

Transformation

A Guide for Change



Coursework for Creating Your Life

Activating Emotional Intelligence

Managing Personal Choice

Rev. Zen Benefiel

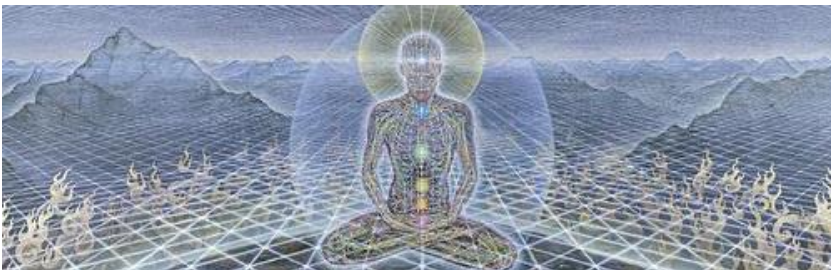
This workbook is dedicated to my children,

Krystal, Katrina, Ian and Aura.

I love you.

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A Guide for Change

"We succeed in enterprises which demand the positive qualities we possess, but we excel in those which can also make use of our defects."

Alexis de Tocqueville

Opening Your Door to Fulfillment

Objectives, Expectations and Ground Rules



Fulfillment: *a feeling of satisfaction at having achieved your desires.* This coursework is designed to facilitate practical understanding and use of the natural processes of emotional transformation that lead you toward fulfillment.

Men and women process information differently, but emotions are virtually the same. Men, unfortunately, have been taught that we must not appear weak and sharing deep intimate feelings tends to make us feel vulnerable, so we equate that to being weak. There is great strength in being gentle.

We will analyze and examine the process of feeling and thinking so that you become more aware, able to manage your emotions, making better choices toward achieving goals. The result will be some pragmatic processes for your quiver, sand box, tool box, or daily drive. The weekly layout is only to provide a foundation for the process. Any educational endeavor, transformative or not, needs structure for effective delivery.

Concepts are explained in order to give a consistent understanding of the information. You will be exposed to the practice of several processes that open the door to your emotional freedom, a prerequisite for creating the life you desire. Balanced living often results from addressing the polarities of personal desires and social responsibility.

Daily living environments include a plethora of choices and stimuli vying for our attention. You will learn how to pay attention better.

The freedom from anger, fear, guilt, shame or other immobilizing emotional attachment allows you to make choices in your best interest. Choices that are in your best interest align all the spiritual concepts and components of life and living toward achieving fulfillment.

Fulfillment varies from individual to individual; the subtle and sublime sensation of gratitude and reverence are a sure sign of it. Joy and serenity are results of success in life, love and service or work.

Weekly Assignments: Assignments include exercises, journaling and written papers of approximately two typed pages in length. The completion of this workbook will show you how clearing your emotions and igniting the imagination can get you closer to experiencing fulfillment on a more regular basis.

Important terms are defined at the beginning of each section. It's up to you to actually do the work. If you have doubts, you're normal. If you move beyond the doubts, you've achieved freedom.

We need to be clear regarding the processes you are about to experience. Your benefit from this coursework will depend on your openness to exploring concepts and practicing exercises. You have to be willing to explore the depths of the ocean of emotion within you.

Transformation happens automatically through doing the exercises and practicing the techniques. A good sense of humor will go a long way.

I stumbled upon an interesting insight a few years ago. The challenge is to change... whatever. Challenge and change are only three letters different.. the 'lle' removed creates change. Well, consider this as the 'lle' expanded: liabilities, limitations and excuses.

When we remove those from our life, our thoughts our working relationships – change happens automatically. We ‘shift’ from the old way – habits, patterns and subjective beliefs – to being available for intelligent insights that move us toward a better life.

Journaling empowers the transformation process because it gives you proof of how your feelings and thoughts change. Journaling allows you to write in a stream of consciousness without filtering your thoughts. You will journal daily about your process; the feelings, insights and thoughts that are relative to the coursework.

If you currently journal, please be inclusive in your course volume. Journaling is a great process for self-awareness. Apathy is your worst enemy and clearest sign change is necessary.



©Chris Madden – The Beast That Ate the Earth

Sometimes we are so locked into a particular perspective and we may not realize the liabilities, limitations or excuses it has created. There are options for garnering additional perspectives if you choose to share your discoveries. I encourage discussing your insights with a close friend or confidant. Open conversation that invokes candid and realistic dialog gives you the opportunity to screen your thinking through the insights and/or perspectives of others.

We tend to keep our thoughts to ourselves as a result of old patterns of social behavior. These patterns change with the new living awareness garnered by the personal work you accomplish.

You will find reason and truth in creating the life you want to live authentically. Fulfillment is achieved as you actualize success in your chosen field, hobby or vocation.

You are required to write several papers and answer questions from this workbook. Please fully engage the coursework; your focus and intensity will bring about far greater results.

Authentic expression moves our spirit and builds bridges to our greater wholeness, our holistic lifestyle. A natural sense of gratitude evolves as we recognize the serendipitous connections.

It is vitally important that you engage this coursework. The desire you have to strengthen your personal connection with this material will create greater access to the insights and wisdom. These processes inherently generate results for you, but you must do the work required.

*Included in your purchase is a one-hour consultation at the **completion** of this coursework, if you so desire. Contact information is below.*

You may want to consider creating an on-going coaching relationship to continue your development and success path. If you have questions during the coursework, Zen would enjoy being helpful and is available via e-mail: Transform@BeTheDream.com, by phone at: 480-633-7179 or via Skype at zendor8. Or, if you'd prefer snail mail:

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Although this workbook is designed for a month's use, it can be used over and over as needed for continued transformation.

*Extraordinary people make choices that are consistent not only with the highest expression of themselves but with the greater good of the world. -
Debbie Ford*

Zendor, Your Door to 'What Is'

What is in it for me?

In starting any self-awareness or self-development program the first concern on nearly everyone's mind is, "How can this person help?" Beneath the obvious question is a quagmire of experiences that have either kept one at the brink of discovery and frustrated because of no results or so critical in their examination of the individual that there is little, if any, room for insightful innovations to enter the mind – let alone the heart. So, knowing a bit about this one's life experience and personal transformation helps to set the stage for deeper listening.

A few years ago some words came out of my mouth quite 'accidentally' during a conversation about clarity and observation. They were, "A point of perspective dances in the balance of the seer's vision." The soulful expression came from a desire to integrate inner and outer views, introspection and perception, into a congruent framework that allows one to bridge the spiritual and material worlds. Why?

I was adopted very young by some wonderful people. Suffice it to say I lacked for nothing in my childhood and, as it turned out, I was born with intelligence beyond my parent's ability to manage. Evidently it intimidated them enough that they felt it important to keep their knowledge from me because they thought I might get all snooty or something. Well, I was pretty humble even with the natural academic and athletic ability I had back then. I still had a gap in my heart.

I think this is where the challenge to find myself began, from the deep sense of knowing there was more- beyond the adoption, beyond the early visitations from folks most others denied existing, beyond the feelings, sensations and voices others apparently did not experience.

In 1975, at 18 in my first year of college living in the honors dorm, I was taken into and beyond the Light that is referenced in spiritual texts and related to in Near Death Experiences. After being asked if I was willing to die for what I believed in during a meditation. I was told what I am here to do and then returned to my body with full consciousness of this 'mission.' What was it? Yes, I'd heard a voice since childhood that was a trusted companion by this time and no, I wasn't on drugs.

The latter always seems to be a question, especially for that time period. I totally understand because that kind of experience was quite rare and virtually no one had a direct experience to which they could relate. I get that. Today, many Boomers and others are seeking to have such experiences of unity with the divine after spending a lifetime of chasing the almighty buck and realizing it just isn't that fulfilling. Money can't buy love, but it sure seems to rent it for a while. It is short-lived at best.

So what was the experience like? Words are a strained attempt at description no matter how eloquent the word-smithing. Initially I was in a deep meditation while listening to Journey's first album, a song called 'In the Morning Day.' Between the verse and the vamp was a guitar riff that sounded like a supersonic jet whisking by in an instant.

Time stood still for a moment as I heard, "Bruce, are you willing to die for what you believe in?" I thought about Christ or Cosmic Consciousness and immediately said, "Yes!" And then the riff...

I felt a slight tug upward and I let go, turning to see my body laying across the dorm room bed (honors dorm at BSU). I turned back to see where I was going and without so much as a blink of an eye I was surrounded by white light. I felt like I was home, truly home. I could see and think but, as an impetuous teenager I soon grew bored in the solitary light and asked if there was more. Then came another tug. I went with it again.

I went from being surrounded by Light to a place where I saw points of light all around like a sphere with an indigo background. I instinctively knew these were points of consciousness. Whether in body or not was the question... I wasn't and I knew it.

As if to acknowledge my recognition, the voice began again, "These are those that you are to work with in order to facilitate a new world order. It will happen in your lifetime. Know this to be true. Your path will be full of trials and tribulations. Have faith and trust that everything you need will be there at the appointed time. Trust and allow."

According to the 'voice' that resumed after my recognition of the those points, I am to work with them in order to facilitate a new world order...a fusion and synergy of material and spiritual worlds. I was ecstatic to say the least. But as a teenager, what can you really do? Who can you talk to? What can you say after an experience like that? Did I even dare? I'd venture to say right now you are experiencing what I wrote in the first paragraph... your mind is locking up. Maybe not..

The first human place in consciousness was to want to announce to the world that I AM HERE, believing that I AM THE ONE, if I were to take it all literally. What a foolish notion of a selfless mind. I read years later that a long-standing spiritual teaching is 'to know, to dare, to do and to be silent.' My personality could not handle the truth at the time. My soul had been ignited with a vision and I had not the spiritual maturation to remain quiet.

I told my adoptive parents, my friends, my teachers and even went to the preachers just off campus to find out how they would respond to such an experience. I figured if it was so real, then there would have to be some correlation somewhere. Instead of answers or intelligent discussion I got ostracized and sent to a psychiatrist. Fortunately, the shrink had some sense beyond common and was able to help me

coagulate the possibilities. Over the years I've found the challenge is to make sense common.

Most recently my wife's Christmas gift, a zen calendar, offered this statement by Steve Hagen, "If we know how to keep silence properly, we can maintain silence even when speaking and acting." I was given that same advice by my psychiatrist, the one my parents sent me to in hopes I could be 'saved' from the disordered of those moments of pure truth in the Light. Although he acknowledged that I had gone through a spiritual awakening, the wisdom coming from my mouth would be misunderstood because of my age. He advised me to be very careful of what I shared with others, especially adults at the time.

Alas, my exuberance in sharing my story was the beginning of what the field of psychology and more specifically psychiatry calls the 'messianic complex.' I felt like I had all the answers and needed to share them with the world, even though 'the answers' really didn't make sense to anyone, me included at times. There was no 'how to' included in the experience, no 'preparation' involved to meet the demands.

It was a most unhealthy and unappreciated place to be for the aspirant of divine guidance who wishes to remain free of attachments, but can only express from a child-like place at that time. Okay, so there are no veils and I don't *need* to be 'The One.' So what's next?



Often the messenger gets hung up on the message and becomes its icon rather than a simple conduit of information. I was no different. A few years later, I was busy with family, job and planning a future. I still didn't 'get' it.

Since that time, I've observed that identity is really of no consequence in the delivery of new information or clarification of the mysterious in order for the 'magic' of life to become present. Too often identity, assumed or projected, simply gets in the way. Our minds want to categorize and label instead of just listening and observing. Telling is not training, I've heard so often.

All the mental chatter does absolutely no good when 'stillness' is the message. We engage the 'do and have' in life without the core of 'being' that ignites the union of spirit and matter; religion - reunion with God. We get caught up in the chatter and think ourselves separate.

We allow those who instruct us to continue the lie that we are separate from creation and need to give our power to someone else as our intercessor. Is this the kind of sense we seek to make common?

In my continued studies, I've found that to be the opposite of what was intended. It is most profoundly revealed in the translation of the Dead Sea Scrolls where apparently Jesus statement, "Don't you know that you are god as I am god," is made. Now that got me thinking. It totally flipped my point of view.

If this statement is true, then how can or could we verify it in our own experience? I had a sense it was going to be a very interesting journey. What could I offer others of my discoveries without drawing a crowd? Or did I want to draw a crowd?

My own experience was pretty lunatic fringe to the common folk, so I had to come to terms with being comfortable in my weirdness. That didn't mean that I kept out of sight, quite the opposite.

One of my most exciting 'jobs' was as an aerospace production control coordinator in charge of over 800 part numbers which equated to \$7 million in shipments a month. I dealt with engineers, machinists,

purchasing agents, shipping clerks and occasionally the entire chain of command in order to perform my job. I did it very well.

Concurrently, I was going through a divorce and was serving as an elder in the Church of Jesus Christ and Latter Day Saints. I’ve since moved on from both, but the paradox was evident even then. I’ve heard that if it [truth] isn’t paradoxical, then it probably isn’t true.

At any rate, a good friend and I were in deep conversation after a full-moon meditation in the summer of 1988 just before my 31st birthday. We fell silent for a bit and I turned inward in prayer.

“Who am I?” I asked. My angst over challenges in life, religion and work were causing some deep introspection. I was interrupted in my inner moment by the movement next to me. I opened my eyes and turned to look at my friend. Without a moment’s hesitation our eyes were locked and the words, “You are Zendor!” came out of his mouth.

At the same instant in my mind’s eye I was a large stone-arched doorway cast in a starscape with a thick wooden door slowly opening toward me. I’ve had some interesting visions, but this one coupled with the spoken words just after I asked the question in prayer was just a little spooky to say the least. What would you do if that happened to you? I sat in silence for quite a while. Saying it was a bit overwhelming is an understatement.

After years of emotional and spiritual recovery from being rejected by the things I thought would hold safety, security and success – I began to pay more attention to what was right in front of me. Opportunity appeared and I walked through the door, over and over, until I had several degrees in business, certifications in teaching, hypnotherapy and transformational life coaching and a history of achievements that most people couldn’t accomplish in ten lifetimes.

Why? I focused on the chance to learn, to stretch my understanding, to jump into things I wanted to experience when the doors of opportunity opened - and they did regularly as long as I kept my heart open.

Now that I'm in my 50s, my First Nation friends have informed me that I can now share my understanding and wisdom. You see, their tradition requires one to grow to know the secrets of human emotions and our connections to Great Spirit before ever claiming to be a wise man.

In all these trials and tribulations, though, there came to be simple salient points of order that are strewn throughout all religions and spiritual paths as guideposts to finding freedom from self-deception.

Ultimately, I just want to share that simple path to freedom from the self-deception of being anything less than a child of the universe. I think you will enjoy the process, in spite of the turmoil of the past and maybe even some that will come as you get over yourself in the present. 😊

“If we know how to keep silence properly, we can maintain silence even when speaking and acting.”

Steve Hagen

***“In the realm of human destiny, the depth of man’s questioning
is more important than his answers.”***

Andre Malraux

Week One

Removing Emotional Blockages

What are emotional blockages and how might we learn from them?

Objective: *Learn how to 'let go' and flow.*

Definition of terms:

Attachments to outcome: *Holding an emotional charge or feeling for a desired result.*

Bottleneck: *A stage in a process that causes the entire process to slow down or stop; Incongruent energy that creates a restriction of flow.*

Flow: *To move or run smoothly with unbroken continuity, as characteristic of a fluid.*

Observer Self: *One who is aware, through the senses, yet remains detached from them.*

Fulfillment is accomplished through the synergy of mental discovery, visual imagery and purposeful passion directed toward our plan for achievement. We want to create a daily life that empowers this process. We are phenomenally functional creatures when our 'energy' *flows* without restriction. **Flow** is the harbinger of fulfillment. Can we create *flow* by choice?

Bottlenecks, elements or processes restricting output of the production system in a factory, were Eli Goldratt's nemesis in his book **The Goal**. Once identified through analysis, changes were implemented to maximize *flow*, or *throughput*, within the system.

As it turns out, Goldratt's analysis of *bottlenecks* can be applied to the 'human system'. Consistent with energy systems, *emotional bottlenecks* impede the flow of fulfillment, happiness and manifestation of our desires. We seek to minimize these *bottlenecks* in our life.

We can analyze our emotional system to determine where our *bottlenecks* lay, but that is just the beginning. There is much more. Oftentimes we tend to focus on the *bottlenecks*, the *incongruent energy*, rather than focusing on creating a *flow*.

This is a common undesirable use of attention. According to mystics, quantum physicists and spiritual teachers, what we focus on, grows. What do you want more of in your life? How do you balance personal and social responsibility?

Therefore, the objective would be to identify the *bottlenecks* so you can remove them in order to focus on creating *flow*. Once the constrictions are identified, you need to understand how to change them so your attention is on the objective, not the *bottleneck*.

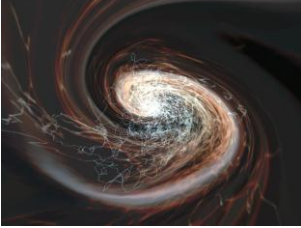
More than likely if you are reading these words you have experienced a moment of *flow* now and again. Remember how it felt? Recall the experience and focus on it for just a moment. Was it easy to recall?

How can we become conscious of *bottlenecks*? We can train ourselves to recognize when our body constricts, feels tight or our breathing changes dramatically as a result of a situation. We can then embrace them, forgive the cause, and then let go of our attachment to the outcome. That sounds so simple, doesn't it?

It really is when you know *how* to do it. Knowing how still requires the *action* of releasing attachments to outcome in order to be effective. The information and exercises contained in this workbook will assist you in eliminating many bottlenecks. It is up to you to apply the knowledge daily, sometimes moment by moment, in order to get the best results possible for you and others.

Dudley Lynch, President of Brain Technologies, Inc. gave me a title of "Possibilities Coagulator" some years ago. It is my hopes you, too, will become a possibilities coagulator as you grow to know the secrets.

The Discipline and Practice of ‘Letting Go’



We’ve all heard the phrase, ‘Let go and let God.’ Can we? Do we have to really work on recognizing and releasing our *attachments to outcome*? Usually we do; working through the frustrations of self-criticism along the way.

Oftentimes, we find ourselves in a vicious vortex of self-destructive patterns. That same vortex can just as quickly release us when we know how to let go of our critical subjective nature, acknowledge the feeling, allow the feeling without denial, choose to release it, observe its release and accept a better feeling. Sounds so simple in theory, doesn’t it?

What if it really is?

This practice is a relatively simple yet profound tool for transformation and transcendence. You might already realize the advantages. What you will be doing is synergizing your breath with your feelings, releasing the emotional blocks or *bottlenecks* to your true freedom and flow.

Depending on what you uncover, it can work quickly or take some time. The process, once perfected, can be used anywhere at any time. The results are experienced in many ways, all of them good, as they offer deeper understanding of your own feeling patterns.

We can either respond or react to any situation. By responding, we pause and reflect before we act. The *observer* within allows us to step away from the emotional attachment to outcome, yet helps us define those attachments because we have become aware of them now. Once aware, we can choose how to respond rather than react out of some unconscious pattern of old behavior.

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Personal growth does not have to be painful. Why would we want to continue to experience pain, then? We can observe and not be engaged by the disturbance. So recognizing that the *observer* is a really powerful place, how do we find it? The focus of this exercise is to move beyond disturbance in your emotional patterns, the blocks or resistance to change or growth, and become the *observer* of your process.

Sometimes we have enough awareness to be able to ask why we reacted to a situation in such an inappropriate or incongruent way. That question is an opportunity to explore the deeper causes of our reaction. The following exercise is designed to allow you to garner greater awareness and control of your responses to stimuli.

Exercise:

Recall a situation where you reacted emotionally out of control. Remember the feeling that triggered the reaction. Embrace it now. Feel the feeling as deeply as if it had just happened again. Take a deep breath and let it go. On the exhale, feel yourself relax and release into a new living awareness. Imagine that the feeling is now gone, replaced by a better feeling. Breathe *deep*, again and breathe again. Feel the tension leave your body as it is replaced by a sense of freedom. Notice that you feel better, less stressed and less tense.

That is the process. It is that simple. You probably had forgotten about the feeling, right? There could be a bit of residual emotion still. That, too, can disappear with practice. Imagine if you took conscious breaths on a regular basis.

Journal prompt: *Now, take a moment and journal about the process you just experienced, specifically about the shift in feeling. What did you observe? Did you want to replace the feeling with something else immediately? Were you able to just feel ‘free’ of the feelings and not care what else was next?*

The Discipline and Practice of ‘Letting Go’ 24

This is what happens to most of us: we feel the feeling in the moment, move beyond it to carry on our daily business, but we never ‘clear’ the feeling from our emotional body, let alone replace it with a better energy. So we carry this memory around with us and are affected by the old patterned feeling whenever a similar instance occurs in our daily process of living whether at home, during work or at play.

It is just as easy to clear the feeling immediately so that it does not affect us subconsciously, but we have to **discipline our mind to take action in the moment**. It takes practice to recognize the bottleneck, breathe and release it.

The key is not to deny the feeling. The world is full of people in denial of their feelings. Accept your feelings and allow them to be fully present in your emotional body. Just be okay with them for a moment. Do not judge, condemn, or criticize the fact that the feeling exists, no matter how much you *want* to change it.

If you have someone close to you that you can express it to, do that as well. Verbalizing, the act of becoming aware enough to articulate the feeling is an integral part of the process. Allow the feeling to be fully present, learn to love (allow) it, and *then* let it go. We will deal with identifying where it comes from later.

For now, just practice letting it go.

Now when dealing with really deep issues, *observation* becomes much more difficult because of our repetitive habits and feelings. It is more comfortable to have them than not because they are familiar.

The deeper the pattern, the more roots remain,



allowing unconscious seedlings to continue to sprout. Sometimes we totally deny the feelings until someone is able to share their observations of the obvious effect – usually appearing as anger, impatience, or some emotional outbreak that exacerbates a situation rather than responding to and resolving it. It is okay.

Just be thankful they cared enough to share their observation. Embrace their concern for you. The fact that you've been triggered shows a need for discovery.

We are often in denial of our feelings because of learned patterns. We are taught to 'just buck up and take it,' or 'deal with it.' This can only work so long before our connection with joy is greatly diminished, if not lost.

We are much less *able to observe* when our emotions are intensely engaged in the control of results or outcome we think we need. How can we survive such an onslaught of negative thoughts and feelings? We can change them by learning how.

Do you ever wonder why disturbances, or certain types of people and situations, continue to show up in your life? Let's examine that for a moment so that you can begin to clear your playing field, so to speak, of those who bring you down, distract you from your goals, or just generally aggravate you.

Quite frankly, they represent areas where we need to grow. Psychologists would say they mirror a characteristic of ourselves that we do not like. If we ask the right questions, why it continues to happen and what needs to change, we can learn much more about ourselves and how we *can* grow to know life's secrets.

A less aware or unconscious person generally wants to make others responsible. This, the inability to take responsibility for one's position in

life, is a sure sign of personal denial in most cases. It simply doesn't work that way. Pointing a finger usually means you have at least three pointing back at you. Those other people are not in our body.

They are not in our mind. They are not the enemy. We are the only resident in our body, mind, and heart. So you have to accept the responsibility that you are the one in charge, making the choices, and choose to change your response. This is a perfect area of your life to use the process you just learned.

In the release of the breath, you can actually feel a shift in your 'feeling' as though you have become considerably 'lighter' or at least less overwhelmed. You may also have less attachment to your desire to hold others responsible for the way you feel. There is a phenomenal gift in the practice of this process.

There are certain premises that one must have in order to proceed. The most important is you need to have a commitment to personal growth and changing behavioral patterns. These patterns become the bottlenecks in your production system, greatly retarding or completely halting the process of your achievement.

Often these patterns manifest as we simply observe life around us, unaware of our unconscious patterns because we are not disciplined in the conscious observation of our feelings and thoughts. Experienced meditators learn how to monitor their thoughts in order to move beyond them into states of bliss, listening within for simple silence or the revelations of their higher selves.

If you have attempted meditation or quieting your mind you know this to be true. If not, I encourage you to find a meditation class and experience the benefit first hand. Meditation is not for everyone, so you may find other methods to quiet your mind.

The Discipline and Practice of ‘Letting Go’ 27

So how can you become aware and conscious of your feelings and thoughts without attachment to them; in other words, your *observer self*? First of all, you already are to some degree. You feel your feelings as a result of the thoughts you have regarding the experience you are in at the moment. You know you are having an undesirable moment.

Your awareness of these feelings generally goes without recognition because you are ‘caught up’ in the experience and unable to free your ‘observer;’ that part of you that can separate from direct experience and report on the process. All you know is that you do not like the situation at hand and how you feel about it.

It is the *observer self* that first identifies the bottlenecks in your flow, being intimately aware of your emotional and mental processing. This allows the observer to report clearer findings when you engage that part of your consciousness.

Recognizing the undesirable elements are the first steps to managing them. Imagine stepping aside from the experience you are having and just watching it for a moment. What are all the elements you *are* able to observe?

Stop and Journal: *Remember one of your worst experiences in handling a situation. Take a moment and journal about your awareness, what you perceive as you step outside your direct experience and report on the process.*

Nothing whatever is hidden: from of old all is clear as daylight.
Zen saying

Holistic: Cosmic Conundrum or Common Sense?



Holistic, adj.

1. Of or relating to holism.

- a. Emphasizing the importance of the whole and the interdependence of its parts.
- b. Concerned with wholes rather than analysis or separation into parts

Many people tend to focus on their immediate situation and are often not aware of the larger picture and how we interact with the world. Even quantum physicists agree that we are connected to everything. So what does that really mean? Let us explore the subject of holistic systems.

Peter Senge introduced the "systems thinking" model to the business world in the '90s. Basically, "systems thinking" is a way of viewing an environment, process or workplace, from a broader perspective that includes seeing overall structures, patterns and cycles, rather than seeing only specific events in the system.

"A high-functioning system continually exchanges feedback among its various parts to ensure that they remain closely aligned and focused on achieving the goal of the system. If any of the parts or activities in the system seems weakened or misaligned, the system makes necessary adjustments to more effectively achieve its goals." (Carter McNamara, MBA, PhD, Authenticity Consulting, LLC., 2007)

Could we apply this view to people *and* planet? How about in your daily living and work environments?

Holistic health and medical practices present a myriad of modalities capable of addressing the plethora of perturbations within the A Guide for Change

mind/body/spirit/soul or ‘system’ of our individual consciousness. In essence, when one looks at the nature of consciousness condensed into physical form, we are vibration in motion affected by subtle biochemical and physiological changes within our mind and body.

In our normal waking consciousness we often are oblivious to these subtle movements of energy around us. Consider someone who is known to be a ‘psychic’ or ‘sensitive’ and uses their extra-sensory perception to ‘tune-in’ to the people, places and things around them. They are using their abilities, developed or natural, to be more acutely aware of the subtle impressions that are produced by these biochemical and physiological changes within their body and mind.

Indeed, we are inextricably connected to the world around and within us. If we look at our bodies as whole systems, then the logic that follows would be to treat the whole person instead of just symptoms when problems arise; thus, applying the systems thinking model. How else can you apply this concept?

Dr. Masaru Emoto is a Japanese author and entrepreneur known for his claim that if human speech or thoughts are directed at water droplets before they are frozen, images of the resulting water crystals will be "beautiful" or "ugly" depending upon whether the words or thoughts were positive or negative. Emoto claims this can be achieved through prayer, music or by attaching written words to a container of water.

Dr. Emoto's research which concludes that water crystals are affected by human feelings and thoughts, suggests that we have a profound capacity to affect ourselves and our environment. We are roughly 61% water so just imagine the affect our thoughts and feelings have on each of us. Science and spirituality seem to speak with one voice. Are we listening? Imagine the affect of your thoughts on your own “body” of water. How are you affecting your life?

Scientific discoveries continue to validate what mystics have espoused for years. Our thinking affects our reality; the observer's thoughts and feelings directly affect us. The concept of the body being a holistic system is not new and includes the mind, body and spirit as a whole being. Scientists at Los Alamos Laboratories proved this decades ago.

Gaining clarity of consciousness begins with being able to observe and assess our individual process. We really have to consider the whole system of influence, don't we? No one else can be as intimately aware of your inner processing as you, although sometimes a coach/counselor can ask you questions that take you deeper into your level of understanding just how you process and why. Awareness can then facilitate change in your behavior if you desire it.

How can we change?

Observing your bottlenecks allows you to become more aware of their causes. The challenge is to change the internal response, to lessen the reaction at first, then to simply not be affected. Remember that **challenge** and **change** are only three letters different. When the **lie** is removed - **liabilities**, **limitations**, and **excuses** - we automatically **change**. This simple change in awareness allows the opportunity to grow in your ability to respond much better in difficult situations.

Let's look at an example: You feel angry because you have bills to pay and the money you need has not appeared yet. You know better than feeling angry about it because you are fully capable of producing the money. You even have income, but it just doesn't feel like it is enough and you are angry at yourself, God, the world, your husband or wife and whomever else happens to come to mind at the time. You are totally focused on the 'not having' at that moment. We can readily recognize that the anger is useless in attracting the money. What do you do?

You've done the previous exercise for letting go of the anger, but what do you replace it with to attract the flow of cash? If we carry the anger, it becomes a bottleneck in our *flow*. What if, instead of the anger, we thought of a time and place where exactly what we needed just showed up without effort.

My guess is the latter almost seemed miraculous, but the feeling was delightful, heavenly, joyous, wonderful or something to that effect. That is what flow feels like, right? Could we then reverse engineer the process? Would you be willing to explore the concept?

Exercise: *Think of a time when you were in a state of anger or confusion over how to create a new job, extra cash flow or something very important. Feel the feeling of this situation, use the previous exercise to clear your feelings about it. Now, think about a time when you got the job or got an unexpected cash flow somehow.*

*Feel the feeling of joy or excitement that you felt just at knowing it was there. Use this feeling to replace the one of anger and confusion. You do not need the event to produce the feeling within you now, just **remember it**. Shift your awareness to this feeling whenever the anger or confusion occurs and continue with this new awareness.*

*It may sound ridiculous at first, but it serves your **desire** better now. Close your eyes, take a few deep breaths and concentrate on the feeling as you shift your awareness to that of abundance.*

Journal prompt: *Consider the shift you just made. Journal on the difference that an awareness of abundance can make in your own efforts. How might the shift affect your flow?*

Flow – The River of Serendipity

Flow: *The alignment of people, places and things that precipitate unimpeded action toward a specific goal, either personal or communal.*

Now let's look at a better known example of the concept of *flow*. In 2000, Brain Channel's Thinker of the Year Award was awarded to Dr. Mihaly Csikszentmihalyi, a professor and former chairman of the Department of Psychology at the University of Chicago who has devoted his life's work to the study of what makes people truly happy, satisfied and fulfilled.

We might consider his work similar to Napoleon Hill's **Think and Grow Rich**, only instead of studying the great business leaders, Dr. Csikszentmihalyi has uncovered the riches of personal experience, of a connected source to *flow* that leads us toward *fulfillment*.

FLOW: THE PSYCHOLOGY OF OPTIMAL EXPERIENCE

(Steps Toward Enhancing the Quality of Life) by Mihaly Csikszentmihalyi

The knowledge - or wisdom - one needs for emancipating consciousness is not cumulative. It is not a cognitive skill and, as well as intelligence, requires commitment of emotions and will. It is not enough to know how to do it, one must do it consistently and it is a painfully slow process to modify our own habits and desires.

Pleasure by itself does not bring happiness. We can experience pleasure (e.g. eating, sleeping, sex) without an investment of psychic energy. Enjoyment on the other hand, happens only as a result of an unusual amount of attention. Pleasure is fleeting and, unlike enjoyment, does not bring complexity (growth) to the self. If one only invests energy in new directions solely for extrinsic rewards, one may end up no longer enjoying life, and pleasures become the only source of positive experience. Without enjoyment, life can be endured and can even be pleasant. But it can be so only

A Guide for Change

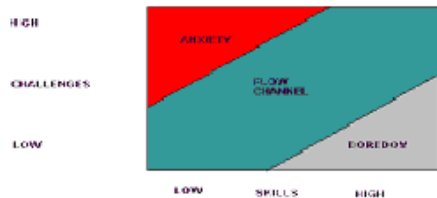
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precariously, depending on luck and the cooperation of the external environment.

Eight Components of Enjoyment

1. Confronting tasks that we have a chance of completing.
2. Concentration.
3. Concentration is possible because the task has clear goals.
4. Task provides immediate feedback.
5. A deep, effortless involvement removes from awareness the worries and frustrations of everyday life.
6. Enjoyable experiences allow one to exercise a sense of control over one's actions.
7. Concern for self disappears, yet paradoxically the sense of self emerges stronger after the flow experience is over.
8. Sense of time is altered - hours pass by in minutes.

When experience is intrinsically rewarding, one's life is justified in the present, instead of one being held hostage to a hypothetical future, but we must constantly re-evaluate what we do, lest habits and past 'wisdom' blind us to new possibilities. The flow experience - like anything else - is not "good" in an absolute sense, but only in that it has the potential to make life richer, more intense and meaningful. One must distinguish between useful and harmful forms of flow, making the most of the former and limiting the latter.



Commencement of learning something is a flow situation - everything is new and flow absorption is present as one

A Guide for Change

struggles to master the skill. As one progresses, either boredom will ensue because there is no more challenge (the skill has been learned at that level) or anxiety occurs because a bigger challenge than we can cope with presents itself. Either way, one wants to get back to flow, either by overcoming the anxiety challenge by becoming more skilled, or taking on a challenge that will overcome the boredom, thus getting back into flow at a more complex level.

The excerpt above presents a more in-depth understanding of how to exercise our ability to utilize flow in our quest for excellence in everyday living. Our challenge is to be conscious of this activity within ourselves as we greet each new experience or moment in daily life. Mastering our emotions and capitalizing on the choices available in the moment are significant components of living more consciously in a holistic mindset.

Creating flow has to do with moving beyond your weaknesses: emotional and mental barriers or bottlenecks. Awareness of these bottlenecks is necessary to facilitate removing them. Let's use an example of a jazz musician seeking to *flow* with other musicians, to improvise. *Thinking* about playing still separates the musician from the music, in a sense, even though the sound is there. *Playing* their instrument with the feeling and passion of improvisation, beyond focusing on the notes, allows the musician to enter the *flow* of the music. Think about examples of flow in your own life.

Life is improvisational. Sometimes it flows, sometimes not. We experiment and observe the results. Gaining awareness of new choices is significant. The awareness of these choices must be accompanied by action to garner understanding and wisdom of the new options. In daily living, we seek optimal experience. We seek to move beyond the constrictions of insecurity, needing approval or security to achieve our desires and a sense of fulfillment. We are our own worst critics, yet we want to be secure in our ability to perform and achieve results.

Laugh often.

A Guide for Change

Gamma Brain Waves

Brain wave research has long been a staple in quest for understanding how we operate in various states of consciousness. Most recently, the Gamma range has been found to be the fastest in frequency at above 40Hz (some researchers do not distinguish Beta from Gamma waves).

Although little is known about this state of mind, initial research shows Gamma waves are associated with bursts of insight and high-level information processing. Research into peak-performance in sports shows that the Gamma wave arena is pronounced when an athlete is ‘in the zone’ or performing at levels beyond their expectations from being in their own ‘flow.’

What if you could consciously tap into the ‘flow’ in your daily life? Practicing the concepts in this coursework could very well take you there, but it is up to you to become aware of what it ‘feels’ like and use your own mind to produce these states in your daily living.

Week 1 Assignments (optional):

Write a 750-1,000 word paper (approx. two (2) typed pages):

Briefly describe a challenging event or situation, personal *and* professional.

1. Describe your thoughts and feelings during the event.
2. What were the bottlenecks, the undesirable patterns?
3. How would you change or eliminate them in the future?
4. What would the optimal experience have been in an ideal situation?

"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed."

Albert Einstein

The attainment of wholeness requires one to stake one's whole being. Nothing less will do; there can be no easier conditions, no substitutes, no compromises.

Carl Gustav Jung

Week Two

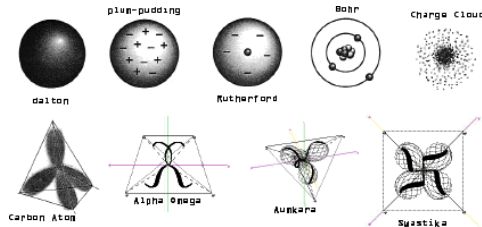
Science and Spirituality – Quest for Congruence

How do science and spirituality offer evidence of oneness?

Objective: *Growth in compassion and emotional freedom.*

The following excerpt was included to give you some background on just how connected science and spirituality are through the carbon atom, the basis for all organic life. Human beings have the same basic elements of construction, so it would stand to reason that we also have the same basic emotional needs too.

The Carbon Atom's Significance



Atomic theory is an ancient science, contrary to what you might think. The earliest record of it can be found in Vedic texts from India which are many thousands of years old. Legend has it that the Vedic civilization was highly advanced. The sages that oversaw its development, through their mystic insight and deep meditation, discovered the ancient symbols of spirituality: Aumkara and Swastika. They also discovered many scientific principles that they applied to develop a highly advanced technology.

They gave the atom its Sanskrit name "Anu." While the technical achievements of this ancient civilization have been forgotten, the

archetypal symbols of spirituality have maintained their eminence in our consciousness. Now, thanks to advances in modern atomic theory, the atomic basis of these divine symbols can be appreciated.

Western theories of the atom took shape in the 18th and 19th century. At the beginning of the 19th century, John Dalton theorized that an atom was an indivisible particle of an element. However, after the electron was discovered in 1897, and then the proton several years later, the atom model was revised. In 1909, Ernest Rutherford showed that atoms were mostly empty space, revising the model of an atom to a tight positive nucleus containing the protons and neutrons with electrons around it; by 1913, Danish physicist Neils Bohr envisioned a planetary arrangement in which the electrons orbited the nucleus at different energy levels.

The current way of describing an electron is a model called the charge cloud model/quantum mechanical model/orbital model. This model is based on the idea of Heisenberg's Uncertainty Principle, which states that we do not know the precise location or the velocity of any given electron. The model uses indistinct and overlapping "probability clouds" to approximate the position of an electron. Imagine capturing a particle moving at the speed of light.

Where a cloud is dense, the probability of finding an electron in that vicinity is low. In this model, each electron energy level is denoted by numbers that take concentric shells as suggested by the Bohr model because there are overlaps in the ordering of the energy levels. In the case of the carbon atom the electrons occupy four tear drop shaped clouds in a tetrahedron-like arrangement. These clouds represent the areas in which the electrons spend most of their time. They move so rapidly in this zone that they form a cloud rather than a specific flight path.

Recently a number of researchers have suggested that within these clouds exist specific zones that the electrons favor. These zones form a spiral around the surface of each of the tear drop shaped clouds. This new development came into the attention of a great Indian saint

and mystic. Disciples were encouraged to develop the principle as it related to the **carbon atom**.

In deep meditation one of those disciples, who was a chemist, spontaneously realized the true significance of this theory: The electron's high probability zone formed spiral standing waves around the carbon atom's nucleus. When this configuration was viewed from certain angles the physicist was surprised to find that the spirals formed recognizable symbols.

In the first view a 3-dimensional Aumkara could be seen. From a different angle that Aumkara became a flat, 2-dimensional Swastika. The Swastika, he concluded, was actually 2-D representation of the 3-D Aumkara. Rotating the model to another angle shows those symbols change into the Greek Alpha and Omega.

At a cosmic level the symbols of Eastern spirituality (Aumkara and Swastika) are literally and only different aspects of the same spiritual truth that is also represented by the symbols of Western spirituality (Alpha and Omega). All people, objects and even energy itself are expressions of the same divinity that so many religions, cultures and philosophies have tried to claim exclusively as their own. The Carbon atom, by containing within it these universal symbols, demonstrates that matter is a manifestation of the same Divine consciousness experienced by the saints and sages of all history. Matter is innately spiritual.

The Universe does not exist separately from the Universal Consciousness; it is a direct expression of it. Living matter, which is carbon based, must have a unique role in this expression. A saint is one who lives in eternal experience of this all pervading divine purpose. All people, objects and even energy itself are expressions of the same divinity. The **alpha** and **omega** are traditionally ascribed to Christ. In India the Deity called Ganesha presides over the **Swastika** and **Aumkara**.

There are some remarkable similarities between the two: Both deities demonstrate the value of childlike innocence; Ganesha is himself an

eternal child famous for his simple wisdom; while Christ, son of god, often exhorted his disciples to "be as little children." They both are divine children; both conceived immaculately; both divine sons of a holy trinity (Christ is the son of Yahweh and The Holy Spirit/Mary and Ganesha son of Lord Shiva and Mother Parvati).

Are *Ganesha* and *Christ* one and the same deity? Each, like their symbols that exist as different aspects of the carbon atom, represents different aspects of the archetypal cosmic child. Thus the distinction between Eastern and Western spirituality, like any division based on race, culture or belief, is no more than ignorance of the true spiritual nature of the universe and all that exists within it.

Knowledge of Reality Magazine 1996-2006.

Recognizing this sameness allows us to be more tolerant of each other and of our challenges in life as we seek comfort, security and love. Compassionate relationships encourage us to grow in the process of self-development. In these relationships we can make mistakes and know we are still going to be accepted and loved no matter what.

Part of what keeps us afraid, angry, ignorant and immobile are the belief systems we grew up with, their affect on our curiosity and the separation from other belief systems that appeared to be contrary. Religion, in its purest form, is the reunion with God, Creator or Great Spirit. It appears that even at the core of our genes, we have signs that lead us back to the holistic view of oneness – being one people.

Journal prompt: Consider what you've just read about the carbon atom and its relative distinction regarding the carbon-based life forms of which we occupy the top position (at least we think we do). Does this information shift your view of homo-sapiens and their religious separations? How might this lead toward unification of the human race? How does it affect your view of religion?

The Practice of Pardon

Of all the types of meditations that I know, I believe this one gets the most profound results in terms of human relationships. Through the practice it can heal deep emotional wounds. We all like to feel elated about life and living.

Using this process develops compassion, the release of old emotional chords tied to past events and relationships, allowing you to experience a greater freedom to receive love in your own life, more joy and fulfillment.

Most of us abhor conflict and will do almost anything to avoid it. The last thing we generally want to do is confront someone with whom we have an issue, so we dance through avoidance patterns, both internal and external.



These usually cause internal strife rather than eliminating it, which we could avoid if we simply communicated our feelings. We fear abandonment, loss of job, rejection from the group, or some other equally important fear. What if we were actually creating those fears by our own misperceptions?

The limiting sensations of fear control our minds and hearts when it comes to addressing things that are 'out of order' in our lives. Fear has been part of human nature for millennia for survival reasons. Emotional fears are created because our inability to negotiate the feelings of perceived conflict, often known as the 'fight or flight' syndrome.

Religious fears are created from lack of understanding, threat of expulsion or false belief systems. A popular acronym for F.E.A.R., False Evidence Appearing Real, is an amusing yet accurate description of fear. Most of our fears are simply due to our lack of understanding the evidence clearly.

In reality, if we acknowledge the Omnipotence, Omnipresence and Omniscience of our Creator(s), then we must also acknowledge that the

L.O.V.E. (Limitless Oscillating Vibrational Energy) in each of us, is *sharable*; unqualified by human emotions (good or evil) and therefore anthropic (life-friendly) by nature.

If we choose to commit ourselves to a spiritual path, then it is appropriate for us to learn how to manage our feelings, balance our personal and professional lives, and respond to the people around us with honor and respect, no matter their condition or place in life. Could sharing love [l.o.v.e.] be both a scientific and spiritual truth of connectedness? Profound simplicity is found in this connectedness.

Our worlds are rife with distractions and multi-tasking activities that keep us moving at such a rapid pace that being able to quiet the mind is a rare moment in the din. Fast-paced lives rarely have the opportunity to resolve the emotional bumps, knots and punches. The opportunity is present always, though.

Most do not realize there is a choice in the process other than following the lead of the emotionally fear-laden. We like to think that the world is wonderful, including the neighborhood we live in, but the guy next door just killed his wife and nobody saw it coming. How could something like that happen? It really doesn't matter. It happens too often.

Now the last couple of paragraphs hopefully evoked a large swing in feelings in you, sensing the pendulum swing dramatically. The point is that a lack of awareness and ability to manage our emotions can cause aberrant behaviors, the result of highly stressed, unspoken, unfulfilled expectations, undoubtedly held because there didn't appear to be any other choice.

Something triggers the fear so deeply that unconscionable actions take place. One of the themes of adult psychology is that whatever issues we cannot resolve as teenagers, we continue to repeat as adults until we break the pattern or it breaks us. Does this apply to you now?

In the acting out of the fear response, sometimes the 'fight or flight syndrome,' we are literally pre-teen in emotional maturation behavior.

As adults we continue the pattern until we recognize and change it. That is a hard one to swallow, yet it is common knowledge in psychology.

We build up layers of emotional barriers so that we can keep ourselves free of pain and suffering. Paradoxically, this same pain and suffering allows us to develop compassion and empathy for others. So how do we begin to peel the layers of fear from around our central core of love and reveal the real connection we share as human beings?

This next process is called the 'Love & Oneness Meditation.' You do not have to practice any particular faith or believe in any special guru, or even God for that matter, in order for this meditation to work for you. This meditation uses the simple nature of unconditional love [freedom from fear] to work its magic.

Humans are capable of unconditional love even without a belief in God. A belief helps, but is not a prerequisite for the practice. It is a natural product of the human experience. Forgiveness is a byproduct of the process as you release your inner tensions through the practice of this meditation. Above all... have fun as you explore.

Forgiveness, the act of releasing emotional bindings we place on an event, person or place, allows our energy to become free of bottlenecks nearly immediately. Our natural state of being is that of limitless oscillating vibrational energy. All things good flow from that river of love. Imagine what might happen if events being held back because of your own constrictions were suddenly released. Would you be ready to receive the wealth meant for you?

We listen to insects and human voices with different ears.
Wafu

Love and Oneness Meditation:

Exercise:

First, **grab a pen and several sheets of paper...** or sit down in front of your computer with a word processing program up and ready. **Write down every person you know.** This may seem like an introduction to network marketing but let me assure you that you will not be making phone calls to everyone. **Do not filter anything...** write them all down... every one... associates, friends *and* perceived enemies. Inclusion of those you do or did not like is very important. Depending on your age, you should have several hundred to nearly a thousand or more. Take your time... no rush.

Contemplate every aspect and area of your life, especially emotional and physical, and write down all the names, past and present... adversaries, betrayers, cohorts, confidants, enemies, friends, family, lovers and anything else you can imagine.

It may take you several days to compile the list. Be diligent and as complete as possible. Remain as free from emotional entanglements as possible during the process. The simple attraction of their energy as you focus on recalling will begin to create subtle changes because of your sincere intent to love.

With each one of these names, you might have seen their face in your mind's eye as you thought of them, even if it was just for a brief moment. That is a natural part of the process. We'll be using your imagery in perfect order next.

You will need to allow yourself plenty of time in a quiet place where you will be undisturbed for the duration. Tell everyone you need some quiet space to do some very important work. If you live by yourself, unplug the phone, and enjoy a lingering moment of solace and solitude. Prepare to transcend your previous emotional state.

Now, sit with your list for a moment before you begin. Practicing the previous 'releasing' meditation first, may help to clear any emotional baggage from the day. Just begin to feel the love in your heart that you allow for the greatest ones in your life... your totally connected feeling to ALL THAT IS.

You may normally only reserve this feeling for your children, parents, spouse, teacher, guru, spiritual mentors, etc. Lock it in to your feeling world now by simply feeling a deep sense of awe in the love eternal. Open your eyes and begin to read the list now.

Begin with the first name. Read it out loud. Imagine a picture of their face so that you can easily look into their eyes. Look them directly in the eyes and repeat, "I love you...Our purpose is Oneness." Pause long enough to breathe in and out at least one complete cycle while looking into their eyes. Do this for every name on the list.

If you have less than 50, you haven't made any effort at all. If you have less than 200, then you are still resisting. If you are in your mid-40s or older, your list ought to be close to a thousand or more. You may feel you don't have the time to make the list. Make it anyway.



The Steps:

1. Read their name out loud.
2. Imagine their face in front of you.
3. Look into their eyes: steps 4-6.
4. Breathe in deeply and as you exhale...
5. Say, "I love you. Our purpose is Oneness."
6. Breathe at least one complete cycle as you send love.

Alright, you don't have to do the entire thousand or more, although if you have the time I'll guarantee it will be worth the effort. You will notice some profound results afterward; some immediately and some over time. Sometimes we have down days.

Practicing this exercise on a day you feel a little down will change your energy dramatically. Notice the subtle shift toward a sense of joy and happier feelings; no competing thoughts in this moment.

The devotion and time you give to this process will reflect in the positive changes in your life. You may encounter much resistance and distraction. Our true selves, and some say our appointed duties, stem from a central core of LOVE.

Releasing to the 'feeling' of LOVE as you extend this welcome to all those on your list can shift both of your worlds. Give attention to noticeable changes in your experience for the next few weeks.

Journal prompt: *What were your feelings and thoughts during the meditation process? Were you fully present or did you find yourself fighting with distractions? Did you find emotional weights being removed or did you feel it was a waste of time? Write about both perspectives as you consider the reasons for each.*

Journal about the changes when possible.

Let us look a little deeper into our vibratory nature. Science has revealed that everything is made up of vibrations. Vibrations respond to other vibrations. Feelings and thoughts are vibrations as well.

Scientists have discovered that their thoughts affect the results of experiments. Los Alamos is well known for research in these matters. Imagine what affect feelings and thoughts of love can have on you, others, and the world we live in today, tomorrow and beyond.

Dr. Masaru Emoto performed extensive research on how thoughts affect the structure of water. His research is used worldwide by many scientists, philosophers and theologians now.

In his experiments, he taped words, written on pieces of paper, to jars of water. He then took water samples and froze them until they formed crystals. He examined these crystals under a microscope and found some amazing results.

When the crystals were examined, their structures were dramatically different. From jars with words like "I love you" or "peace" the water crystals showed a beauty and symmetry like snowflakes. Samples from jars with words like "I hate you" or "I'm going to kill you," the water crystals simply did not form.

As stated in the movie *What the Bleep Do We Know?* –“If our thoughts can affect a jar of water, imagine what they can do to us.”

Exercise Recap:

1. Make a list of everyone you know: ‘good, bad and neutral’
2. Find a quiet place to focus in the deepest sense of Love you know.
3. Read their name out loud.
4. Imagine their face in front of you.
5. Look into their eyes.
6. Say, “I love you. Our purpose is Oneness.”
7. Breathe at least one complete cycle - in and out - as you send love

Hints: *You might do the process in cycles, working systematically to go deeper into the attachments to emotions that have held you back the most in various aspects of your life.*

So now we know, or at least suspecting, that we are inextricably connected. The carbon atom, our feelings and our thoughts reveal this when we become aware and observant. It is not so far a stretch to understand the Mayan salutation, 'In lakesh,' which means 'I am another you.' In our basic human nature, we are all the same.

When we understand more about compassion and loving relationships, we tend to live them as well. Great mystics, sages and teachers who have taught us to love one another now have scientific backing. It is far healthier to have good thoughts and feelings about ourselves and the world.

Week 2 Assignments (optional):

Write a 750-1000 word paper -

Reflect on other scientific and spiritual premises that show resemblance.

Include at least 2 references from scientific and spiritual resources.

OR: Reflect on the release of negative or binding emotional patterns in your life.

"One should mentally honor the person who is truthful, honest and just in his dealing with people. One should associate and humbly learn from a person so advanced whose heart is completely devoid of the propensity to criticize others."

Srila Rupa Govami

Week Three

Personal Leadership and Conscious Choice

How Do We Make Tough Choices in Critical Moments?

Objective: *Increase Your Imagination's Effectiveness*

Values, Morals and Ethics Applied

It has been said that values, morals and ethics are inextricably tied together. Values are what we learn from childhood; the 'stuff' we absorb from our parents and immediate surroundings. Morals are the intrinsic beliefs developed from the value systems of how we 'should' behave in any given situation. Ethics are how we actually behave in the face of challenging or difficult situations that test our moral fiber.

In his book, "How Good People Make Tough Choices," Rushworth Kidder notes four basic paradigms of ethical decisions: justice versus mercy; short-term versus long-term; individual versus community; and truth versus loyalty. He goes on to define the concepts further:

- The point behind the justice-versus-mercy paradigm is that fairness, equity, and even-handed application of the law often conflict with compassion, empathy, and love.
- Short-term versus long-term, or now versus then, reflect the difficulties arising when immediate needs or desires run counter to future goals or prospects.
- The individual-versus-community paradigm can be restated as *us versus them*, *self versus others*, or *the smaller versus the larger group*.
- Truth versus loyalty can be seen as honesty or integrity versus commitment, responsibility, or promise-keeping.

Expressing one's personal grasp of operational ethics in life may be understood in the context of the world at large, the immediate environment of a community, or even by the intimate others in the household. The most challenging is, of course, at home.

We simply do what we know is right, with slight variations across our species. This is usually due to the fact that every person has some difference in the development of their belief systems. We all tend to hold life sacred.

Belief systems are established early in life through environments of home, church, school, and social gatherings which help to mold and shape these beliefs. Most of these beliefs and patterns of social behavior are established through the unconscious observations and experiences of childhood in the aforementioned environments.

These social engagements are 'outer' experiences which are akin to the 'nurture' piece of the 'nature-nurture' developmental processes in child development. We have no consistent methods to teach us about inner experiences, unless we have parents who have developed a passion for spiritual understanding.

As we learn later, there are myriads of choices in how to handle moral or ethical questions or challenging situations. Hopefully garnering wisdom along the way, the inner life we lead provides more concrete understanding of the nature of the outer reality and the actions of others.

Those who have not had the opportunity to explore a spiritual lifestyle or have grown up through the school of hard knocks are often bereft of understanding their own nature, let alone others.

As the desire for understanding is nurtured, a sense of intrigue develops. Some read profusely for a time, gobbling up the great works of secular and spiritual masters to glean better understanding of their

experiences and to grow personally and professionally. Others seek spiritual gurus or teachers that help them to understand their need for some kind of connection to greater truths.

We all still have to deal with human emotions and the occasional absurdity of the actions emotions precipitate. Considering options for our response may change those actions or not. When we pause to consider the situation it often changes the response to a less threatening energy automatically.

One's ability to question moral or ethical standards depends on the situation and the awareness of inherent connectivity to values.

Imagine the worst situation you have experienced in your adult life, where the challenge was in framing the emotional feelings and sensations verbally so that discussion could take place. Remember the tense feeling in your body? Values, morals and ethics simply cannot suffice in a situation where emotional tension is at a high level.

Simply talking about the issue is a most challenging process, let alone to observe and report. Most 'first responses' during conflict in everyday environments are primitive and projective in nature, often defensive and full of emotional irrationalities.

The challenge to change still presents itself as one gets older. Competition forces us to examine our capacity to perform at peak levels. Do we have the ability and skills we need?

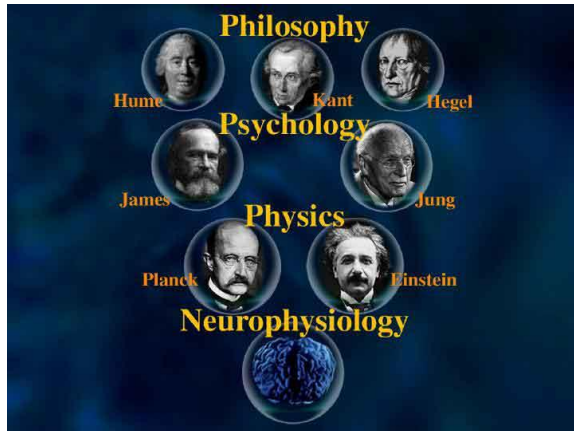
What about the methods we use to get ahead? Does it seem that insecurity is rampant in our personal and professional lives?

Compassion goes a long way toward helping us grow. Understanding our motivations in the process of performing can reveal a deeper sense

of values, morals and ethics. It is far better to walk away from temptation than to live a life of regret.

Be willing to rise to the challenge in any given moment. Great people have met with great challenge and succeeded.

Mentors embody our perceptions of consistently applied values, morals and ethics in most cases. We identify with them because of our intrinsic internal system of beliefs based on our understanding of how a leader or mentor needs to operate in the world. Some examples of great leaders in the psychospiritual fields are in the following graphic.



Be yourself and think for yourself; and while your conclusions may not be infallible, they will be nearer right than the conclusion forced upon you.

Arthur Chen

Mentorship... Creating a Personal Council

Mentor: A wise and trusted counselor or teacher.

We all know the importance of having a mentor or mentors in life and professional environments. The style and type of mentor is generally chosen for professional reasons. Do you have any now? What are they like? Let's discuss mentors for a bit here. The specific instances may not apply to your personal life, but the essence of mentorship is quite helpful to explore.

Learning how to ask the right questions, especially in serving a purpose, is one of the keys to success. Mentors help to guide one in the direction of their best interests for personal and professional benefit. Knowing more about leadership allows one to grow in their ability to lead both self and others. I prefer a mentor as a master teacher, a confidant; one who stretches my ability to conceive of ways to accomplish goals with increasing ethical foundations that can be shared with others in the process.

I prefer a mentor that has depth, is able to share insights into human dynamics and problem solving while asking me to consider the same. Because of my awareness of psychospiritual mechanisms, I also prefer a mentor who has at least an open mind and shares their own personal discoveries in the moment, creating opportunity for discussion and reflection. A mentor leads you to ask better questions about yourself and the world around you.

A mentor shares a variety of ways to ask pertinent questions that reveal opportunities to garner support and strength in partnering, moving groups toward achievement and excellence in performance. Mentors have contributed greatly to my life and well-being, increasing my sense of fulfillment and connectedness to life in general.

Knowing that mentors are a great benefit, we don't always have access to them when we most need them. So how can you have access when you need their guidance? This next exercise is designed to help you create your own council of mentors. Acquiring these mentors for this purpose is quite easy. Just imagine them in your head, using your visualization to create the scenery. They can be living or dead because in your imagination there are no boundaries.

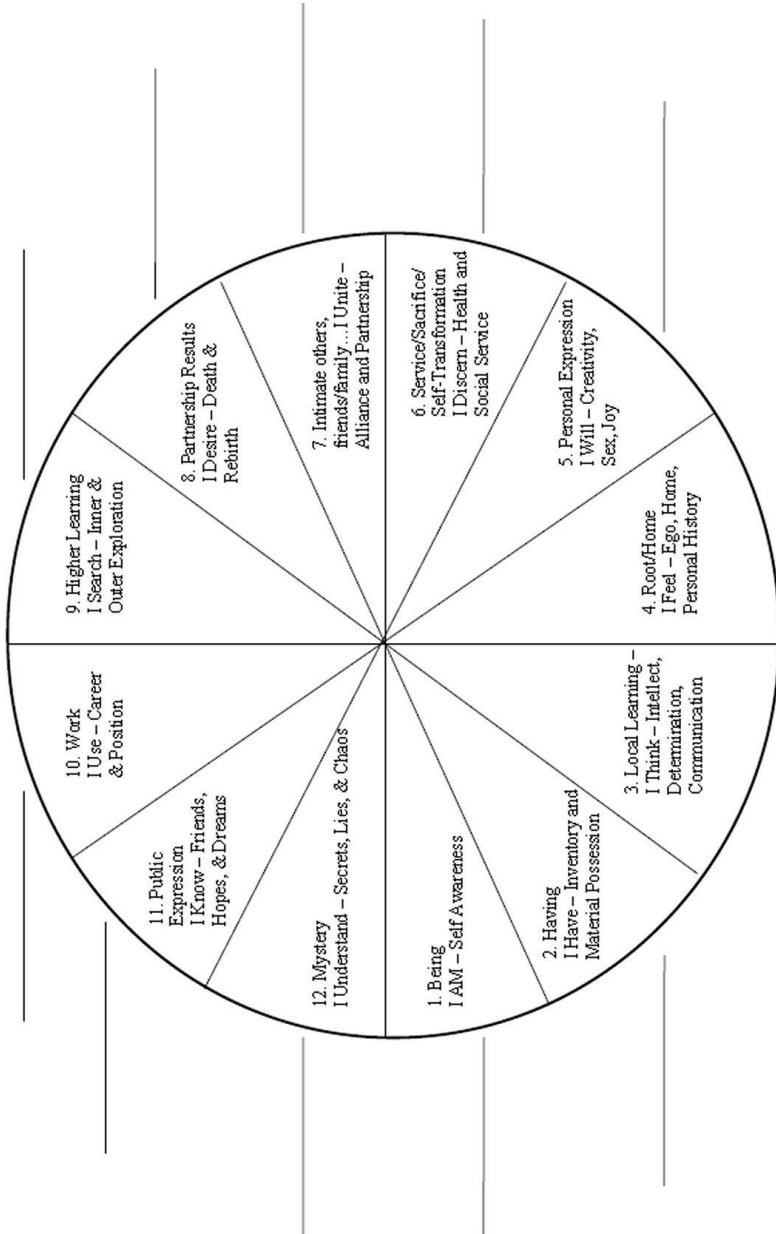
Download your copy: www.bethedream.com/twelve_views.pdf

Exercise:

Pick a mentor/hero/inspiration for each of the twelve areas of your chart.

Twelve Views of your Council and their Characteristics:

1. Being – a strong natural presence, solid ethics, morals, and values.
2. Having – shows others the gifts life can offer by example.
3. Local Learning – demonstrated learning in immediate environment.
4. Root/Home – firmly rooted in their center, confident and serene.
5. Personal Expression – achieved their dream with natural passion.
6. Service/Sacrifice/Self-Transformation – served humanity.
7. Intimate Others/Close Friend/Family – you honor and respect.
8. Partnership Results – demonstrated success through collaboration.
9. Higher Learning – pioneered education, discipline, or mentorship.
10. Work – success through applying abilities, skills and talents.
11. Public Expression – impacted the lives of many through public life.
12. Mystery – successful through synchronistic or serendipitous events.



Once a week or when you are in need of counsel, call the twelve together in your mind and ask for their advice. You can construct a collage of pictures in order to visualize them more easily. It is important to make this meeting special, giving yourself time alone and uninterrupted. Ritualize the occasion (incense, candles, special garment, whatever makes the process set apart from the routine of your life).

Two formats are provided for recording your inquiries and results. The first is an in-depth view of your personal responsibility based on self-knowledge and your willingness to accept constructive advice. The second is event or situation specific, allowing you to explore the choices for action. **Take time to journal at the end of the exercise.**

Long Format: Ask each mentor to tell you your worst (personal weaknesses), your best (personal strengths), and how you can improve your skills from their point of view. This is an extremely powerful tool. It can offer a tremendous gift if you are willing to review the information openly, allowing yourself to be vulnerable in the comfort of your own private space.

This is particularly nice if you like to keep your inner processing and thoughts private. You are utilizing your imagination. The council already knows you deeply and can reflect many things that your normal processing might have missed. There is no time limit to the meeting.

Short Format: Pick a few mentors relative to the specific area you need help and ask each to give their view of how you can perform in a specific situation, problem, event, opportunity, etc.

Reflect on the information each gives you, like using conversational clarifiers or a reflection of what you understood. This allows you to completely relax without having to think about taking notes. It also helps in the journaling process afterward, which must be done in order for the process to have maximum effect. **Make sure to journal about the process. This can lead to some amazing insights.**

Praise your mentors for their hero-hood, and thank them all for their past service, and in advance for what you are about to receive. Anticipation of phenomenal results adds to the experience. Begin by closing your eyes and taking a few deep breaths to relax and prepare. All you are doing is having a conversation that is focused on you.

If you are uncomfortable or overwhelmed with such a large council, just create what is comfortable to you. The actual number of mentors is totally up to you. The point is that you make the attempt to create your council and work with it until you are comfortable in knowing it is available. This experiment can transcend your current cache of direct experience. Boundaries can disappear between worlds, physical and non-physical, if you let them.

The four components: ask, believe, allow and receive.

Week 3 Assignments:

Write a 750-1000 word on your council and each of your council members; how they each relate to you personally and the benefits you are likely to achieve by using them.

*Remember to include a self-addressed stamped envelope for return of papers with comments.

“Do not believe anything because it is said by an authority, or if it is said to come from angels, or from Gods, or from an inspired source. Believe it only if you have explored it in your own heart and mind and body and found it to be true. Work out your own path, through diligence.”

Gautama Buddha

Week Four

Investigate through Inquiry... Reconnect with Life

Can we learn how to create *serendipitous* moments?

Objective: *Learning to distinguish inner and outer motivators.*

Definition of terms:

Inner: *internal process of thoughts and feelings.*

Outer: *experience you have in the world.*

Serendipity: *The faculty of making fortunate discoveries by accident.*



A precise instrument for the creation of desired outcomes is an enigma at best. However, one of the distinguishing characteristics of successful people is the attitude toward *serendipity*.

Fortunate things happen because concerted effort has been generated toward a goal that is intended to be enriching and fulfilling. Think of a time when something ‘magically’ appeared or happened as you were working toward a fulfilling goal. Remember the feeling?

As we achieve personal and professional goals there is a sense of accomplishment, fueled by the recognition that we were indeed successful with our plan. Sometimes we realize that the achievement also contained an element that we found hard to understand.

Oftentimes there was an undeniable ‘presence’ at certain times during the process, especially at peak performance moments. The incorporation of that *feeling* is often lost in translation for the next

A Guide for Change

action plan. Those involved in self-development recognize there is much more to reality than what meets the eye, yet ‘the work’ of gaining clarity and movement toward self-actualization is still challenging.

In the pursuit of a perfect plan, life offers many distractions and diversions in the course of daily living. Usually one desires the smoother path as they traverse the potentially bumpy terrain. How you actualize this path is one of the challenges of your discovery process.

Gaining awareness of *serendipity* in the moment of discovery brings a sense of euphoria, of connectedness to a greater reality that has suddenly made itself available for view. It gives us pause for gratitude. So simple yet so humbling, as we realize something way beyond our understanding... or is it?

Practical mystics confirm that *observing* reality allows them to look for patterns of synergistic components: repeatable feelings, thoughts, and actions. These patterns coalesce in *serendipitous* moments of connectivity. There is no push and no pull, simply a *flow* that is undeniable and often exquisite. These moments are usually precipitated by a feeling or sensation of synchronicity.

In daily life, serendipity is often precipitated by a genuine personal communication and/or collaboration toward a common purpose. You will recall from week one that *flow* is the result of planning for optimal experience. How could you be more aware of synchronicities?

It is important to realize that accessing or experiencing a *serendipitous* moment occurs as a result of conditioning oneself to anticipate it; the feeling draws the experience. This is an internal awareness/knowing that is part of the subconscious foundation of beliefs, ethics, morals, and values. Awareness is the result of the alignment of beliefs, ethics, morals and values and ‘doing the right thing’ in the moment.

This awareness becomes part of the matrix of the mental processes we continually engage in our waking hours. We often think and act so fast that we are unconscious of the moment and the inner process that we engage; totally oblivious of our role in its [moment] creation.

How can we increase awareness of our role? Using the technique in Week One fits wonderfully here. When we are free of bottlenecks *flow* happens, revealing a natural progression of actions that align with your goal. Goals are simply dreams with deadlines.

We often find ourselves in situations where we begin to ask, “What am I doing here?” or “What is my purpose in this moment?” Even though the questions are very relevant, listening for answers can become very difficult in our fast-paced world. We have usually allowed ourselves to be distracted by secondary goals, diversions from the directions we intended our life (job, relationship, project, and/or spiritual path) to take previously. Our lives become unsettled and are missing ‘something.’ Does this sound familiar in some way?

The keys for ascending toward a more fulfilling life are supposed to be in the words and/or writings of those who have gone before us – masters of the various realms, be it material or spiritual. All of these masters share a similar message: it matters how and what, you think and feel in achieving results you desire.

The best course to take all begins with inner reflection of the outer circumstances and how we respond to them. Simple, but **how** do we do it? We start by simply asking better questions about the significance of the moment. Get quiet, then ask.

Answers to powerful questions guide our decision-making process, offering pre-cursive points of order in the development of your roadmap. The result of the *challenge to change* removes liabilities, limitations and excuses. We need a process that asks the right questions

so that our roadmap includes the riches we truly desire and deserve, emotionally fulfilling evidence of a new living awareness. These questions draw out our deepest desires and personal passions to assist creating *serendipity* in life, surrendering our false evidence appearing real to allow us to be or live the dream in that moment.

Intention has everything to do with this process. What does that mean? Intention is an intellectual and emotional action. When you ‘intend’ something it is both a thought and feeling.

The reason these moments appear is that you embrace and engage a feeling, a vision, and an intent that anticipates *desired outcomes* showing up in your physical world – and taking action to put yourself in places where it could happen. In essence, the door opens because you are out there knocking and seeking entrance on a regular basis.

Sometimes the process of manifestation may take days, sometimes months and even years for these things to appear – always a result of a *serendipitous* moment.

The following exercise is the conclusion of your coursework – your Final Exam, so to speak. You have been prepared to initiate constructive changes in your life. This exercise is the result of observing several decades of *serendipitous* moments in life. So after much reflection, analyzing the process and cross-referencing resources, this shared process emerged.

Let me respectfully remind you, life and death are of supreme importance. Time swiftly passes by and opportunity is lost. Each of us should strive to awaken. Awaken! Take heed, do not squander your life.

The Evening Gatha

Programming Your Mind for Serendipity

The following is a series of questions designed to help you focus on matters that matter. Personal results will vary, but the process provides a framework for transformation. One can use the answers to design a personal growth or relationship path, change an employment track, or launch a project beyond procrastination and past resistance. The best results can be achieved through working with a transformational life coach.

Exercise: *Use a separate sheet of paper or word processing document to expand on these results. **Journaling** about your answers offers a huge advantage in transforming your experience.*

Hint: There is a distinction between ‘inner’ and ‘outer’ perspectives in the exercise.

Inner: thoughts and feelings. **Outer:** how it shows up in your experience.

1. What do you **value** in life and how does it show up?

Examples- Inner: Self-confidence
Inner: Integrity

Outer: Getting quality work
Outer: Others’ trust in me

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

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2. How do you currently act on or express these values? (Ethics are values expressed in action.)

Examples – Inner: Self-confidence
Inner: Integrity

Outer: Willingness to ask tough questions
Outer: Keeping my word

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

3. What negative feelings do you hold and how do they show up in your daily experience?

Examples – Inner: Low self-esteem
Inner: Fear of intimacy

Outer: Put downs from coworkers
Outer: Shallow relationships

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now that you have identified specific scenarios you can begin to change them. Aligning one’s outer activity [change] with an internal shift [awareness] is a key factor in creating fulfillment.

4. What would you change in your behavior using items from #3?

Examples – Inner: Self-esteem Outer: Respect from coworkers
 Inner: Intimacy Outer: More authentic relationships

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Whether you believe it yet or not, **you** have all the answers within you now in order to change past patterns and transform your life. These questions will help you determine your answers. Self-honesty and self-reflection lead the way to recognizing the need for change and adopting new patterns of living.

Changing patterns is a challenge at first, but once you get used to the process it can become quite engaging and fun. The process is very similar to that of a change management scenario in business known as ADKAR. The acronym stands for Awareness of the need for change; Desire to support and participate in the change; Knowledge of how to change; Ability to implement required skills and behaviors; and Reinforcement to sustain the change.

5. What do you know you need to do in order to affect these changes internally / externally?

Examples – Inner: Self-esteem
Inner: Intimacy

Outer: Demonstrate coworker respect
Outer: Be more authentic / real

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

There are certain things that one looks for when seeking guidance, going further into self-awareness, or discovering those deeper unconscious patterns that have been learned without the aid of a coach or mentor. This is what happens in life and love and we don't always realize that there is help available. Even when help is available we prefer to go it alone in most cases, hence this offer and its timely appearance in your life now.

Ascending through personal tragedies or traumatic experiences is what generally leads a person toward becoming compassionate and understanding. Likewise, in order to receive what we desire from others we often have to give it first. The lower road we sometimes take is to allow these experiences to infect our emotional and mental health, greatly inhibiting our capacity for faith and trust. Faith is tough for some; trust even harder for those who've been betrayed or who carry feelings of animosity toward their own failures. We all need a support network for change.

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6. With whom can you engage, share and garner support for these discoveries as you move forward?

Examples – Inner: Personal confidant Outer: Coach
Inner: Pastor/priest/rabbi Outer: Mentor

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

7. If you had no constraints, no obstacles now, how would your life change toward fulfillment?

Examples – Inner: Self-esteem Outer: Promotion at work
Inner: Intimacy Outer: Gain best friend/lover

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

8. How does *perceiving* change in your life now impact your feelings about *making* the change?

9. What are the personal triggers that impede your progress toward that change?

Examples – Inner: Self-esteem
 Inner: Intimacy

Outer: Making mistakes at work
 Outer: Not talking/reaching out

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Remember the challenge to change scenario: liabilities, limitations and excuses keep us from change. Continuing in the same patterns and expecting different results does not make good sense for the logical thinker, yet we often unconsciously continue the same patterns. Why? Usually, because we believe that awareness alone will change the pattern. It doesn't happen that way at all. You have to take action, make the change, and act differently now.

10. How might you respond to the triggers with specific actions or thoughts that are 'better'?

Examples – Inner: Self-esteem
Inner: Intimacy

Outer: Acknowledge mistakes & correct
Outer: Start engaging strangers

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

11. How do these changes in behavior impact your perception of change now? Be specific.

Faith and trust are earned *and* learned in the process of letting go and allowing your 'higher self' (or what ever you choose to call your access point to infinite intelligence) to share the perfect lessons in the classroom of life. If this sounds too complicated, then consider pretending to be a little child who trusts without concern. Allow your mind to release all the doubts and fears, and then act as if your behavior does not matter or will not be judged.

12. Creating a change toward a more fulfilling and rewarding life often begins with an image or vision of this new life, like painting a picture or writing a script. Take a few moments now and visualize this transformational process for yourself. What was the first thing you noticed that gave you a feeling of accomplishment, of movement toward a new feeling of success? Describe the experience in visual detail, especially the progress of the vision as it evolved until now.

13. Describe arriving at this sense of change, this new life, in detail. Note the feelings and thoughts that led to the change in sensations. Describe the sensations, the thoughts and feelings, as you progressed. These are ‘anchor points’ of a simple repeatable process to use as you continue.

14. **Awareness** of precisely how sensations and thoughts develop within the mind is one of the keys to performing at peak levels, emotionally, intellectually, and physically. ***What are the contradictory patterns to success that you are aware of presently?*** These could include self-sabotage, negative self-talk, diminishing self worth and others. Describe the patterns in as much detail as possible. **Repeat this and the next step often.**

1. _____

2. _____

3. _____

4. _____

15. Replacing the above patterns with ‘new and improved’ versions of self-enhancement means that new patterns can be realistically adopted in daily life. Consider the above. What responses will offer new patterns that are easily recognizable and repeatable at any time during waking consciousness? What responses provide the best feeling of awareness and knowing?

1. _____

2. _____

3. _____

4. _____

The preceding process can be an ongoing practice. It will take you to new heights in your living awareness and experience. Notice that as you work on change in your life, new things appear and life seems to ‘flow’ better. You can anticipate other challenges that your ‘higher self’ knows are necessary for you to attain fulfillment.

Acknowledge these changes in your feelings to ‘better’ places through an attitude of gratitude. This feeling of accomplishment engages *serendipitous* moments, which is a result of how you perceive life’s challenges and what meeting those will bring as a result. Know that within every challenge there is reward, a better feeling and happier place than you were before. Have fun...

Week 4 Assignments (optional):

Write a 750-1000 word about your ideal transformation toward achieving the dream you've never thought possible. Be as specific in detail as possible. This is your script for the future.

Although some lives may not appear to be so, we are compelled to seek out and discover situations that engage love. The two most powerful expressions and reflections in life are *loving* and *being loved*.

What do you feel when you love and know you are loved? Is it faith and trust? How do you feel about 'allowing' others to be who they are without fear of reprisal or rejection?

What could possibly fill the void in a heart who feels abandoned? The feeling of unworthiness festers like an infected wound and creates so many unconscious patterns of self-destructive behaviors.

If abandonment isn't enough, then imagine being institutionalized and the potential for anger and resentment to turn those wounds into impenetrable emotional walls.

Discovery of your truth and love is just another paradox in the process. What if love was all around and the choice was to ignore it?

Yes even in every self-help book, every success story written, every personal leap of faith – it is the love, the Limitless Oscillating Vibrational Energy, that fuels the fire within...heart-centered and cosmically conscious.

This is the place more people are choosing to find in the new millennium, a limitless oscillating vibrational energy within. The choice to believe all things are possible and act as if there are limitless possibilities of achievement. Humanity needs change.

Drama and trauma have been part of your life, too, or you would not be reading this now. Trauma drama is a well known symptom of ignoring the signs of the need for personal growth. Know that your personal plights have been perfect for you, created just for you as fertilizer for your flower of life.

If one can transcend abandonment, rejection, institutionalization and more... maybe you can be lead through difficult situations to find the peace in your heart that was meant for you from the beginning. Imagine the fun of success.... Fulfillment!

Be The Dream... YOURS!

**If enlightenment is not where you are standing,
where do you look?**

One last gift...

Wheel of Life...



Pick an area of your life -

Friends and Family, Finance/Money, Health, Physical Environment, Fun & Recreation, Career/Life Purpose, Personal Development/Spiritual Alignment, Romance/Significant Other.

Using each area defined above (or substitute those you feel are appropriate for you now), devote some personal time and ask yourself the questions below. Write out the answers for reference later. You can use this exercise to monitor your levels of fulfillment and adjust accordingly.

1. On a scale of 1-10 (10 being fulfillment) rate this area of your life?
2. What would it take to bring this area up to a 10?
3. Using your answers for #2:
 What would it take to make these happen?
4. What is stopping you?
5. If you had to choose one of the possibilities (#3), which one would it be?
6. What will ___(#3)___ give you?
7. What would ___(#3)___ look like?
8. How would ___(#3)___ make you feel?
9. What do you want to do, if anything, from here?

Use this process to map out what you need to do to create the life you desire. Thank you for engaging this work. Thank you for choosing to change and grow.

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