

# Spiritual Guidance

Serving your personal journey toward enlightenment...

## October 2011

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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [rmeagher@istar.ca](mailto:rmeagher@istar.ca).

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. THIS MONTH'S PERSONAL STORY OF SPIRITUAL LESSONS

#### Safety and Fear

Once in a while we will read, see and/or experience something that will stop us in our tracks, make us re-evaluate or question our reality and leave us with a deep and meaningful transformation of our perceptions. Such was the case recently with some sacred text I was reading. The passage deeply affected me, in a positive and compassionate way. I want to share it with you...

*You will identify with what you think will make you safe. Whatever it may be, you will believe that it is one with you. Your safety lies in truth, and not in lies. Love is your safety. Fear does not exist. Identify with love, and you are safe. Identify with love, and you are home. Identify with love, and find your Self.*

These beautiful words touched me at a soul level. The concepts and lessons about 'fear' and 'safety' spoke to me vividly on this day.

Fear: the antithesis of enlightenment and nirvana when it is overcome. Fear is the single biggest impediment to spiritual growth. Entire industries exist and prosper because we are fearful: insurance; healthcare; financial; entertainment, etc. Without fear, these industries would simply not be necessary or relevant.

Fear is a debilitating emotion. It can stop us in our tracks, prevent us from living our lives, and get us into all sorts of situations that result in crippling our spiritual development—and stunt our growth. Eckhart Tolle, in his book Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from *The Power of Now* explains it like this. "The psychological condition of fear is divorced from any concrete and true immediate danger. It comes in many forms: unease, worry, anxiety, nervousness, tension, dread, phobia, and so on. This kind of psychological fear is always of something that might happen, not of something that is happening now". [p. 27]

So what is fear? A Course in Miracles suggests that "fear is a symptom of your own deep sense of loss". Another explanation is that fear stands for 'false evidence appearing real'. Think about what the acronym of fear is, false—evidence—appearing—real. What we are seeing is

something that is false; it does not really exist; it is an illusion. But it appears real because of evidence we perceive to be present; that is the illusion part. We perceive there to be some evidence or fact creating our reality of fear, but it is an illusion.

It was not until recently that I truly began to understand (an ongoing process) what the saying "you have nothing to fear but fear itself" really meant. Nothing can or will hurt us, except our own fear. Nothing can deprive us of anything, except ourselves. Nothing can even physically harm us—our spirit—because our spirit is not of this physical body form. All our fears come from 'false evidence appearing real'.

But how do we stop being fearful? It begins by becoming calm and centred and continues with growing peace and happiness. "Fearlessness sows the seeds of happiness" writes Elizabeth Lesser in her book The New American Spirituality: A Seeker's Guide. "First comes a loosening of fear; from this relaxation comes a growing acceptance of life on its own terms; then a sense of wonder awakens, one that is large enough to contain the many ups and downs that are natural of our physical, mental, and emotional makeups. All around us are the ingredients for happiness—happiness, but not perfection. Perfection is an idea; imperfection is reality. Happiness within the field of imperfection is a promise of the spiritual quest". [p. 31]

Enter 'safety'. A place we arrive at when fear is absent. But it is a tenuous dance, this ballet of fear and safety. Often, it is what we think makes us safe that is the very essence and foundation of our fears. When I read the sacred text at the beginning of this writing, it helped me understand the basis for so much of the fear that exists in this time. But more importantly, it helped me have compassion for those souls that are lost in their illusion and feel safe by the very thing they fear.

I have been ambitiously working on my fears over the past few years. I have come to accept and realize, for me (and I speak only for myself), that financial and material wealth is a vast illusion and the foundation for so much that is feared in society today. Financial and material wealth is an illusion that is so entrenched in our global community and society that to begin to see financial and material wealth in another light is tremendously liberating. What I was taught, raised and schooled in—the acquisition, accumulation, protection, management, and legacy of financial and material wealth—has not brought any amount of safety for my soul.

My safety has come from a growing sense of oneness with Spirit, with the Holy Mother/Father, with God. My personal safety has come from an expanded 'knowing' of the connectedness among every person, animal and plant on this precious Mother Earth. Safety, as the sacred text above suggests, is *the truth*, it is *love*.

The Brahma Kumaris have a wonderful and enlightening saying... "If your actions have been according to your conscience, they will be your protection." What is your conscience telling you? Are your actions aligned with your conscience? Are you living behavioral integrity? Because each and every one of us is a soul, each and every one of us carries with us a pure consciousness. This pure consciousness is the essence of our being. This essence of our being knows only love. I believe our primary purpose here in this place and time is to align ourselves with our pure consciousness. For in that alignment we will experience the most remarkable homecoming there is...we will return to our Self.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. THIS MONTH'S CONTEMPLATIVE THOUGHTS\*

"Introspection will ultimately allow you to see your true self in the mirror of your heart."

"Today is a day of new opportunities. Let me not lose them by dwelling on the past."

"Today dissolve each obstacle by considering it to be a gift."

"Whatever you do, you are creating your own future."

"Aim to inspire rather than to teach."

"Always remember that whatever others see you do, they will do the same."

"Complicated exercises or efforts are not needed to find peace. Simply understand that your true nature is peace."

"On the path of spiritual development I understand I am returning to my original state of wholeness. It is an illusion to think I must try hard to make spiritual effort. Trying to be something I already am seems a waste. In reality I am already fully complete and pure; I have just forgotten and begun to see myself as the surface conditioned personality I have become. Today let me remember that I am already pure inside."

"The more we empower others to take responsibility, the more we become free. Many people find it difficult to delegate. There is a small feeling that I must do it myself, or perhaps that the other person will not do it as well as I would do it. These thoughts trap me. To be free I must be able to let go of everything I consider "mine" including my responsibilities. Today let me empower myself by sharing responsibility."

"To build a great wall, you must lay one brick as perfectly as a brick can be laid, then do it again and again and again. When I make small efforts consistently day after day I will succeed in creating whatever I wish to create. Rather than seeking explosive experiences, huge realizations or great leaps, when I dedicate myself to small, consistent efforts, a great wall will be created. Today let me choose a small effort and make it consistently."

"With the paintbrush of your heart, mind and vision create images of beauty for a better world. When I use the subtle spiritual resources of; silence, spiritual eyesight, pure divine feelings and a noble generous attitude as colors, I can paint the world with beauty. Every day I can hold the image of one of these qualities to create a vision of beauty. When I have this vision in my mind I will carry it to the world and create it. Today let me paint a beautiful world."

"If you are not creating, then your weaknesses will destroy you. At this time in the world, a constant state of creativity is needed in the soul. When I am creating, spiritual energy is flowing through me. When I stop creating my spiritual energy gets stuck and begins to stagnate. In this state the energy of my weaknesses can take over and drag me down. Today let me protect myself by keeping my creative energy flowing."

"Anger is a secondary emotion, which means there is a hidden emotion manifesting as anger. Often anger is a cry for help. It arises when I am hurt, sad, scared or lonely. Just as babies get angry when they want some attention or they need something, so too adults cry with anger as a call for help. Today if anger arises let me notice what is underneath and comfort myself rather than getting angry."

"Live without pretending. Love without depending. Listen without defending. Speak without offending. When I remember I am genuine, independent, sincere and peaceful it is easy to live

without pretending, depending, defending or offending. Today let me remember my ancient and deep original qualities of truth, love, acceptance and kindness.”

“When we are at peace we are in control of our own inner world and do not feel the need to control anything outside ourselves. With inner peace I can tolerate external situations when they become loud, demanding, unpleasant or monotonous because I have no desire to try to fix people or situations. I only seek to control the outer when I have lost inner control. Today let me maintain a peaceful inner world and observe all that occurs externally.”

“It requires willpower to consistently live my values in all circumstances. The minute I commit myself to living my values in all situations, life provides opportunities to challenge my commitment. If I see each of these challenges as an opportunity to deepen my commitment, I can enjoy them as a game. Just when I feel it is not possible to stay true to myself, I will discover unique and unexpected support. Today let me appreciate the game of challenges and strengthen my will.”

“An open mind will accept new ideas freely and an open heart will accept others without judgement. When my mind is open I catch new ideas and the subtle aspects of each idea. When my heart is open I am free from self-judgement making it easier for me to accept others as they are. Today let me experience the benefit of an open mind and heart.”

“Go into silence and discover who you really are. Inner silence is like a mirror revealing the true image of the self. Silence doesn't mean no sound, it means there is no noise - of fear, doubt, desires, attachment, expectations, criticism, etc. When I make time to go beneath the noise of all these thoughts to find silence, I discover a beautiful being – myself. Today let me go deep under the noise of the surface and into silence. “

“A restless mind creates a restless environment. To create a peaceful environment I must create a peaceful mind. When my mind is absorbed in thoughts of harmony, kindness and happiness then its energy stabilizes and vibrations of peace are spread in the atmosphere. Today let me focus my mind to create a peaceful environment.”

“Ego is a false image of myself created to prop me up and make me feel better, stronger, smarter etc. Ego exists to replace the shortage of real self-respect. It crumbles easily because its foundation is weak making me feel threatened or insulted. When I make sure I do the right thing even when it is hard, I begin to have faith in myself. This honesty increases my self respect and I stop needing ego's false support. Today let me be honest and live my truth.”

“Purity is a state of being 100% original like pure wool, pure cotton or pure orange juice. When the soul is pure it has 100% of its original qualities, there is nothing else mixed into it. It is unadulterated, untainted, unmixed, authentic and original. And this purity is experienced as peace, happiness, freedom and lightness. Today let me experience myself as 100% pure.”

“Make time your friend. Many people feel they do not have enough time. The more materialistic and consumer driven we become, the more we squeeze time. To make time my friend I must increase the amount of time I spend doing what feeds the soul. When the soul is fed it does not need to rush about looking for input. To be silent and content is to feed the soul. Today let me have time for everything by prioritizing what feeds the soul.”

“Life is creative energy in action. To be living is to be creating. Without creating and expressing, my original nature and my essence remain obscure. Today let me value highly the act of creation and offer it to the world.”

\* *Complements of the Brahma Kumaris* (<http://www.bkwsu.com/index.html>).

### 3. THIS MONTH'S POEM

#### The Only Dream Worth Having...

The only dream worth having...  
Is to dream that you will live while you're alive.  
And die only when you're dead.  
To love. To be loved.  
To never forget your own insignificance.  
To never get used to the unspeakable violence and vulgar disparity of life around you.  
To seek joy in the saddest places.  
To pursue beauty to its lair.  
To never simplify what is complicated or to complicate what is simple.  
To respect strength, never power.  
Above all, to watch. To try and understand.  
To never look away. And never, never to forget.

Arundhati Roy

### 4. THIS MONTH'S QUOTE or QUESTION

"The trial of the world is not surmounted by trying to avoid it, but by living life as best we can, so that we may find out who we are in the process of taking responsibility for our lives and destinies."

(Thomas Clearly, The Essential Koran, p. 184)

### 5. WORKSHOPS

## Spiritual Guidance Presents

### **"Exploring Spirituality"**

This personal exploration workshop will facilitate, embrace and celebrate the opportunity to explore spirituality. You will have the opportunity to discover: What is spirituality to/for me? What are the characteristics of spiritual living and spiritual people? What are the impediments to spiritual growth? What spiritual practice is possible and what works best for me? To add another interesting element to the workshop, you will have the opportunity to participate in meditation and guided imagery exercises to nurture and facilitate your experience. (\$165, 6 hours in duration)

### **"The Laws of Spirit"**

We live our lives surrounded by the 'laws of the land'. Many of these laws are intended as a basis for social order. However, these human-made laws pale in comparison to a higher order of laws that weave themselves into our daily existence and broader human

fabric. This exploratory workshop will examine these higher orders of law—the laws of spirit—in three parts:

**Part 1** will see you review some of the more prominent laws of spirit.

**Part 2** will have you identify the laws that are most relevant to your life path.

**Part 3** will give you an opportunity to work through exercises to help you more closely examine the laws identified in Part 2 and how to address your core issues, hopefully with greater ease.

All of the material in this workshop is based upon the ambitious work of Dan Millman in his book “The Life You Were Born to Live: A Guide to Finding Your Life Purpose”. (\$125, 5 hours in duration)

## “Forgiveness”

Forgiveness offers us tremendous opportunities for inner peace, joy and love in our lives. From a spiritual perspective, forgiveness is essential for spiritual growth and unlocks a door—it is a key—to higher levels of consciousness. For those who recognize that their inability to forgive themselves and others is holding them back from the inner peace they seek, this workshop will be most beneficial. You will also benefit from attending if you want to develop tools to help others learn how to forgive. In this workshop we will explore what forgiveness is and, more importantly, how to forgive through a series of self-exploratory exercises. We will discuss some of the common reasons we choose not to forgive and examine some practical tools and approaches to forgiveness. (\$125, 5 hours in duration)

**To register your interest** please contact Rev. Robert Meagher at 613-204-0299 or [rmeagher@istar.ca](mailto:rmeagher@istar.ca)

All workshops will skillfully blend personal reflective time with facilitated reflection circles to provide the opportunity for discussion with other participants.

Unless otherwise stated, all workshops will be held at the Subud Centre, 357 Wilmont Avenue, Ottawa (at Churchill Avenue, one block South of Scott Street). Please bring any food, snacks and/or refreshments you will need throughout the day. There are kitchen facilities available, with running water, and a fridge you can keep your food, snacks and refreshments in.

You are invited to wear comfortable clothing and consider bringing with you additional layers, such as a fleece, shawl or blanket. The sedentary nature of the day may result in you wanting to add layers to stay warm. Also consider bringing your favorite cushion or pillow for sitting on the floor.

\* The cost of the workshop includes a workbook that you will use throughout the day and then take home with you.

Visit [www.servingyourjourney.com](http://www.servingyourjourney.com) for more information.

## 6. DISCUSSION GROUPS

Spiritual Guidance leads discussion groups on spirituality in Ottawa, Canada. If you or someone you know is interested in participating in these discussion groups, please contact Rev. Robert Meagher at [rmeagher@istar.ca](mailto:rmeagher@istar.ca) or 613-204-0299. You can also register your interest on the 'Services' page of the Spiritual Guidance website (<http://www.servingyourjourney.com/page04.html>).

## 7. A COURSE IN MIRACLES STUDY GROUP

*A Course in Miracles* is a self-study course in personal and spiritual transformation. Spiritual Guidance nurtures a community of students who study *A Course in Miracles*. If you or someone you know would like to participate in this community, please contact Rev. Robert Meagher at [rmeagher@istar.ca](mailto:rmeagher@istar.ca) or 613-204-0299. You can also register your interest on the 'Services' page of the Spiritual Guidance website (<http://www.servingyourjourney.com/page04.html>).

## CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

*Spiritual Guidance is honored to collaborate with other Spiritual Guides and Teachers to serve your personal journey toward enlightenment. If you would like to be a contributing Spiritual Guide and Teacher to this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).*

## 8. RICHARD HARVEY – SPIRITUALITY AND TRUE HAPPINESS

The concept of happiness seems to predominate in spiritual literature today. Happiness arouses strong feelings. Some of us are reactionary towards it, while others spurn it. Some people's aspirations are higher – they delight in the struggle, welcome the suffering and savour the ordeal that may lead to the goal of spiritual enlightenment. Others are simply pleasure-seekers, hedonists merely masquerading as spiritual seekers.

Others of us are perplexed. Aiming for happiness is simply not a realistic goal in spiritual practice. When we embark on the journey of the soul, or the way back to ourselves, we are treading a path that is characterized by self-sacrifice, loss and renunciation.

Renunciation doesn't mean sack-cloth and ashes, or a loin-cloth and a begging bowl; it means *non-attachment* to those relationships, accolades, belongings, roles, events, circumstances, emotions, feelings and prejudices that we identify ourselves with. Only when we have shed our attachments can we become, as the Zen people say, "worthy of wearing the patchwork robe"; in other words, of living in the world.

Living in the world is a great blessing and we needn't think too quickly that we are already doing it. Born into a world of ignorance and blessing we may only begin to seek when we have become disillusioned enough with the outer world, when we have become so deeply disappointed by the world of appearances that we are compelled to turn in and look deeply into the inner realms of the soul and the spirit. Seeking is the prerequisite for truly living in the world; before that we are hardly here, barely present!

To truly live in the world we must be profoundly present and to be present we need to surrender to our true self. No thing, no appearance, no relationship, outer wealth, personal accomplishment



or characteristic can possibly compare with our natural and innate treasure, the jewel of the heart, our most precious possession – our inner self. The capacity for spiritual awakening, liberation and transcendence and living the divine life is the fulfilment and the actualizing of the blessing which is given to each of us: to live in the world... truly, happily.

Happiness isn't what we think it is. We cannot hold on to the egocentric existence of self-contraction and the regeneration of misery through resentment and be really happy – only relatively happy. Spiritual happiness is not affected by changing circumstances because it reflects our eternal nature, the divine. It will not be sought; it cannot be attained; it is not the purpose of spiritual practice or discipline – it is simply the natural expression of the illuminated state.

True happiness is a consequence of the profoundly natural life, the awakened and liberated existence of the human being who has given up everything, the renunciate, the one who lives in freedom, through longing only for the divine.

**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** Richard Harvey is a psycho-spiritual psychotherapist and spiritual teacher with almost 35 years experience. He maintains an international private practice via Skype and telephone and gives workshops, retreats and training courses at his personal growth centre and family home set high on the slopes of the Sierra Nevada mountains in Andalucia, southern Spain. He is the author of *The Flight of Consciousness* (Ashgrove 2002), as well as several other books and many articles aimed at both inspiring and offering practical guidance on the process of realizing our true selves. Richard can be reached by phone at (0034) 680 741 108 or (0034) 958 953 033, by email at [richard@therapyandspirituality.com](mailto:richard@therapyandspirituality.com), or via his website at [www.therapyandspirituality.com](http://www.therapyandspirituality.com).

## **9. SHERRY HARRIS, MSW, RSW – MORE AND MORE BECOMING LESS AND LESS**

As life pretends to become more and more complicated, I instinctively want to make my role in this production easier and simpler. My becoming less includes letting go of old, useless conditioning which has led to years of anger, resentment and judgment. For those of you who have been reading my articles for the last many years, you know that I have whined about my upbringing and all the negative emotions that arose from that time in my life where I was the only child of two very unhappy people. Since neither parent was thrilled with how their lives, particularly together, were going, it was understandable that they put all their hopes and dreams into me to be the super-child. My job was to prove to them, and all in general, what good parents they were to produce such an awesome child. I came out of that parental mold, addicted to perfectionism, terrified of my feelings, and loaded with guilt for being such a hateful child and terrifying teenager. I can now let all of that go. In love and simplicity I can look back and realize that my parents actually loved me very much and did everything they knew to bring me into balance and productive harmony. My soul lessons required me to be impossible, even beyond that which is ordinary in teenager-hood. I am so grateful my kids never did to me what I did to my parents. I'm amazed my parents did not pack up and leave (me behind) with no forwarding address. Both my parents are in spirit now and I daily thank them for the love and perseverance they extended that actually allowed me to grow into the divine being I now recognize myself to be. If I had not been miserable, empty and unfulfilled, I doubt if I would have gone looking for something else to fill in all the empty holes. Swiss cheese looked solid next to how I was feeling about my self.

Becoming less and less. It almost sounds as if I am disappearing. Quite the opposite. I am feeling fuller and fuller as I focus on what is truly real and valuable in this world. My greatest lesson and challenge, and one I think most people I meet share, is learning to love my self. This will be my primary soul purpose this time around. In this incarnation for me to work on this issue, I picked my parents beautifully. I chose not to have to worry about basic survival issues, health, disability or learning challenges. I came in loaded with all the abilities and supports one could want. I picked this play so I could really experience the effects of lack of self love in my life. And

I'll say it again, my parents did the best they could. I did not know how to receive love as a child, nor for many, many years thereafter. It was not until I fell madly in love with a very twisted and abusive man (not the children's father) that I recognized my deep need for me to love, respect and appreciate myself. I grew up learning to take care of the feelings of others. I grew up caretaking my mother and trying desperately to manage my father's anger. It has been a huge challenge for me not to rescue, not to mother and not to want to make it better for everyone. At this time in my life, there is more and more of appreciating the value of other people's journey and less and less of needing to care take and make people happy and comfortable. I respect that each person is in the right place at the right time until they're not and they make a choice to do something differently.

More and more I am becoming less and less judgmental, particularly of my self. I arrived in adulthood loaded with guilt, shame and embarrassment about just plain being me. As I have learned to be less judgmental of myself, I have automatically become less critical and more allowing of others. As I am kinder to myself it is easier to be kinder to others. As a matter of fact it is absolutely necessary for my comfort level with myself to be kind to others. There is never a reason to be unkind. Affirmative, assertive action may be necessary, but unkindness is never warranted.

More and more I am less and less attached to having. Less attached to attainments, be they clothes, status and success symbols, recognition, even money. I am less attached to seeking, thinking that the answer to my life challenge is in the next course or the next book. I now know that all my answers lie within. I feel complete while at the same time enjoying the ever loving and fascinating journey of self discovery. My life can only get better and better as I let go of more and more of the trappings that have kept me stuck in a not loving place.

More and more I am trusting that the universal, loving God-Mind requires less and less of me. I am already perfect, as I am God-Mind and I can let go and let life unfold. I can do as much as I wish, or little, and just wait to see how the Divine Plan shows up for me. Whatever it is will be clearly brought to me for my growth and evolution. My job is to get out of my own way so that I can be open to receiving it. More and more I am trusting that God really does have my best interests at heart and I that I will manifest that goodness by becoming less and less guarded, fearful, and distrusting. Allowing myself to lovingly explore the life scripts I created in childhood about unworthiness, the conditioning from external sources telling me that I am not good enough and the limitations I placed on myself believing I was unlovable and undeserving, reminds me of who I truly am underneath all that armouring. I am God-Mind, pure and loving becoming more and more able to be love and less and less willing to let my light be covered by layers of unloving, old stuff. I believe that we all came here to remember the love of who we truly are and to be divine and unique expressions of God-Mind consciously co-creating a joyous reality. As I live in touch with my Divine expression I cannot but help to see it in others and in the magnificence of this beautiful planet. More and more I am becoming less and less attached to the need to feel separate and more special than anyone else.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Sherry Harris, MSW, RSW, is a Psychotherapist, Coach and Spiritual Counsellor. Sherry can be reached by phone at 613-236-8852, by email at [harris.sherry@gmail.com](mailto:harris.sherry@gmail.com), or via her website at [www.sherryharrisconsulting.com](http://www.sherryharrisconsulting.com).

## **10. DOUG HENDERSON, Ph.D – WORDS TO PONDER**

The first thing I want everyone to know is that everyone, including me, is doing the best that they can; with the information they have accepted. The rub lies in the key words, "have accepted." But what we have accepted is our littleness rather than our limitlessness. Now is the time to discover your magnificence, your grandeur and that all roads lead to home. The only difference is to what extent we choose to stroll, meander, doddle or stride with purposeful intent along this journey of

no distance. Although there is no distance there is considerable advancement. It is a journey in which we learn to laugh at our self, not take our self so seriously or the absurdity of the beliefs we have chosen to believe in because it is all mind and we give it all meaning.

For example; we say, "seeing is believing." If that is the case, it is no wonder we are messed up. There is a seen world and there is an unseen world and the visible light spectrum represents 10-35<sup>th</sup> power of the complete light spectrum or electro-magnetic field. To put this in its proper "light," take the fraction 1/10<sup>th</sup> and put 35 zeroes behind the 10. Yet, we make decisions and form beliefs made on an incredible lack of information and we make these interpretations of illusion and appearance in 1/10,000<sup>th</sup> of a second. We buy into stuff/junk in 1/10,000<sup>th</sup> of a second, make it a belief and then believe that the collection of these falsehoods some how represent a persona that we identify with that we will defend unto death. This is one of the absurdities that we need to laugh at. Only when we close our eyes and quiet the mind do we come closer to the truth of things.

Here is another illusion that needs to be held up to the light. Look at your index finger. Ponder it. Now, bend it. Now, from everything we have been told there should be activity showing up in the brain as we consider bending the finger and during the bending of the finger but the truth is no activity shows up in the brain until a ½ a second after you completely bent your finger. So, let me ask you, where is your mind? Haven't we been told our mind is in our brain which is housed within our skull? Now, think about the significance of what just happened here. Does this ½ second delay mean that we do everything in the past? Could this all be a dream in which things are already complete before I actually do anything? Does this ½ second delay represent eternity? Does this give significance to the statement that your prayers are already answered before you ever asked? How is it possible to ever be in the now, if I am always in the past? And how is it possible for me not to project the past onto the future? And is it all just an illusion? Is it just a game of appearances, of smoke and mirrors?

School house earth is all a game. It's all mind. We need to learn to laugh at it and not take our self so seriously because the truth is, we know nothing but the ego will always try to convince you otherwise. It will try to tell you that you are in control; that if you are here and go there, and get that your life will change for the better and there will be certainty and security, and once you go there and get that and are here; now there is a compelling need to go there and get that other thing and some how this new thing will change everything but it doesn't just perpetuate a desire to go there and get something else. At some point, a realization may come that happiness is not out there, nor is it the possessing of something and some where along the journey of no distance we lost sight of what is valuable and created icons of what is valueless. We continue the game substituting valueless icon for valueless icon until we make a better choice and decide to refuse to come from fear and make a choice to come from love and when we do, correction is made and the universe rushes to us to guide us to the certainty and security we craved the entire time. And only then, can we laugh and see how foolish we have been.

**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** Doug Henderson, Ph.D, Humanities and Theology, is a Stress Management Consultant, Ordained Minister and Internationally Certified Quantum Biofeedback Therapist. Doug uses some cutting edge quantum technologies to assist clients to return to energetic balance and when they do – dis-ease drops away. Three years ago, Doug started a program called the "Tune Me Up Program" that is having extraordinary results raising clients levels of consciousness/awareness. Go to: [www.quantumru.com](http://www.quantumru.com) to read unsolicited experiences. Seven years ago, Doug had 4 different cancers, refused conventional therapy and developed protocols that worked for him and his clients benefit from same. Doug can be reached by phone at 613-233-3888, by email at [drdoug88@rogers.com](mailto:drdoug88@rogers.com), or via his website at [www.quantumru.com](http://www.quantumru.com).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 11. GOOD NEWS OF THE DAY

*The stories below are reprinted from DailyGood.org.*

The words economy and ecology share the same root -- the Greek word meaning household. Could a change in how we view economic systems create a change in how we view ourselves? Ecologize Growth is a five-minute video based on the documentary 'Money and Life', and seeks to answer that question. This micro-film is a challenge to the commonly accepted infinite growth paradigm of the modern economy. It brings in the voices of several luminaries -- Jean Houston, Brother David Steindl-Rast, Lynne Twist -- who explore old and new perspectives and belief systems about money and how all of these can affect society's shared well-being, co-creative potential and evolving consciousness. See the video by following this link..

<http://www.dailygood.org/more.php?n=4719>. Be The Change: "Our common future depends on creating a democratically accountable money system that operates as our servant, not our master." David Korten in this short reading called 'The Flow of Money.' Read more at <http://www.dailygood.org/more.php?n=4719a>.

Some people give back to their community. Then there's School Superintendent Larry Powell, who's literally giving back. As in \$800,000 -- his expected compensation for the next three years. Until 2015, Powell will run 325 schools and 35 school districts with 195,000 students, all for \$31,000/yr. "How much do we need to keep accumulating?" asks Powell, 63. "There's no reason for me to keep stockpiling money." The man who started his career as a high school civics teacher, who has made anti-bullying his mission, wants to ensure that his pet projects survive, and hopes his act of generosity will help restore faith in the government. There's even more to Powell's story: he contracted childhood polio, leaving him with lingering post-polio syndromes. But his view? "It's the most spectacular thing that has happened to me in all my life," Powell said. "People stepped up to help me be successful." Read more at

<http://www.dailygood.org/more.php?n=4720>. Be The Change: Do you have something in excess? Sharesome of it today.

Dr. Richard Olney is racing to finish what is almost certain to be his last research paper. The 63-year-old neurologist is considered one of the country's top clinical specialists for ALS, popularly known as Lou Gehrig's disease. ALS is also the reason Olney is in a hurry to finish his paper: He was diagnosed with it in 2004 and now has almost no muscle function left. But Olney's most enduring contribution to the ALS field may have less to do with the details of his final study than the commitment he has shown, relentlessly attacking a disease that will soon kill him. It's a lesson of persistence and personal bravery that clearly has impressed his own doctors. "I think about it every day," Lomen-Hoerth said. "How he continues to work, his will to work." This inspiring article shares more. Read more at

<http://www.dailygood.org/more.php?n=4722>. Be The Change: Is there

something you've been meaning to give the final push to? Work on it today.

"These days, however, I live without goals, for the most part. It's absolutely liberating, and contrary to what you might have been taught, it absolutely doesn't mean you stop achieving things. It means you stop letting yourself be limited by goals. Consider this common belief: 'You'll never get anywhere unless you know where you're going.' This seems so common sensical, and yet it's obviously not true if you stop to think about it. [...] Goals as a system are set up for failure. Even when you do things exactly right, it's not ideal. Here's why: you are extremely limited in your actions. When you don't feel like doing something, you have to force yourself to do it. Your path is chosen, so you don't have room to explore new territory." Leo Babauta shares his counter-intuitive perspective. Read more at <http://www.dailygood.org/more.php?n=4723>. Be The Change: Try out not having goals in some domain of your life, and notice the effects.

"So many of us have good ideas for helping the world. But we tuck our ideas away. I did. I'd tell myself that if the idea were any good someone else would have already done it. That I'm not capable of making a difference. I'd sit on my ideas, get on with my 'life,' and then feel angry at the world because the problems I cared about didn't get solved. I had that fear of going first. Then I took my first hapless step into what I call accidental activism. In 2006, I started a project where I lived as environmentally as possible for a year -- with my little family, on the ninth floor of an apartment building in the middle of New York City -- to attract attention to the world's environmental, economic, and quality of life crises. I had no experience as an activist. Yet suddenly my project caught fire." Read more at <http://www.dailygood.org/more.php?n=4724>. Be The Change: Take one small step towards one of your ideas for serving the world.

"'Time' is the most used noun in the English language, yet it remains a mystery. We've just completed an amazingly intense and rewarding multidisciplinary conference on the nature of time, and my brain is swimming with ideas and new questions. Rather than trying a summary (the talks will be online soon), here's my stab at a top ten list partly inspired by our discussions: the things everyone should know about time." This intriguing Discover Magazine explores Time from the standpoint of science. Read more at <http://www.dailygood.org/more.php?n=4725>. Be The Change: What does time mean to you. Reflect here with other readers... <http://www.dailygood.org/more.php?n=4725a>.

When Whitney Johnson decided to walk away from a stellar career on Wall Street, even close friends thought she might be making a mistake. But in Johnson's own words, "Notwithstanding the considerable career and financial risks involved, it was time to leave my comfortable perch and become an entrepreneur. Time to disrupt myself. We typically define disruption as a low-end product or service that eventually upends an industry. But I've found that the rules of disruption apply to the individual too." Six years into her transition she shares lessons gleaned from her journey, in this insightful Harvard Business Review post. Read more at <http://www.dailygood.org/more.php?n=4727>. Be The Change: Do something disruptive, something that feels right even though it might be unknown.

A controversial statue led conversations.org founder Richard Whittaker to an unusual artist, Fredric Fierstein. The art piece itself was inspired from a place far off the beaten track. In Fredric's words: "When I've gotten out of the cities I've met people of the earth, I call them. They're not the kind of people you meet in the cities who are trying to hustle you. My guide, who spoke Thai and a few dialects, couldn't speak with this guy. That's how far out he was. I did find out from him, by sign language, that he was my age at that, which was so great! I had, I don't know if you'd call it a revelation, I realized that guy could have been me and I could have been him. It's so incredible." A rich dialogue follows. Read more at <http://www.dailygood.org/more.php?n=4728>. Be The Change: Reflect on a radically different and meaningful experience you've had -- does it inspire your own creativity?

Cruising in their custom wheelchairs, Chili and Arlo are the center of attention wherever they go. But for patients at the Baylor Institute for Rehabilitation in Dallas, these two canine caregivers are also an inspiration. "Many of the patients are new to wheelchairs," Linda Marler, the program's director told TODAY.com. "When they see Chili and Arlo, they say, 'If those dogs can do it, so can I.'" Chili and Arlo are the only dogs with disabilities among the 90 specially trained therapy dogs that participate in Baylor's Animal Assisted Therapy program. The canine volunteers make weekly visits to lift the spirits of patients who have suffered traumatic injuries or a stroke. "We use the dogs to create more of a home atmosphere and also to get a response," Marler said. She's found that animals will often elicit a reaction when every other method has failed. Read more at <http://www.dailygood.org/more.php?n=4729>. Be The Change: Consider the challenges you've overcome -- and share your process with someone who might benefit.

Most people have never walked down the street and looked for homeless people before -- most look the other way. But not Mark Horvath. A former Hollywood insider, Horvath has been a drug addict, con artist and, for a brief period, homeless. He says he's left that life behind, and these days, he's drawing on his past to inspire his Web site -- Invisiblepeople.tv. The site is a collection of YouTube-length video profiles of homeless people he's met across the country, and it's become a surprise hit in social media circles. Horvath heads down Hollywood's Walk of Fame, looking for homeless people. When he finds someone, he reaches into an overstuffed backpack and pulls out a bag of fresh white socks. Nearly everyone takes a pair. And when they do, Horvath pulls out a video camera and asks if he can interview them. Read more at <http://www.dailygood.org/more.php?n=4730>. Be The Change: Visit Mark's website InvisiblePeople.TV, which aims to change the story around homelessness. <http://www.dailygood.org/more.php?n=4730a>

'Where Children Sleep' is a remarkable series capturing the diversity of and, often, disparity between children's lives around the world through portraits of their bedrooms. Kenyan-born, English-raised, Venice-based documentary photographer James Mollison explores the topic with poignancy. The project began on a brief to engage with children's rights and morphed into a thoughtful meditation on poverty and privilege, its 56 images spanning from the stone quarries of Nepal to the farming provinces of China to the silver spoons of Fifth Avenue.

"From the start, I didn't want it just to be about 'needy children' in the developing world, but rather something more inclusive, about children from all types of situations. It seemed to make sense to photograph the children themselves, too, but separately from their bedrooms, using a neutral background," says Mollison, whose touching photos follow. Read more at <http://www.dailygood.org/more.php?n=4726>. Be The Change: What memories do you have of your childhood room? Share your reflection with other readers here. Read more at <http://www.dailygood.org/more.php?n=4726a>.

UC Berkeley professor Rodolfo Mendoza-Denton provides research-based tips for overcoming prejudices based on differences. Here are his top ten strategies, summarized: Travel (somewhere that challenges your worldview); Take a course on prejudice; If you value egalitarianism, recognize that unconscious bias is no more "the real you" than your conscious values; Laugh a little -- smiles and happiness help trump racial bias; Recategorize other people according to characteristics that you share; Do your part to save the planet; Stay healthy -- a sense of security promotes tolerance of other worldviews; Acknowledge differences, rather than try to fight an uphill battle to ignore them; Remember that people are really bad mind-readers, so communicate; Make a cross-race friend. This in-depth article shares further. Read more at <http://www.dailygood.org/more.php?n=4731>. Be The Change: Make a conscious effort to be aware of preconceived notions -- and to stop propagating them internally.

"Over the last few years, I've become a big proponent of Smile Cards. The premise behind these small cards is simple: do an anonymous act of kindness and leave a card behind, inviting the recipient to pay-it-forward. If he/she does, the chain keeps going, resulting in "ripples" of kindness radiating out. Smile Cards are wonderful in ways I cannot count. Small, simple, humble -- yet powerful, because one act of kindness can be the start of a long chain. But for all these reasons, the main reason why I use them is the subtle change that has begun to occur in the way I think." So begins this reflection on how the ripple effect of kindness leads to change -- both externally and internally. Read more at <http://www.dailygood.org/more.php?n=4732>. Be The Change: Do a kind act, leave a smile card, and start a chain. Download or receive a gift of pre-printed smile cards here. Read more at <http://www.dailygood.org/more.php?n=4732a>.

A recent survey by psychologist and self-help author Robert Epstein found that 25% of our happiness hinges on how well we're able to manage stress. The next logical question is, of course, how best can we reduce our stress? The stress management technique that worked best, according to the survey: planning. In other words, "fighting stress before it even starts, planning things rather than letting them happen," says Epstein. "That means planning your day, your year and your life so that stress is minimized." This Time magazine article shares more. Read more at <http://www.dailygood.org/more.php?n=4733>. Be The Change: Try incorporating one of Epstein's relaxation techniques in your own life.

The corrugated tin hut crouching in the undergrowth, dwarfed by dripping firs, looks like a wartime relic nobody could be bothered to clear away ... a sign reading "Mary's Meals" has been stuck above the doorway. To Magnus MacFarlane-Barrow, his father's shed in Dalmally, Argyll, has acquired a talismanic significance. It's where he

stockpiled food and clothes for Bosnian refugees in the 1990s -- an amateurish humanitarian mission that eventually led him to sell his house, give up his job and concentrate on the much bigger project of feeding poor children in developing countries. Today his efforts provide over 550,000 children with a daily life-saving meal. Read more at <http://www.dailygood.org/more.php?n=4734>. Be The Change: Watch this inspiring video about how Mary's Meals work. Follow this link to the video... <http://www.dailygood.org/more.php?n=4734a>.

In the early 1970s, Bill Witherspoon lived for months in a school bus parked in the Oregon desert. A hundred miles from the nearest town, he spent day after day painting the sky and the clouds. He later sold his work for tidy sums. Witherspoon would spend the rest of his life alternating between painting and launching companies. When Witherspoon, then 60, launched The Sky Factory in 2002, he wondered, Was it possible to create a company as beautiful as a work of art? A beautiful company, in Witherspoon's mind, starts with the elimination of hierarchies that impede and repress the expression of people's natural curiosity and creativity. The Sky Factory's organizational structure is as flat as its creator's beloved desert. There are no employees, just owners, and everyone cares deeply about doing what is best for the group. Read more at <http://www.dailygood.org/more.php?n=4738>. Be The Change: Do something today that adds beauty to your workplace.

"'Conduct your blooming in the noise and whip of the whirlwind.' Strange message in a stranger place. I don't know who said it, but this pronouncement suddenly appeared on a huge wall of the 59th St. subway tunnel connecting the Lexington Avenue trains to the N and R lines. For many months I'd passed the area, which was roped off and covered over with heavy paper -- reconstruction in progress. What else is new in NYC! Then one fine day the plastic barrier was cut and the brown paper pulled down. There, gleaming in vivid colors, was a giant mosaic mural with a great scroll of a message running through it in a waving line that ran up and down from ceiling to floor and back." Author Patty de Llosa shares this timely reflection on finding freedom within our constraints. Read more at <http://premiere.whatcounts.com/t?ctl=1696461:EDD6BFBA686AA7C80C5B60D844F8B45EB4B847859706E37D&>. Be The Change: "Learn to possess all things -- your time, your pace of work, your moments of rest, your privacy -- all." Pierre Pradervand, from 'Letter to A Friend in A Hurry'. Read more at <http://premiere.whatcounts.com/t?ctl=1696462:EDD6BFBA686AA7C80C5B60D844F8B45EB4B847859706E37D&>.

More than 13 years after his parents drowned in a flash flood, David Kakuko is at the Moruny River, building a bridge that might have prevented their deaths. The hanging footbridge will provide safe passage over the Moruny, a frequently flooded waterway in West Pokot, Kenya. "Before the bridge, there [were] so many people, so many who lost their lives," said Kakuko, 32. "I know, because I have no parents. I have no parents, because this river took them." Kakuko is working alongside other local residents and Harmon Parker, a master mason who has been building bridges through Kenya's mountainous terrain since 1997. Read more at, and follow this link to the video <http://premiere.whatcounts.com/t?ctl=169662A:EDD6BFBA686AA7C8C0D325C5EE86677EB4B847859706E37D&>. Be The Change: Build more "bridges," and help others do the same.



When 9 year old Sara-Beth Martin let out red balloons in her send-off party a week before her second heart surgery, little did she know that one of them will travel 180 miles to reach 8 year old Reanna -- struggling with troubles of her own. The balloons carried a simple request of praying for Sara for her successful surgery. Reanna knew adversity and pain herself -- she lost her mother to cervical cancer when she was just 4 years old. Reanna wrote a heart warming note to Sara and this marked the beginning of a friendship based on trust, hope and optimism. The friendship had a remarkable effect on Sara: not only was her surgery successful, her appetite returned and she went from frail to energetic in just a couple of months. Read more at <http://premiere.whatcounts.com/t?ctl=1696A6E:EDD6BFBA686AA7C889F1F90CC49CD047B4B847859706E37D&>. Be The Change: Anne Morrow Lindbergh shares a beautiful reflection on "the mutuality of first sympathy, [which] seems, at its initial appearance -- even if merely in exciting conversation across a dinner table -- to be a self enclosed world. Two people listening to each other, two shells meeting each other, making one world between them." Read more at <http://premiere.whatcounts.com/t?ctl=1696A6F:EDD6BFBA686AA7C889F1F90CC49CD047B4B847859706E37D&>.

"The word emotion comes from the Latin *emovere*, meaning to 'move through or out.' So in its original form, there isn't any trace of clinging to, or rejecting, these movements. But instead of allowing emotions to move through and out of us, we often feed them with negative thoughts and end up giving them long-term residence. In short order, the guests take over the house, leaving us reeling and unable to truly be in control. So how do we turn this unhelpful pattern around? The key to any pattern is repetition. But in the case of such reactivity, this repetition is actually happening below the radar of our conscious mind. By the time a situation escalates to the point of emotion, we often find ourselves overpowered. The challenge, then, comes in sharpening our awareness so that we become sensitive to smaller versions of these same emotions." Read more at <http://premiere.whatcounts.com/t?ctl=1696A96:EDD6BFBA686AA7C8ED4FAE4720824272B4B847859706E37D&>. Be The Change: Try allowing emotions to move through or out of you today.

"Why does beauty exist? What's the point of marveling at a Rembrandt self portrait or a Bach fugue? To paraphrase Auden, beauty makes nothing happen. Unlike our more primal indulgences, the pleasure of perceiving beauty doesn't ensure that we consume calories or procreate. Rather, the only thing beauty guarantees is that we'll stare for too long at some lovely looking thing. Museums are not exactly adaptive. Here's my (extremely speculative) theory: Beauty is a particularly potent and intense form of curiosity. [...] Put another way, beauty is a motivational force that helps modulate conscious awareness. The problem beauty solves is the problem of trying to figure out which sensations are worth making sense of and which ones can be easily ignored." This Wired Magazine article offers an insightful look into the neuroscience of beauty. Read more at <http://premiere.whatcounts.com/t?ctl=1696D73:EDD6BFBA686AA7C86AD12AC894F15BF9B4B847859706E37D&>. Be The Change: "There is a wonderful urgency within things to realize the dream of their individual fulfillment. Nothing is neutral, everything is on its way." John O'Donohue shares beautifully in this short passage. Read more at

<http://premiere.whatcounts.com/t?ctl=1696D74:EDD6BFBA686AA7C86AD12AC894F15BF9B4B847859706E37D&>.

Every week they provide food for as many as 1,500 households in Marin County (CA). They don't charge for the food. Nor do they get paid themselves. Who are these people and why do they do this? They are two community elders, Ruth Schwartz and her husband Curt Kinkead, supported by a team of about 100 volunteers. They do it because Curt "gets fed by the joy he sees in the people who come to collect the food he delivers." Ruth adds, "If we [Ruth and Curt] do something together where we face out into the world and make a contribution, that is a key piece of having our relationship thrive." Respecting Our Elders started in 2005 when Curt and Ruth, residents of a subsidized housing development, noticed that some of their neighbors weren't getting enough to eat. Read more at

<http://premiere.whatcounts.com/t?ctl=1696EC1:EDD6BFBA686AA7C89F5CC8495023B113B4B847859706E37D&>.

Be The Change: Write Ruth and Curt a note of gratitude and support. Read more at

<http://premiere.whatcounts.com/t?ctl=1696EC2:EDD6BFBA686AA7C89F5CC8495023B113B4B847859706E37D&>.

"Through some incredible good luck no one was seriously hurt but the experience was very frightening. There was so much smoke that my first thought was to just get out of my car as fast as I could. I could hear the children from the car behind me screaming and crying as I was trying to claw my way out of my car. When I got out, I could see their mum was frantically trying to comfort her shaking crying children and move them away from the smoking cars at the same time. I kept thinking 'Oh my God, these children are so young,' and I felt so bad about colliding with them. I thought that the parents would probably be so angry and upset at me. But instead of being angry the mum simply said to me 'Come here. You need to join in our hug.'" So begins a real world story of true kindness. Read more at

<http://premiere.whatcounts.com/t?ctl=1697165:EDD6BFBA686AA7C8878366845A9B3023B4B847859706E37D&>.

Be The Change: The next time someone makes a mistake, try surprising them with forgiveness and kindness.

Competition, according to author and lecturer Alfie Kohn, is defined as any situation where one person can succeed only when others fail. Kohn is convinced that we've all bought into dangerous myths about the value of competition in our personal lives, workplaces, society, and economic system. He laid out his arguments in his 1986 book *No Contest: The Case Against Competition*, and he's been spreading the word ever since. He insists that competition is not human nature; it's something we learn. "The message that competition is appropriate, desirable, required, and even unavoidable is drummed into us from nursery school" he writes. And according to Kohn, competition undermines self-esteem, destroys relationships, thwarts productivity, and discourages excellence. Here are six tips gleaned from his writings and talks, backed by hundreds of studies. Read more at

<http://premiere.whatcounts.com/t?ctl=169731F:EDD6BFBA686AA7C840DF5F1210314488B4B847859706E37D&>.

Be The Change: "Keep feeling the need for being first. But I want you to be first in love. I want you to be first in moral excellence. I want you to be first in generosity." Martin Luther King Jr.'s perspective on healthy competition. Read more at

<http://premiere.whatcounts.com/t?ctl=1697320:EDD6BFBA686AA7C840DF5F1210314488B4B847859706E37D&>.

"Just last year, a survey of 4,500 American adults showed that 73 percent agreed that "volunteering lowered my stress levels," 89 percent reported that "volunteering has improved my sense of well-being," and 92 percent agreed that volunteering enriched their sense of purpose in life. These benefits are available even -- or perhaps especially -- to those in the midst of crisis. A recent study by my colleagues Stephanie Brown and Dylan Smith found that people who'd been widowed recovered from depressive symptoms more quickly if they helped others. And research led by Maria Pagano has found that alcoholics who helped others during chemical dependency treatment were more likely to be sober over the following year." Stephen G. Post, a professor of preventive medicine, shares his suggestions for boosting our helping habits. Read more at

<http://premiere.whatcounts.com/t?ctl=16976C7:EDD6BFBA686AA7C8BA59635928FEFEFEB4B847859706E37D&>.

Be The Change: Dr. Naomi Rachel Remen offers a different and insightful perspective on the difference between helping, fixing and serving. Read more at

<http://premiere.whatcounts.com/t?ctl=16976C8:EDD6BFBA686AA7C8BA59635928FEFEFEB4B847859706E37D&>.

"Why is teamwork so difficult? Because collaboration is actually a pretty risky business. Perhaps, like me, you are generally of the mindset that two heads are better than one. But because your ideas frequently get co-opted, there's a risk-reward imbalance that makes you reluctant to engage. Or maybe you've reached out to a potential collaborator only to have your lack of expertise exploited. So, rather than ever again experiencing the one-two punch of ignorance and vulnerability, you'd prefer to soldier on alone. In both instances, the fundamental barrier to collaboration is a lack of trust. How do we lay the groundwork for trust so that when we need to collaborate we can quickly slip into a workable partnership? Based on my experience, here are a few suggestions." Whitney Johnson shares her insights. Read more at

<http://premiere.whatcounts.com/t?ctl=16978D3:EDD6BFBA686AA7C8D74E26E89136C12BB4B847859706E37D&>.

Be The Change: Take a "risk" -- collaborate on something that you usually handle alone, but that might just be better achieved with someone else.

"Either way, there I am with recently-turned-eight year old Neha under the Coral Jasmine tree; I reach over and shake the trunk gently and she tilts her head up and watches the white sudden swirl of blossoms falling like stars, like snowflakes with an expression of perfectly mingled awe and delight (my day is Made in that moment). And then we both bend to the sweetly-scented task at hand. I find myself wondering with a faint twinge of apprehension and amusement -- what Neha is going to say -- I don't want the conversation to wander from this magical to the mundane just yet -- and in some admittedly silly way I want to 'protect' the sacredness of this space from small-talk. 'Do you like Mother Teresa?' Neha's question asked between blossom-picking is matter-of-fact and sans preamble. 'Yes' I answer -- somewhat startled -- and intrigued by her choice of conversation threads." A beautifully-told everyday story about tuning in to small moments of wonder, joy and connection. Read more at

<http://premiere.whatcounts.com/t?ctl=1697BA7:EDD6BFBA686AA7C8C78C4E8514>

[24E0A7B4B847859706E37D&](http://premiere.whatcounts.com/t?ctl=1697C4F:EDD6BFBA686AA7C83073A6740C0E246FB4B847859706E37D&). Be The Change: Affect the quality of your day -- invite wonder, joy, and connection into moments today.

"The planting of trees is the planting of ideas. By starting with the simple step of digging a hole and planting a tree, we plant hope for ourselves and for future generations." Visionary, human rights advocate, environmental activist Wangari Maathai passed away on 25 September 2011 from cancer. She leaves behind a legacy of "firsts," including being the first African woman to receive the Nobel Peace Prize in 2004. Her organization, the Green Belt Movement, has planted over 35 million trees, and now works internationally to empower communities in protecting the environment and promoting good governance and cultures of peace worldwide. This 3 minute video shares her work and vision. Follow this link to the video

<http://premiere.whatcounts.com/t?ctl=1697C4F:EDD6BFBA686AA7C83073A6740C0E246FB4B847859706E37D&>. Be The Change: Read Wangari Maathai's Nobel Peace Prize Acceptance Speech. Follow this link to the video <http://premiere.whatcounts.com/t?ctl=1697C50:EDD6BFBA686AA7C83073A6740C0E246FB4B847859706E37D&>.

When high school cross-country runner Josh Ripley heard the screams of a competing runner, Mark Paulauskas, Josh knew he needed to help. While other competitors in the race ran by, Josh stopped to see what was wrong. In the first mile of a 2-mile race, Josh found Mark holding his ankle and bleeding profusely. Worried that Mark had punctured his Achilles heel, Josh carried the wounded runner for a half a mile to get him to his coach and parents. After making sure Mark was in good hands, Josh jumped back into the race. "I didn't think about my race, I knew I needed to stop and help him," Josh said. "It was something I would expect my other teammates to do. I'm nothing special; I was just in the right place at the right time." Read more at

<http://premiere.whatcounts.com/t?ctl=1697DC6:EDD6BFBA686AA7C8AFC521FB1D28C85EB4B847859706E37D&>. Be The Change: Surprise another participant with kindness the next time you find yourself in a "competition" -- at work, school, or in play.

## **12. I AM NOTHING**

*Reprinted from InnerNet Weekly*

By Paul Buchheit

What will you do if you're too tough to be a good woman, too sensitive to be a good man, too selfish to be a good husband, too lazy to be a good employee, too shy to be a good friend, too caring to be rational, too fat to be pretty, too effeminate to be straight, too introverted to be a good leader, too smart to be kind, too young to be taken seriously, too old to make a difference, or too far behind to even get in the race?

These are all false standards and false dichotomies, but they are so common and so ingrained that we sometimes believe in them without even realizing it. And this leads to a mountain of insecurities, because nobody measures up to these crazy standards (and nobody should). But even if we don't believe in these things, it still matters what other people think, right? What will the neighbors think? Or how about our co-workers, or the people at church? And so everyone works to hide their insecurities, and they look around at their peers for comparison, and maybe they feel bad because everyone else seems to have it easy, to have it all figured out. The truth is, nobody

can see the truth anymore. They are all working to hide the truth, because the truth is that they are afraid of who or what they really are. So they all put on a show, and they pretend to be a good whatever. Or maybe they rebel, and make a point of being a bad whatever, but then they are still under the control of that false standard, and they are still not being themselves.

That is all so exhausting.

I am nothing. It's simple. If I were smart, I might be afraid of looking stupid. If I were successful, I might be afraid of failure. If I were a man, I might be afraid of being weak. If I were a Christian, I might be afraid of losing faith. If I were an atheist, I might be afraid of believing. If I were rational, I might be afraid of my emotions. If I were introverted, I might be afraid of meeting new people. If I were respectable, I might be afraid of looking foolish. If I were an expert, I might be afraid of being wrong.

But I am nothing, and so I am finally free to be myself.

This isn't license to stagnate. Change is inevitable. Change is part of who we are, but if we aren't changing for the better, then we are just slowly decaying.

By returning to zero expectations, by accepting that I am nothing, it is easier to see the truth. Fear, jealousy, insecurity, unfairness, embarrassment -- these feelings cloud our ability to see what is. The truth is often threatening, and once our defenses are up, it's difficult to be completely honest with anyone, even ourselves. But when I am nothing, when I have no image or identity or ego to protect, I can begin to see and accept things as they really are. That is the beginning of positive change, because we cannot change what we do not accept and do not understand. But with understanding, we can finally see the difference between fixing problems, and hiding them, the difference between genuine improvement, and faking it. We discover that many of our weaknesses are actually strengths once we learn how to use them, and that our greatest gifts are often buried beneath our greatest insecurities.

-- Paul Buchheit, in *I Am Nothing*

### **13. DIFFERENCE BETWEEN EAH AND OH!**

*Reprinted from InnerNet Weekly*

By Jerry Winstorm

After walking some distance, stopping for a cup of tea, and winding my way back to the apartment, I happened upon an older, homeless man in an alley. He was surrounded by several overstuffed plastic bags, and had apparently spent the night in the alley.

When our eyes met, we held the moment for an unusually long time. I held the gaze longer than usual, hoping he might ask for money — but he did not. His sad, sweet eyes unexpectedly brought tears to my own. I continued walking as I spontaneously said a little prayer for him. As I continued on my way, feeling his sadness, I looked up and was startled to see a well-dressed woman staring at me in a most intense and compassionate way. She smiled enthusiastically when our eyes met, perhaps thinking it was my own sadness I held. I walked on.

Several blocks down the street, as I neared a storefront, I spotted a young man in his late teens just getting up from his pile of dirty blankets. He, too, had spent the night on the street. He looked so young and vulnerable as he tried to pull his shirtsleeves down over his cold hands. As I passed, he looked at me and smiled. I slowed, but he didn't ask for anything either. I came home unable to shake the feeling of sadness for these men and for the imbalance in our world. Yet, all I felt I could do was hold the sadness I was feeling in a reverent, prayerful way. From past

experience I know, and have come to trust, this way of holding others. When no other action is called for, this emotional embrace, in itself, can be a gift.

To many, non-action in a situation like this may not make sense. However, sometimes literal "giving" can be a way to avoid the weight of another's burden. The spirit of the moment can ask something different of us, something different from our ideas of what it means to give. Reverently holding the suffering of others can be a moment's greatest offering, and it is a moment many of us often avoid by trying to buy our way out with literal acts of goodness. When one sees the activity of this holding as a formless act of compassion, one goes about it with reverence. Where literal action fails, reverent generosity succeeds by becoming a container able to hold the tears of the world.

The delicate refinement of reverent generosity is one of the loftiest disciplines of embodied life. Reverence is the only appropriate response to the mystery by which we are surrounded. It requires unrelenting attention. Lao Tsu said, "How great the difference between 'eah' and 'oh!'" The "eah" response to life represents an attitude of indifference, while the "oh!" response represents openness and surprise in the face of an awesome and mysterious universe. One's natural impulse to inspire others with that emotion which reverence has awakened in one's own heart creates sublime beauty in the world. With reverence, the difficulties in life become grist for the mill. Chaos, hopelessness, suffering, even death—everything may be placed on the altar for transformation in the eternal. What comes through may be a sweet word, a gift, a joke, wisdom, or even the use of the sword; inspiration finds a way to undo the illusion of limitation. Inspiration enters the heart through the portal of reverence. With inspiration rippling through the collective, the heart of the world grows unalterably stronger.

-- Jerry Winstorm, in *Reverant Generosity*

## 14. THREE UNIVERSAL HUMAN PROCESSES

*Reprinted from InnerNet Weekly*

By Angeles Arrien

There are three universal processes that every human being is involved in whether you're in Africa or China or among the island people of the world. They are, first, the work with self. That is the longest relationship that you are ever going to have. Who you eat with the most, sleep with the most, shower with the most is yourself. That's the relationship that you have to really begin to trust. Be a great friend unto yourself. The second universal process is one that we are all involved in as human beings: our relationship with each other; one-to-one work. Then the third process is a group work, collective work, community work, or teamwork.

The work with self involves attending to character development. Human beings are here for two purposes: one, to learn about love and to express love, and the other is to create. What is it that I am creating? What is my life dream or contribution that I want to make to the world, and how can I express what's in my heart? The love of friendship, the love that's found between a mentor and a mentee, or a teacher and a student is where we impact each other, and there's a lot that can be done in that one-to-one work. Many of the cultures of the world believe that there is much we can do by ourselves, and that we can do with our partner, or with our friend or colleague, but there are a thousand and one things that we can do in community together or in a team. Many of the old cultures of the world know that you can only survive in community. For example it has been discovered that if you truly want to survive you must be in communities of at least eleven or more people.

Some of us like being by ourselves. We like solitude, enjoy self-containment, and that work with self. Others hate being alone and hate solitude. Some like the one-to-one work, the relationship

work, and others love being in groups. Some people hate groups, and love the one-to-one work and being with themselves. Still others love being alone, love groups, but when they get together one-to-one at lunch they get all shy and awkward. The mark of a healthy person is someone who is comfortable with themselves, comfortable if they were to just hang out with one other person, and comfortable in a group or team.

-- Angeles Arrien, in an Interview at Mount Madonna School

## **15. LIVING WITH A REBEL WITHIN**

*Reprinted from InnerNet Weekly*

By Dzogchen Ponlop

Your true mind is a mind of joy, free from all suffering. That is who you really are. That is the true nature of your mind and the mind of everyone. But your mind doesn't just sit there being perfect, doing nothing. It's at play all the time, creating your world.

If this is true, then why isn't your life, and the whole world, perfect? Why aren't you happy all the time? How could you be laughing one minute and in despair the next? And why would "awakened" people argue, fight, lie, cheat, steal, and go to war? The reason is that, even though the awakened state is the true nature of the mind, most of us don't see it. Why? Something is in the way. Something is blocking our view of it. Sure, we see bits of it here and there. But the moment we see it, something else pops into our mind -- "What time is it? Is it time for lunch? Oh, look, a butterfly!" -- and our insight is gone. [...]

This busy mind is who you think you are. It is easier to see, like the face of the person standing right in front of you. For example, the thought you're thinking right now is more obvious to you than your awareness of that thought. When you get angry, you pay more attention to what you're angry about than to the actual source of your anger, where your anger is coming from. In other words, you notice what your mind is doing, but you don't see the mind itself. You identify yourself with the contents of this busy mind -- your thoughts, emotions, ideas -- and end up thinking that all of this stuff is "me" and "how I am."

When you do that, it's like being asleep and dreaming and believing that your dream images are true. [...]

On the one hand, we're used to our sleep and content with its dreams; on the other hand, our wakeful self is always shaking us up and turning on the lights, so to speak. This wakeful self, the true mind that is awake, wants out of the confines of sleep, out of illusion-like reality. While we're locked away in our dream, it sees the potential for freedom. So it provokes, arouses, prods and instigates until we're inspired to take action. You could say we are living with a rebel within.

--Dzogchen Ponlop, from "Rebel Buddha"

## **16. LOVE WITHOUT CONDITIONS**

*Reprinted from InnerNet Weekly*

By Paul Ferrini

You will find all kinds of methods to teach you "how to be". But, as long as there is a method, you will be "doing".

I am telling you to drop all your methods. They are not necessary. Simply cease judging, interpreting, conceptualizing, speculating. Let all that is not “being” fall away. And then being will flower of itself. Then grace will unfold out of the seeming randomness of events. And you will understand the meaning and be glad that it is so.

There is no one who would shrink from his purpose here once it has been revealed to him. But it cannot reveal itself as long as he is trying to force his life open.

Be patient. Be gentle. All the joy and beauty of your life is at hand now. Your purpose is fully manifesting in this moment.

Do not look for meaning outside your own experience. Just trust what is and be with it. That is the most profound teaching I can give you. For, in this simple practice, all the barriers to truth will come down. [...]

Authentic spirituality is not linear. It is not prescriptive. It cannot tell you “do this and do that, and such and such will happen.”

Whatever is done must come from deep inside. It must be fresh, clear and centered in the heart. It must be done spontaneously.

If there is any residue from the past, if there is any fear, trust is missing and the miracle will not occur. Every thought that is free of fear, every action that is free of the compulsion to “do”, to “save” or to “heal” is miraculous in nature. It is free of the laws of time and space yet operates with spontaneous efficacy within them.

Why is this true? Because it is unrehearsed. Because it does not come from the conditioned mind. Because it is spontaneous and fully trusting. Such a thought or action is a living prayer. It cannot be anticipated or repeated. It is not a product of your learning. It is a result of your living communion with the unconditioned mind.

--Paul Ferrini in *Love Without Conditions*

## **17. LIVING ON THE 4<sup>TH</sup> FLOOR**

*Reprinted from HelpOthers.org*

My Dad's company provided rental accommodations for its employees, usually in multi-level buildings. We were on level 4.

For two years, my Dad had been pursuing his application for a ground level house to make the climb easier for my mom who had suffered complications after her second delivery. She was advised bed rest and climbing the stairs everyday was difficult for her. As luck had it, just at that time, my Dad's ground level application was granted and Mum and Dad were thrilled to move in to the ground level accommodation in a separate building that was closer to my Dad's office.

Without wasting time, they did the big move the following Saturday and mum was very relieved & excited. The following Monday, when my Dad returned from work and was about to enter the house, he saw an old lady and her old husband struggling to bring a wheelchair down the stairs. He was shocked and moved. When he ran to help them, the old lady said. "Don't worry, son, we are used to it now. We have been doing it for last 15 years for our disabled daughter. God bless you for your help though." Her sad yet kind words stung my dad's heart like a thousand needles.

The following Saturday, my Mum and Dad swapped the apartment with the old couple and they were back to level 4 in the building.



I still have it in my memory even now that every time the old couple met my dad anywhere, they would just look at him with blessings in their tearful eyes and whisper "Angel!" and would say to me, "You have an angel for a father!" It brought tears of pride to my eyes everytime ... even now when I am writing it.

## **18. IN GIVING WE RECEIVE**

*Reprinted from HelpOthers.org*

"This morning, as I got dressed for work, I chose one of my favorite necklaces. I do not wear it often because I want to hold onto it for a long time. When I got to work, I was walking through a doorway and a woman stopped me and said, 'I love your necklace'. I stopped walking to talk to her for a few minutes as she admired it and told me how great it looked on me. I recalled the many mornings that she has spoken to me with a smile and then remembered something that my mom taught me. 'You only give to others things that you would want to have'. As this thought ran through my mind, I unfastened the necklace from around my neck and told her she could have it. As I walked off I told her that a blessing given is a blessing received." -- hasifa

## **19. A BROTHER LIKE THAT**

*Reprinted from HelpOthers.org*

A friend of mine named Paul received an automobile from his brother as a Christmas present. On Christmas Eve when Paul came out of his office, a street urchin was walking around the shiny new car, admiring it. "Is this your car, Mister?" he asked.

Paul nodded. "My brother gave it to me for Christmas." The boy was astounded. "You mean your brother gave it to you and it didn't cost you nothing? Boy, I wish ..." He hesitated.

Of course Paul knew what he was going to wish for. He was going to wish he had a brother like that. But what the lad said jarred Paul all the way down to his heels.

"I wish," the boy went on, "that I could be a brother like that."

Paul looked at the boy in astonishment, then impulsively he added, "Would you like to take a ride in my automobile?"

"Oh yes, I'd love that."

After a short ride, the boy turned and with his eyes aglow, said, "Mister, would you mind driving in front of my house?"

Paul smiled a little. He thought he knew what the lad wanted. He wanted to show his neighbors that he could ride home in a big automobile. But Paul was wrong again. "Will you stop where those two steps are?" the boy asked.

He ran up the steps. Then in a little while Paul heard him coming back, but he was not coming fast. He was carrying his little crippled brother. He sat him down on the bottom step, then sort of squeezed up against him and pointed to the car.

"There she is, Buddy, just like I told you upstairs. His brother gave it to him for Christmas and it didn't cost him a cent. And some day I'm gonna give you one just like it ... then you can see for yourself all the pretty things in the Christmas windows that I've been trying to tell you about."

Paul got out and lifted the lad to the front seat of his car. The shining-eyed older brother climbed in beside him and the three of them began a memorable holiday ride.

That Christmas Eve, Paul learned what "It is more blessed to give..." means!

## **20. IMMEASURABLE GENEROSITY FROM A FRIEND**

*Reprinted from HelpOthers.org*

My husband died in 1998 and the following year found me incredibly depressed, desperately lonely and totally overwhelmed. I was living over 2,000 miles from my family, and his family had disappeared as if I had the plague. My sister and my friends had been trying to get me to sell and move for several months and a close friend invited to move to the town where she lived. Though I knew I should sell (I couldn't keep the place up), it was impossible for me to consider, as there was no way I could handle the mortgage until it sold, and also pay for an apartment.

My friend invited me into her home, to live there with her, free of charge. She has a large, beautiful home, and though I seriously considered it, I didn't want to "put her out" or become a burden, and told her it could take months or even years to sell my place. But she said she realized that and didn't care, and 18 months after I became a widow I moved into her home, which was several states away.

Not only did I live with her for over a year, but when my property finally sold, she accompanied me on the long drive (14 hours), and we used her car, as it was newer and much more comfortable than mine.

When I finally got my own place, she stated that she knew I could never pay her back financially, and she didn't ever want that, but instead, she said that someday if I got the opportunity, to pass it on to someone else who needed some help, and that the "generosity" need not be financial.

What she did for me was immeasurable. It wasn't just the sharing of her home and the easing of my burden; she taught me that the best way to get through a really bad patch or depression, was to reach out and help someone else. She is of course, still my very best friend and I have never forgotten the lessons I learned from her. It wasn't until 2005 (Hurricane Katrina) that I was finally able to pay back her enormous gift to me by helping someone else in the manner she had done for me. (But that's another story.)

Needless to say, I will never, ever forget her generosity; and I find it only fitting that I look for ways, no matter how small, to share a little kindness with others every day.

## **21. 12 MINUTE CAB RIDE TO PENN STATION**

*Reprinted from HelpOthers.org*

"Penn Station," I told the cab driver. The young, heavy-set man peered at me through his sunglasses and motioned me to get in.

"I've got to get to JFK airport by 2:30PM. You think I'll be able to get there via LIRR or should I cab it all the way?" I ask him, as I get comfortable in the back seat. "Hmmm. You should be okay. Yeah, you'll make it. It will be much cheaper to take the train," he replied in a mild South Asian accent.

"Thanks," I told him. Given his engaging nature, we naturally started a conversation, which went

from the weather and quickly veered into the struggles of a cab driver's life. "How long have you been driving cabs?" "Three years." "You like it?" "It's really hard work. Not all people are so nice. I get tired, but what can you do? You have to pay the bills." "I hear you."

Like most New York cab drivers, he accelerated constantly and braked often, zoomed through red lights, almost nicked a couple of cars and still, never broke a sweat. :)

"What do you do?" he asked curiously. "I help a nonprofit organization trying to bring some goodness in the world," I responded. "Do they pay you well?" "Well, no but I get by. I don't have many material things in life, the IRS would consider me poor, but you know, I've realized that I don't need all that to keep me happy. If I die tomorrow, I want to go out knowing that I've made a few people smile."

The young cab driver, perhaps in his late thirties, looked back through the sliding glass as if extending his hand for a hand shake -- "Man, it is nice to meet you. It is really nice to meet you." Although we were strangers, both of us felt deeply connected as human beings. And by now, 7 minutes into our ride, we were on a first-name basis. He even spelled his name for me: H-a-k-e-e-m.

Hakeem and I talked a bit about simple acts of generosity, the power of a pay-it-forward mindset and how that can promote trust and connection in our communities. He understood the idea, but it seemed very abstract and foreign to him, so I gave him the example of [a Berkeley restaurant](#) I knew about: "So, you walk into this restaurant and you get a meal without paying for it. Then your check says \$0.00 -- someone before you has paid for your meal, and you can pay-forward for the person after you. You pay whatever you want for someone you don't know." "So who comes to this restaurant?" "It's not like a soup-kitchen for the homeless; it's a place where everyone comes in." "Wow, really? That is something."

Our conversation was one of those lively, happy conversations. We were both laughing it up and sharing stories, when he turns to me and says, "Can I keep in touch with you? I want to help. I want to be associated with this." Perhaps it broke protocol for a cab driver to ask for the business card of his customer, but Hakeem and I felt like old friends. "Sure thing, buddy." We traded email addresses as he informed me that he has a laptop at home from which he can check emails once every couple of days.

"You know what you could do, Hakeem," I suggested in a conspiring tone. "You could give free ride to people every so often, and see how they respond. Imagine the dinner conversation that they will have with their family that night." "Wow. Yeah. I will do it. Every week, I can give away a \$5 cab ride." After a reflective pause, he added, "Man, I'm moved."

We arrived at Penn Station. "\$14.15" was the total. I gave him \$15, and was looking through my wallet for more when he immediately planted a dollar bill into my hands and insisted that I don't tip him -- "No, no. Please, please." It was 15 cents from a cabbie, but in his heart, Hakeem was giving me a free ride and I was blessed to receive it.

As I was heading out, I turn to him and say, "Hakeem, you know how we talked about this pay-it-forward idea; well, here's a \$20. Whenever you feel like it, you give a ride to people and tell them that someone before them has paid for their fare. See what happens." Hearing this, Hakeem was visibly moved. "Really? Are you sure?" "Absolutely." "I will give them your email address too." "No, no. This is not about you or I. Ask them to just pay it forward. And here, give them this card," I said as I handed him a couple of [Smile Cards](#).

Standing on the streets, I looked in through the back window and said, "Alright, my friend, be well." Almost speechless, he repeated one last time: "Man, I'm moved." So was I.

## **22. 2012 DOCUMENTARY FILM**

For those interested in documentaries about 2012 prophecy, follow this link to the video... <http://www.forbiddenknowledgetv.com/videos/consciousness/2012---documentary-film.html> .

## **23. SUNRISE – BEAUTIFUL AND PEACEFUL MUSIC AND VIDEO**

This beautiful and peaceful music and video are complements of Shirley Cason. Follow this link to the video... <http://www.youtube.com/watch?v=47f6dHgZIM4> .

## **24. SAY SOMETHING NICE**

*Reprinted from KarmaTube.org*

A few folks at Improv Everywhere constructed a custom wooden lectern with a megaphone holster and an attached sign that read: "Say Something Nice." The lectern was placed in public spaces around New York and then left alone. What would happen when passerbys were given the opportunity to amplify their voices to "say something nice"? Watch and find out. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2579>.

## **25. MANKIND IS NO ISLAND**

*Reprinted from KarmaTube.org*

Using images found on street signage in Sydney and New York, Jason van Genderen shot this entire movie on a cell phone! "Mankind is No Island" is a cleverly crafted visual and musical narrative, whose production budget was a whopping \$57! Winner of the TropFest NY 2008 award, the world's largest short film festival, this is three and half minute experience that will leave you inspired. Follow this link to the video... <http://www.karmatube.org/videos.php?id=1553>.

## **26. MONEY AND LIFE – ECOLOGIZE GROWTH**

*Reprinted from KarmaTube.org*

Could a change in how we view economic systems create a change in how we view ourselves? Ecologize Growth is a micro-film based on the full length documentary, Money and Life, that seeks to answer that question. The film explores old and new perspectives and belief systems about money and how they affect society's evolving consciousness. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2473> .

## **27. FARMIN' IN THE HOOD**

*Reprinted from KarmaTube.org*

What started as an experiment has become a social movement. Words like fish farming, chicken coop and alternative energy don't normally evoke an image of the inner city. The Urban Farming Guys are changing all of that by working from the inside out to build a united community, improve education, create jobs and lower crime in the inner city of Kansas City. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2415> .

## **28. ELEPHANTS NEVER FORGET**

*Reprinted from KarmaTube.org*

After years alone in captivity Shirley is reunited with an elephant she knew 25 years earlier. This short clip presents itself as an elephant reunion, but at its core lies a deep and beautiful lesson in love. Watch in the first few minutes as Solomon James (Shirley's keeper of 22 years) says goodbye. Those few moments of film capture a depth and meaning of true love that no explanation ever could - truly amazing. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2549>.

## **29. BOTTLE TO BULB**

*Reprinted from KarmaTube.org*

How many ways can you think of to reuse an old plastic bottle? Solar Demi is a man who has come up with a new use - plastic bottle as solar light bulb. The idea is ingenious in its simplicity, but its power comes through the benefit it can give to so many across the world. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2617> .

## **30. THE POWER OF ONE**

*Reprinted from KarmaTube.org*

Sunday, October 2 marks both the United Nations' International Day of Non-Violence and the birthday of one of its biggest proponents: Mohandas Karamchand Gandhi. This week we pay tribute to the concept and the man by re-introducing our subscribers to the "Power of One." We honor the values and practice of the nonviolent civil actions that changed a nation -- and indeed, the world. Follow this link to the video... <http://www.karmatube.org/videos.php?id=14>.

## **31. IF LIFE IS A GAME...THESE ARE THE RULES**

*Complements of SimpleTruths.com*

This beautiful little video speaks for itself. If you think life is a game, and even if you do not, these 10 principles help you understand the mystery that surrounds us each and every moment of our lives. Follow this link to the video... <http://www.thesearetherulesmovie.com/> .

## **32. YOU ARE NEVER TOO YOUNG TO LAUGH**

**Daniel Pham, Antioch, California:** Daniel is 11 years old and the youngest certified Laughter Yoga teacher! This is his Laughter Yoga story.

I found out about Laughter Yoga in a peculiar way. When I was in 3rd grade, the teachers passed around a magazine in class which had an article on "Laughter is the Best Medicine", I was very intrigued by it as it talked about laughter and the many benefits of it - you could get healthier, less stress, and lose weight. For the next week or two, I kept thinking about the article as it lingered in my head.

A couple of months ago, my dad while visiting Vietnam was introduced to Laughter Yoga and he told me about this new exercise craze that could change one's life. I was very excited and thought it was so cool. We watched many videos and DVDs explaining what Laughter Yoga is and also

practiced many exercises. Then one day, my dad surprised me by telling me that we would be training with Dr. Madan Kataria in India to get our teacher's training certificate! Though thrilled, I told him that I have school and many things to do. My mom and I were ranting about everything. But, then I thought maybe it will be worth it. With that, my dad, my mom, and I traveled to India and took the training course with Dr. Kataria at the end of which we were very happy and stress free. We could not wait to get home and start our Laughter club. Now, I am in the United States, happily trying to spread Laughter Yoga in my community.

Remember everyone, there is no age to learn laughter and do laughter - just laugh hoho hahaha.

To see this story on Laughteryoga.org and see the pictures click on this URL.  
[http://www.laughteryoga.org/index.php?option=com\\_content&view=article&id=5995:youngest-laughter-yoga-teacher-at-age-11&catid=125:latest-&Itemid=275](http://www.laughteryoga.org/index.php?option=com_content&view=article&id=5995:youngest-laughter-yoga-teacher-at-age-11&catid=125:latest-&Itemid=275)

## HEART AND SOUL ADVERTISEMENTS:

### 33. KICK THE HABIT OF LOVE, APPROVAL AND APPRECIATION: THE WORK OF BYRON KATIE

Living a life addicted to gaining others' love, approval, and appreciation can be extremely painful.

How do **you** go about seeking the love, approval, and/or appreciation of others? Are you even aware of all of the ways you live your life and the amount of time and mental energy you spend doing this? Have you ever been afraid to ask for something you wanted or done something that you really didn't want to do?

Explore how would it be to live without worrying about what others think of you?

Let's kick the habit!

This workshop is intended for everyone who wants to find a new way to be in relationship with themselves and others. It is appropriate for both those new to The Work and those experienced in The Work.

*Seeking love is how you lose the awareness of love. But you can only lose the awareness of it, not the state. This is not an option, because love is what we all are. That's immovable. When you investigate your stressful thinking and your mind becomes clear, love pours into your life, and there's nothing you can do about it." --Byron Katie [www.thework.com](http://www.thework.com)*

### Registration Information:

**October 22-26, 2011**

Arrival on October 21st

Oct. 22<sup>nd</sup>-25<sup>th</sup> - 9:00 am to 9:00 pm

Oct. 26th- ends at noon, lunch included.

**Location**

Tatamagouche Center [www.tatacentre.ca](http://www.tatacentre.ca)  
Tatamagouche, Nova Scotia, Canada

**Tuition**

Early Bird ~ \$545 before Sept. 15, 2011  
\$595 ~ after Sept. 15<sup>th</sup>

**Lodging and Meals**

All meals and snacks are included beginning with supper on October 21st, through lunch on the 26th.

\$502.00 Canadian dollars - double occupancy (two per room) plus 13% tax)

\$643.00 Canadian dollars - single occupancy plus 13% tax

Lodging is to be paid in full when you register at the Centre on October 21<sup>st</sup>. Credit card, cash or money order are accepted.

**Contact Information**

Contact Maggie at [maggie@maggiecarter.com](mailto:maggie@maggiecarter.com) or 805-272-5793 for questions regarding registration or the event.

Contact Katherine at [klarter@ns.sympatico.ca](mailto:klarter@ns.sympatico.ca) or 902-860-1208 for information about the venue or getting to the venue.

**Cancellation Policy**

If your cancellation is received ten (10) days in advance of the workshop, your tuition will be refunded less a \$100 processing fee. If you do not send advance notice, if you do not attend, or if you leave the workshop early, your payment is non-refundable and non-transferable.

### 34. THE INNER JOURNEY WITH RICHARD HARVEY

The Inner Journey: Holistic Awareness Practices for Psycho-Spiritual Practitioners and Personal and Spiritual Development

A Two-Weekend Course with Richard Harvey in Andalucia, Spain

The Inner Journey is the Beginning of Your Life Journey. The Inner Journey is a course for practitioners and people who wish to develop the tools for exploring the inner world. Beyond the conditioned behavior and emotional patterns of our personality lies our authentic self. To live from this authenticity we must be psychologically whole. We must meet ourselves on all the levels - emotional, mental, physical, spiritual and soulful. Through confronting the dark and powerful, dazzling and profound aspects of ourselves, our personal struggle and suffering comes into clear perspective and we can attain the wisdom and inner peace that are inherent in the full flowering of a human life and live our full potential.

In This Course: We ask how do we identify with the character which we created to defend ourselves from the world? How do we attract repetitive life experiences which 'justify' these defenses and patterns? How do we resist being who we are and submit to a contracted existence? This course is a synthesis of experiential and teaching experience which consolidates and supports the process of deep understanding and insight.

Methods: The course weekends are themed to meet the needs of the individuals in the group. Methods may include bodywork, group sharing, guided imagery, breath and energy work, meditation (moving and still), dialoging, drawing, dreamwork and mythwork, dyad work, ritual, awareness practice, primal integration, character exploration, gestalt and individual work within the group.

Format: Each weekend follows this general format: Saturday is for group process time and individual work; Sunday includes an informal talk followed by a seminar and experiential work on the theme and further process if time allows.

Dates: 8–9 October and 5–6 November 2011

Price: 400 euros

The Venue: Cortijo Llano de Manzano, Canar, nr. Orgiva, Spain. See information at <http://www.therapyandspirituality.com/location-alpujarras-spain.html>.

Times : Saturdays: 10am to 6pm ; Sundays: 10am to 4pm

Booking:

Click on <http://www.therapyandspirituality.com/bookings.php> to make a booking. You will need to pay a deposit of 50% of the course price with your booking—this deposit is not refundable if you cancel for any reason.

Food and Refreshments like tea, coffee, herb teas and biscuits are provided. Please bring your own light lunch.

Getting There :

Please see <http://www.therapyandspirituality.com/travel-information-alpujarras.html> on how to get to the area and to Cortijo Llano Manzano itself.

Accommodation :

All courses are non-residential. If you are traveling to attend and need help finding accommodation please go to <http://www.therapyandspirituality.com/travel-information-alpujarras.html#accommodation> .

Full details at <http://www.therapyandspirituality.com/courses.html#innjourney>

. Interview about Group therapy: Richard Harvey answers questions about group work and group therapy on workshops and courses

<http://www.therapyandspirituality.com/interview-group-work-2.html> .

### **35. HEALING CDs**

Hi all;

Etheric musician, Jeremy Sills and I have 3 of our 4 albums up on CDBABY! I Choose Love, Forgiveness and Spiritual Evolution are up. Healing is yet to be posted. They can be identified by artist - HendersonSills or by Genre - go to New Age - then any of the following sub categories: Energy Healing, Healing or Meditation.

<http://www.cdbaby.com/Artist/HendersonSills>

<http://www.cdbaby.com/new/244>



<http://cdbaby.com/new/582>

Once up on cdbaby they will soon appear on itunes and amazon. Not sure about reverbnation?

This is Jeremy and my contribution to helping keep people in a relaxed and calm state and simultaneously raise their consciousness as our planet goes through a paradigm shift.

Downloading these albums is available for a fraction of the cost of the physical album. On cdbaby -\$9.99 each. The hardcopy from us @ - \$35.00 each

These albums teach people techniques on how to heal themselves. They are not meant to replace medicine but are offered as a compliment and adjunct to it. The info and techniques in each album builds upon the previous one. The portability of this info may become very, very important as the uncertainty of our world changes and speeds up. Right now, it is said that information is doubling about every 20 days. This alone can be quite stressful if you are not balanced, calm and grounded. We are only free in how we think and if you understand that it is the mind that heals, you will be able to apply these techniques no matter where you are or what your circumstance!!

If the enclosed resonates with you, Please distribute to everyone you know.

Namaste

Rev. Dr. Doug Henderson PhD, OM, ICBT  
Stress Management Consultant  
Certified Quantum Biofeedback Therapist  
Quantum Rejuvenation Unlimited  
[www.quantumru.com](http://www.quantumru.com)  
[drdoug88@rogers.com](mailto:drdoug88@rogers.com)  
613-2-333-888

### **36. SPIRITUALITY AND AGING: FROM AGEISM TO ELDERHOOD**

Although the aging process is a natural part of the life cycle, the experience of growing old is not for the faint of heart. This is particularly true in a youth oriented society where the senior years are often seen as a time of decline rather than of growth towards maturity and wisdom. The goal of this presentation is to explore the challenges of "ageism" in a youth-oriented society and highlight the spiritual dimensions of "elderhood" in later life.

Presenter

**Dr. Jane Dawson**

Jane is the Director of the InScape Centre for Transformation and Renewal, an educational centre that offers programs and services to support meaningful learning during times of change. Jane has a PhD in Adult Education and a Certificate in Spiritual Direction. The focus of her work is on spiritual growth as a central dimension of lifelong learning.

**Tuesday, November 1, 2011  
St. Paul's Presbyterian Church  
971 Woodroffe Avenue, Ottawa**

**This Continuing Education Event will be presented twice (you may attend afternoon OR evening) 1:30 - 3:30pm or 7:00 - 9:00pm. Choose whichever session is more suitable for you and your team.**

COST: \$10.00 per person

REGISTRATION not required

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

**Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

105-317 Metcalfe Street

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