaluation, you will find it easier to be present and respond appropriately. What is essential is not often comfortable for people, especially men. I don't like to use a broad paintbrush, but it does seem to be a human condition of the male gender. Because, as referred to earlier, men tend to come from their head, reason and logic, and then cut themselves off from their heart and feelings. Why do you think?

To truly communicate with intention and success, you need to develop your feelings vocabulary, which requires being vulnerable — wearing your heart on your sleeve, as they say. It's risky. Someone could reject you. That is the chance you take. The rewards are huge. Not only for improving relationships with others, but mostly, with your self. This is where it all starts—with your self.

THE ASSIGNMENT

1. Reflect on a time when you had a communication breakdown. How did it initiate? How did it feel? What was transpiring at that time in your life? Did you reflect on it? What were the results?
2. Reflect on the time you had heartfelt communication? You expressed your needs openly and honestly, and heard the needs and feelings of the other person. You felt centered in your being and spoke from that place. How did that feel?
3. Be willing to experiment and be insightful about your future communications, by first asking yourself a few questions about how important it is for you to be right and defend? How important is it for you to be happy? Ever notice a correlation between the two? How willing are you to take responsibility for your reality?
4. Notice during the day how often you need to be right, are self-critical, judge, need to defend, or resist what is so.
5. What would you like to be different in your communication style? With whom? If you could give your style of communication a label, what would it be? How would you prefer to communicate? What would have to happen in order for you to be given the Outstanding Communicator Award?

AFFIRMATION

Today, I open my heart as I develop heart-felt communication skills, knowing every communication is an opportunity for me to be centered and intend for the highest results. As I do, I move forward expecting the very best, for all, in each moment of now.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

Seat of the Soul, Gary Zukav

Nonviolent Communication, Marshall B. Rosenberg, Ph.D.

The Power of Now, Eckhart Tolle

The Feeling Dictionary/Journal; www.theattitudedoc.com

Free Bookmark page download: Victim/Responsibility

DAY 10



RELATIONSHIPS

Treasure your relationships, not your possessions.
Anthony J. D'Angelo, *The College Blue Book*

ATTITUDE CHOICE

I value, respect and give time to my relationships

OR

You've got to look out for yourself, 'cause no one else will.

THE LESSON

The 'ship' that takes you inward bound.

REALITY CHECK

Do a run through of your relationships – mentally or in your journal. Rate each one on a scale of 1-5...5 is a fabulous and valuable friend and 1 the opposite. Notice if the relationship is one way. In other words, do you put forth all the energy to perpetuate the relationship? Which of your friends give you support? Which do you feel lack loyalty. How do you rate yourself as a friend?

THE MOST IMPORTANT RELATIONSHIP IS THE ONE YOU HAVE WITH YOUR SELF

What you will be exploring in this unit are various ideas about relationship. This is a good time to remind you to actively engage in the "Activity" portion of this course. The questions and activities have been included so it doesn't become merely an intellectual project. Give yourself time to reflect, journal and take action. Studying this course with a friend may be fun and supportive. You might want to send it to someone you care about, with his or her approval, as a "Just Because" gift.

When you look for another to satisfy your needs or make you feel complete, it indicates you perceive yourself as somehow lacking. (More on this in Days 15-18.)

The universe is complete and perfect! You are a part of that, so therefore you are already whole – perfect just as you are. You have simply forgotten it, and this lifetime is an opportunity for you to remember your truth. Facets of wholeness

include the Law of Karma and the Law of Duality, which we explored earlier. In wholeness, nothing is omitted, nothing is needed – there is no separation or isolation. It is simply whole, inclusive, and all encompassing. Your level of contentment may be influenced by your acceptance or rejection of this concept.

YOU ARE A PART OF THE UNIVERSAL HOLOGRAPH

The logo I use in my profession is a picture of a globe, made up of puzzle pieces. Each piece is whole in itself, with its unique shape and size. However, it is an integral part of the entire globe and each piece fits perfectly into the whole. You are like a puzzle piece, whole within yourself, and part of the universal puzzle. Each person in the universe reflects the pattern for the entire universe.

Wholeness is accepting and embracing all parts of your self, without criticism and fault. As you do so, your life becomes bigger. Your purpose includes the quality of air as well as your neighbor's pain. This is about relationship. Not about your drama, but something much grander than you could have ever expected. It is about expressing your self as the “greatest version of the grandest vision of your self,” according to Neale Donald Walsh in his Conversations with God.

Attracting a partner can assist you in honoring and expressing your wholeness. For example, a woman is predominantly feeling in nature, and a man, reasoning in nature. A woman can bring out the feelings nature of a man, and the man can bring out the reason in the woman. Hence, they are each contributing to their individual wholeness while contributing to the wholeness of the ‘couple’.

If you are looking for needs to be met from another, or wounded parts to be healed, most likely, you are feeling splintered and distant from your true nature of wholeness, perfection and completion. Your mission, should you choose to accept it, is to heal these splintered aspects of yourself and accept your wholeness.

Relationships are one of the most profound teaching tools on the planet. Even the very worst relationship you ever experienced brought with it a message for you to consider! Relationships come in all different packages. It is as necessary for you to understand the value of a friendship, as it is a spouse or partner. If we truly understand the gift behind our relationships, we come to see that what we have attempted to make of them is predestined to fail. We bring along our old baggage, our expectations, and egos and expect it to work. Relationships work when we set aside all that does not actually contribute to the relationship. Perhaps this is the ‘golden rule’ of relationships!

Individuals who are ready and willing to create spiritual partnership can accomplish this by moving to a higher level in their awareness and in their relationships. These relationships have set aside the ego and are intended to

manifest only harmony. Are you up for this level of playing the game? It's a high level of participation. When you recognize yourself as a truly unique and beautiful soul, it is easier to see that in another.

THE POWER OF A QUESTION

Before we continue, let's just delve a bit more on the ancient wisdom of Socrates, the Greek philosopher, and source of what is referred to today as The Socratic Method. The underpinnings of these principles require respectful listening in response to questions asked. It is based on honesty, something you have embraced since Day-1, right? When you look within for your answers, you become empowered as you realize there is more to you than you thought. As you begin to interact with another, and yourself, you realize the power in respect and taking responsibility.

It is about understanding, rather than yearning to be understood. When you feel safe you can share your insights to others and again, can feel the power behind that action. Personal trust and honesty is what this lesson is created to instill. Dig deep with the pickax of wisdom to unveil the beliefs that may keep you stuck, insecure, and searching for contentment through another. Do not give up. Keep probing without judgment.

As I pose questions as the focus of this unit, they are intended to make you think, reflect and examine. Trust your first answers. Ignore nothing. Include it all. You learn from your own answers and can then write your own course. Again, the requirements are having the integrity to be committed and honest. Get out your journal and really involve yourself in the questions. I will frequently offer free Q & A tele-classes on this subject, so write down your questions when they surface. Relationship is the most in-depth subject, because through relationship you learn how to get along with people, be more successful in your profession, achieve a state of lasting happiness, develop a right attitude towards family life, enjoy your own company etc., etc., etc. It's crucial to understand relationship, so let's get started.

THE ASSIGNMENT

1. Why don't you have the relationship you desire? What does it take to acquire it and keep it? What do you bring to a relationship? List both your strengths as well as your weaknesses. Why would someone want to be in relationship with you? Get in touch with your shadow (the dark part of you that you don't want to own). What are your idiosyncrasies? Why did your prior relationship terminate? What about the one before that? Do you notice a pattern?

2. What are your expectations in a relationship? How many people do you truthfully believe will be able to fulfill your list? Are these expectations realistic? Or do they set the other up for failure? Maybe you don't have any? What does that tell you? Record in your journal a list of beliefs you have about relationship, commitment, long-term marriage, sharing life, freedom, giving. You could even write a short story.
3. How willing are you to improve yourself in order to bring forth a partner that would be a desirable one? Counseling, reading, personal growth seminars, intimate sharing with a friend, make changes?
4. The last one is a big one! Are you willing to take a risk and discover what you would be like if you gave up your critical nature and became more accepting? Are you willing to see that the criticism you extend just might be towards yourself?
5. On a scale of non-existent to excellent, how would you describe the relationship you have with yourself?
6. Non-existent...Poor...Mediocre...Connected...Pretty darn good...Excellent
7. What is the quality of your communication? Do you like who you are? If so, why? Are you overly familiar with your own cranky attitude and righteous point of view? Are you becoming more defensive the more time you spend out of relationship? Is it okay with you to be out of relationship?
8. Describe your very worst relationship and what you learned from it. Come on now, you must have learned something. Close your eyes and see that person with a dazzling red bow on, standing in front of you as a valuable gift. If you can see that experience and feel "no response," you are free from it. If you have any "energy" on that person, there is work to be done in order to move beyond it. Otherwise, it acts as an anchor. You must be clear to move on.
9. Explain and portray your parents' relationship in detail. If there were stepparents involved, continue with the question. From your experience, divulge your deepest beliefs about relationship based on your early years.
10. Describe your perfect relationship, then, visualize it in a quiet time meditation, allowing yourself to feel the joy, harmony and ecstasy of it. Feel how it positively influences everything in your life. What would it look like if you were in relationship and it was working – everything was in the flow, and magic was an everyday occurrence?
11. Do you have space in your life for relationship? Stop and look before you answer this one. In other words, is your life so full with work, stress or self-absorption that there is no time for relationship?

This was a slightly different unit because I asked you a plethora of questions. As you now realize, after answering these questions, you have a more expanded sense of your self, yes? Continue to review prior units and Lessons learned. Be open to the unexpected – shifting your mindset even more, or being bored to tears. Being unattached to the results, in a state of interest and observation, will also take you to greater heights. Take it seriously yet don't be hard on yourself

with your findings. My Attitudes, Beliefs, and Choices book (downloadable ebook) is a terrific and helpful supplement to your 21-day course. Just have fun as you learn, grow and evolve perfectly.

AFFIRMATION

Today I am grateful for the gifts that come to me in all forms. I learn from all of them, as I am committed to trust the process of life. I accept the wisdom of my wholeness.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

Arthur W. Chang, “The Law of Wholeness”, Science of Mind, January '04
Conversations With God, a series, Neale Donald Walsh
Give this course to a friend (with their approval) and receive a 10% discount
Attitudes, Beliefs, and Choices, by Alexandra Delis-Abrams, Ph.D. –
www.theattitudedoc.com

DAY 11



SUCCESS

We get older when we let go of the ideals, dreams, passions and lose track of the vision we had as a child.

Linda Chandler

ATTITUDE CHOICE

Everything works for me

OR

I never seem to get the good breaks

THE LESSON

Success is an attitude, a belief and a choice.

REALITY CHECK

What does it mean to be successful? Write in your journal your definition and notice how you are feeling while you are writing it. Who is and is not successful in your reality? What feelings do you have surrounding the word 'successful'? How does the word relate to money? Who do you know who is successful? Why? Are you happy for them, or resentful that it is not you? Write a paragraph describing someone with an attitude of success.

A LOOK OF SUCCESS

Someone once said, "Success is a learned behavior." I grew up believing that success meant money in the bank. But as I matured, I realized my father had a great deal of success (and he had some money in the bank too.) His success however, came from his intention to come to America as a naïve young lad who spoke no English, and make a life for himself. He worked hard and along with his two brothers created a furniture store, serving the needs of a growing population.

He and my mother enjoyed the simple pleasures of life and they raised four daughters on the shores of Lake Erie. To me, my father was successful.

How did your childhood influence your definition of success? What beliefs surrounded the word while you were growing up?

We are going to start this day by using success as an acronym:

S tretch your thinking
U ndelivered communications
C ompassion
C reativity
E nthusiam
S implicity
S urrender

STRETCH YOUR THINKING

I call myself a stretch instead of a shrink. I do so because I believe it is of utmost importance to keep expanding and being open to life and all the opportunities you create for yourself. This program is NOT about shrinking. It is about stepping into your birthright – limitless, empowerment, abundance and joy. With regard to success:

When are the times you “shrink” and get small and hold back your magnificence? Is it safe for you to be a free thinker and allow your thoughts to soar? Are you waiting for permission to be you? When others are around, do you judge others as being superior, withdraw and put your self on the back burner? Do you avoid interaction and confrontation? Do you feel determined and unstoppable like Sea Biscuit?

UNDELIVERED COMMUNICATIONS

The meaning of undelivered is the act of not delivering something to someone. You have it, but have not delivered it, so you are retaining what you want to say to another for a variety of reasons. You may not want to hurt their feelings. It may be uncomfortable for you to confront someone. It might be scary to open up Pandora’s box. You don’t want to “make waves.” Sound familiar?

Your felt but unspoken words are often held in your body and you carry the feeling with you like a weight. It is like driving down the street with your emergency brake on. It puts undue strain on the car and eventually it will fail to perform. The same is true of your body as you continue to contain feelings that go unexpressed. Ask yourself the following:

- Who do you want to say what to?
- What is stopping you?
- What do you want to say?

See how to write a “Love Letter” at the end of this day’s lesson and write as many letters as you want to. It may be most appropriate to actually speak eye to eye and deliver your communication to the person.

COMPASSION

For just a few minutes, contemplate the circumstances of a friend whose life is in disharmony for any reason. It could be health, finances, or problems with a relationship – any number of things. Do you have compassion for what they must be feeling? Compassion enables you to sympathize and have concern for other people. Often that concern stems from the ability to truly relate to their circumstances because you have been there yourself. Life can take a toll on you, but builds a vast resource of experience for us to tap into when we see others suffer. Whether or not the other person is a friend or foe, when you can offer support and caring, your heart will open and you will grow as an individual as well as contribute to someone’s life. We all endure heartache and loss. Compassion takes you out of your head and brings you into your heart.

Occasionally, compassion may require you to take risks and feel exposed. Your mind may resist doing this, because it likes to be in control and take charge. Step outside of that fear. Can you see how a lack of compassion can hinder a deep, intimate relationship? Can you see how it relates to your personal success? Relationships, from friendships to partners are all about being comfortable sharing your pain, your process and your true self? Relationship means relating – from your heart. As you embrace your wholeness, living by the Laws of the Universe, you will be at the gateway of expressing a new version of your self in the world. How exciting!

ENTHUSIASM

Enthusiasm is Greek for en-theos, meaning “in God.” When you are enthusiastic, your joy for life is a direct result of the relationship you have created with your Self. You are turned on to life and at the same time have an interested detachment from it all. You are responsible for creating your own moments and your own joy. Your joy does not depend on your outer world. You are connected to the power WITHIN and at will you can bring what you need into your life for your comfort and happiness.

SIMPLICITY

Could your life be entered as a script for the soaps? How much of it is drama? Does this word speak to you? Drama is about having the need to be entertained through life’s circumstances – and they can get quite juicy. *For example:*

- Getting involved with your best friend's fiancé.
- Being stood up by your New Year's Eve date, then going to a party with a friend and seeing the 'no-show' at the party.
- Looking for love in all the wrong places – the pregnancy test is positive and you're not quite certain of the father.
- You are sick more than you are healthy, and nobody can find the cause.

Getting the idea? Is this at all like the drama of your life? Is there a part of you needing the drama? The drama seems to take you outside of your self, and puts your focus in the outer world. It draws attention, as you share your fascinating stories to your friends. Maybe you are setting yourself up to receive the attention you wanted as a child, and never got.

The circumstances of each day can transform your moments into enthusiasm and peace of mind, as you choose to focus your attention inward and start relating to your Self. It may not be as dramatic as your other life, but it will be simpler and possibly more meaningful.

A SIMPLE LIFE IS SIMPLE LIVING

Simple is defined as effortless, undemanding, and uncomplicated. Simplicity means to be free of endless desires and attachment, living within your means, and being supremely happy within, all of which requires training the mind. (Sound familiar?) The words taken from a poster in my office read, "You Are the Master of the Moments of Your Life." The poster is from Self-Realization Fellowship. It is a message I encourage you to embrace and live by.

A simple life is felt by some to represent the pinnacle of success. What would it look like if you had an attitude of success? How would you dress, walk, hold your body, relate to others, spend your time, nurture or deprive yourself? How much money in the bank would it take? What kind of car? Be honest.

SURRENDER

Let go of control? Never. I'd be nothing more than a wishy-washy blob, with no conviction or backbone. Wrong! Do you know anybody who has that belief? It is a myth. Surrender is letting go of the belief that you must dominate and control, through force and effort, the way you demand it be. It most likely is not a conscious belief, so it may be a challenge to recognize it. Sometimes, when we lose control in one area of our life, we try to exercise it in another.

Just investigate what situations in your life are causing you stress. What round peg are you forcing into a square hole? Why not remove the round peg and let it be. A square peg could possibly appear somehow. Maybe, just maybe, if you let go

of the round peg, you would be able to relax and something completely unexpected might present itself. This would turn out to be a better fit in all ways. You could then experience alignment, harmony and peace. Ahhhhh.

As we close this unit, ask yourself if you can relate to any of the following characteristics of what “successful” people do NOT do. For my dissertation, I interviewed my friend, Dr. James Melton, who suggested the following applies to successful people:

Successful people don't...

- Get bogged down in detail
- Waste time
- Gossip
- Blame others
- Make excuses
- Claim to be an expert in every field
- Dominate and criticize
- Engage in envy or jealousy of advancement of others
- Feel uncomfortable when confronted with an unfamiliar situation
- Talk about themselves and their problems

Do any of the above describe someone you know? How about yourself?

THE ASSIGNMENT

1. Write down the person's name on a small piece of paper that you have had a dispute with for a period of time. It can range from one day to one year or more. Now wad up that piece of paper nice and tight and place it in your shoe. Put your shoe on and start to walk around. How does it feel?
2. Is there something else you won't allow yourself to release – for example: A bitter dispute, an unresolved hurtful relationship, or disappointment from a child's behavior? Do you feel mistreated or betrayed by a friend?
3. Now that you have explored this concept of success, what action are you willing to take to change? What feeling or belief would you have to release in order to achieve your desired result? Are you willing to do so? If not, what is the stopper for you?
4. Did you have a dream or a vision when you were a child? Was there something you wanted to do when you grew up? Somewhere you wanted to go? Something you wanted to acquire or aspire to become? Think back. It might be right there at the edge of your awareness. If you've got it, ask yourself what happened. Reflect on your answer. Who did you allow to squash your dreams?
5. What brings you the greatest level of enthusiasm during your day? What would you rather do than anything else? What rings your chimes? Are you

doing the things you enjoy? If so, would you like to have more time to pursue it? If not — why not?

HOW TO WRITE A LOVE LETTER

Begin by expressing your anger, resentment, and blame and allow yourself to move through the other levels until you get down to the love.

Each LOVE LETTER has five parts. The following lead-in phrases may help you if you get stuck in one level and need to move into the next. It is a good beginning, but don't stop here. Keep going, keep processing.

Anger and Blame

I don't like it when...
I resent...
I hate it when...
I'm, fed up with...
I'm tired of...

Hurt and Sadness

I feel sad when...
I feel hurt because...
I feel awful because...
I feel disappointed because...

Fear and Insecurity

I feel afraid...
I feel alone and abandoned when...
When I feel scared I...
I withdraw because...

Guilt and Responsibility

I'm sorry that...
I feel regret when I...
Please forgive me for...
I didn't mean to...

Love, Forgiveness, Understanding and Desire

I love you because...
I love when...
Thank you for...
I understand that...
I forgive you for...
I want...
I accept you for...

REMEMBER: if you want to feel better, write a love letter.

The 'How to Write a Love Letter' material is adapted from a book, *It Ends With You... Grow Up and Out of Dysfunction* by Tina B. Tessina.

AFFIRMATION

As I let go, it is easy for me to forgive and trust the process of life. I am completely present in each moment and open to my heart.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

Seven Habits of Highly Effective People, Stephen R. Covey

Vital Enthusiasm, James Melton, Ph.D.

Law of Success, Self-Realization Fellowship

Send a sterling silver Inner Child Charm to someone you love or treat yourself to an un-birthday present. Created by Peg Warren, this is something you'll treasure forever.

DAY 12



ABUNDANCE

A man's true wealth is the good he does in the world.

Mohammed

ATTITUDE CHOICE

I am incredibly grateful for my abundant life.

OR

Life isn't fair. I'll never have enough to be happy and enjoy life.

THE LESSON

Abundance is your birthright. You are part of Nature. Nature's structure is abundance. Therefore, you are abundant.

REALITY CHECK

Take a few minutes and record in your journal your ideas of what it means to be abundant. Do you consider yourself abundant? If so, how? If not, why? Who do you consider as someone who is living an abundant lifestyle? What is the source of abundance?

The dictionary defines abundance as: more than plentiful quantity; a lifestyle with more than adequate material provisions; and a fullness of spirit that overflows. The lesson in this unit is more or less about that last definition, and part of the fullness is manifesting financial accomplishments. There is nothing wrong with being wealthy. We can have it all, but the first step is to believe it.

I am going to start this unit with a quote from Robert T. Kiyosaki, author of the #1 New York Times Bestseller, *Rich Dad, Poor Dad*. "In my personal experience, your financial genius requires both technical knowledge as well as courage. If fear is too strong, the genius is suppressed. In my classes I strongly urge students to learn to take risks, to be bold, to let their genius convert that fear into power and brilliance."

Robert and I were on a television show years ago, while his message was barely unfolding in the world. Today, he is making a significant difference in people's attitudes about money and abundance, through his book and the teaching tool, a

game called *Cashflow*. (Read the chapter on “Afraid” in Attitudes, Beliefs, and Choices.)

Robert talks about how people cling to old ideas, and how they resist change. Sound like anyone you know? You have learned by now that resistance may be a common denominator when you examine the issues that are causing pain in your life. The blame game shows up in the area of lack – especially lack of money. “Sadly people fail to realize that they might be the problem.”

This course is about you realizing you might be the “problem.” I’d rather use the expression ‘responsible party.’ Whatever term you use, the good news is that you have the desire to change your attitude, and are willing to take risks to delve into your past and understand how it has influenced your present and future.

A client who is in the financial field said that people would come to his office, listen to what he had to sell, then leave and go elsewhere to buy the same product. As soon as he realized he could do something about this reality through self-exploration, eliminating his sabotaging beliefs and reprogramming his cells, he started to manifest experiences that he preferred. His customers are now coming in the door, listening to what he has to sell, and staying to buy from him.

Money is NOT in short supply. There is enough for you and everyone else on the planet. There is enough of everything to go around. Many of us think that the wealthy control the world. Where did we get that idea?

ARE YOUR THOUGHTS FUSED WITH ABUNDANCE?

Two other Laws of the Universe you will be exposed to when discussing abundance are the Law of Attraction and the Law of Circulation. The first is based on the idea that we attract to us that which we are, or that which has become a part of our mental mindset, or way of seeing the world. If a person has a mental attitude of success, it is likely he/she would not draw failure into their space. You draw to you that which is your equivalent energy. So, you might want to clean up your radio antennae and purify your instrument – your energy body, and think abundance, feel abundance, visualize abundance, breathe, sleep and eat abundance. Be willing to have no other thoughts, other than ones that are fused with abundance. Fused with what? Abundance.

THE EXPRESSION, “THE RICH GET RICHER AND THE POOR GET POORER,” MAY HAVE ADDED MEANING TO YOU NOW

You can claim your abundance and be grateful for your life, whatever bank balance you may have. It’s all a matter of zeros, and it’s all about choice. You can have your life be any way you want. Do you remember the Law of Karma we

discussed? Some people believe you are where you are today because of your karma – cause and effect. If you don't happen to believe that, it's ok; but, considering looking into your early patterns of life and notice when the beliefs and patterns about scarcity, lack and insufficiency started forming and becoming locked in your young mind.

GIVING AND RECEIVING ARE THE OPPOSITE SIDES OF THE SAME COIN

Now let's look at the Law of Circulation. Everything moves. Everything changes. The ocean ebbs and flows. Plants take in oxygen and let off carbon dioxide. This is the Law of Nature. I invite you to stop reading for a moment and take in a deep breath without exhaling. Now take in another. Now another. Now another. And another. I guarantee you are struggling right now to exhale. You won't be able to continue this exercise for very long without releasing your breath. So it is with the law of circulation as it pertains to abundance. It is about giving and receiving.

Many of the great teachings suggest that what we give without expectation is returned to us many times over. The dividends may not appear in cash, but the benefits in how you feel about life will quickly become apparent. Some derive great joy from giving but are not good at receiving. Could this be someone you know? They may have received the message in life that they don't deserve to be treated well or to be lavishly adorned. Others may have experienced that receiving can appear to have strings attached. This is often the case with many clients. How about you? Are you a good receiver? If not, practice receiving. To begin with, set up the intention to receive and notice yourself saying, "Why thank you. How kind."

The Law of Circulation is about the flow of prana, which is Sanskrit, meaning the cosmic vibratory energy that is structuring and sustaining all things in the Universe. This same energy sustains each human body. As mentioned in an earlier lesson, the Chinese call it "chi." As you honor the presence of this energy in your life, and respect and live by the Laws of the Universe, you fully allow the prana to flow through you, the vehicle or conduit, unobstructed.

The more pure the instrument, the more available and present you become to experience and channel this beautiful and wholesome flow of energy. It has no favorites. It just is. As you process your negativity and beliefs of lack, you begin to receive the wisdom of your connectedness to everything that is abundant – which is the nature of the Universe. Go to the mountains or the desert and look into a night sky. If you believe you are a part of nature, you will never doubt your true nature of abundance.

As you live your life with integrity, kindness and authentic power, your reality starts changing – sometimes very subtly and sometimes not so subtly. You might

feel like giving your time to a worthy cause, or mentoring at-risk youth, or offering your home for an important meeting. As you grow in the process, your abundance and joy increase accordingly. As the events of your life come and go, some will be disappointing and some thrilling; the stock market rises then falls, you lose a steady client but gain two new ones, your house sells at a profit, but falls out of escrow. You know you can choose to remain abundant and centered in the truth of who you are, whatever the circumstances of the outer world. You will maintain awareness of your thoughts as you consciously choose those that support a strong and positive attitude about what is truly important in your life.

While money is only tree bark, vegetable dye and pictures of dead presidents, it is wonderful to use as a form of exchange. However, money is not here to control you. Consider the power we have given money! Are you happy when you have it and sad when you don't? How much money do you wish you had? To what end are you willing to go to get it? Will there ever be enough money for everyone? How much control does money have over your happiness?

I heard Suze Orman tell a story on a PBS fundraising broadcast about a client who, as a young child, was sent to the bakery to buy bread for a guest who was coming for lunch. On the way, he lost the money for the bread. Issues in his adult life stemmed from that experience and the belief that he is not responsible with money. Do you have any stories similar to that in your childhood memory collection? How much have they affected your adult life and the way you perceive abundance?

The unit is simple and challenging to put into play. You are abundant. Your very nature is abundant. The Universe knows no lack, only abundance. Read in Attitudes, Beliefs, and Choices about the number of galaxies in the universe. It is staggering. The question is - do you believe you are part of this abundant Universe – are you willing to claim your birthright?

THE ASSIGNMENT

1. If you could trade places with anyone at all, for one full day who would it be and why? What about for a lifetime?
2. What message did you learn about money from your parents?
3. John Price, Founder of Quartus Foundation, has a dynamic little book called, "40 Days to Prosperity." He suggests you select a bill of any denomination from your wallet and talk to it. It's a great exercise, a great bit of wisdom in a great wee book.
4. What do you give in relationship to what you receive? Not necessarily monetarily. What do you give of yourself to others?
5. What do you want to believe about abundance?

Choose that which is built on truth and clear your myths, believe abundance is your divine birthright, and never waver. Ground yourself in this Truth.

AFFIRMATION

This day I claim what is mine by the very nature of my birth – abundance. I offer gratitude daily as I feel it in all areas of my life, knowing The law of circulation is working through me.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

40 Days to Prosperity, John Randolph Price

The Road To Wealth, Suze Orman

Rich Dad, Poor Dad, Robert T. Kiyosaki

An individual counseling session w/the Attitude Doc

Attitudes, Beliefs & Choices - www.theattitudedoc.com

DAY 13



PERFECT PARENTS

I believe that [everyone] is the keeper of a dream - and by tuning into on another's secret hopes, we can become better friends, better partners, better parents, and better lovers.

Oprah Winfrey (1954 -), O Magazine, June 2003

ATTITUDE CHOICE

I would not change a thing about my past or my parents

OR

I resent that I got cheated out of a decent childhood and my kids will be raised differently.

THE LESSON

Your parents were the perfect parents providing the perfect situations in order for you to learn and grow while in earth school. Your children are a product of your past.

REALITY CHECK

Take some time to contemplate what your parents taught you, and notice how they influenced your role as a parent. If you are not a parent, how have they affected your decisions with regard to children or parenting styles? Explore how you feel towards your parents today. If your parents aren't living, how do you remember them? Just continue to be open and reflect, without judgment. If you do have a judgment, pay attention to what surrounds that feeling.

In this section, I will go back and forth between having a parent to being a parent. If you are not a parent, just go with the flow and trust the process. We ALL have parents or someone of significance from our early childhood, so we can find something to relate to here. Revisit Day-7 and the information on Brain Formation for a refresher. Parents are the primary relationship from which the templates in the infant brain are formed.

When my mother grew up, she was told she would have to leave school when she was twelve. Her mother had died, and there was a baby brother that needed care.

There was no conscious choice in the matter and it ended her formal education somewhere around seventh grade. Did that experience color her adult life? You bet it did. Although she was never a “career” woman, she raised four children, sewed our clothes, prepared good meals, and kept a homey home. She learned the Greek language and spoke it like a native.

How about your mother? Do you know about her youth? Her challenges? Did her challenges or your father’s challenges affect your life in any way you can identify?

Many of us tend to credit our parents and their parenting with our current life circumstances. This can be true of what is perceived as a truly great childhood and one that was not so great. The fact is, while raising our children, it would be helpful if we could constantly remember that what we’re doing today in our children’s lives, we’ll be living with tomorrow.

What messages are you sending to your children? Can you remember a time when you received those same messages from one or both of your parents? Can you remember receiving a message from your parents or one of them that you thought was ridiculous at the time?

What we learn from our parents is based on their beliefs. It is not as though they set out to purposely sabotage our lives! In the grand circle of life, we learn, then we teach, then we learn more. At some point, someone has to step up to the plate and break the cycle, if the beliefs on which the behavior is founded no longer work, and are no longer applicable.

Review the following examples of beliefs and see which ones seem valuable and which are outdated and no longer applicable:

- Children should be seen and not heard.
- Big boys don’t cry.
- Crying is for sissies.
- Girls aren’t as good at math as boys are.
- Women make better cooks than men.
- Skirts should always cover your knees.
- Girls shouldn’t swear.
- Boys should call girls.
- Girls should never call boys.

This list could go on forever. You might have a good time peeking into your own belief closet to see what messages you might have heard. While the above beliefs do not seem particularly harmful, they have actually contributed to a significant amount of suffering for many of us.

Consider ‘big boys don’t cry’ for example. Recent studies indicate that men are the last to acknowledge their feelings, particularly around illness and depression.

Do you think it might have something to do with society's long held belief that boys should not talk about their feelings?

Now we know the problem. What are the solutions? To begin, we need to recognize there is a problem, and if we are doing the suffering, it must be our problem. While our parent's are responsible for instilling these beliefs, it in no way implies they are written in stone. There is no point in 'blaming' them for your disappointments of today. It is a whole new day and you have the gift of personal choice. Now would be a good time to make a new choice and make constructive changes in your life.

An earlier lesson talked about NPR, a methodology to eliminate old beliefs. I encourage you to explore that even further by taking a look at Theresa Dale's book, Transforming Your Emotional DNA. There are many changes you can make on your own. Start by examining your beliefs, both those you learned from your parents, as well as those you've acquired while living life. Are those beliefs supportive of your highest good? If not, what would be a more healthy and appropriate view now in your life? (The focus of the next day is on this subject. Get ready to stretch.)

THE ASSIGNMENT

1. Create a time line from the time of your birth to the current period. Simply draw a line and on the far left of the page marked with your birth and the far right indicating the present. Mark the milestones, both peaks as well as valleys. Sit back and ponder what you've created. At each of the milestones, see if you are able to recall any feelings that you had? In what way did your beliefs about the event affect your reaction to the event? (Example: Many people mourn the loss of a marriage because they believe it indicates personal failure if the marriage didn't last forever.) What are your thoughts?
2. Pretend you are Barbara Walters and ask your parents, one or both, if they would consent to having you interview them. Use an audio recorder (much less invasive than a video camcorder) and ask them questions about their life. What do they know about their birth, what were their dreams, concerns, etc.? Ask about their first date, and a first kiss. Prepare yourself prior to the interview with a list of questions you'd like to know about them. This is a remarkable opportunity to find out your parents are people. If your parents are no longer living, ask an aunt, or close relative who knew them.
3. Write a statement that you are willing to commit to in order to have your relationship with your parents complete. By complete I mean, having it be the way that you want it to be. Having it be complete is a choice. Are you ready to choose? What would have to happen for you

to eliminate blame, shame fault and guilt from your relationship with one or both of them? This must be legitimate.

4. If you are a parent, ask yourself the following questions:
 - If I could change one message I gave my children through my beliefs and behavior, what would it be?
 - What are the words I would most like to hear from my child?
 - What do I wish my child would do differently?

If you have the Magical Meditations CD, listen to the Playful Child guided meditation. When it is finished, sit there with your inner child and just be. If you want to dialogue with her/him, feel free to do so.

AFFIRMATION

I am open and receptive to the gift my perfect set of parents have brought me in this lifetime, knowing there are magnificent lessons to learn. In so doing, with wisdom and insight, I represent the role model for my children, and children of the world, for harmony, understanding and a kind heart.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

The Tao of Parenting, Matthew Scott

The Seven Spiritual Laws for Parents – Guiding Your Children to Success and Fulfillment, Deepak Chopra

Fridge Notes: Parenting Tips For The Stressed Out Mom and Dad, Ruthann Saphier

Free 10 Tips for Parenting

Prepare a Child For Life guideline sheet

ABC Feelings Family Communication Kit – www.abcfeelings.com

Magical Meditations CD – www.theattitudedoc.com

DAY 14



NEURO-PHYSICAL REPROGRAMMING

You can rewrite the script.

Earl Gould

ATTITUDE CHOICE

I am a powerful force of energy.

OR

I am my body, personality and mind.

THE LESSON

We no longer have to spend years in therapy. There are easy and effective ways of making drastic changes in your life, today.

REALITY CHECK

Let your fingers do the walking through your checkbook to determine how much money (and time) you have spent on therapy, self-help books and trinkets. After seeing “the shrink,” notice if the issue you sought help for is totally complete for you.

Now it's time to get your rubber band out in front of you because this information may be a streeeeeeetch for many of you. I have included this information because it is important for you to realize and know that you can improve your life by eliminating old beliefs that no longer work for you. For more than ten years, I have repeatedly experienced this process as being extremely successful with my clients as well as personally. So please just read it with an open mind, take notes and ask me questions during the free “The Doc Is In” tele-classes.

Everything else in our society is accelerating, why shouldn't the therapeutic counseling process? We have instant bank deposits, demands for faster modems are a way of life, weight loss can occur by being wrapped with a magic fabric etc., etc. etc. I don't necessarily agree with this fast pace of life, but resist not. It is here to stay. I too get caught up in it at times, but still attempt to maintain balance and simplicity.

Since the very beginning of my healing profession, I have sought effective and efficient methods of helping my clients remember what they had forgotten, e.g. their true identity. My long time friend, Theresa Dale, N.D., Ph.D., opened The Wellness Center and created a protocol that is revolutionary. Professionals study

with her and become qualified in helping their clients reprogram the blueprint of their lives. I was one of her first students in 1994, and have been using *NPR* for ten years with exceptional results.

I have included it into this course, because you too can benefit from it, just by reading about it and choosing it as a method to make quantum leaps in personal growth. Even if you do not choose to actively test this protocol, I still urge you to read and be open to the material. While doing so, notice your thoughts and beliefs.

NOW, THE NUTS AND BOLTS OF NPR

NPR is a non-invasive, kinesiological method, which will quickly and accurately indicate, on a cellular level, your current state of well-being. Dr. Dale states “Research has proven that the body stores resisted emotions in constant electromagnetic patterns which can be detected, experienced and released, allowing cellular DNA to change.”

Theresa discovered that all diseases and problematic life conditions can be traced to “identities,” which are stored sub-consciously. When you resist your natural emotional reactions, it creates obstacles or blockages, and the “prana,” “chi,” or energy gets stuck in an “identity.” This identity is an energetic pattern that is formed from fear and resistance. The identity persists and sabotages your life in the form of disease or negative conditions in your life, until it is discovered and released.

NPR helps the client unmask the identity and the beliefs associated with it by utilizing the five element theory of acupuncture and kinesiology, which is muscle testing. Once discovered, the patterns can be permanently eliminated from the cellular memory with the use of Neuro-emotional Remedies, sound, breath, and of course, feeling. Once gone, a new and preferred identity can be chosen, felt and imprinted into the cells. That new way of being can then be more easily experienced in your world. Sound too good to be true? Keep reading.

These remedies are designed to be effective in releasing the electromagnetic charge from both the organ/gland and the meridian. Meridians are channels in the body that carry the chi, or the energy. Acupuncturists place their needles into the meridians to release the blockage and move the “chi.”

The sound portion of this protocol is absolutely fascinating. The body’s largest organ is the skin, which absorbs light, water, nutrients and sound. Sound frequencies have the ability to go deep into the body, penetrating even through bone. Theresa explains: “Having correlated the frequencies of musical notes to the frequencies of organs and glands, according to the Five Element Theory of Acupuncture, the Five Element Healing CD was designed to eliminate causal

cellular disharmonic frequencies.” The Synchrony CD, to create preferred identities.

Chinese medicine is thousands of years old. For a long time, the Chinese have recognized that physical disease has emotional components. Quite the contrary for Western medicine, which is based on treating symptoms with pharmaceuticals and healing is approached from the outside, rather than from within. These different points of view come from different beliefs and obtain different results.

My clients are mostly individuals who want to make changes in their life for the better. They want to get along with people, and feel fulfilled in their lives. They are willing to dive to the bottom of the barrel to accomplish this. I worked with a woman who was in her 50's and had a long-term marriage that was quite dysfunctional. He also came to see me as a client. In one session, the husband not only grasped these tools, but he made significant changes in the way he conducted himself in business as well as with his wife. She returned three times, each one was a deep peeling away of the years of resentment, hurt and isolation. They are making such incredible progress, because they are both willing to legitimately clean the slate and start living in the present with their new “identities.”

Do I have your interest? A twelve-year old boy visited me one time and told me of the time his father was away on business. He called his son, and expressed his desire to see him sooner, rather than later, so he prepared to leave that night, instead of in the morning to drive home. He befriended someone on the highway, was murdered, and his son carried the guilt with him for ten years. Yes, this young boy, age two and one-half felt it was his fault because his daddy told him on the phone how anxious he was to be home with him again. This child overheard conversations that led him to his guilt. “He’s just not a happy child,” I was told before the session. The following day, the feedback was quite the opposite. Years later, he continues to live a full and vibrant life, thanks to his grandmother who followed her intuition and brought him to see me.

I have conducted seminars with over thirty people in attendance and guided them through this protocol. After an explanation of the process, personal self-discovery and preparation, I walk the participants through this process. It works for those who are willing to examine, tell the truth, be vulnerable, and feel. It is awesome.

If you want to change your behavior, you have to change your beliefs. Just imagine if the Israelis and Palestinians would be willing to change their beliefs. Imagine how many lives would be affected by it. “Just Imagine,” as John Lennon wrote in the 60's.

THE ASSIGNMENT

1. What has been your experience with counseling? If you have indulged was it helpful? In what way did you benefit from it?
2. What did you learn about yourself through this lesson? Do you believe you can make shifts in your life so quickly and have it last?
3. What keeps your patterns recurring?
4. What are you willing to do or give up to be happy? If anything, what would do it for you? Maybe the answer is “nothing.” If that is the case, is it what you really want?
5. What is the worst thing that could happen if you were to give up the old version of you?

AFFIRMATION

I am free of my past and my patterns, as I create the present moment of Now with conscious intention to be a vehicle for love, peace and harmony.

DAY 15



THE PSYCHICAL ASPECT OF WHOLENESS – PART I

Change of diet will not help a man who will not change his thoughts.

James Allen, As a Man Thinketh

ATTITUDE CHOICE

I will focus on my body & all things impermanent.

OR

I will honor my body, a temple, but restore balance to all aspects of my Self.

THE LESSON

You have a body. You are not your body.

REALITY CHECK

Notice how identified you are with your body and your personality. Write about times your body was not functioning optimally for you – what were your thoughts, your attitude, your beliefs? Take a few minutes to focus on how you feel and what you think when you are looking fantastic and feeling on top of it all.

This lesson is part one of a four-part portion of the course. It is about recognizing your relationship to your body. While it functions best when we care for it and feed it with healthy, fresh, natural foods, it is not who we are. Bodies come in all shapes and sizes from birth to the day you lay your body aside. If your body represents who you are, what would be the distinction between you and a pet rock? What I mean is, what makes you who you really are is not determined by your physical characteristics.

No matter how creative people get, they cannot add truly human characteristics to a pet rock or a Gizmo. You can make choices. You can get to know yourself and others. You can make optimal use of your body by giving it quality attention,

while keeping the body in its place. You are the master of your body! Last, I heard, my pet rock was not feeling much of anything and had not yet learned how to communicate its feelings effectively or make choices on what it would eat for

dinner! You are complex and wonderfully multi-faceted, but you are not your body.

ARE YOU THE FAIREST OF THEM ALL?

Look in front of a full-length mirror. What do you see? Spend several minutes noticing—observing—witnessing. Pay particular attention to any judgments that may arise. See if you can spot any beliefs you may have surrounding what you see.

Take a look at the following:

Your face	Are your eyes too small, too far apart?
Your skin	Is it too light? Too dark?
Your neck	Too long? Too cramped?
Your hair	Too straight maybe? Or too curly?
Your breasts/chest	Too large? Too small
Your muscle tone	Too weak and flabby? Too narley?
Your weight	Too much of it? Too boney?
Your clothing	Too outdated? Too far out?
Your size	Too tall? Too short?
Your shape	Too large? Too small?

When you look at yourself, do you feel satisfied? Alternatively, do you feel that nothing is quite right? Do you often think if only you could have an extreme makeover, you would be a happy camper? Or, are your thoughts that if only you had the finances to work out every day with a personal trainer, you would be ecstatic. If only you had more time to make changes, such as building up those washboard abs, to attract that perfect mate.

Most of the population is identified with the body to the extent they truly believe they ARE their body, rather than having a body that they control. In fact, much of what we believe relates more to the body than the Spirit, which is why we find

our misperceptions and false beliefs lodged in the body. You will not find them lodged in Spirit! Are you in this category? If you have a consistent worry about your health and/or your focus is often on your weight, your clothing, appearance,

suntan, exercise, having your nails and hair done, etc., there is a good chance you have a strong body identity. The majority of us do in one area or another.

Do you know of anybody who uses exercise as a means of achieving approval? I met a woman at a conference who had achieved successful professional status, educational accomplishments including a Ph.D. and made marathons look as easy as taking a long walk around the block. She still hadn't earned her father's approval. None of her accomplishments seemed quite good enough to influence his total acceptance.

I would personally be very interested to know the emotional status of individuals who have had a great makeover experience, long after the operation. Why do so many regain the weight after they have worked so hard to take it off? It is the same reason so many lottery winners fall short of pure joy in their lives after they have won millions, and within short order are out of money. **They do not have the mental equivalent to go with the new model.** They became so identified with their own beliefs and personal identities that they were not prepared to accept such radical change. It is the same reason why many who receive a second chance at life after a serious diagnosis, continue to make the same choices and wind up ill again.

You can run 'til your knees and kidneys fail. You can dye your hair and add extensions. You can eat lettuce until your nose twitches, but when it's all said and done, the condition and appearance of your body will not bring you lasting happiness.

You are perfect just as you are. You were perfect before this experience on earth and you will continue to be perfect when you leave – yes, even without your buff bod!

YOU ARE SO MUCH MORE THAN WHAT YOU SEE

Along with thinking you are a body, you can also be your personality, your car, your job, your relationship, your home, your Gucci purse, your driver's license, your career, and/or any number of other things. What happens to you if your home burns to the ground, leaving only the fireplace? What happens if you lose your job? What happens if your body changes as you age and you have a wrinkle or two? What happens if you total your new Mercedes SUV?

I once knew a woman who lost her driver's license and she had a panic attack. She had no identity of her own. You may chuckle, but that is more real than you can imagine. People are so far removed from the truth, from knowing who they are, from identifying with the essence within as their true nature, that they DO panic if there is a perceived loss of their false identities.

“So what’s the scoop?” you might be asking. You have a body, which is a temple, or it could be called your house. It is where you reside in this lifetime. Your “house” is a conduit for the powerful and phenomenal essence of who you are—limitless, vast, and wise. It is your duty to care for this vehicle, as you do your automobile if you want to keep it in good running order while you are using it. Actually, many folks take better care of their car than they do their body.

They think nothing of contaminating it with:

Tobacco smoke

Chemicals in their foods

Dyes in their children’s toothpaste

Soft drinks that can also be used to clean off battery cables

Drugs that fry their brain

Household cleaners that get them “high”

Weight gain

It is important to maintain balance in your life, and one of the ways you achieve that is by being conscious of what you feed your body and how you care for it. While imbalance is caused by more attention in one area of your life than to another, there are certain things you can do to keep the body in good running order without making your physical self your be all and end all. What are some of the things you do to honor your body as the temple of your living Self?

Here are a few ideas that might restore balance if you feel you have let this area of your life go unattended:

- Change your thinking. Yes, changing your thinking to a more upbeat and positive attitude is the MOST important step in maintaining your body!
- Go for daily walks. No, a marathon is not the key here; just short simple walks to get your body moving.
- Consider eliminating white sugar and flour from your diet. I recently read an e-mail that said, “Why is it that when you add flour with water you get glue, but when you add sugar and eggs to that, you get cake--Where does the glue go?” The response to the question was “We all know where the glue goes—right to your hips after you eat it.”
- Attempt to use natural products for healing when possible. Did you know that those that take antibiotics frequently often find it difficult to receive treatment for infections as they age?
- Cut down on caffeine—a little won’t hurt you, but everything in moderation!

Take some time to list the ways you honor your body. Now make another column right beside it with the things you wish you would do but never get to.

Resolve...intend to begin doing some of them even if it isn’t New Year’s Eve!

The body is a useful tool that will serve you while it is necessary and will be set aside when you are finished with your job here. Our body which looks so solid, is actually made up of trillions of cells, which is the smallest independently functioning unit in the structure of an organism. Read anything by Dr. Deepak Chopra or numerous other authors and you will learn how the body's cells die off and new ones appear continuously.

YOUR BODY IS ELECTROMAGNETIC ENERGY

While it may appear solid, the body is a collection of small particles slowed down and arranged in form. The physical body you are so attached to today will be a different one in one year from now. New cells will have replaced the old ones. Everything is always changing. So, which model of you pleased you the most?

Many of us identify youth and a youthful appearance as being at our peak. Some go to great lengths and expense to achieve lasting youth. Finding acceptance with change AND age is a challenge, but indicates a move out of ego and closer to reality. Here we go again with resistance! Allow for the changes in your life and understand they are 'all good.'

I will be offering a tele-class series on our holistic nature, the integration of the physical, mental, emotional and spiritual aspects of our being. This is the basis of transpersonal psychology, my chosen field of study in graduate school. The transpersonal approach, bridges matter with Spirit...the physical world with the world of Spirit. It embraces the idea that we are not the body, which is born and passes away, and we are not our mind, which is ever changing. We are something so much more.

I hope you enjoyed this first day of the holistic portion of the course. This four-part portion of the course is about Balance. The result is to rediscover your state of existing in a harmonious and fulfilling whole. Please download the [Free Wheel of Life Chart](#), to help you pinpoint how balanced you are in your life right now.

THE ASSIGNMENT

1. Just to get an idea of how often you consider your body, and all things outside your Self, make a list of the number of times in the last year you:
 - Went to a suntan booth
 - Worked out at the gym one or more times a day
 - Spent time home from work sick
 - Took an antibiotic
 - Purchased new clothing
 - Had the gray taken out of your hair

- Wished you could drop 20 pounds
- Wondered if you'd ever quit smoking
- Had a face lift
- Bought a new car because it looked better than the old
- Bought a new Gucci bag very similar to one on your shelf at home
- Worried about your health

You get the point? You may not have done even one of the things on the above list, but the important thing is to become more conscious of balance in your life.

2. Can you think of different ways you can begin to restore balance regarding your body? Maybe it is time to give it some TLC or maybe it is time to back off from the body and give your spirit some time. Becoming aware of your life is the key here. Consider some of these ideas and add more of your own:
 - Go for a walk three times a week
 - Pamper yourself to a massage and facial
 - Take a relaxation or biofeedback course to help eliminate stress in your life
3. Stand in front of your mirror nude. Talk to yourself! Tell your body how much you appreciate it for being the useful tool it is, and tell this physical self how much you love it as a part of your perfect and whole Self.
4. Volunteer your 'body' to a local nursing care facility. Even brushing their own hair can be a challenge to the elderly or physically challenged. What a wonderful way to use your body to assist them with the challenges they are having with their own.
5. If you feel you are maxed out in the body arena of your life, create a list of ways you can put more focus on the Spirit, Mind or Emotional aspects of yourself. Treat yourself to a Feelings Dictionary and see how many of the feelings listed you are comfortable expressing. Challenge yourself to read Shakespeare or set aside a time for daily meditation.

AFFIRMATION

Today I resolve to restore balance to my life. I care for and honor my body, respecting it as the vehicle for my essence.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

Ageless Body, Timeless Mind : The Quantum Alternative to Growing Old, M.D.

Deepak Chopra

You Can Heal Your Life, Louise Hay

Finding My Balance, Mariel Hemingway

The Wheel of Life Free Download

Know Thyself: a tele-conference series

DAY 16



THE MENTAL ASPECT OF WHOLENESS – PART II

The significant problems we have cannot be solved at the same level of thinking with which we created them.

Albert Einstein (1879 - 1955), (attributed)

ATTITUDE CHOICE

I can choose my thoughts at any moment, which determines my level of happiness.

OR

My random thoughts will beget random events: I'll take my chances.

THE LESSON

Choose your thoughts wisely. You will live with the results.

REALITY CHECK

Begin this lesson by drawing a picture of your life. You can do this using art or simply by writing down the key points in your life at this moment. If you use art, represent the light areas and the dark areas of your current life. If you use words, list which areas of your life you would like to reconstruct as well as the areas of your life that are working perfectly.

You have heard it before and you will continue hearing it for all of the rest of this course – thought is powerful! We have talked about the power of choice throughout this course. The driver behind choice is thought. You are the driver behind your thoughts.

YAK, YAK, YAK, YAK, YAK

While it may seem your thoughts are out of your control, in fact, you are the master of your thoughts and can bring them back into the realm of conscious intention. Without pulling in the reins on your random thoughts, your mind can be filled with constant chatter. It might sound something like this: “Should I get the flowers before I go to the airport? Oh, I need those cute little bran muffins too. Well as long as I’m getting the muffins, I’ll get the flowers at the same time. But the markets don’t have the really fresh flowers. I would like to buy a taller

vase for tall flowers. Gosh those flowers Jeff sent me for Valentines Day last year were so special. I wonder how he's getting along with his new project. Oh my, I need white out and more staples. How am I going to get that printer working? I didn't meditate this morning, and this was one of my New Year's resolutions. Meditation every morning." All this chatter can go on and on, holding us hostage to the ceaseless and meaningless noise. Can you relate to this?

If indeed our reality is composed of everything that does or could exist, with endless fields of possibilities; and our thoughts, which are energy vibrating at different rates (depending on the nature of the thought,) determine which possibility occurs, then it is safe to surmise, our thoughts are indeed very powerful. Please read the prior sentence again until it resonates with you. Continue to read it until the words roll off your tongue and they feel like truth. Why? Until you understand the power behind your own thinking, you will continue to feel like a ship cast adrift, with no control in your life. You will feel victimized and perceive life as somehow cheating you out of your just rewards.

Your thoughts are real. Dr. Candace Pert, the neuro-physicist mentioned earlier, says in Molecules of Emotion, "The thoughts themselves, although abstract, or non-material, instantaneously invoke chemical reactions in the brain, which then flow to different parts of the body, influencing it on a physical level." Sometimes this influence is beneficial. Other times it is not. When asked of the interface, or function, where thoughts somehow affect us physically, Dr. Pert replied, "The emotions are the currency of exchange between mind and body." She went on to say, "The facts are in the laboratory research. All we can do is report them."

Think about the impact of knowing that our thoughts influence us on a physical level! Our state of mind does influence our health, as well as all aspects of our life. The growing field of psycho-neuro-immunology is one that draws the connection between mind, body and spirit. The late Norman Cousins, author of Anatomy of an Illness, was involved with the task force at UCLA in this department, and I had the honor of interviewing him for my dissertation.

Well, if you believe this impressive research from Dr. Pert and her countless colleagues, wouldn't it behoove you to examine your thoughts, and realize you have choice about what to think?

Here is a list of questions regarding what would appear to be circumstances out of our control.

- Staying in the same miserable job
- Allowing an abusive relationship to continue
- Getting ill the same time every year
- Constantly driving a car that breaks down
- Continually having rifts with friends
- Not enjoying your sexual relationship
- Never having enough money

Again, this will be your starting point. The list could go on and on. Your objective is to start becoming aware of your life circumstances and thoughts and to begin to see where your choice is involved in each circumstance of your life. The free download of Words That Empower will support this process. To wholly embrace the process of intentional thinking requires that you examine what you perceive as 'wrong' with your life, then consciously begin to create shifts in one area at a time.

AN EXERCISE TO MOVE TO CONSCIOUS THOUGHT

Pick one area of your life you are not pleased with, for example your relationship with your husband. Spend a few minutes letting every thought you have about him roll through your mind. Don't stop any of your thoughts, just allow them to come and go, leaving space for the next one. Now, make two columns on a piece of paper.

One heading is — The things I love about my husband.

And the other is — The things that drive me nuts about my husband.

Put your thoughts in their respective columns. Next, each time you have a thought race through your mind from the "Things that drive me nuts" column, quickly grab one of the positive thoughts to replace it. It sounds like an insurmountable task, but you will be amazed at how quickly you can begin to respond to your own thoughts. Eventually, it will become automatic to slip a positive in for a negative. Most likely, there will always be something in other people that does not thrill us; but those negative thoughts, when replaced with ones that are composed of the things we love about them, are rendered harmless.

Next, you'll be understanding of the relationship between desire, thought and actually manifesting your dreams!

Thoughts connect or isolate, maintain health or break a body down, and leave room for gratitude or make a victim of us. Following are a few examples of what I'm referring to:

- How many times have you thought of someone you have not seen is a long time, and you either see her at the local movie theatre, or you receive a call from her?
- How about the new car you were thinking of buying? You hardly ever saw it on the road and now it seems to be showing up on a regular basis in your reality.
- Have you ever tracked your thoughts at the onset of an illness, "accident" or situation? For example: the flu, broken foot, weight gain.

- Ever referred to someone as “a pain the neck,” then had to visit your chiropractor the following day? “I’m sick and tired,” may have been the words spoken at the preface of a week of being bedridden.

Do you see what I mean? Thinking it can make it so. Each parent should receive a little notice when their babies are born that reads: “Caution, this machine thinks. Please train it wisely.”

The following clip was in Parade Magazine, June 23, 1991. Written by John Frock, “His Mind Pulled Him Through” tells of a man who was self-taught because of life-threatening circumstances in his life. Daryl Smith developed a rash prior to entering the second grade and was eventually diagnosed with a rare disease called dermatomyositis. At the time, it could not be treated, because there was not a drug known to science that would arrest this disease. “They told us it would take his sight, his hearing, his mind and that six months would be a long life for this boy” his father said.

What helped Daryl survive was his passion for the Auburn Tigers football team. He would carry the games in his mind – replaying them on the ceiling of his bedroom. “Even after I lost my sight, I could visualize the yard markers in my mind’s eye. I’d put players up there. Real players. I’d be the quarterback, or sometimes my position would be a tackle. The plays always came out a lot better.” Daryl told the journalist.

In 1973 the disease ran its course and Daryl’s life began to change for the better. After discovering a course offered by a community college, he “became the first person in the U.S., if not the world, to get a university degree by telephone from the University of Alabama in 1982.” If this was not enough, he went on to get a master’s degree and then a job. He, together with an engineer, invented Ric Rice, an innovative environmental-control device that used a technology called “sip and puff.” A person able to do little more than breathe can activate just about anything that plugs in. “I’ve got so many goals,” Daryl, then forty-five, said. “I want to show folks what the most severely disabled can do—all 41 pounds of me.”

I don’t know his status today, but his life has inspired me. The choices he made with what he had to work with were miraculous as well as motivating. Self-pity is not in his vocabulary.

Your mental chatter can take you down a dark road of fear, gloom and despair or a bright sunny day with hope and optimism. Do you realize how powerful you are? You get to choose. Continue to train your mind to honor the positive over the negative.

To that part of you that says, “ah, you don’t have what it takes to do that,” answer with, “Thank you for sharing, but you are mistaken, because I DO have what it takes and I am in charge.” Choose to live in the present moment and make

choices based on it. When a circumstance arises, be with it, track its source, examine your options, meditate on them, and then make wise choices.

Choose to expand and go beyond a limiting and fearful mind set. Get bigger than your history, and get into the present moment. Carry with you the trust and wisdom of your true nature and go forward in your new life with the words of Senator John Kerry, "Bring it on."

THE ASSIGNMENT

1. Track your thoughts. Begin to keep a mental journal and record at the end of the day thoughts that took you to the peak or to the valley. We have peaks and valleys for a reason. Reflect on the Laws on Duality. How long do you stay in the valley, and how painful is it to be there, depends on you.
2. Write down your most recent illness. Think of all of the events going on your life at the time. Were you experiencing any anger, upsets, fear, etc.
3. Think of a time you experienced a synchronistic event like thinking of a friend just moments before you received a call from her. How does that type of event make you feel? Would you like to have it occur more frequently? Do you think minds connect?
4. Make a list of arguments you have had that are still clear enough in your mind to jot down notes. List what you thought the issue was all about.
5. List what the other individual thought the issue was about. Were they the same? What do you think determines the differences?
6. Do you have a prevailing thought or group of thoughts that continually run through your mind? What is the focus of the content? This might be an area in your life for you to look at more closely and to put to rest with resolution.

AFFIRMATION

Today I will think thoughts that hold each person and circumstance involved in my life and outside of it in the brightest light.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

Pathways to Healing, Dr. Marc Micozzi

Anatomy of an Illness, Norman Cousins

The Power of Now, Eckhart Tolle

Molecules of Emotion, Candace Pert, Ph.D.

Attitudes, Beliefs, and Choices, Alexandra Delis-Abrams, Ph.D.

www.theattitudedoc.com

Tele-class: Know Thyself Series

The Families of the Future, Communication Kit

DAY 17



THE EMOTIONAL ASPECT OF WHOLENESS – PART III

A wonderful sense of freedom comes when you take responsibility for your own feelings, your own happiness and peace of mind.

Daya Mata, President Self-Realization Fellowship

ATTITUDE CHOICE

My feelings help me know myself.

OR

Feelings are best kept in check.

THE LESSON

Feelings are energy, and when fully experienced, move through us. When we resist our feelings, they stick around and come back to haunt us. (Remember: what we resist will persist.)

REALITY CHECK

Bring out that timeline you did in an earlier lesson. Now, notice the times of significant influence in your life with regard to trauma, disappointments, hurt, jealousy etc. What did you do with those feelings? Did you consciously embrace them or did you deny and bury them? If the latter, did you ever consciously deal with them?

Emotions are currents of energy that move through you like a storm moves through a region. They continue in motion, unless denied, resisted, buried, ignored, or shunned. Gary Zukav, author of The Heart of the Soul refers to them as a system that operates every moment we are on the planet. They are like our circulatory and digestive system. Just as there are no two digestive systems alike, we each have our own unique emotional system.

Feelings have frequency. Remember the chapter on Neuro-physical Reprogramming (NPR)? Anger, hatred, guilt and jealousy have a dense and low vibratory energy, while joy, peace, love and kindness have a finer and higher frequency. Everything is energy. How we process a situation occurring in our lives is entirely up to us. We can plug into it and have a knee-jerk reaction, or observe, process and release the experience.

If we want to live in this world with any degree of inner peace, we must learn how to deal with our feelings. Our mind, senses, and our feelings were given to us to help us know we are alive to contribute to how we relate in the world and interact with our environment. We are not designed to isolate and protect ourselves from life. We are not pet rocks! It is a choice to experience our feelings and to learn to communicate them through understanding and compassion or resentment and jealousy.

As we have talked about previously, our feelings originate with a thought. We can learn self-control at this step, before the feelings kick in and we allow it to affect our speech or behavior. For example, you might be thinking about how much you do not want to do something you said you were going to do. You can even work up a good case in favor of why you should not do it. You've built such a great case, that you start feeling resentment about being asked to do it, which can lead to past memories about how nothing was ever done for you. Your blood pressure may start to rise along with a jittery nervous system. You could even work your way into a full-blown upset, if you so choose. Was there a point in this series of events that you could have turned it all around and found another way to view the scenario or another way to approach your feelings?

Another example relates to how panic attacks are started. You've got it – with a thought. A thought of fear starts penetrating deep into the cells, and old patterns and memories are activated. Voila! a panic attack emerges. Nip it in the bud before it gets this far! Feel your way through it by feeling it, fully. Embrace, engage and encounter your fear and shift your stream of thoughts. Look at the things that are happening around you from a different perspective. Have you ever been skiing? Consider these two perspectives from the mountain heights. You can move your thoughts from: "I hate being on this chair lift. I feel out of control and powerless, now that it has stopped." To: "The beauty from this vantage point is astounding. This temporary delay gives me an opportunity to take in the moment and visit with others on the chair lift." I guarantee the first scenario will escalate and get worse for you. The second one will shift the energy, and support you in being present, allowing you to accept what is, and bring you peace of mind. Depending on the circumstances, you may require continuing this process until you achieve calm.

"Don't feed the bears," as they say in Yosemite National Park. Do not feed into those fearful and negative thoughts. Become the master of the moments in your life. You have a strong mind. Feed that with thoughts of power, determination, and self-control. Failure is not an option once you become personally responsible and a self-monitoring being!

We can still be sensitive to others and feel compassion and empathy towards them while honoring our feelings. For example, I spoke to a woman whose employee went to the IRS for an interview regarding her green card. She was deported on the spot. She was not even allowed to return to her place of

employment, to her husband, or her two adopted children. Through my filter system, it is difficult to understand why that decision would be the best course of action. However, with my limited personality vision, I cannot see the bigger picture. We could ask: How has her karma affected this situation? We can't know the answer. We do not have the kind of vision that enables us to peer into her soul's natural evolution.

The woman who told me the story was upset, sad, and in a quandary about what she could do to help her employee. She will take action as she moves through her feelings, KNOWING at a deep level, that somehow this is happening for a reason. She did not collapse into her feelings, yet she honors them and expresses her concern, being receptive to ways she might help. Her life is based on choosing to trust, rather than giving into fear. Her choices are more aligned with spiritual growth than with the ego.

TRUST IN THE PROCESS

The ego is synonymous with the past and future, and the five senses. It is not interested in being present, understanding or processing emotions in order to move energy. Often people who are identified with their ego will feel and express anger or hurt, by lashing out, withdrawing emotionally or behaving out of control, rather than communicating their feelings openly and honestly.

OPEN COMMUNICATION OPENS DOORS

You can feel and express anger through open communication and take responsibility for its inception. What happened? How was it triggered? Did it resemble an earlier, similar situation? What ARE you so angry about, really? In [A Course in Miracles](#), a learning system composed of a book and 365 days of lessons to assist you to shift your perceptions, you learn that “we are never angry for the reasons we think.” If you look more closely at the anger, it is likely there is fear lurking around in there somewhere.

While discussing emotions, you cannot neglect the foundational feeling, fear or False Evidence Appearing Real, an acronym for the word. We feel fear because we believe we can be hurt, that we can suffer loss and/or death. Fear is aligned with the ego, and again, the past and future. With fear, you regret the past and fear the future. You carry that energy with you to the present, and can never wholly live in the moment, where there is nothing to fear. It is all thought. Knowing that, we can begin to choose our moments to be filled with peace or filled with anxiety, hurt or anger.

Yes, we seem to have a fear/flight characteristic within us. It is there for our safety. If we are in the street and a truck is plowing towards us, our heart will

start beating very fast and we are motivated to move and move quickly. However, we tend to experience this fear energy so frequently in life that it causes stress in our body. We have become a fast paced and fearful society. Discernment is the key here. Once we are aware of threatening circumstances, it only makes sense not to put ourselves in the path of potential destruction!

It is said that fear can bring about the very thing we fear. I once knew a man who bought a slick, new, black Porsche and he was so afraid it would get stolen that he'd periodically leave a movie theatre to go outside and see if it was still there. One night, his worst fear came true. It WAS stolen. Whew! Glad that's over.

Many people fear disease, old age, flying, death, and especially speaking in front of a group. After taking a seminar with Lee Glickstein, author of Listen and Be Heard, I began sponsoring authorized, "Speak from Your Heart" groups. In addition, twice a year, I offer a fabulous one-day seminar to help people transform the fear of speaking in front of a group. Interested?

Embrace your fears! You can flail away at the darkness in a dark room, and nothing much will change, other than possibly destroying what is in the space of your hands; but if you turn on a light, the darkness goes away. The light is wisdom. Make it a priority to educate yourself about your emotions and to take back the power you have given your emotions. You will experience tremendous freedom.

Your emotions will help you learn about who you really are. They are a part of you. In addition, understanding emotions helps you understand the behaviors of others. To deny your feelings is like denying yourself the use of one of the rooms in your home. Allow your emotions to happen and then honor them. Feel your emotions and treat them as they are all okay.

We will close this day by sharing information about an experiment that was done by the Institute of HeartMath, in Boulder Creek, CA. "In this experiment, some human placenta DNA (the most pristine form of DNA) was placed in a container from which they could measure changes in the DNA. Twenty-eight vials of DNA were given (one each) to twenty-eight researchers. Each researcher had been trained how to generate and FEEL feelings, and they each had strong emotions. What was discovered was that the DNA changed its shape, according to the feelings of the researchers: when the researchers felt gratitude, love and appreciation, the DNA responded by relaxing and the strands unwound. The length of the DNA became longer. When the researchers felt anger, fear, frustration, or stress, the DNA responded by tightening up and it became shorter and switched off many of our DNA codes."

The information concludes with stating: "If you've ever felt shut down by negative emotions, your body was equally shut down too. The shut down was reversed and

the codes were switched back on again when feelings of love, joy, gratitude and appreciation were felt by the researchers.”

This is hot! Are you beginning to get the picture about thoughts, energy, emotions and personal responsibility?

THE ASSIGNMENT

1. Take a few deep breaths for several minutes and think of a time you felt anger or fear. What precipitated it? How did you handle it? How did you react to it? What was your interaction, if any? What were your body sensations? Would you choose the same course of action today?
2. What are your needs with regard to an issue you are having with another? List in order of priority. Out of this list, how much of it have you communicated? If all of it was communicated, did you have the magic ingredient of intention behind your communication? If not, why not? People are not mind readers.
3. Notice how you replace the word feel in a statement that is not totally accurate, i.e. , ‘I feel you have more important things to do’ versus: ‘I feel unheard, neglected and sad.’
4. Do you know what you want from the other person? Make a list of your requests, e.g.,
 - “I’d like to hear what’s in your heart.”
 - “I’m looking for a deeper, more intimate relationship with my partner.”
 - “I’d like to have you be more involved with the children.”
5. Every time you blame, criticize or judge, you are not taking responsibility. Step into an identity of being empathetic and compassionate, then express your feelings from that place. Remember to give what you want to receive.

AFFIRMATION

I am enveloped always in a loving energy of which I am a part.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

A Course In Miracles, Foundation for Inner Peace

The Isaiah Effect: Decoding the Lost Science of Prayer and Prophecy, Gregg Braden

Listen and Be Heard, Lee Glickstein

Institute of HeartMath, 14700 West Park Avenue, Boulder Creek, CA 95006,

www.heartmath.org

Speak From Your Heart Seminar

DAY 18



THE SPIRITUAL ASPECT OF WHOLENESS – PART IV

We can reject everything else: religion, ideology, all received wisdom.

But we cannot escape the necessity of love and compassion.

This, then, is my true religion, my simple faith.

Our own heart, our own mind, is the temple.

The doctrine is compassion.

Dalai Lama, Ethics for the New Millennium

ATTITUDE CHOICE

I am always guided when I listen to the voice within.

OR

If I can't see it or find the logic in it, it doesn't exist.

THE LESSON

Choose your life's 'deposits' wisely!

REALITY CHECK

Examine your “religious” upbringing. Were you forced to attend church or services? Did your views change as you grew into adulthood? Do you resist this aspect of your life? Is it easy or difficult for you to surrender to a greater power? What are your beliefs, with regard to the world of Spirit? The world of matter?

Let your eyes gaze on a table or chair that has four legs. (A mini review.) If you were to compare your nature with that four-legged structure as we did in Day-1, you could say that each leg represents an aspect of who you are: a physical, mental, emotional and spiritual being. The last three lessons have focused on aspects of your holistic nature, and today we explore the fourth leg...the spiritual aspect.

My daughter was visiting us one evening and wanted to watch The Bachelorette. My time in front of the tube can be measured as slim to none, but I agreed to watch it with her. The contestant, Meredith was visiting her prospective in-laws. A mother of one of the remaining men on the program came on rather strongly by asking Meredith about her religious beliefs. “Are you Baptist, Protestant, Methodist? What is your religious upbringing?” It was apparent to me Meredith felt somewhat uncomfortable by her approach. It so happens that her son is the

one who did NOT get a rose that evening. (You want details on the rose? Check your local listing for show time.) There may be many reasons why it ended the way it did; however, one of the more obvious reasons is that many people do not like to be approached, particularly publicly, about their religious and/or spiritual beliefs.

This topic is very sacred to most people. It can be the center of many disharmonious discussions and can divide even those with the closest of relationships. What are your thoughts on this topic? Do you have a spiritual or religious understanding by which you live? Do you think it is important to have a belief of a higher power? AA members would say a resounding, “Yes!” What benefits or drawbacks have you experienced from your beliefs on this topic?

I personally do not believe that religion and spirituality are the same thing; and have chosen a ‘spiritual’ route in my own life. A definition for religion is “a particular institutionalized or personal system of beliefs and practices relating to the divine.” Spirituality is defined as “relating to the soul or spirit, usually in contrast to material things.” There are several ways of defining both words. For me, religion has become more about structures, is associated with dogma, and is often an organization, which is operated like a business. Spirituality is intangible, formless, and is also available to everyone. Being spiritual is a personal and intimate relationship with a higher power. No one is excluded and there are no set-in-stone rules about how to re-connect or stay connected with Spirit. For me, going to “church” can be sitting in a meadow of wild flowers, as well as visiting the beautiful Lake Shrine Temple.

Your views about spirituality may not be the same and that is fine too. That is the beauty of choice! After years of studying, I have come to realize that the underlying message in all of the religious teachings is fundamentally the same. If we could each and everyone of us focus on the basic principles that were intended, I think we would discover we all desire the same outcome.

I would like to make a deposit in “my ego” account please:

Imagine you opened two bank accounts when you were young. One account was labeled “My Ego” and the other “My Soul.” Entries into the ego account would be made every time you:

- wanted to be right
- lashed out with hurtful words
- chose not to forgive
- abused another
- abused yourself
- believed you were inadequate
- believed you were unworthy

- fed your victim energy
- identified with your five senses
- identified with your body
- regretted the past
- worried about the future
- bought into fear
- discounted another's feelings
- ignored your intuition
- allowed yourself to be nervous
- needed to control
- chose not to look at the source of illness and disease
- continued to give in to poor habits
- ignored your body's need for nurturing
- believed in lack and scarcity
- saw yourself as a failure
- considered yourself as separate
- saw yourself as small and limited
- believed you are a sinner

Shall I go continue, or do you get the gist of how these deposit slips look?

Now, let's ponder what would constitute a deposit in your "My Soul' account.

This account would grow every time you:

- expressed random acts of kindness
- felt compassion for another
- demonstrated integrity
- lived each moment with passion
- were connected to your purpose
- meditated to connect with Spirit
- introspected about life
- consciously sought self-improvement
- valued your inner world
- performed selfless service
- behaved as the example you want to set
- aspired to align your will with a grander design
- practiced humility
- showed reverence and respect for all life
- took responsibility for your thoughts, words and actions
- recognized yourself as a success, regardless of outer conditions
- identified with your soul
- chose the path of Self-realization
- lived your potential
- kept expanding and stretching
- listened to and acted on intuitive guidance
- lived with undaunted determination
- chose to be happy

- saw obstacles as opportunities
- practiced patience, tolerance and understanding
- aspired to develop peace of mind

I am sure there are many more, but again, you get the idea. It is important to know that one (religion or spirituality) is not better than the other. It is a different way of life depending on what is best for your own growth and evolution. It may depend on what the Dalai Lama and other spiritual masters refer to as the karmic wheel. Karma, as we talked about previously, essentially amounts to reaping what we sow. Do you believe in karma? Many believe there are multiple layers of karma and in each lifetime, we are working on one aspect or another of karma to eventually move off the karmic wheel. The focus in one life could be a perfect body, creating abundance, acquiring power, or finally moving out of the world of duality and into the world of Spirit. What is the general focus of your life? Do you recognize repeating lessons in your life? This may be an indication of what you are working on in relationship to karma.

BIG WHEELS KEEP ON TURNING

If karma is so, each of us may be working on one of many layers of karma in our lives. Hence, it is important to remember that the focus of your life may not be the focus of another's. We are ALL one with Spirit and have the potential to display ALL human characteristics. What if the full karmic cycle included experiencing every human behavior you have ever considered possible in yourself and others, with the objective being to eventually make the right choice in each scenario? An awesome thought!

One of the ways we can prevent incurring more time spent on this cycle is through daily right choice and by becoming more conscious of our intentions and desires. We can quit repeating the same lessons by choosing consciously and compassionately. Have you ever studied Jainism? This religion honors all life to such an extent that they are known to stand with brooms gently sweeping ants out of their path so they will not harm them. They believe this act has an impact on their karma. What do you think?

Do you believe karma is as applicable in the west as it is in the east? Have you ever considered your life in relationship to karma? Are you content to stay in the same place or are you eager to get off the karmic wheel? What would it mean for you if you were to move out of the karmic cycle? Consider in what way(s) karma might relate to the concepts of freedom of choice or fate.

To conclude this day, I will share with you an abbreviated version of a story told by a Native American grandfather to his grandson. He explained there are two wolves that live within each of us, only one of which survives. One wolf is angry, defensive, separate, mean and cranky. The other wolf is loving, understanding,

joyful, kind and reverent. The little boy asked his grandfather, “Which wolf will live?” The wise grandfather replied, “Whichever one you feed.”

So, which bank account will you feed? Will you feed the one that is linked to your personality, which is born and passes away, and is identified with your five senses and the world of matter? Or, have you decided to feed the account of your soul, which is eternal, wise, authentically empowered and loving?

From Day-1, you have been learning about balance. Do you recall the four-legged chair? Our society focuses on the world of matter far more than the world of Spirit. As a result, our nation has become severely out of balance. Do we teach our children in school to sit in quiet for a few moments at the beginning of each day? Do we honor early childhood and feelings vocabulary and communication as part of their daily educational curriculum? Do we train our young ones to own their own thoughts, knowing they can make choices that will determine their happiness? Do we teach them to listen to their inner guidance? Do they learn that by honoring their friends and neighbors they honor themselves? Do we teach them their very nature is vast, expansive and connected to all of life?

In our society, the emphasis on sports and future monetary success is placed on our children in lieu of inner happiness. In the case of children, this is often way out of proportion to the other legs of our holistic chair. Of course, we need to exercise the body and stay active. The lack of exercise, along with fast foods, and lack of parental involvement in children’s diets, is one reason for the high level of obesity in our society. We all need to make a living and ideally, we can learn to do that while following our true life’s purpose. However, at the same time that we teach our children about the importance of a healthy diet, or are preparing them to make a living, it would make sense to teach them about their inner connection with Spirit. It seems only logical that our children should learn about ALL of the parts of Self before becoming adults. Expose your child to something and build a foundation from which to grow and choose.

What are your thoughts on this topic? No matter what your religious or spiritual choices, you no doubt have an opinion. It is valuable time spent to challenge your own, look into the beliefs of others, and to eventually grow. Life is a process—to learn, evaluate, integrate and take action. Be kind with yourself, as you journey through it.

THE ASSIGNMENT

1. Offer selfless service wherever you are guided. Be open to it and it will come to you.
2. Ask yourself “what is working” and “what isn’t working” with regard to the spiritual or religious part of your life.
3. Ask yourself the same question with regard to your wheel of life chart.

4. Start reading and thinking about weaving meditative time into your day, as a preparation for Day Nineteen.
5. Notice if your description and understanding is any different about spirituality before you read this lesson and afterwards. If so, how? If it isn't, why not?
6. Does any of the material on religion or spirituality irritate you? Make you defensive? Give you a sense of peace?

AFFIRMATION

Today I will silently enter the space that I share with all of creation, and reaffirm my commitment to truth.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

Jonathan Livingston Seagull, Richard Bach
Light on Life, Hart DeFouw and Robert Svoboda
One River, Many Wells, Matthew Fox
Family Communication Kit, Magical Meditations, Inner Realms, and Sterling Inner Child Charm – www.theattitudedoc.com

DAY 19



QUIET TIME

Your vision will become clear only when you look into your heart. He who looks outside dreams, He who looks inside awakens.

Carl Jung

ATTITUDE CHOICE

Time allotted to my inner world is of tremendous value.

OR

I'm too busy to take time for meditation. Solitude is a waste of time.

THE LESSON

Making appointments with my Self for quiet, meditative time is a high priority.

REALITY CHECK

Notice if you cram your life with activity. If the answer is yes, why do you suppose you do that? Notice if you like being with yourself? Being alone with you? How do you solve your problems? Do you ever take quiet time to reflect and then make your decisions? Do you feel uncomfortable in silence?

To be quiet indicates you are free from noise or disturbances and/or not being active, involved or engaged in the outer world. Quietness suggests you are still, calm, at peace. It means taking time to be with your self - to 'be' instead of 'do.' This is unfamiliar territory for most of us.

As long as you are active and doing, you don't have to be present and feel life. As you learn to value and set aside quiet time, a time to reflect and meditate, you will recognize the benefit of silence and solitude. You will start to see subtle changes in yourself, such as different responses to circumstances, challenges seem more manageable, your health appears to have improved, etc. People may start to inquire what you are "doing" because you appear to be more relaxed. You are changing.

Quiet time provides more benefits than you can imagine. For starters, it gives you more clarity by smoothing out your thinking. It brings more oxygen to your system, lowers your heartbeat and your blood pressure. Meditation or reflective time is being offered in many hospitals for pain relief through self-control.

When I was in Kyoto, Japan, I participated in a class on flower arranging. It was magical. Once the vision is formed within the mind, every flower is placed with intention. There is no hurry-scurry to shove them into a vase, rapidly pouring water, spilling it over the counter and dripping it along the side of the container. Instead, the act of placing a flower in its perfect location in the vase is all accomplished in a gentle and purposeful manner. There is another ceremony, choreographed around making tea, and another for a garden. Thought and feeling are a vital component of the act of placement in each case. One feels connected with the rocks, as they are raked and placed with care and attention. It is all done with a quiet and calm attitude and “ground of being.”

Your “ground of being” is where you come from. Where you come from is more than a location, it is space. From what energy do you flow? What does it consist of? What makes up this reservoir? Get the idea? What is your ground of being?

MEDITATION MAKES A DEPOSIT IN YOUR “MY SOUL” ACCOUNT

As you learn to schedule quiet time into your day, your ground of being will no doubt shift from a hectic and “never enough time” mentality to a more inwardly contented place. I met a woman who has been meditating for years, and she told me of an experience that was not only puzzling, but upsetting to her as well. As she verbalized it, “thanks to my meditation I am able to see this situation from a more expanded point of view, and not be so worried about it.” Meditation accrues in benefits. Every time you sit to be still, close your eyes, and give your brain a rest from constant stimulation, you are making a deposit in your spiritual account, so to speak.

Keeping the peace you achieve through meditation throughout the day is a challenge but it is a challenge that can be met. Maybe you have just spent time in meditation and walk out relaxed and peaceful, then receive a phone call that pushes enough of your buttons to light up all the lights on a pinball machine. You find you have lost your peace with one phone call. THAT is the power of the ego. Remember, you learned how subtle the ego is and how it’s purpose is to survive.

In ways we seldom expect, the crafty skills of the ego will quickly manifest in your mind and behavior. Stop right where you are when the ego tries to steal the magic moments of your peace, and make a new choice to maintain it!

Recall Day-17 - when you learned about the dualistic nature of reality? One of the examples was being and doing. Being is in the moment. In the present moment, you are ‘being’ - you are in the NOW. Eckhart Tolle, author of The Power of Now, suggests you, “close your eyes and say to yourself, ‘I wonder what my next thought is going to be.’ Then become very alert and wait for the next thought. This is being and being is far removed from ego territory.

Again, please note, neither is right or wrong. It is about choice. We have free will to choose to be or choose to do. In our human suits, we are often called upon to 'do' many things. We are actually 'called' to 'be' as well. It seems we often put off being in the face of much doing. The important thing is to bring balance to our focus.

A friend introduced me to a woman who teaches people to roller-blade. One of the first things she said was how she cannot be still. "I have to keep moving." In another similar case, the boyfriend of a client was home only two evenings out of an entire summer, busy living the life of a doing machine. Doing is action oriented and is associated with the masculine yang energy within us, while the feminine energy, which is yin energy is more about being.

Both of the prior examples are of people who do not like to spend time alone. They will do anything to avoid quiet time. They are avoiding themselves! Can you relate to these two people? Have you been called a "doing machine?"

John Muir, a proponent of preserving Yosemite Valley back in the early 1900's, said, "Go to the mountains, and your cares will fall off like the autumn leaves." I feel energized as I sit next to a rushing river, empowered as I connect with the power behind it, and calmed as I gaze at the magnificence of a mountain range. Nature is a solace for quiet and peace. Consider giving yourself some time in nature to reconnect with your inner self.

Another idea about being and quiet time is to contemplate the meaning of a simple life. When life gets hectic, overwhelming and out of balance, and I have put forth more doing than being energy, I know it is time to step back, take a deep breath and head for my "ashram," my place of retreat, to meditate and be still. You can achieve the same with or without an ashram. Find the space in which you feel most still and most comforted and you are there.

My meditative time always gives me what I think I need in the outer world. It brings me peace beyond understanding. It is Truth. It is real. Given the craziness of the world, with press 1, for this, press 2 for that, press 3, on and on it goes – it's a world desperate to speak to a real voice. Along with the violence on television, and in the movies, genetically modified foods, warming of the planet, gasoline prices at ludicrous highs, it is very difficult to avoid a dysfunctional lifestyle without quiet time. To survive, I make my meditation my most important appointment of my day.

The greatest benefit of meditation is that it helps you to know your true nature – who you really are. You receive the wisdom that is specifically intended for you and your circumstances. You are responsible to choose to make the great link-up with your inner source. When the moon is full, and reflecting on rippling water in a lake, you will see a distorted mirror of the moon. However, when the lake is calm, you can gaze upon a sparkling and still reflection of the moon. Allow your

mind to become the calm lake so the messages that you receive can be without the distortion of the world.

We are so much more than we see. I encourage you to give yourself this gift of stillness by seeking quiet time in every day. The nature of this world is all about change. The experience of peace, and joy that comes from silence will always remain the same. In that space, you'll discover your real security. In that space, are all your answers. In that space, you discover your true Home.

THE ASSIGNMENT

1. For one week, allow yourself 5-10 minutes every morning before, you start your day, to be still. Meditate by watching your breath. On the inhale, think the word, CALM, on the exhale, DOWN. Just observe the thoughts and come back to the breath.
2. In the evening, listen to the guided meditation portion of the Inner Realms CD. If you don't have it, take time to quiet yourself and be still.
3. Set up an altar in a quiet part of your home. A specific room is ideal, but if that isn't possible, a portion of a room. Candles, photos, items that hold deep significance for you. Let this be a place that is sacred to you and a place where you can be quiet and meditate.
4. Before you get out of bed in the morning, practice taking in the breath through your left foot until it reaches the crown of your head, then send it back down through your torso leaving your right leg and right foot. Do this grounding exercise six to ten times.
5. While you are in quiet time, notice your thoughts. What is behind your closed eyes? What is behind your thought?

AFFIRMATION

No obstacles will deter me, as I know, through my quiet time, the power to overcome anything is within me.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

Zen Mind, Beginners Mind, Shunryu Suzuki
Journey to Self-Realization, Paramahansa Yogananda
Inner Realms CD –www.theattitudedoc.com

DAY 20



WHAT IS LOVE?

The only meaningful choice is between fear and love.

Gerald Jampolsky, Teach Only Love

ATTITUDE CHOICE

Love is the prevailing force that motivates and creates.

OR

Love is a feeling we reserve for a few we can trust in our lives.

THE LESSON

The love we seek outside our self is found within us.

REALITY CHECK

How would you define love? Is it an emotion or a condition of being? Would you ever take a class on the exploration of the subject? Do you see a connection between love and fear? Do you believe love is just too much work? Are you one of those that feel unconditionally loved?

Years ago, the late Leo Buscaglia, offered a class at the University of Southern California on 'Love': Although it received initial scoff, it quickly grew into a class that had a waiting list. Today, we are going to examine many ideas about the subject that has inspired songs and poems for eons.

Stop for just a minute and scan all of your relationships, from your partner to your lover, your mother to your sister, and don't forget your favorite pet. Include everyone you have ever loved. Do you love them all today? How about a partner who is no longer in your life—do you love him or her? Why or why not? Often when a relationship ends, the love seems to die with it. Consider what happens after the two-year 'falling in love' stage subsides. Ideally, you have a friendship based on respect, understanding, patience, communication, kindness and love.

How often do you find resentment, bickering and a sense of loss, rather than growth in a long-term relationship? By divorce court numbers, it would seem too often, for the relationship to have been based on love. If love exists as the driving force behind all of creation and is representative of our reality, love is still there when relationships end. Perhaps what we frequently refer to as love, is not love at all!

LOVE IS WITHOUT CONDITIONS

Love is not needy. It is not about having your needs met by another, where if they fail to fulfill them they are history. That type of relationship is based on selfishness, and ego, not love.

Fulfillment comes from a heart that is open enough to include others. When we experience love as the current that pervades the universe we feel love in all of life. Our days are harmonious because we are present. We have an ego, but it is not who we are. We have five senses, but it is not who we are. We have a body, but it is not who we are. As we grow in our understanding about wholism and give more time to our spiritual nature, we elevate and deepen our awareness of what true relationship is all about.

In the January 2004, Science of Mind magazine, Catherine Corona says there are five steps to love even in conflict. They are: “Set your intention. Find your heart. Listen to your needs. Practice understanding, compassion for self and others. Celebrate.”

Those are the ingredients for long-term marriages, as well as spiritual partnership, which can be one in the same. Relationship takes effort. Sorry for the bad news, but it does. Maybe, willingness to keep on keeping on, might be a more amiable way of saying the same thing. It takes stepping out of your stuff to be able to hear another. Love is being willing and ready to listen.

You may be continuing to seek love in another and another, but until you discover there is no place to go for your answers but inside yourself, you will keep blindly running after them. Our answers have been buried in a sacred spot, where we just don't think of looking. They are as close as your very breath – within you. That is where you will discover the true and lasting love you are seeking.

Let's take a look at a list of some of the characteristics that go hand-in-hand with love.

- Trust
- Honesty
- Forgiveness
- Compassion for All
- Acceptance and Tolerance
- Generosity
- Joy
- Patience

If you can think of characteristics missed here, please add them to your list. Which, if any, of the above characteristics of love do you think we can do without in relationships if we want them to flourish, or in any other arena in our lives?

WHAT'S FEAR GOT TO DO WITH IT?

Gerald Jampolsky, M.D., wrote a book called Love is Letting Go of Fear. Would you agree with this title? In a world of duality, love is considered the opposite of fear. In reality, love has no opposite. It just is. After fear is truly released, you live in the context of love. Love is the energy out of which all creation was born. Love is said to be the strongest force in the universe. Love makes no demands: It is complete and perfect energy. So, what really does fear have to do with love? There is no direct link between the two other than if we live our lives in fear, we shut ourselves off from the experience of love.

LOVE AND FORGIVENESS

Dave Pelzer, the man whose abusive childhood is noted as one of the most severe cases in the history of the state of California, has recorded his experiences in a book titled A Child Called It. I heard him speak to a packed house at a Border's bookstore and was asked, "How could you forgive your mother?" His candid response was, "How could I not?" This motivational speaker knows firsthand the damage hate and anger are capable of inflicting. He knows the unbelievable suffering a child endures because of alcoholic parents, and he has chosen to take the higher path of love, compassion and forgiveness.

Dave's story is extremely painful to read; but his resilience is incredibly inspiring. He knows forgiving is the only way to heal emotional wounds, and he chooses to live his life in love rather than the shadows of abuse and neglect. He has risen above his childhood experiences of fear and grasped firmly the significance of keeping love in the driver's seat. Consider what Dave's life would have been like if he had chosen to stay in the abusive, fearful cycle of his past.

Is there someone who has hurt you and you have been unwilling to forgive? You can reclaim the power of love in your life through forgiveness.

In a recent newsletter from "Friends of Peace Pilgrim," John Robbins, author of Diet For A New America, spoke about Peace Pilgrim, the woman who walked a peace pilgrimage in the 70's. "The way we lower the level of violence in the world, in our culture, and in our lives, is by reducing the amount of fear and by increasing the amount of trust. By choosing love, rather than fear the violence levels decrease as well as when we choose to support people, rather than put them down. Violence lowers by us choosing to be honest, rather than withholding; or, by our choosing to be creative and expressive, rather than

stagnating and stifling of our energies. To be alive, with a sense of respect for life," lowers violent levels. For a free booklet on the Peace Pilgrim, contact the Friends of Peace Pilgrim.*

Again, if we remain in fear, individually or collectively as a culture or world, we cut ourselves off from the benefits of love.

LOVE AND ACCEPTANCE

Love is acceptance and tolerance. Love is not a box to which a person must conform, nor is there an invisible line somewhere, that once cross it, you lose love forever. Love accepts the glorious diversity in our universe. Love is present even when you are not! You may not be experiencing the power of love in your life, but love is not gone. Open the doors to love and it is right there, exactly where YOU left it. You can increase the experience of love in your life by accepting those around you just as they are. We each demonstrate the beliefs we have come to believe are true through our behaviors. No one way is right. All ways play a role in our personal and global growth. Seek to find tolerance and bring balance into your life. The love will come pouring in again!

LOVE AND COMPASSION

Compassion is being able to view the circumstances of others and have a deep desire to assist in their moments of need. Compassion is demonstrated through kindness, selflessness and generosity. Compassion, like love, is without judgment. We may not fully understand the choices or circumstances of others, but we can be compassionate and know that each person, regardless of their circumstances, is essential in the bigger picture.

LOVE AND RESPECT

Love is being respectful of other's choices, opinions and perspectives, even when they may not reflect your own. This is quite a stretch for most of us. When you have respect for others, you value them just as they are and hold them in high regard. Sometimes it is difficult to find a feeling of respect for someone whose views may be far a field from your own; but the goal is to be respectful of all of life. Respect is not reserved simply for those with whom you happen to agree. At times, you may agree to disagree, all the while loving and respecting others. It is always more comfortable and less stressful to be with those who are aligned with your thinking and share the same values, but part of the earthly challenge is maintaining respect while exploring and honoring the differences as well as the similarities. It is a true demonstration of love when you respect and honor the unique choices of another.

Maintaining a feeling of respect can be a challenge, particularly within a family, as we each grow, move away and make our own choices in the world. We can learn fantastic lessons by embracing and respecting our differences – first with our immediate families, then the world around us.

LOVE AND GRATITUDE

In The Lost Boy, Dave Pelzer also said he would not change a thing about his past in spite of the abuse. He said it made him who he is today. For this, he is grateful. Can you muster up some appreciation for your past? For the pain and the pleasure? Can you see where you might have gained from of a previous ‘negative’ experience? Dave is a clear example of an individual who has made the conscious choice to move beyond the experience itself and continue with his journey with love as the focus. Sadly, many choose to stay in the past rather than use the experience as an opportunity to grow beyond it.

In reviewing Day-5, you recall that gratitude is the measuring stick for knowing if we are ON or OFF our path. As we continue along life’s journey, our gratitude increases as we seek truth as the goal.

There is nothing that cannot be accomplished when one feels loved unconditionally. It is just the opposite if one feels inadequate, unloved and undeserving. This is the central theme to all of the stories I hear from my clients, students and participants in workshops. Low self-esteem comes from feeling unloved, and unworthy.

As a parent, you set the example of love for your children one way or another. It can be through dysfunction and violence, or it can be through unconditional love and kindness. One knows love, who lives love. It has been said that love cannot be described, only felt. Do you agree?

LOVE AND PERSONAL RESPONSIBILITY

Love is taking responsibility for your life – your thoughts, words, actions. After engaging with this course for almost three weeks, I feel certain you have a handle on that victim energy in you, and are ready to take charge or it, if you have not done so already. Plan a huge celebration when this day comes. As you know, everything you do has a consequence. Wise choices will be the result of the quiet meditative time spent with your Self.

WHEN YOU ARE HAPPY, YOU ARE A GIFT TO THE WORLD

When you can see the essence of everyone as love, your life will dramatically change. See beyond the personality, their traits, physical characteristics, form

and ego. See their soul, which is love. As you begin to make changes, first within yourself, eventually you will begin to see them demonstrated in the world. A sign in my office reads, “Change yourself a little, change the world a lot.”

When you can recognize love in all things – no matter the form, you will know you are on the right course. Love is so powerful. You have heard of many incidents that demonstrate how love heals. As you develop self-love, your presence alone will be healing to others. Your energy will ripple out and radiate like a radio wave, unseen, but effective.

LASTLY, LOVE IS ABOUT FREEDOM

- Freedom to share your heart by speaking your truth.
- Freedom to be who you are, and who you are not.
- Freedom to choose to respect, appreciate and show compassion.
- Freedom to let go of your “act” and live from your heart.
- Freedom to allow your inner child to play and be loved.
- Freedom to forgive yourself for not living up to your own high, self-imposed standards.
- Freedom to trust.
- Freedom to risk.
- Freedom to love.

LASTLY, LOVE IS ABOUT FREEDOM.

THE ASSIGNMENT

1. Write a paragraph or two on your vision of love in a current or future relationship. Are there things you would change?
2. Recollect the times you have been hurt through a failed relationship. What did you decide about love? About your self? About future relationships?
3. Write a love letter to that someone you know who needs to be free as much as you do.
4. What prevents you from feeling loved? From loving others?
5. What needs do you have that are not being met? Explore this part of your self? Ask yourself if you are communicating those needs.
6. How does your behavior relate to your ability to love and be loved?
7. Hug yourself right now. Look into a mirror, and tell the image you see how special you are, and how much you are loved by life unconditionally. Now, take it into your heart. Believe it. Live it.

AFFIRMATION

I am the love that permeates the universe.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

The Mastery of Love, Don Miguel Ruiz

A Child Called It, Dave Pelzer

Love is Letting Go of Fear, Dr. Gerald Jampolsky

Steps Toward Inner Peace, Peace Pilgrim

Steps Toward Inner Peace is available free or for a small donation at: Friends of Peace Pilgrim, 7350 Dorado Canyon Road, Somerset, CA 95684, 530.620.0333.
website: www.peacepilgrim.com.

Free Bookmarks

Lumps of Love & Inner Child

Free: How To Write A Love Letter

DAY 21



INTEGRATION

Taking the new improved version of YOU out in the world.

The Zen Attitude towards life is that of laughter of living of enjoying of celebrating.

Osho Zen Tarot cards

ATTITUDE CHOICE

I am ready to change my beliefs in order to live the life I prefer.

OR

This is the way I am. It takes too much work to change.

THE LESSON

I can achieve whatever it is I intend. My attitudes, beliefs, and choices influence my happiness.

REALITY CHECK

Take a walk in nature, without your “walkman,” and contemplate what this course has been about for you. Reflect on how honest you have been with yourself, how much you participated in “the assignments” and to what degree you have embraced the material. What has been your experience? Write your insights in your journal.

Congratulations! You made it to Day-21! I know there have been changes in your attitude. You are no doubt more willing to see another’s perspective now. That is progress. How many times in the past 21-days have you let go of your resistance, to find acceptance with the way it is? You may even have reduced the number of cups of coffee you drink, lost weight, written a few love letters to allow space in your relationships, communicated what’s in your heart to your partner, won the lottery, or who knows what. You now realize you exist in a field of endless possibilities. Anything is possible.

Having a burning desire to change and improve your life is like taking a quantum leap forward. The universe understands it – and will give you what you are asking for, one way or another. Drop your expectations though, because it may not come in the manner you would like to receive it. A business endeavor could crumble, a meaningful relationship could terminate, or you could get a call saying your

daughter is in the hospital. How will you choose to respond? What beliefs will you choose? What will your attitude be?

Change could also come in forms that are absolutely astounding, like meeting your soul mate on Day -10, or receiving a bountiful tip from an appreciative client on Day-12 or even being honored from your alma mater with an honorary doctorate degree. How will you respond? What will your attitude be? What beliefs will you choose? It is all up to you, isn't it? You hold the key to your happiness right in your hand.

Life is made up of the peaks and the valleys. Ideally, in partnership, you walk hand in hand, while you are in the valleys and reaching the peaks. Gathering strength from each other, you can face each challenge, and celebrate together as you accomplish your achievements.

As you learned in the course about relationships, the connection is ultimately with yourself. The relationship is ultimately with the part of you that is beyond what you see. It is about finding the power you have within you to walk through the valley, when it is dark and uncertain, regardless if there is anyone else with you, then to honor your own intentions and expended effort as you attain those sought-after peaks.

You know that nobody can make you whole, and that wholeness exists in this moment of time, right where you are, exactly how life is. You have shifted and you have chosen to be happy rather than right. Your cells are responding to your new attitude and energy, and they will draw their like kind to them accordingly.

At any single moment, you may have mastered the ability to shift into joy. Processing is part of the shift. You now take time to work through your hurt, guilt, anger, failed expectations, and that is okay. Give yourself the time you need, but don't allow yourself to be sucked into the drama of it all. Take charge of your life.

Starting with Day-1 of Earth School, you learned about the power of your thoughts and how reality on this plane is subjective. Then you studied about current brain research and how your brain was formed and how you became who you are. Then you learned about duality and how you have no concept of pleasure, unless you know pain. On Day-9, you learned about the basics of communication: intention, listening, acceptance, and speaking from your heart. Relationships were reviewed. The acronym for success featured the Love Letter as an initial course of action for undelivered communications.

Did you interview your parents? I trust you did and learned a lot about them as a result. How about your role as a parent? Are you content with your behavior as your three-year old resists taking a nap, or going to the potty? Didn't you simply love learning how easy it can be to eliminate your unwanted baggage from your

life? Explore, discover, feel, resist/desire, eliminate, create. How good does it get? NPR is a miracle.

School continued as you moved into the class work on balance. The term “transpersonal psychology” may have previously been unfamiliar, but now you know it is all about balance. Thanks to the Wheel of Life chart and the suggested content, you are consciously active in balancing your life.

Lastly, you completed the course, experimented with meditation and quiet time as you defined love for yourself. You are a wonder, and I am so proud of you. I’m certain you must have had an obstacle or two arise as you worked through the course. It is only natural, because that is life. Congratulations for overcoming them, for pursuing.

Of all the opportunities you have had to select and/or purchase supportive materials throughout this course, I want you to know that my book Attitudes, Beliefs, and Choices, is one product that will support you to continue your process of growing, integrating and stepping into the identity you prefer.

- Love yourself through your process of integration.
- Continue to develop the fine art of communication
- Allow people to be who they are, and who they are not.
- Keep your word
- Bless each circumstance as a gift coming to you for the purpose of your personal expansion.
- Hold on to your joy, no matter who comes by to try to steal it.
- Being in your power is where you manifest. This simply means, being accountable, taking responsibility and rejecting victimhood and the drama.
- Know what you want and go after it with passion and conviction.
- Give away what you want to have more of in your life.
- Being FOR something, rather than fighting AGAINST something will be so much more rewarding.
- Forgiving others, as well as yourself, sets you free.
- Respect and love your Self. You are a magnificent being. Choose love as your basis for being, in lieu of fear.
- Your thoughts are energy and energy creates. Choose them wisely, for they are the precursor to your words and actions.
- Discover your passion.
- Expect nothing.
- Enjoy the fruits of living simply.
- Keep learning to stimulate your brain, and expressing more of your Self.
- Allow the space for you to offer selfless-service.
- Schedule quiet, meditative time into each day.
- As you heal your own life, others benefit.
- Continue to stretch your thinking.

- Play, laugh, be fascinated and in awe of your journey.
- Embrace the idea of death as a continuum.
- Love unconditionally, for it is your true nature.

I am so honored to have provided the framework for you to get to know yourself better. Thank you for choosing this course. I welcome hearing of your process.

Let the celebration begin!

THE ASSIGNMENT

1. What is your life like now that you are on the road to truly living your dreams? Do you feel happier? More balanced? Are you at peace to a greater degree?
2. When and how did you claim your birthright? Did you have an “ah-ha” at any time with regard to awakening to a more positive and peaceful way of life?
3. How are you celebrating the new version of you? Have your family and/or friends made any comments to you? You’re not holding back your magnificence, are you?
4. How high has the indicator on a self-esteem graph risen?
5. Now that you know your potential to grow and expand is infinite, are you ready to stretch even more? I hear you saying, “yes.”

AFFIRMATION

I celebrate each moment of my life as I trust and gratefully allow it to unfold perfectly.

SUGGESTED READINGS AND OPTIONS TO CONSIDER

The Power of Your Attitudes, Beliefs, and Choices, Alexandra Delis-Abrams, Ph.D. – www.theattitudedoc.com

The Power of Intention: Learning to Co-Create Your World Your Way, Wayne W. Dyer, Ph.D.

The Families of the Future, Communication Kit

Plan to attend the upcoming four-part, tele-class series, “Know Thyself Series,” which will be an in-depth study of our holistic nature. In addition, mini tele-classes will be available throughout the year on topics such as: ‘Deleting the Drama’ and ‘I Just Want to be Happy.’ Watch your e-mail for notification of upcoming events or visit the website for continuing details at <http://www.theattitudedoc.com>.

I SUPPORT YOU IN YOUR ONGOING PROCESS!

KEEP ON KEEPING ON!

