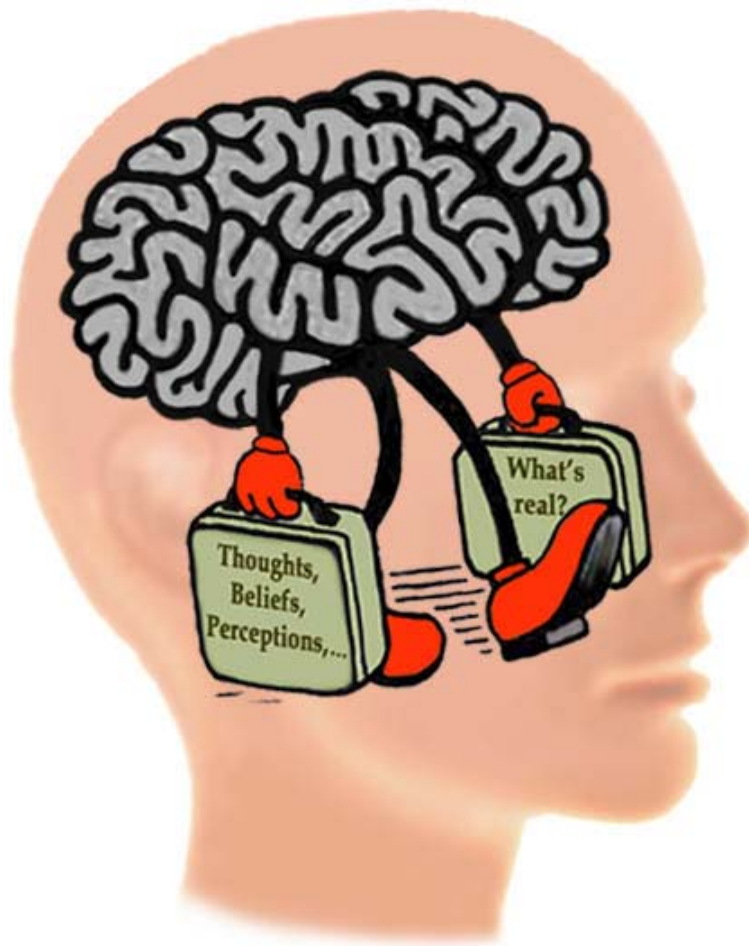


Healing Self



Mind-Tools for Self-Healing



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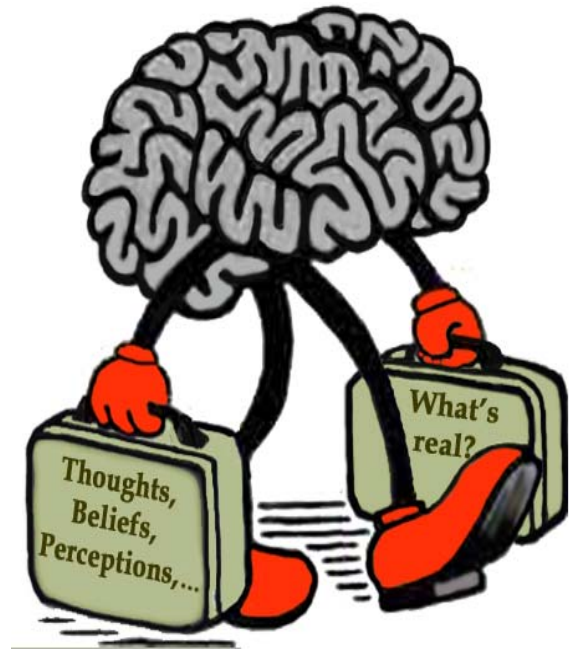
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About the Mind-Tools

This manual consists of a series of mental tips or mind exercises for the purpose of cultivating inner harmony, inner joy, inner peace, and inner love.

In general, the mental exercises are presented using logical reasoning while trying to minimize the emotional component. The purpose is to be able to use our intellect and reasoning to discern truth in a logical manner. Truth has nothing to do with how we feel about something. Yet, the way we feel about 'something' (i.e. the emotions that are attached or arise in an event, around circumstances, toward material things and/or people, etc.) tends to cloud our judgment. Hence, it influences or dictates how we perceive it, and how we react to it. By eliminating or minimizing the emotional component, we give ourselves the opportunity to view or perceive 'something' more clearly -- a less biased truth. This, in turn, gives us the opportunity to evaluate if the way we feel (the emotions) about that something enable us to nurture our inner joy, inner love, inner peace and inner harmony.



Becoming aware of the truth about 'something' may not prevent us from feeling the way we feel toward that 'something'. Yet, by becoming aware of a less biased truth, we also become aware of emotions and reactions that do not serve us. Hence, we open the door to self-empowerment to decide if it is OK to continue to feel or react the same way, or to explore ways to create different responses or reactions that nurture our inner joy and love.

When the emotional component is eliminated or minimized for the purpose of discerning truth (at least, a less biased truth), we may at first feel cold and impersonal, and it may appear that, instead of nurturing inner joy and harmony, we are doing the opposite -- nurturing 'selfishness' (in a negative or irresponsible way), apathy, or indifference. Yet, in practice, when every action we take is for the purpose of nurturing inner love and joy, then that is that all that can happen -- the nurture of love in and all around us. Furthermore, when we focus on exploring how to nurture our inner love and inner joy, what we are doing is learning to honor, love, and accept self truly without judgments. Unconditional love is just that -- to accept a person fully and completely without judgments. In this case, the person that we are learning to love and accept unconditionally is self.

The more we learn to love self, the more we love others as a side effect of loving self. In fact, we begin to understand how when we don't love another, look down on another, fear for another, etc., that person is pointing to a part of self that we still don't accept. However, we do not focus in trying to love others, for that may not help us to accept and love self truly. Instead, we go inward using our intellect and reasoning to discern the truth around our dislike toward another, so we can pin-point what part of self we are rejecting or protecting due to an old emotional injury. As we heal our own emotional wounds, the 'negative' emotions toward others dissipate or diminish; or we become less interested in engaging with those stories.

The better we eliminate, minimize, detach from the emotional component around 'something', the more clearly we can discern the truth about/around that 'something'.

I have tried to organize the mind tools in a way that they build on each other. However, we are all unique in the way we process information, so give yourself permission to read this manual in the order that you feel it best helps and supports you in your journey cultivating inner joy, inner love, inner peace, and inner harmony.

Mind-Tools

1. *“The most important thing in life is to be happy and to have fun”*

- We are referring here to a deep inner happiness or joy that becomes a way of being and it is not based on what we have or not have, or what is happening or not happening in the outside world. Through this inner happiness we tend to seek to experience joy and fun in whatever we are living through. As we experience joy and fun, the joyful feelings will naturally nurture the state of inner happiness. This becomes a positive cycle in which our natural state of being is to nurture inner joy, inner love, and harmony. We may go astray at times (and fall into suffering, depression, fears, anxiety,...), but it doesn't take long before the desires *‘to feel good inside and have fun’* kicks in and pushes us to seek that.
- Let's follow reasoning and intellect to determine if indeed making 'happiness and fun' the most important thing, will nurture love and joy:
 - Remember a time of your life that you felt really happy inside, joyful, great, “like a million bucks”.
 - Remember your facial expressions and happy reactions in yourself – maybe you couldn't help smiling; listening to good music or playing music, or felt like dancing. Possibly couldn't help laughing, or felt like hugging those around; or took a deep breath of satisfaction and content, or felt like walking or hiking, writing, cooking, etc. etc.
 - Remember how you reacted toward others – maybe you share your joy with smiles and laughter; invited family or friends for food or drinks; went to seek the company of family or friends to talk and laugh; or listen to music and/or dance; hug them with joy, or bought a gift for someone. If anyone asks for help, you gave it with pleasure, etc. etc.
 - Try to remember those moments with as much details as you can. Pay attention to all your good feelings and reactions and how they happened spontaneously and without effort (and any effort would have been to inhibit your good feelings and reactions). Remember how easy it was to give to others during those times (a smile, a hug, a hand, a gift,...).
 - Now, through those memories, try to become aware that during those moments is when we are the most loving and giving toward others (compare it with times when you were not so joyful if you need to). The point is to become aware with our intellect and reasoning that when we feel very happy inside is when we become more giving and loving toward others. It is the time when life is most fun, and in general, is when others feel we are more fun to be with.
 - Now, repeat the exercise by remembering times in your life when you felt angry, depressed, hurt, tired, high stress, etc. Become aware how during such times is when we are not so giving, not so kind, don't have much time for others, seek isolation, we can be nasty, rude, impatient, etc.
 - Remember how we tend to avoid people that are gloomy and/or negative, and prefer the company of those that are joyful and kind.
 - Now realize that if the time when we are most loving and giving toward others is when we feel really good inside, then this means that the most generous and loving gift that we can make to others is to cultivate and nurture as much joy within as we possibly can. What's more, the deeper that that inner happiness/joy is, the more fun we have and the most loving and generous we become.
 - Hence, our highest priority in life is clear – to nurture and cultivate inner joy (no compromises). This implies that we make our responsibility to become observant of all our thoughts, actions, and reactions. As we observe, we practice ways of changing and transforming those things (reactions, situations, etc.) that compromise our inner joy and love in any way.



- Having fun is a way of cultivating inner joy and happiness. But not everything that we think is fun cultivates inner joy and happiness. In general, ‘things’ that bring gratification and joy in the moment, or short term may or may not nurture the inner joy and love in the long term. For example, when we go to a pub with friends (or a club, or a party), drinking alcohol may help us mingle, be sociable, loose inhibition and have a good time; yet, doing this on a regular basis may be detrimental to our well-being, our work, our family, our health in the long term. Credit cards make buying easy, and we do feel wonderful buying ‘things’ that we desire (*i.e.* games, car, house, clothes, shoes, TV, etc.); yet, if we start buying everything we desire without paying attention whether we have enough money to cover it, we create a debt balance that increases. Thus, although in the moment or short-term buying brings joy, in the long-term it does the opposite as the credit balance grows.
- Hence, our highest priority is to seek fun activities that, as a side effect, nurtures and cultivate our inner joy and harmony in the long term.
- **For self-reflection/contemplation:** learn to discern the difference between the short and long term effects of situations, activities, relationships, etc. Short-term emotions/feelings (good or bad) pass in a few hours to a few days. Long-term effects nurture deep state of being (good or bad). This means that we need to place at higher priority those things that nurture good feelings, inner peace, and inner harmony long term. Become aware of what type of activities, relationships, thought patterns that, although they seem to make us happy in the moment or in the short term, they brings suffering, chaos, anxiety, depression, fears... in the long term.
- **For self-reflection/contemplation:** we seem to get moved by the short-term pain or suffering that another is living through. We tend to feel guilty or judge ourselves uncaring, ‘bad’, or cold if we do not try to help, or do not join them in their drama and sorrow. Yet, the moment we feel ‘sorry’ for them, start giving advice, start taking action on the kind of help we believe they need, what we are actually doing it is belittling that person -- we do not see or believe s/he is capable. Short-term we feel good for we are a ‘hero’ in that person’s life. The other person may feel good for they have someone that comes to their rescue. However, long-term we may be nurturing her/his insecurities, inadequacies, lack of confidence, possible the belief that s/he is a ‘victim’. In addition, if that person seems to ‘need’ our rescuing often, we begin to lose patience, grow tired of helping, dread her/his company, even feel angry at her/him for their inability to change. When we focus on the long-term joy, for self, we begin to support those around us in ways to nurture their long-term joy and harmony even if in the short-term they need to endure pain. For example, if someone breaks an arm or a leg, the first thing the doctor is going to do is try to align the bones so they heal properly and strong. It doesn’t matter how much pain that person needs to endure when the bones get align and the weeks that takes for the bones to heal. We do not comfort and cry with the person and let the bones heal in any which way just because we fear they cannot endure the pain of aligning the bones.
- **For self-reflection/contemplation:** “happiness is a choice, suffering is a choice” – or as eastern philosophies say it – “*pain is inevitable, suffering is optional*”. Train your inner compass to naturally point to happiness, to seek inner happiness, to place inner joy and feeling good above all. Train yourself to seek your inner joy so deeply, that you rebel quickly against staying in situations of suffering and feeling bad. Learn to let go of anything and anyone that nurtures pain, suffering, fears, anxiety,... in the long term. Learn ways to transform yourself in such a way that those things (objects, people, situations, activities) that do not nurture your inner joy disappear from our life, or they adapt to your new way of being.
- For self-reflection: clinical research has shown that joy and laughter increases our health, boost our immune system, releases endorphins (which in turn makes us feel even better), heals our body and mind, eliminate depression, reduces stress, improve sleep, increases vitality – another reason to make joy and fun our priority in life.
- **For self-reflection/contemplation:** if a cell in the body feels undeserving, how would it affect its healthy functioning? If its functioning is compromised in any way, this means that the way we feel is compromised at some level no matter how small (physically, mentally, and emotionally). Likewise, when we do not feel happy in any way, we are affecting the highest functioning of our proximal environment (home, office, close friends) somehow, not matter how slightly. In turn, if our proximal environment is not functioning to the highest, then, it is affecting at some level the highest functioning of our community, society, humanity, our planet. Thus, our business is to nurture our own inner joy and fun because that is the basis for nurturing goodness, love, peace, harmony not only within self, but all around us, humanity, and the planet. What others do is not our business, our only business is to nurture love, joy, and peace within self. Like a cell in our body

– its only business is to stay healthy and to perform its function to the highest of its ability; not to put its functions aside so it can help other cells to function well (and then wreak havoc within the body).

- **For self-reflection/contemplation:** is life worth living if it is not accompanied by love and fun? What would be the point of living if we cannot experience joy, love, and fun?

2. *Were you born for the purpose of suffering?*

•

3. *Were you born to live the life others expect of you?*

4. *Choose what to believe*

- Choose consciously what your version of “Reality” is. Choose a reality and beliefs that serve you nurturing your inner happiness/joy, love and fun.
- The same way as happiness and suffering is a choice, what we believe is also a choice.
- Become aware that each of us has a version of Reality or “real life” that is 100% based on what each of us has chosen to believe is true, is real, not true, not real, fiction, or fantasy of everything we have ever learned. Each of us has a unique and individual version of reality or what “real life” is. For example, for some people believe wars are bad, other believe they are good, others they are a necessary evil. Some believe that angels, ghosts, fairies exist and others don't. Some believe in God, others don't; and many have a different version of what God is. Some believe that money is easy, others that money is hard to come by, or that money is evil, or that money is good. Some believe that medical drugs are poison, others that medical drugs are good; that global warming is due to CO2, that global warming has nothing to do with CO2, etc. etc.
- What we know or think we know, we have learned through family, school, society, books, movies, TV, experiences, self-reflections, etc.; and each of us decides how to catalog the information – true, real, false, not real, fantasy, etc. Furthermore, through our lifetime, we re-catalog information all the time based on what new information or wisdom comes our way. So, our version of reality or ‘real life’ is dynamically and forever changing.
- Our version of what reality was when we were 5 years old is very different to our version of reality when were 10, 15, 20,... or today. Sometimes our view of reality completely transforms in an instance through a traumatic or blissful experience.
- What science tells one day is true and a fact, may tell us another day that in fact it is not. For example, once, an atom was the smallest particle of matter, then was the electrons, then neutrinos; once butter was good for us, then it was bad, then good again; brain cells cannot reproduce, then they can; etc. What makes information from science more challenging is that what a scientist claims as a fact, another state is false, and another may state a variation of either or both. So, often the scientific knowledge that we learn is the one that mainstream decide to accept and believe in; but it doesn't guarantee that the accepted scientific knowledge is true. For example, some scientist claims CO2 is causing



global warming, others claims that this is false and is the solar system that is becoming warmer; some claims that HIV and Aids exist and kills, other claims that HIV and AID is made up; some claim chemo heals, others that chemo is poison and a patient may survive despite the chemo; etc.

- When we research history we discovery similar contradictions on historical events.
- If we research our family and friends we discover things we didn't know about them, or some believe that we have of them are actually false.
- The news tells us of some events happen this way, then other news state the opposite.
- Sometimes a government states something as fact, then it is discovered that is was made up.
- **So, there is really no way of truly, truly know if anything that we have ever learned and feel that we know is actually true. This means that not matter what we decide to believe 'reality' is or 'real life' is, it is just a version, our version and it is very unique and individual.** We will never find another person that believes exactly as we do. We may meet people that share very similar beliefs and interests, but there will always exist things that we disagree upon.
- **So, choose consciously what to believe and consciously create your own version of what 'reality' or 'real life is' for you.** Choose one that supports you in nurturing your inner happiness, love and fun. Let go of beliefs or ideas that do not support you in cultivating and nurturing that inner joy and love.
- Whatever scientific report/news your hear or read that support you nurturing your inner love and joy incorporate into your believe system, and if it doesn't then deny it, let it go, or search for the scientific report that contradicts what you just learned and decide to accept this finding instead.
- If you find that believing in fairies, angels, spirits, *etc.* brings inner joy and fun to you, or makes life more interesting and fun, then incorporate them into your belief system.
- Whatever you read in this manual that helps you cultivate inner joy and love, incorporate into your belief system, whatever does not, ignore it.
- **Mental exercise – For self-reflection/contemplation:** during the last days or hours of your life, what would matter more – what you believe, or how much and how deep do you experience joy, love, and fun?
- **Mental exercise– For self-reflection/contemplation:** *what would you be without that belief?*

5. *Being Human – Our Conditional Response*

"[...] because you are human. And just because of the simple fact that you are human, you find yourself heir to an inherent unsatisfactoriness in life which simply will not go away. You can suppress it from your awareness for a time. You can distract yourself for hours on end, but it always comes back--usually when you least expect it. All of a sudden, seemingly out of the blue, you sit up, take stock, and realize your actual situation in life.

There you are, and you suddenly realize that you are spending your whole life just barely getting by. You keep up a good front. You manage to make ends meet somehow and look OK from the outside. But those periods of desperation, those times when you feel everything caving in on you, you keep those to yourself. You are a mess. And you know it. But you hide it beautifully. Meanwhile, way down under all that you just know there has got to be some other way to live, some better way to look at the world, some way to touch life more fully. You click into it by chance now and then. You get a good job. You fall in love. You win the game. and for a while, things are different. Life takes on a richness and clarity that makes all the bad times and humdrum fade away. The whole texture of your experience changes and you say to yourself, "OK, now I've made it; now I will be happy". But then that fades, too, like smoke in the wind. You are left with just a memory. That and a vague awareness that something is wrong.

But there is really another whole realm of depth and sensitivity available in life, somehow, you are just not seeing it. You wind up feeling cut off. You feel insulated from the sweetness of experience by some sort of sensory cotton. You are not really touching life. You are not making it again. And then even that vague awareness fades away, and you are back to the same old reality. The world looks like the usual foul place, which is boring at best. It is an emotional roller coaster, and you spend a lot of your time down at the bottom of the ramp, yearning for the heights.

So what is wrong with you? Are you a freak? No. You are just human. And you suffer from the same malady that infects every human being. It is a monster in side all of us, and it has many arms: Chronic tension, lack of genuine compassion for others, including the people closest to you, feelings being blocked up, and emotional deadness. Many, many arms. None of us is entirely free from it. We may deny it. We try to suppress it. We build a whole culture around hiding from it, pretending it is not there, and distracting ourselves from it with goals and projects and status. But it never goes away. It is a constant undercurrent in every thought and every perception; a little wordless voice at the back of the head saying, "Not good enough yet. Got to have more. Got to make it better. Got to be better." It is a monster, a monster that manifests everywhere in subtle forms.

Go to a party. Listen to the laughter, that brittle-tongued voice that says fun on the surface and fear underneath. Feel the tension, feel the pressure. Nobody really relaxes. They are faking it. Go to a ball game. Watch the fan in the stand. Watch the irrational fit of anger. Watch the uncontrolled frustration bubbling forth from people that masquerades under the guise of enthusiasm, or team spirit. Booing, cat-calls and unbridled egotism in the name of team loyalty. Drunkenness, fights in the stands. These are the people trying desperately to release tension from within. These are not people who are at peace with themselves. Watch the news on TV. Listen to the lyrics in popular songs. You find the same theme repeated over and over in variations. Jealousy, suffering, discontent and stress.

Life seems to be a perpetual struggle, some enormous effort against staggering odds. And what is our solution to all this dissatisfaction? We get stuck in the 'If only' syndrome. If only I had more money, then I would be happy. If only I can find somebody who really loves me, if only I can lose 20 pounds, if only I had a color TV, Jacuzzi, and curly hair, and on and on forever. So where does all this junk come from and more important, what can we do about it? It comes from the conditions of our own minds. It is deep, subtle and pervasive set of mental habits, a Gordian knot which we have built up bit by bit and we can unravel just the same way, one piece at a time. We

can tune up our awareness, dredge up each separate piece and bring it out into the light. We can make the unconscious conscious, slowly, one piece at a time.

The essence of our experience is change. Change is incessant. Moment by moment life flows by and it is never the same. Perpetual alteration is the essence of the perceptual universe. A thought springs up in your head and half a second later, it is gone. In comes another one, and that is gone too. A sound strikes your ears and then silence. Open your eyes and the world pours in, blink and it is gone. People come into your life and they leave again. Friends go, relatives die. Your fortunes go up and they go down. Sometimes you win and just as often you lose. It is incessant: change, change, change. No two moments ever the same.

There is not a thing wrong with this. It is the nature of the universe. But human culture has taught us some odd responses to this endless flowing. We categorize experiences. We try to stick each perception, every mental change in this endless flow into one of three mental pigeon holes. It is good, or it is bad, or it is neutral. Then, according to which box we stick it in, we perceive with a set of fixed habitual mental responses. If a particular perception has been labeled 'good', then we try to freeze time right there. We grab onto that particular thought, we fondle it, we hold it, we try to keep it from escaping. When that does not work, we go all-out in an effort to repeat the experience which caused that thought. Let us call this mental habit 'grasping'.

Over on the other side of the mind lies the box labeled 'bad'. When we perceive something 'bad', we try to push it away. We try to deny it, reject it, get rid of it any way we can. We fight against our own experience. We run from pieces of ourselves. Let us call this mental habit 'rejecting'. Between these two reactions lies the neutral box. Here we place the experiences which are neither good nor bad. They are tepid, neutral, uninteresting and boring. We pack experience away in the neutral box so that we can ignore it and thus return your attention to where the action is, namely our endless round of desire and aversion. This category of experience gets robbed of its fair share of our attention. Let us call this mental habit 'ignoring'. The direct result of all this lunacy is a perpetual treadmill race to nowhere, endlessly pounding after pleasure, endlessly fleeing from pain, endlessly ignoring 90 percent of our experience. Then wondering why life tastes so flat. In the final analysis, it's a system that does not work.

No matter how hard you pursue pleasure and success, there are times when you fail. No matter how fast you flee, there are times when pain catches up with you. And in between those times, life is so boring you could scream. Our minds are full of opinions and criticisms. We have built walls all around ourselves and we are trapped with the prison of our own lies and dislikes. We suffer.

[...] there are plenty of times when we are happy. Aren't there? No, there are not. It just seems that way. Take any moment when you feel really fulfilled and examine it closely. Down under the joy, you will find that subtle, all-pervasive undercurrent of tension, that no matter how great the moment is, it is going to end. No matter how much you just gained, you are either going to lose some of it or spend the rest of your days guarding what you have got and scheming how to get more. And in the end, you are going to die. In the end, you lose everything. It is all transitory.

Sounds pretty bleak, doesn't it? Luckily it's not; not at all. It only sounds bleak when you view it from the level of ordinary mental perspective, the very level at which the treadmill mechanism operates. Down under that level lies another whole perspective, a completely different way to look at the universe. It is a level of functioning where the mind does not try to freeze time, where we do not grasp onto our experience as it flows by, where we do not try to block things out and ignore them. It is a level of experience beyond good and bad, beyond pleasure and pain. It is a lovely way to perceive the world, and it is a learnable skill. It is not easy, but is learnable...."

Passage from: eBook: "Mindfulness In Plain English" by Ven. Henepola Gunaratana
http://www.urbandharma.org/pdf/mindfulness_in_plain_english.pdf

6. A Model of the Mind and our Conditional Response

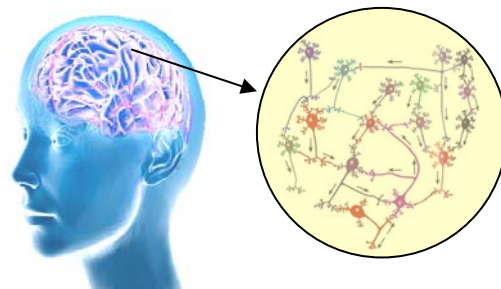
The following model of the mind is a tool to help us change habits, our responses, reactions, or attitudes toward situations or events of our daily life that we feel do not support our inner harmony, peace, and well-being.

Memories and Emotions

- All our experiences (in real life or imaginary) are stored in our brain, which we can later recall as **memories** such as an image, a touch, traumas, knowledge, moral values, judgments, standards, sensations, thoughts, knowledge, etc.
- A memory contains all the details of the experience in detailed – the different sounds, smells, taste, touch, images, objects, feeling, the physical and emotional sensations that were experienced (aches/pains, love, sadness, anger, etc).
- **Memories are not static but dynamically changing** over time according to the current version of the world or reality (the feelings/emotions associated with a memory can also change).
- **The intensity of the emotions (positive or negative) associated with a memory determines how important that memory is to us** – the strongest the emotions, the more important the memory is to us, the weaker the emotions, the less significant that memory is to us.
- The memories with strongest emotions are more frequently recalled and used by our conscious or subconscious mind to process information or deal with our daily life (including idle thinking or daydreaming).
- The more frequent a memory is recalled (by our conscious and subconscious mind), the more we mark that memory as important/significant. Hence, the stronger the emotions associated with the memory become.
- At the subconscious level, when a memory is retrieved, everything recorded in the memory is played back (even if we are not consciously aware of the details). The emotions associated with that memory re-surface and are experienced again.
- The memories that are used more often by our mind (those with stronger emotions) are the ones that influence/shape our beliefs, reality, inner universe, and self-esteem.
- The emotions that we feel are not being created by external events, people, or things, but by the emotions associated with the memories that our mind is using to interpret what we are currently experiencing (i.e. beliefs, information/knowledge, experiences, ethics, standards, moral judgments, etc.).

Our Self-esteem

- Our self-esteem is also shaped and re-shaped by our memories. When we grow in an environment that is positive, safe, and nurture love, we grow up with a positive self-esteem, and our subconscious mind is full with positive memories. On the other hand, when we grow in an environment where we were often put down (i.e. no good, bad, stupid, etc.), unappreciated, felt little love, we grow up with low self-esteem, and our subconscious mind is full with negative memories.
- Memories that get activated, either to deal with daily events or due to conscious or ideal thinking, are constantly nurturing the state of our self-esteem (good or bad).



A memory
A neuronal circuitry in the brain
(the importance of the memory is based on the intensity of the emotions associated with that memory)

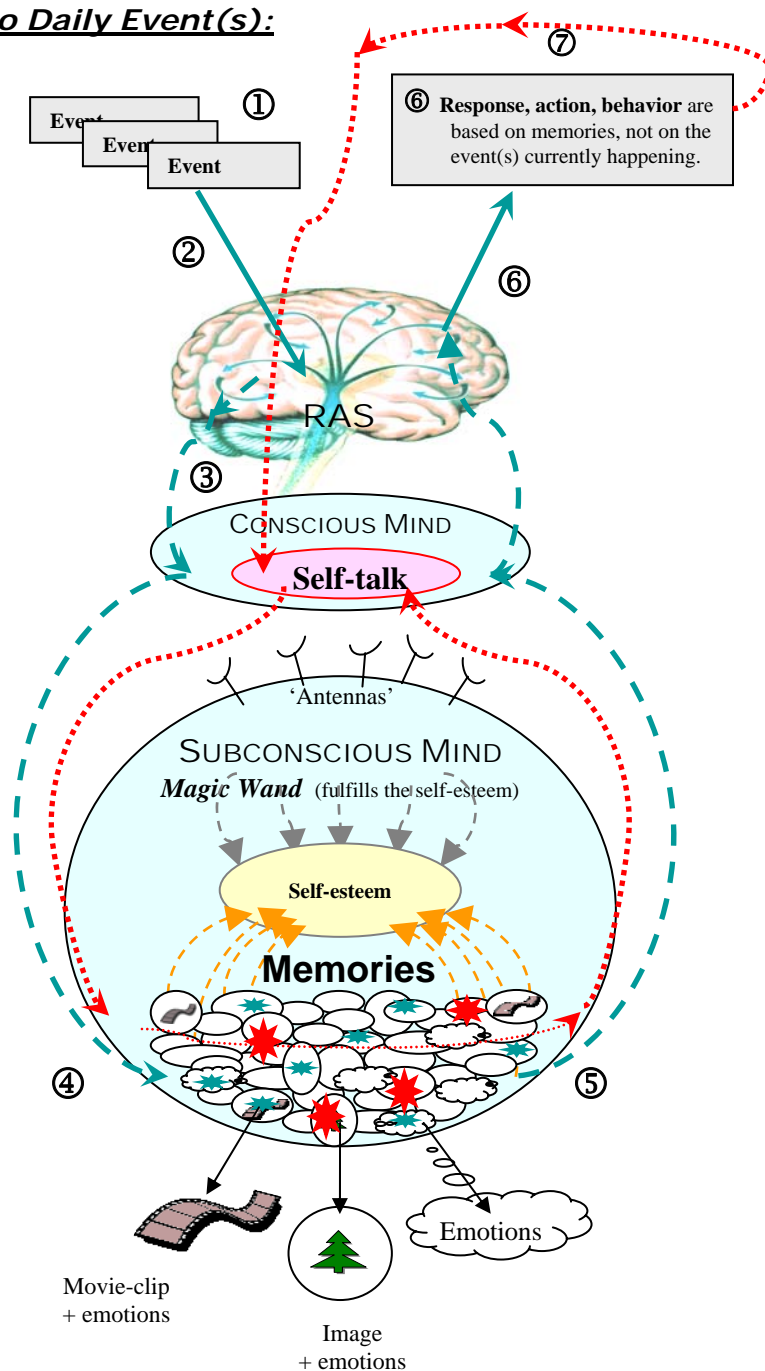


A memory could be any experience (real or imaginary):

- Happy, unhappy/traumatic, or insignificant daily events
- Knowledge learned (i.e. math, physics, history, geographic, skills, etc.)
- Cognitive/deductive thinking/reasoning.
- Skills (crafts, cooking, gardening, etc.)
- Beliefs (i.e. moral, ethics, standards, good and bad or evil, religion or spiritual beliefs, etc.)
- Books, magazines, or newspapers read; movies or TV programs watched; songs heard, etc.
- Dreams, daydreams, idle thinking.
- Etc.

Our Conditional Responses/reactions to Daily Event(s):

1. **Events/situations** (significant or insignificant) are always happening in our daily life – for example, we hear an unexpected sound, our name, or a yell/scream; a dog/cat or some animal appear out of no where; the door bells rings; the telephone rings; we have an accident or see an accident; we fall down or see someone fall down; someone tells us a story or news; the news on TV or newspaper; we meet someone new; etc.
2. **The Reticular Activating System (RAS)** is the entity in our brain responsible for alerting our **conscious mind** and bringing its attention to an event/situation in order for us to deal with it.
3. In essence, the RAS alerts the **conscious mind** to determine if the event is of value/interest, a threat, or neither.
 - o If the event is of value/interest, our interest is aroused, we become curious, and seek to know more.
 - o If the event is a threat, the fight-or-flight reflex is activated, so we can quickly get ready to fight or flight in order to survive.
 - o If neither, we lose interest and stop paying attention/listening, start daydreaming, or return to what we were doing.
4. The **subconscious mind** searches for the memories that most closely resemble the event. The memories that are normally first checked are those with stronger emotions (good or bad) since these are the memories that are more significant to us in one way or another.
5. **Memories** that get selected (beliefs, morals, ethics, past experiences, traumas, etc.) are activated and the emotions associated with them are released.
The memories are evaluated and analyzed to determine how to respond to the current event (*value, threat, not important*). The outcome of the evaluation is sent back to the conscious mind while the overall emotion is experienced.
6. **Our responses/reactions** -- our conscious mind receives the outcome of the evaluation, and we **respond** or **react** to the event – not according to what is actually happening, but according to the memories that were activated during the subconscious evaluation. Hence, our response is based on past experiences, traumas, beliefs, morals, standards of conduct, etc., not the current event.
7. **The self-talk** – our internal conversation either during idle thinking (or daydreaming), or triggered by responses/reactions to events. This internal conversation can be positive (i.e. pride on our response/reaction, performance), or negative (i.e. self-criticism, internal put downs, self-torture). According to our self-image and/or the emotions that were, or are unsatisfactory or had strong emotions (positive or negative) associated with it, we begin the self-talk or internal conversation.



Changing our responses

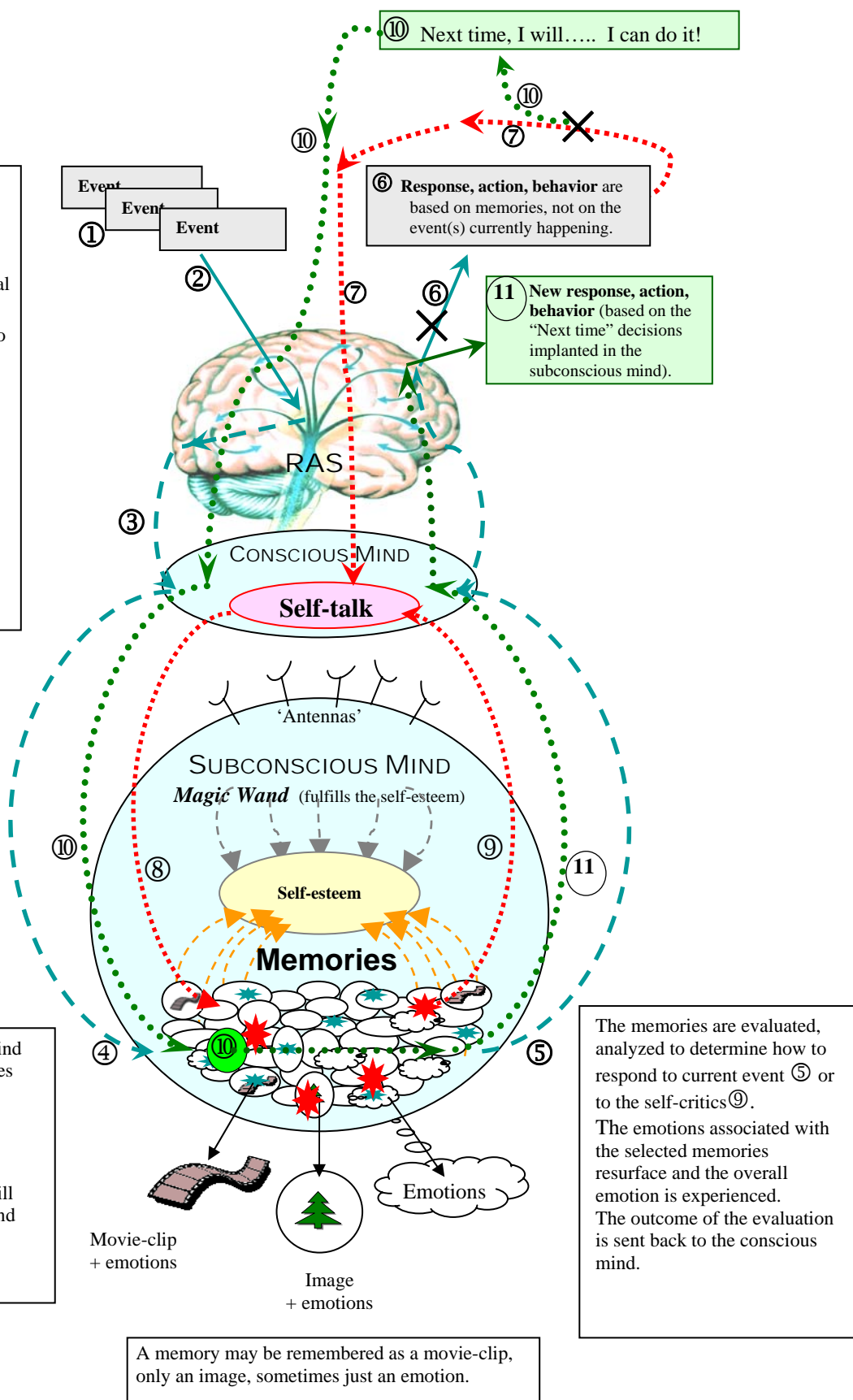
- ① Daily events occur.
- ② The **Reticular Activating System (RAS)** is activated.
- ③ The **RAS** alerts the conscious mind, grabbing its attention to deal with event.

Purpose: to evaluate (approx. 5 to 7 seconds) if the event is of value or a threat.

If of value – person gets curious, and seeks to know more.

If a threat – the fight or flight response is triggered.

If neither – person loses interest and stops paying attention, or returns to what s/he was doing.



7. The Inner Universe

"Nobody can make you feel bad without your permission" Eleanor Roosevelt

"The only place the 'physical' world exists is in your brain. There is no 'out there', as we perceive it; only an 'in here'.

The eyes only transform the tiny frequency range known as 'visible light' into electrical signals that are decoded by the brain... into a holographic '3D' reality. The 'physical world' we think is 'around us' only exists in our heads."

"Infinite Love is the Only Truth. Everything Else is Illusion" David Icke

Inside each of us there is an inner universe that contains all our memories – everything that we have experienced (in real life or imagined), read, observed, heard, learned knowledge (acquired through education, family, society, etc., deductive reasoning, intuitive learning, etc.), beliefs, morals, laws, views of right and wrong, etc. This inner universe is dynamic, forever changing as we live and experience life, and as we change our views and opinions or affirm and nurture others.

This inner universe also includes our view of reality – a reality that is created based on what each perceive (and able to perceive) and the way each of us interpret what we perceive. Like our inner universe, our reality is a perceived reality – it is personal and subjective, and it is forever changing as we live and experience life and as we change our views and opinions or affirm and nurture others.

Hence, our inner universe and our opinion of reality is unique to each individual.



Perception and the Senses

Our senses are physiological system perception that consists of sensory cells which respond/react to a particular physical phenomenon, and transmit the information as signals to specific areas in the brain that is responsible for receiving and interpreting the signals.

There is still disagreement on the total number of senses that our human body has:

- The five traditionally known senses – sight, hearing, taste, smell, and touch:
 - **Sight** or **vision** is the ability of the brain and eye to detect electromagnetic waves within the visible range (or light). Sight is probably the strongest of our senses and research has shown how what we see may alter what is being perceived through another senses.
 - **Hearing** or **audition** is the sense of sound perception.
 - **Taste** or **gustation** is one of two "chemical" senses. There are four well-known taste receptors that detect sweet, salt, sour, and bitter (the receptors for sweet and bitter have not been conclusively identified). There seemed to be a 5th receptor, for a sensation called umami that detects the amino acid glutamate.

- **Smell or olfaction** is the second "chemical" sense. Unlike taste, there are hundreds of olfactory receptors, each binding to a particular molecular feature.
- **Touch, tactition or mechanoreception**, is a perception resulting from activation of neural receptors, generally in the skin including hair follicles, but also in the tongue, throat, and mucosa.
- **Other senses:** nociception (pain), equilibrioception (balance), proprioception & kinaesthesia (joint motion and acceleration), thermoception (temperature differences), a weak magnetoception (direction), sense of time, and other interoceptive senses are also considered.
 - **Pain or Nociception** (physiological pain) signals near-damage or damage to tissue. The three types of pain receptors are cutaneous (skin), somatic (joints and bones) and visceral (body organs).
 - **Balance or Equilibrioception, or Vestibular sense** is the sense which allows an organism to sense body movement, direction, and acceleration, and to attain and maintain postural equilibrium and balance.
 - **Kinesthetic sense or Proprioception** provides the parietal cortex of the brain with information on the relative positions of the parts of the body. Proprioception and touch are related in subtle ways, and their impairment results in surprising and deep deficits in perception and action.
 - **Thermoception** is the sense of heat and the absence of heat (cold) by the skin and including internal skin passages. The thermoreceptors in the skin are quite different from the homeostatic thermoreceptors in the brain (hypothalamus) which provide feedback on internal body temperature.
 - An internal sense or **interoception** is "any sense that is normally stimulated from within the body". These involve numerous sensory receptors in internal organs, such as stretch receptors that are neurologically linked to the brain.
 - **Pulmonary stretch receptors** are found in the lungs and control the respiratory rate.
 - **Cutaneous receptors** in the skin not only respond to touch, pressure, and temperature, but also respond to vasodilation in the skin such as blushing.
 - **Stretch receptors** in the gastrointestinal tract sense gas distension that may result in colic pain.
 - **Stimulation of sensory receptors in the esophagus** result in sensations felt in the throat when swallowing, vomiting, or during acid reflux.
 - **Sensory receptors in pharynx mucosa**, similar to touch receptors in the skin, sense foreign objects such as food that may result in a gag reflex and corresponding gagging sensation.
 - Stimulation of sensory receptors in the urinary bladder and rectum may result in sensations of fullness.
 - **Stimulation of stretch sensors that sense dilation of various blood vessels** may result in pain, for example headache caused by vasodilation of brain arteries.
- Although not accepted by science, there are many that view our intuition as a sixth sense.

For the purpose of our discussion, it really doesn't matter if we have 5, 6 or more senses. What is significant is to become aware that our view of life, the world, the universe, reality depends on what we can perceive through our senses, how our mind interprets what we perceive, and how we feel about what we perceived and think:

1. Since the moment of conception – research has shown that the embryo/fetus feels and reacts to what is able to perceive in the womb, including what the mother feels. In this case, the inner universe starts being built since conception.
2. At birth – we begin to form our inner universe and reality since the moment that we begin to perceive and experience the outside world.
3. Some believe that we received information/knowledge from our parents gets passed down to the offspring through the genes. In this case, at conception, we already possess an inner universe based on the information and knowledge passed down from our parents.

4. For those that believe in re-incarnation or re-birth, then we bring into this life all of our experiences and knowledge acquired in all the previous lives. In this case, we possess a complex and rich inner universe.
5. Some combination of the above.

Whatever inner universe we are born with, most of it resides on the subconscious mind as a library of memories.

As we grow and learn, our conscious mind (or intellect, reasoning, cognitive reasoning, etc.) develops, and creates a subjective reality based on what we perceived and the interpretation of what we perceived. The interpretation of what we perceive is based on our level of awareness and understanding of our experiences and learning,

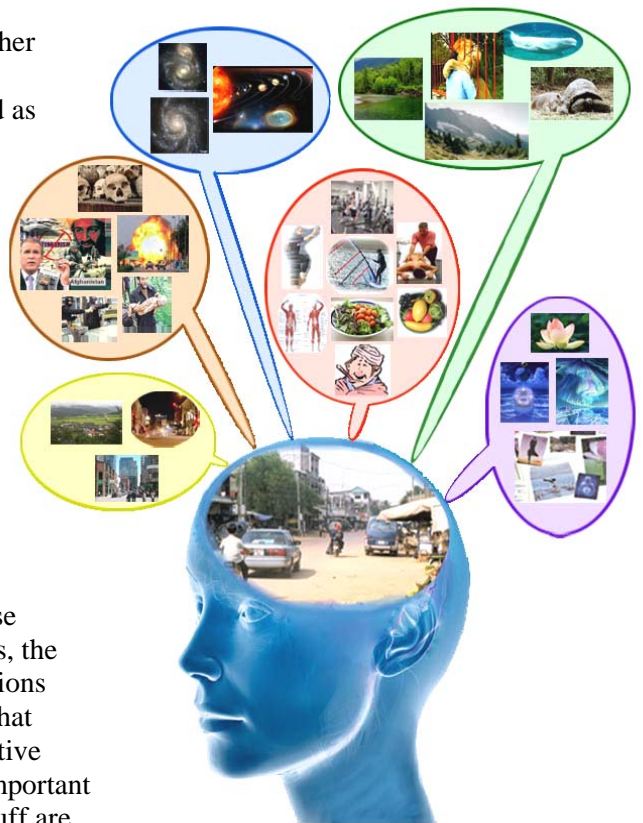
If we are born with an inner universe

The when and how our inner universe is begins to form is not really important, what is important is to become aware of it, to become aware that is unique to each individual.

. and that inner universe and reality is continuously being re-created, shaped and re-shaped, edited, transformed,... through our lives:

- While in the womb, we perceive the emotions that our mother feels, we perceive sound, touch, possible sight.
- Our experiences, beliefs, information/knowledge are stored as memories in our subconscious mind.
- After we are born, our inner universe continues to form and take shape according to what we are able to perceive and learn, and how we interpret what we perceive and learn.
- The way we interpret what we perceive and experience is shaped by our beliefs, knowledge, experiences, and current memories.
- **Memories are not static but dynamically changing** over time according to the current version of reality and inner universe.
- The brain cannot tell the different between an event or experience being lived in the “real” world and one totally being imaging.
- In general, what we imaging in detail produces more intense emotions that what we experience in the “real” world. Thus, the more we think about something, the more intense the emotions associated with that something becomes; hence, the more that “something” is marked as very important. If we think negative stuff, the more we tell our mind that the negative stuff is important to us; hence, the more often those memories of negative-stuff are retrieved and used by our conscious and subconscious mind.

Likewise, the more we think about joyful, creative, positive stuff, the more we tell our mind that memories of creative, positive stuff is important to us; hence, the more those memories will be brought up to our conscious and subconscious mind.



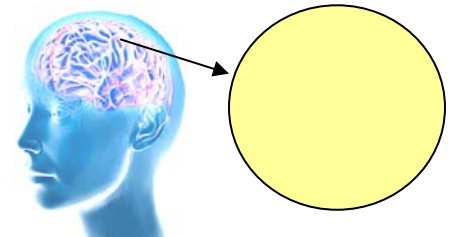
Tool-tips

- Bird-watching sample
- Blind spot test
- Optical illusion images
- What we live in our mind – imagining (fantasy, fiction, or real events), visualizing, remembering (memories, past events or what we belief are current events), belief, etc. is the only things that can make us feel.
- Make everyone in our inner universe enlighten.

- Self tends to define her/himself by what s/he thinks others think of her/him. Thus, self spend a great deal of energy trying to persuade/convince people of the way they should see/think/perceive self. Self fears not being accepted by others, when in reality self does not accept her/himself for who-and-what s/he is.
- What % of the population in the universe loves and supports self vs. the rest?
- Related videos:
 - Holographic universe
 - Consciousness
 - Meditation

8. *Memories as mind-tools*

- Memories can be viewed as gifts, a reminder to self of what needs healing;
- Situation in which we made self small (self looks and/or feel situations from small place).
-



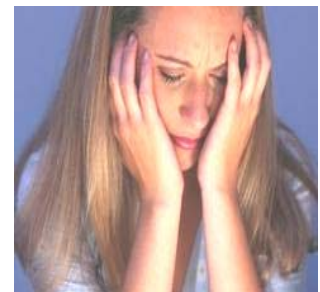
9. *On visualization*

- Emotions do count and guide to the injury.
- Affirmation with emotions.
- To edit self, others, memories, beliefs, etc.
- Treatment: Old-lady exercise.
- Treatment – project challenges/stress of today into the future (1 month, 2, 3,...1 year, 2, 3,...) until it hurts. Then come out and do today whatever self needs to do so that future doesn't become a reality.
- Treatment – similar to the above one but in reverse: imagine all the challenges/stresses of today will be all gone in 10 year. Can we leave those 10-years knowing that in 10 year all will go away? If not, repeat for 5, then 3, then 1.
- Mental Exercise: “what does ‘she/he’ see when she/he looks at me?”



10. *Mental Exercise: Imagine your current life situation is not going to change at all until you die*

- Assume that that your current challenges, issues, situation will not change no matter what you do or try; assume this is a fact – now choose to be happy despite of it.
- For reflection/contemplate – we have no control or choice over the situations, challenges, problems, issues,... that LIFE (the Universe, God) put in our path and make us live through (i.e. a car accident, loosing our job, our possessions being stolen, breaking a leg, a tornado destroying our house, declaring bankruptcy, etc. etc); but how we live through the experience is totally up to us – complaining, crying, being angry, fighting, getting even, etc. vs. practicing detachment and letting go, nurturing inner peace and acceptance, laughing, meditating, planning, etc. We are going to live through what we are going to live through – how we live it is totally up to us.



11. *Who that wants to be born, must destroy a world – Hermann Hesse*

- *"I must be willing to give up what I am in order to become what I will be."* Albert Einstein
- As snake sheds its outer skin many times throughout its life in order to grow, we also shed and let go of our version of our world or reality at different stages of our lives.
- For example, normally, our first 3 to 5 years we are at home. This version of the world and reality changes when we begin school (i.e. daycare, pre-school or kindergarten). Our vision of the world grows and expands as we experience the elementary school years. When we go from elementary school to high school (or middle school), once again our vision of our world changes and expand. After high school, our life once again takes a significant change – whether is college, work, traveling the world, marriage, or staying home until we decide what to do next – we let go of our high-school world vision to expand and encompassed the next stage on our life.
- During our childhood, teenage years and as young adults, we normally look forward to the various stages in our lives. We barely notice how significant our previous version of the world and reality was destroyed and shed in order to accommodate and expand for the new and more exiting one.
- However, if/when our view of the world/reality is destroyed or taken away by an accident, or unforeseen happening (such as unexpectedly loosing a love one, loosing our job, an unexpected separation/divorce, being diagnosed with a fatal disease, we loose our earthly possessions to a fire, an earthquake, a tornado, a betrayal from a close friend, etc.), the destruction and shed of our version of reality is dramatic, unwanted change. It is the 'no wanting', not being able to accept what has happened that make the transition challenging, stressful, painful, sorrowful.
- Once our version of reality has been destroyed, whether wanted or no wanted, we must live through the change, the experience. It doesn't matter what the end result is, we need to expand and grow to accept the new version of the world/reality. This new version contains our old version along with whatever caused its destruction. When we are not ready to shed our current version of reality, we tend to judge as wrong, unfair, bad,... the causes of its destructions, and we have a hard time accepting the new vision of the world/reality, and often reject it. As long as we judge bad, reject, unable to accept,... it is hard to adjust and live in harmony in this new version of the world/reality.
- Since the most important thing in life is '*to be happy and have fun*' (emanating from inner joy and inner love), then the faster we accept and encompass the good and the 'bad' of the new version of the world/reality, the easier the transition adjusting to this new way of the world.
- As long as we reject or cannot accept what has happened, self cannot grow and expand to encompass fully the new version of reality. This in turn, nurtures suffering, bitterness, resentment, and an obstacle in nurturing our inner joy, peace and love.
- Once a version of our world/reality has been broken, it cannot be un-done, un-broken. Our only choice is to move forward in the new version. We are going to live in the new version whether we want or not; how we live the experience is up to us – we can spend the time learning how to nurture our inner joy, peace and love, and have fun in our new reality, or soak, suffer, ache. The choice is for each of us to make.

12. Being Home – Feeling Safe wherever we are



13. On Selfishness, Self-center, egocentric

- We are all 100% selfish at all times – not exceptions. Become consciously selfish nurturing inner love and joy – the greatest gift to humanity.
- Self-created prison cells: doing something for another instead of for the sake of self.
- "Be who you are and say what you feel... Because those that matter... don't mind... And those that mind.... don't matter."



14. On ego

- It is not our enemy but our loyal and protective best friend/parent (at worse, an overly protective parent).
- It protects and exonerates self of faults so self can survive until the time when self can handle the truth, forgive self and others of any and all unloving deeds.
- The universe does not create anything for the purpose of hurting any of us.
- Exercise: Look at yourself in a mirror and learn to see the friend within; try to see yourself as a separate person (the man in the mirror is not you, but a man that is always with you, by you, judge you not, accepts you completely as you are, loves you, and admires you, completely belief in you. Learn to see that this person loves and supports you unconditionally. Learn to see this friend within and learn to nurture love and acceptance for this person standing there in the mirror (try to pick up the feelings that first come up when looking at this person in the mirror; do you love and accept him as your best friend, do you admire him, do you criticize him the way he looks or is, do you trust him. The friend within is the one that we need to honor, make proud, look up to, admire.
- Practice EFT (in front of a mirror if possible). Look at yourself in a mirror and learn to see the friend within as a separate person from us. Learn to see that this person loves and supports us unconditionally. Learn to see this friend within and learn to nurture love and acceptance for this person standing there in the mirror (try to pick up the feelings that first come up when looking at this person in the mirror -- do you loves and accept him as your best friend, do you admire him, do you criticize him the way he looks or is, do you trust him.



15. On Self-acceptance

- If you don't love yourself, then how can you expect someone else to?
- Self worse fear is to be found out – be willing to accept that self is 'bad' as judged or criticized by others or oneself – and it is OK because that is all that self can be (i.e. bad parent, bad son/daughter, bad employee, bad brother or sister, bad friend, bad spouse, etc. etc.). Self is criticized as 'bad' when self does not meet a standard of being or behavior. Such standards of being/behavior are man made, and somehow self is failing to meet such standards. Instead of believing that self is 'bad' and changing self to adjust to those standard, change the standards.
- In general, we seek to be love and accepted by others so we can accept ourselves. Thus, what hurts in not that we are not accepted by others, but instead that we do not love or accept ourselves (if others love and accept us, then is easier to accept that we are indeed worthy).
- On being able to say "no"; it is related to not loving/accepting SELF. For when we do, then we naturally protect SELF from being use or taken advantage by others. We also learn to acknowledge and nurture the desires and needs of SELF (we do not dismiss the needs/desires of SELF for the sake of others).
- Avoid imagining what another is thinking or feeling, or how he/she may respond to our actions/opinions/suggestions (teach our brain that this is none of our business. We are only the messenger; how the others take it is part of their learning/growth). When/if we do imagining, then imaging others are thinking/feeling/responding positively.
- When we are judge, accused, or criticize by others, don't fight it. Instead, try to appreciate the freedom that that brings. For after a judgment has been mad against you, it give you the choice to be as you have been judge or not. What can happen, that you are accused of something you have been told you are? This does not imply to become what you are accused of being; what it means that now you have the freedom to be or do what you have been accused of, if that is something you always wanted but were holding back due to others. The more free you feel of choosing what to do or being, the more empower you feel about who and what you are.
- Movie "Bicentennial Man" – the bicentennial man did not accept himself.
- forgive self and embrace, embrace, embrace... embrace all... the good and the bad... the love and the anger/hate.... the beauty and the ugly, the slim, the fat, the whole foods and the 'junk' food,... strength and confidence, weakness and powerlessness,... and when we feel we cannot embrace anymore... embrace that feeling too :-)

for all that it is perceived in anyway, exists only in our mind.... and when self rejects, is just rejecting what already exist in the mind.... the outside is just bringing what exist somewhere in the mind into our conscious mind....



16. On definitions, concepts, standards that self holds as truth.

- Everything that happens in the life, it happens with the consent and blessing of the Universe. We are the one that, according to how we perceive and judge the events, judge them as good or bad. If the universe is pure love energy, then, all is made of love energy, and exist only within love energy. Hence, nothing can exist that is not made of love energy, and no event can happen that can hurt or destroy that love energy.
- Self and others must live up to those standards. When it doesn't happen, self judges self (or others) as wrong, no good, bad, etc.
- God/universe creates each of us – we are perfect as we are at all times. We have no mistakes for God creates no mistakes. We start accepting we are less than perfect by comparing ourselves to some arbitrary standard that someone, society, parents, school, etc. created. Accept self as self is – then allow self to change to whatever nurtures inner love & joy the most.



17. On intention, goals

- What matter is not what we do, but the intentions behind our actions
- When a goal/intention brings stress/anxiety (meaning, self has vested interest on the result), change the goal/intention to a different one that has as a side-effect the original goal (i.e. a diet to loose weight vs. doing a body-cleanse to nurture health. Doing networking to build clientele vs. doing networking to nurture connections).
- Detach from results/outcome (detachment as in Buddha's meditation)



18. God's Handiwork

- If all is God then everything and anything that exists is just God's handiwork – any object, any person, any situation, any event, etc.
- When you look at yourself in the mirror, look at it from that point of view – your physical body is the God's handiwork. So, it must be good just as it is. Since it is God's handiwork, there is nothing you can do about it; and even if you could, that would also be God's handiwork.
- When we are in a situation that doesn't feel nice, realize that whatever has happened is also God's handiwork. Hence, there is good in it even if we can not see it.



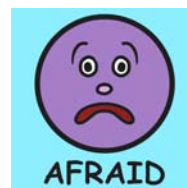
19. On Harmony vs. Stress/suffering

1. It is the little things that happen during the day that nurtures love and well-being in our hearts (or nurture stress, anxiety).
2. Exercise: report 3 good things that happen daily.



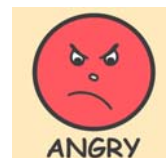
20. On Fear and Happiness:

- Fear is imagining what the future holds.
- All actions/decisions are sponsored either by love or by fear. A decision/action based on fear is a wrong decision.
- Happiness is a choice, suffering is a choice.
- True happiness lies within, not based on outside events, circumstances, or things.
- “You are never lost to the experience of your unbounded inner blissful reality” John Hagelin.



21. Arguments, Fights with others:

- When we feel upset, angry, hurt by others, and are having mental arguments about what has happened, direct the fight or arguments to Life/God/the-Universe, instead of the person/people that were involved. People involved are only being and doing what they are able to do according to who-and-what they are (according to their fears, traumas, false beliefs, etc). Life/God/the-Universe can handle being held responsible for who-and-what people are (their shortcomings to promote self-healing and being able to see truth). Life/God/the-Universe can handle whatever insults we burst at IT, and IT will not retaliate, feel upset, angry, or hold it against us; instead, IT will continue to be pure-love and radiate that love for us, in us, and all around us.
- Don't allow a bad experience to rob you of feeling love.



22. On Forgiveness, Resentment:

- Everybody is deserving of our love, but no one should be honored with our resentment or hatred.
- Forgiveness is 100% done for the sake of self (not the offender) -- to hold resentment is like holding a thorn in the heart in honor of the offender.
- When we resent what another has done – not only another hurt us with their action, but we continue to torture ourselves with resentment with hold on their honor.
- **Decide never to suffer over the actions that others do** (even if the actions are against us). If self is going to suffer, let it be only for the actions self does.



23. On Giving and Receiving

- The universe is doing the giving.
- The giver is only the messenger of the universe.
- When self receives a gift/help from another, self can feel gratitude to the giver, but the deepest gratitude and thanks should go to the universe.
- When self gives to another, self is only being used as the messenger by the universe. The receiver owes nothing to self.
- The reward of giving is on the pleasure felt through the giving.



- It is good to accept all gifts presented to self; for it is the universe doing the giving. Self may pass the gift to someone else if it so desires.

24. On Gratitude

- The UNIVERSE/Life is what is doing all the giving.
- The way the help/gift comes, is just the carrier, the post-office, the messenger. So, most of our gratitude should go to the Universe/Life (not the messenger).
- Self just need to feel grateful to the messenger for delivering the goods (but it owes nothing to the messenger).

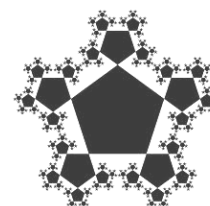


25. On Revenge by Generosity



26. On Relationship Patterns:

- That pattern (among the people or events) reflects to us where the injury is, or where the learning to be made is.



27. Thoughts/words from others:

- When a person shares her/his thoughts (i.e. beliefs, experiences, judgments or critics of others), that person is sharing or projecting what s/he holds within their inner universe – what a person speaks has everything to do with self, not the outside. Hence, when a person judges or criticizes on another, it has everything to do with self, not the other.
- What other think of me is not of my business -- visualizing what others (i.e. a listener, a group, an audience, etc.) think or feel about self creates that movie within self. That movie releases the emotions that we feel (rejection, judge, mocked, etc.). It is this imagining and the emotions



release by it that makes us feel afraid, insecure, full of anxiety, makes doubt ourselves.

- "Be who you are and say what you feel... Because those that matter... don't mind... And those that mind.... don't matter."

28. On Suffering and Pain:

- Pain may be inevitable, suffering is optional.
- No one is born to suffer; not one is born to live a life that others expect of him/her. So, declaring & claim your truth – "I was not born to suffer. I was not born to live the life others expect of me"
- People will do anything, no matter how absurd, in order to avoid facing their own soul" Carl Young.
- "Knowing your own darkness is the best method for dealing with the darkness of other people" Carl Young.
- "There is a great deal of pain in life and perhaps the only pain that can be avoided is the pain that comes from trying to avoid pain" R.D. Laing.

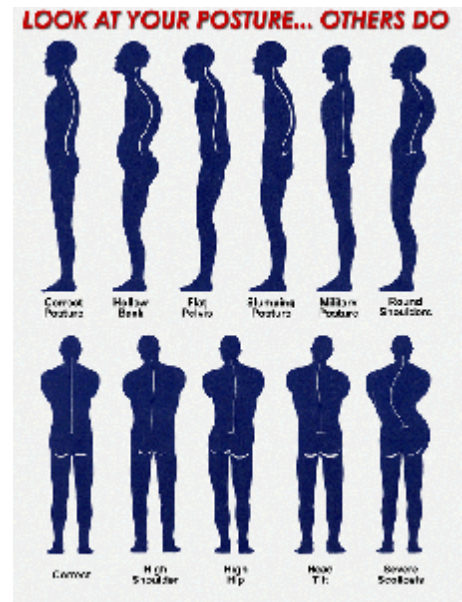


29. Posture and Feelings/Emotions

- The way we feel affect our posture and facial expressions.
- Our postures and facial expressions affect the way we feel.

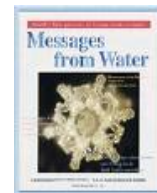
What is the correct way to stand?¹

1. Hold your head up straight with your chin in. Do not tilt your head forward, backward or sideways.
2. Make sure your earlobes are in line with the middle of your shoulders.
3. Stretch the top of your head toward the ceiling.
4. Keep your shoulders back, your knees straight and your back straight.
5. Tuck your stomach in. Do not tilt your pelvis forward.
6. The arches in your feet should be supported.



30. On Water Crystal, Emotions, Vibration, Love.

- Depending on reference, the body is between 60 to 80% water (blood, muscle, bone, fat; depending on gender, age, weight, height).
- We affect the vibration and crystallization of water by our emotions. Hence, we affect the fluids in our body and the fluid of others, in food, in the environment. Self must choose to vibrate high (love, positive, etc) and raise the vibration of all around her/him, or allow the outside to bring his vibration down.



¹ <http://bhls.wordpress.com/2011/04/02/posture-for-a-healthy-back-what-is-good-posture/>

31. *On Homeless, criminals, nasty-person, etc...*

- It may take a highly evolved soul to agree to come to this life to be a beggar, a nasty person, a criminal.



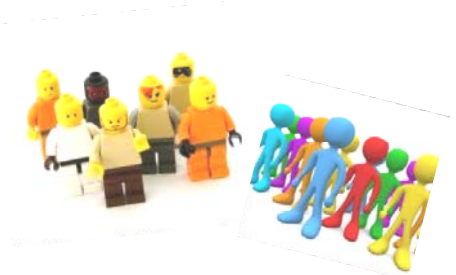
32. *On Honesty*

- It is not what we say or do that determines how good or honest we really are, but our intentions. Only self knows the true intention behind all our actions, and it is the intentions that either nurtures our inner loves & harmony or not. – we cannot hide the truth from our own self.
- One can be dishonest by telling the truth.



33. *There are always two groups of people in our lives:*

- The ones that love self and those that don't. People may shuffle between the two groups as we change in life, but the groups are always there. So, might as well do what nurtures love in self and be OK seeing people changing groups.
- "Be who you are and say what you feel... Because those that matter... don't mind... And those that mind.... don't matter." – those that mind will just move to the second group.



34. *Choose – to be right or to be happy*



35. *Someone always gets hurt*

- In general, our actions will normally hurt someone somewhere. If so, then might as well do the actions that nurture love and joy in self despite of who gets hurt.
- Decide never to emotionally hurt/suffer over the actions of another. If self is going to suffer, let it be for deeds that self committed, not someone else.



36. *Make it public*

- Secrets give power to others, to the outside.
- Self does not need to advertise her/his life to others; self just need to be OK if her/his life becomes public.



37. *On guilt vs. remorse*

- Guilt seeks to nurture more guilt and to punish self by rejecting others. Remorse seeks to make things right.
- Guilt nurture “I am not worthy”, “I am a bad”, “I am not good”, etc.



38. *Finding our path:*

- Mental exercise: If you could only do one thing between now and when you die – what it would look like?



39. *On compromises:*

- In general, avoid compromising with others – it nurtures selling self, settling for second best.
- It sets up expectations, and over time, it brings resentment, unhappiness.
- If self compromises, let it be in silent, between self and self.



40. *On codependency*

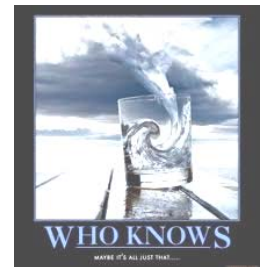
- Living with a person that is extreme on something such an addiction, depression, alcoholism, chronic degenerative illness, etc. Self starts feeling responsible for the happiness or short-coming of that person.



41. *What we judge in another we nurture on self at the same intensity that we judge it.*



42. *Be observant when we are making a storm in a glass of water, or getting upset over barnacles.*



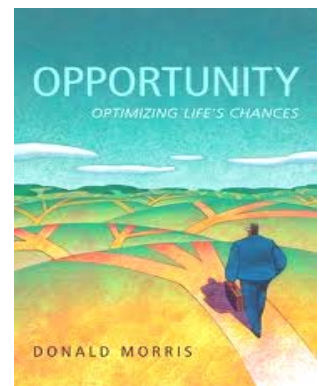
43. *On our actions:*

- “we are free to do anything we like as far as it doesn’t hurt anyone”
- Story of starving Dracula (“Illusions” by R. Bach)
- “Each of us has the right to do whatever we feel like it. The catch to accept the results/consequences (good or bad).
- “The events that happen in our lives are not importance!!.. What is really important is what we do in response to those events. Because it is what we do in response to those events that determines who and what we truly are.”

*****Golden Rules*****	
DO	DO NOT
* Be gentle	* Hurt anybody
* Be kind and helpful	* Hurt people's feelings
* Work hard	* Waste your or other people's time
* Look after property	* Waste or damage things
* Listen to people	* Interrupt
* Be honest	* Cover up the truth

44. *Every situation is an opportunity*

- When feeling anxiety is coming or starting to perspire, pay attention to the topic, the question, and/or situation that makes you feel uncomfortable keep in mind every situation is an opportunity to practice "whatever" and grow (we can practice being loving, being direct, being funny, being mean, being patience, being quick turning the question back to the other person, ignore the person, saying what is in our mind, being witty.



45. On the **LAW** of Attraction:

- Become what you desire, live it (knowledge on how to achieve something can become an attachment, and become its own limitation).
- The universe does not discriminate how the LAW is used – for good or bad, good-people or bad-people (as electricity that can be used to bring light or kill).
- What we desire consciously may not agreed with our deepest beliefs, desires, judgments
- If the universe/life provides food and shelter for animals, why it would provide any less for us?
- (the LAW of attraction works with our deepest beliefs).



46. On what we eat:

- “It is not what enters our body through our mouth that hurts our body; but what comes out through our mouth, because that proceeds from our heart” (one of those profound saying by Jesus).
- Since beliefs are arbitrary, then let’s belief that the only thing that exist anywhere and everywhere is "Mr. Universe" (Life, or God, or whatever you may want to call it); anywhere and everywhere means that it is all that exists inside and outside our body... and Mr. Universe is made of pure energy that is goodness, love, perfect health, vitality, intelligence, peace,..... energy doesn't die, doesn't get destroyed, **doesn't get sick**,... then, death, destruction, diseases is just a misinterpretation of what really going on, judgments of ‘good’ and ‘bad’.
- It is a great thing to eat food that the universe creates through nature; yet, since all that exist is Mr. Universe, then even the fast food, candy bars, the sugar, the McDonalds,... are made of energy of goodness, love, perfect health,... and all that jazz.
- It is great thing to eat food that the universe creates through nature, yet, it is not so loving to implant the fears that eating anything else (not ‘vegetarian’ and/or organic) is 'bad', and hurts the body (and this type documentaries do feed a lot of fears on all the many things that are ‘bad’ to ingest/eat/drink).
- Remember, that even people that only eat the food that nature creates (even the vegan, and the raw-food dieters), get cancer, get heart attacks, loose sleep over silly stress, get angry, get sad, cry, etc., etc....
- I believe that as we heal our mind, we naturally go back to a more simple life and eat more and more the food created by nature. Imposing to eat what nature creates (or a vegetarian diet, or vegan, or raw-food) may bring vitality to the body, yet it does not mean it will heal the mind, and bring peace to the heart (and in fact, it usually brings more crap to the mind by now believing that some food are 'bad'; specially when/if people we love do not change with us; or resent us for imposing our ways on them).
- As I heard once... "an enlighten person is vegetarian as a side effect of being enlighten; however, you do not become enlighten by becoming a vegetarian"
- Peace does not come from the outside, but within.
- Bless are those that eat “junk” food and have joy and peace in their heart... (in this case, who cares how the body looks)
- If Mr. Universe is **not** all that exists, or if the energy that makes up the universe can die, get destroyed, get sick... then it doesn’t really matter what we do or believe...



47. *On physical Conditions*

- A physical condition is only showing that somewhere we have been deceived.
- German New Medicine --



48. *Dancing with Life:*

- “When we dance with the Devil, we don’t change the devil. The devil changes us”



49. *Bottle full of dirty water analogy:*

- a little drip of clean water eventually cleans the water in the bottle fully – thus, a mantra of good thoughts daily eventually cleanses the mind/heart.



50. *We are all capable of the worst evil or most divine deed*

- what changes is the circumstance that each of us need to live through (or endure) and how long we need to live through such circumstances for any given deed to be committed.



51. *Metaphor – Count of Monte Cristo*

- Dig out of prison – why? Do you have any important meeting to go to? Life can be view as a prison, the digging is the work raising our consciousness and freeing our mind of false beliefs, indoctrination, limitations, etc.



52. THE ALL, GOD, UNIVERSAL CONSCIOUSNESS, LIFE, THE UNIVERSE

- Life/universe is within self, yet, bigger than self – all that exist is consciousness.
- Imagine ALL is an ocean of consciousness, and self is at the center of that ocean. Consciousness is creating everything around self according to desires, fears,... similar to the little-self within a dream and the dreamer creating everything for the little-self.
- Imagine universal consciousness being a river, and we are little eddies on the river.
- Exercise: visualization: imagine: if GOD is everything, then you can only exist inside GOD, you cannot separate yourself from GOD since IT is everything, therefore it is impossible to be alone, we are all stuck being inside GOD. And God is love, peace, joy, vitality, health. (Anything else is a false perception, a wrong interpretation, due to our traumas/wounds)
- **Affirmation for mental reflection:**
God is ALL that exist anywhere inside & outside me.
God is Pure LOVE, JOY, PEACE, PERFECT HEALTH,
PROSPERITY, and THE INFINITE SOURCE of ALL GOODS
God is for me
God is with me
God is in me and all around me
I am safe everywhere and always provided for.



53. GOD IS – I AM

Ocean and Waves or Water eddies Metaphor

- Assume the ocean represent Universal Consciousness (or GOD, the UNIVERSE, LIFE,...); and the waves represent each living being and un-animated object. In the ocean, there are big waves, little ones, and even waves on top of waves. All exist because the ocean creates them.
- Thus, each living thing or object, exist because the ocean moves and creates it. A wave is not the ocean, yet, a wave and the ocean are one and the same. Each wave is made of the same stuff that the ocean is made of – same H₂O water molecule, the same energy.
- All the waves are made of water and the water of a wave is not different than the water from the ocean or other waves -- all is one and the same -- the only thing that exists is water -- the ocean.
- If a wave had 'awareness') it may feel that it is something different than the ocean, or 'a part' of the ocean, and also separate from any other wave on the ocean, yet connected to all waves. However, the separation comes from being self-aware, in reality it doesn't exist since there is only the ocean. So, the belief that we are all connected is another way of feeding the illusion that self exist as a 'part' of the ocean which still creates separation since each of us is 'a part'.
- To give control means to realize that "I" (this thing that I think is 'me') is not 'a part', it doesn't exist. Not matter how many waves 'think' they exist, there is only ocean. The waves do not make up the ocean; the ocean is all that there is.



- The ocean makes ripples/waves which have the capacity to perceive, and the consciousness that process things being perceived becomes fooled by the limitation of perception, and the beliefs that forms due to the limitation of that perception.
- All the perceptions are being created by the ocean from within. It is all made up (the waves as being 'a part' of something, the awareness within a wave, the perception from within a wave,...). Since all is being created from within, there is not way of knowing what really exist, except that 'ocean' exist.

Magazine Metaphor

54. Life Events and View-windows

- Any situation or event may be looked at through a window which we perceive 'evil', a window through which we perceive 'love', and windows showing us everything in between.



55. Diamond Metaphor

- Each of us is created as a beautiful diamonds; through our life, we accumulate dirt and crap. Over time, we done see the diamond that we are, but the dirt and crap that cover us. We engage and acknowledge the dirt and crap instead of our true essence – a brilliant diamond.



56. Life as a movies

- Life is like a movie being projected onto screen (the projector is our higher self, the script being written according to what we hold dear on our subconscious mind).
- Self is an observant of the movie – get upset at the bad guy and shoot the screen.
- Self becomes over involved with what Life feels like, the experience, and feels at fault, little, inadequate, insignificant, etc.).



57. Our only sin is to believe that we are sinners, that we can sin.



58. *There is no purpose to life – Life just is.*

- What if there is no mission or purpose that we came here to fulfill.
- What if the only thing to do is to choose to give our life a purpose?
- What if it is OK if one live life without a purpose.
- The most noble and generous purpose one could give our life is simple “to be happy”, to nurture love and happiness 24 hours a day. Paradoxically, it is the most challenging purpose one could choose for it requires our 100% loving attention and dedication at all times, not matter what the circumstances.
- What would the world look like if each person just dedicate their life to be and feel happy inside?

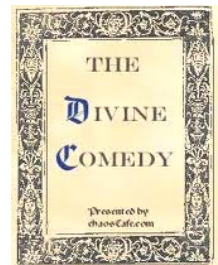


59. *Identifying what we do out of vanity vs. what we do just because....*

- If self was in a desert inland, would self do this or that (act, dress, be, etc)?
- The sooner that you realize that the world doesn't give a hoot about your priorities, the sooner you will stop caring about the world's priority. The sooner you dedicate your life to loving and accepting self.



60. *Life – an illusion, a dream, a cosmic deception, a divine comedy*



61. *In an upset between and adult and children/teenagers*

- Bring the situation into perspective – is the adult expecting the child to be an adult? Is the adult getting upset as a child? Who is taking the role of the adult? Who is being expected to be the adult?



62. Mantras, Affirmations

- “Broken record mantra” -- when a bad event ahs happen and the mind doesn’t seem to stop pondering on it – repeat a mantra like a broken record until fallen sleep. For example:
- “All is God”, “ALL is LIFE”
- “The universe/God/LIFE is pure LOVE”
- “God is my goodness, my goodness is God”
- “All that I can ever be is perfect health”
- “I get better and better in everything I do everyday”
- “No matter where I go, I am within GOD, God is LOVE, I am always safe”
- “The universe is around me, the universe is in me, the universe is for me”
- “Wonderful, wonderful, wonderful, me”
- "God is everything that exists anywhere inside and outside me. God is peace (or love, or harmony, or efficiency, or vitality). Hence, I am peace (or love, or harmony, or efficiency, or vitality)."
- Or create a variation from that that works for you (even if a one-liner such as "God is health, God is one with me, and I am health")
- GOD is infinite Love, Joy, Health, Abundance. God is ALL that exists anywhere inside and outside me. Hence, God and I are one, what God is, I am.
- God is the SOURCE and CENTER of All Good, God is ALL there is, and so, it is impossible to exist separate from God, therefore, it is impossible for me to exist separate from love, health and abundance. It is impossible for the Center and Source of All Good to exist separate from me, or not to flow through me at all times. There is not room for fears, not room for doubts, for wherever I turn, wherever I go, wherever I am, God is always in me, for me, with me, one with me. I am safe, a living spirit, a source of love and good, and all is well now and forever. And so it is.



63. Meditation



64. Quote:

- “What we are looking for is doing the looking”



65. Quote:

- The thing we cannot doubt is that we are having an experience.

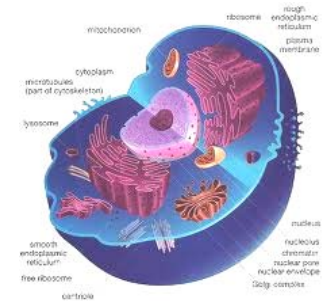
66. Quote:

- “there is nothing that waste the body like ‘worry’, and one who has any faith in God should be ashamed to worry about anything whatsoever.”



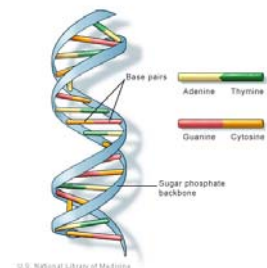
67. Quote:

- The cell is immortal. It is merely the fluids in which it floats which degenerates. Renew this fluids at intervals, gives the cell what they require for nutrition, and as afar as we know it, the pulsation of life may go on forever. Dr. Alexis Carrel.



68. Quote:

- Genes do not control life, they respond to life – since you can control your response, you can control your life. Bruce Lypton.



69. Mental exercise:

- what do I look like, what would I feel, be, look like,... if I didn't have that believe (whatever the believe might be)

70. Do not verbalize threats –

- this is just control and manipulation, and does not nurture your inner joy and harmony, but makes one more dependent on our relationship with others.

71. Make a choice – to live or die

- but living in suffering one is doing neither. For, if you are stuck in doing ‘LIFE’, might as well decide to live it with gusto.

72. Tools for self-healing from the bible

- I am a God of the living, not of the dead
- It is not what enters your body through your mouth that hurts your body, but what comes out through your mouth, for it proceeds from your heart
- This and more you will do
- Love god above all, love your neighbors as you love yourself
- The kingdom of god is within.
- If someone asks you for your shirt, give him/her your shirt and your coat too.
- What you do to another you are doing to yourself.
-

73. Tools for self-healing from the Science of Mind

74. Tools for self-healing from Buddhism

75. *Some Recommended Readings*

- **“The Prophet”** Kahlil Gibran
- **“Living the Science of Mind”** by Ernest Holmes
- **“Science of Mind”** by Ernest Holmes
- **“Mingling Minds” [Phineas Parkhurst Quimby’s Science of Health and Happiness]** by Ervin Seale
- **“IT’S ALL GOD”** by Walter Statcke
- **“Conversation with God”**, Book-1, Neale Donald Walsch
- **“The Holographic Universe”** by Michael Talbot
- **“The Kybalion”** by Three Initiates
- **“Mind Power: The Secret of Mental Magic”** by William Atkinson
- *eBook: “Mindfulness In Plain English”* by Ven. Henepola Gunaratana
http://www.urbandharma.org/pdf/mindfulness_in_plain_english.pdf
- **“Codependent No More: How to Stop Controlling Others and Start Caring for Yourself”** by Melody Beattie
- **“John Livingston Seagull”** by Richard Bach
- **“Illusion”** by Richard Bach