



# Evolving™ *your spirit*

A free publication celebrating your evolving spirit • Issue Thirty Six • Sept 09

## *Focus*

I find hope in the darkest of days, and focus in the brightest.  
I do not judge the universe. —Dalai Lama

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# Focus...



*Focus: the central point of attention. To me this is an integral part of creating my life. I know the Law of Attraction in its simplest form is that like attracts like. What I think about and put my attention on (focus) will be by reality. Is my reality.*

*Pretty important stuff. As an artist, I'm all about Focus. What I see, what I visualize, what I create. I see something in my mind and*

*then bring it into being. We know that everything starts with a thought. Someone had the idea Tall Building, and then the vision of it, and then on to the drawings which begin to bring the thought into the physical and so on.*

*I do my best to stay aware of my focus since I know how powerful it is. It really is the central point where all the other topics and ideas flow around, isn't it? All about whatever we are focusing on in the moment. Seeing the positive, seeing the possibilities in each situation has served me well. I'm not talking about denial, which is a powerful difference, though sometimes can look very similar until you peel away the illusion. Focusing on the possibility is the difference between feeling the pain in my feet and pretending it will go away and means nothing—and noticing the sensation, knowing there is a lesson contained there, and finding help to move through the space of the pain and out the other side.*

*Now for my big news! I have been developing an online webstore that will be opening this September! This store contains products I love, and have helped to support my growth and awareness, and I am sharing them with you. There are space clearing, meditation, healthy body products and some mystical and fun items. It will grow and evolve as we all are, so please check it out! I hope you find things you're looking for there. You can click on the link on the [www.evolvingyourspirit.com](http://www.evolvingyourspirit.com) website or go to [www.evolvingmarketplace.com](http://www.evolvingmarketplace.com). I have a new, free guided meditation up there as well, so check it out!*

*As always it is with gratitude that I invite you to explore our pages and welcome your submissions and feedback.*

*Love,*

*Debbie Mackall, Editor and Publisher*

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Issue Thirty Six, September, 2009

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The next issue of *Evolving Your Spirit* will be available Nov. 15.

Our theme will be on *Movement*.

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# Mindful Focus

by Masaru Kato

**The most striking insight I have attained through my healing practice is that your issue is, in some sense, alive.**

Your emotional, mental, or spiritual pain or suffering has its own energetic structure and frequency, maintaining its own consciousness to a certain extent. Your pain has its own feel of needing something, just like a small child making a demand of 'needing' a toy at a store. If you neglect your emotional or mental wounds, they start crying for help by sending you its message in the form of a bodily sensation such as a choking sensation and/or tightness. *Your pain, suffering, or fear wants you to recognize it.* It is the part of you that is an energetic being, having an emotion.

Your pain demands your recognition, because it is afraid, as you are as well, of loneliness. Therefore, as you acknowledge its existence, it will be eased and relaxed. As you send your message to your pain such as, "Hello, I know you are there," the healing process will be initiated. It will be resolved, if you embrace it with your deep love. I realize that loving your issue is the most effective approach to your healing. Contrarily, if you try to eliminate or *fix* your pain, it becomes angry and starts fighting back against you. Thus, this confrontational approach usually exacerbates the state of your pain.

In other words, as you approach your pain by feeling, touching, or tasting it, it will start being melted. As you avert your pain by pushing, crushing, or smashing it, it will defend itself. I have found that to heal yourself, you need to mindfully observe your pain.

Although my way of personifying a pain may be debatable, I am not alone in reaching the conclusion that feeling (psychologically getting close to or being near) a pain initiates your healing. For instance, Dr. Eugene Gendlin conducted research to find out what made the difference between successful psychotherapy sessions and ineffective ones. He studied hundreds of sessions by taping them. The comparison suggested that there was no significant difference in the therapists' behavior. Therapists were, by and large, using the best and similar techniques. The significant differences were in on the clients' side. The unsuccessful therapy had clients articulating their problems quite logically, but staying up in their heads. On the other hand, the 'successful therapy' clients were trying to directly sense a vague, hard-to-describe body sensation, saying for instance, "Hmmmmmm, How can I say this... It's here....It's.....uh....not exactly anger..." In short, Dr Gendlin found that those who *thought* their issues, were not healed. Those who *felt* their issues were healed.

**Countless scholars stress the importance of feeling the issue, rather than denying or repressing it.**

For instance, Dr. Wayne Kripsberg, an author of *The Adult Children of Alcoholics Syndromes*, states "The adult children of alcoholics are full of repressed emotions. They have carried these emotions around with them for years, and these must find a way out. They must be felt in order for the adult children of alcoholics to let

go and be free." As another example, Alexander Lowen, M.D., states in his book, *The Voice of the Body*; "Living the life of the body means being in touch with one's feelings and being able to express them. This requires that the body be free as much as possible from the chronic muscular tensions that affect all of us. **We have to sense what goes on in our bodies.**"

I believe that the key for your healing is to become a friend of your pain by mindfully listening to it. When there is no psychological distance between you and your pain, your pain will appreciate your presence and feel safe. Dr. Ann Weiser Cornell, an author of *The Power of Focusing*, states, "The reason that acknowledging is so powerful is that your felt senses are here to communicate with you. Excuse me for talking about felt senses as if they were people, but the truth is, they want you to listen." It is very important to note that this acknowledgement is not a logical process at all. You need to acknowledge that it is not through your head but through your heart. If your pain is embraced with your heartwarming attention, it will melt into your love.

If the above claim sounds crazy, please assimilate the view of a holographic universe. A part is in whole, and whole is in a part— a type of unity-in-diversity and diversity-in-unity. David Bohm, Quantum Physicist, said, "Parts are seen to be in immediate connection, in which their dynamic relationships depend in an irreducible way on the state of the whole system. Thus, one is led to a new notion of unbroken wholeness which denies the classical idea of analyzability of the world into separately and independently existent

parts." There is no such thing; a part or whole. Quantum physics claims that the whole universe is a dynamic web of inseparable energy patterns. Thus, you are not a *part* of the universe. You are a *whole universe*. There is only the infinite field of consciousness. **There is only the non-dualistic Oneness. You are it. It is you.**

As you walk in the woods, you will realize that whatever you see is *life energy*; it has its own consciousness. A flower knows when to bloom. An insect knows what to eat. A male frog knows when he should find a mate. There is a plant consciousness and an animal consciousness. They seem to share one big life. Every living creature is the manifestation of one Big Heart, God, or Oneness.

Based on this paradigm, it is not an exaggeration to say that your pain is alive and wants you to listen. You are alive and having emotions. Your pain or suffering, that part of your being that contains the wholeness of you, is alive and having emotions as well. It is you. Therefore, please do not try to neglect, deny, or kill it. If you do so, it could simply harm you. You need to mindfully focus on it, or even love it. Then, you will gain back your sound wholeness and be healed. ✨



*Masaru Kato is an energy healer and a spiritual teacher, offering transformational workshops throughout the year.*

You can reach him at 847-989-4261, or [info@atmanwellbeing.com](mailto:info@atmanwellbeing.com). Please check his web site at: <http://www.atmanwellbeing.com>

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# Focusing on Abundance

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— Sarah Ban Breathnach

Every minute of everyday there is a choice— that choice determines how the next minute will feel, and then ultimately what kind of day I will have. It's literally like flipping a switch. *What do I want to focus on?*

I can focus on what isn't getting done as my stress levels rise. For instance the house is not clean and I haven't run this or that errand and I haven't exercised today. I am a doer, so this comes up for me often. It can be a big stick with which to beat myself.

Then, as if that weren't enough to

worry about, there are the finances, interpersonal relationships, and the state of the economy, country and world. I can create Hell on earth for myself in a matter of minutes.

If I flip the switch to *gratitude* or *abundance*, I can focus on the perfection of this minute and how happy I am right now.

One of the tenets of the twelve steps programs is to take one day at a time. I feel this is profoundly wise. I just know that most of us can deal with just about anything for one day. For me, the truth is that this day is all I have. How can I know what tomorrow holds? Sometimes I need to break the day into smaller increments like hours or this minute. To me, my only chance to be happy, peaceful and connected is in the present moment. It takes choosing to focus on gratitude and abundance right now, if that is what I am wanting.

I can recognize that somehow what needed to get done today got done, just as it does every day. I don't need to worry about it, it all gets done, or if it doesn't it wasn't that important in the first place.

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by Susan Loraine Barker

I can focus on how everything happens in the perfect time and in the perfect way for my benefit. The universe always works in my favor. That doesn't mean that things don't get challenging, they do. But, with the benefit of hindsight, I can always see how the circumstance or lesson has benefited me in the long run. Therefore I know that will be the case now, regardless of the what I think is going on.

I can focus on how wonderful life is— how blessed I am to have a husband and child who want my attention, good friends I have to connect with and perfect, awesome clients to work with.

Why do I imagine a time squeeze? Because I think I have so many things I love to do! What a problem to have!

What works for me is to do what I really want to do in the moment. If I waited to do what I really wanted to do until everything else was done, I would not have written this article. I would not be a coach. I would never dance, or go to the Renaissance Faire or see my friends. I would cease to live, and just *do*.

Now about this body of mine, this amazing vessel that has housed my spirit and mind these 45 years; if I even take a moment to contemplate its utter magnificence, I have flipped the switch. This body is magical. It breathes and pumps and cleans blood and nourishes and heals itself. It does whatever I ask of it, in spite of the years I have given it too little to work with, or too much, or hurled insults at it like I would NEVER ever subject anyone else to. This body is utterly beautiful in every aspect,

even the scars and lines and swells of flesh. I can feel grateful in a heartbeat just by acknowledging how good my body has been to me. It is hard to feel worthy of that kind of love. That is unconditional love.

About my finances. I ask myself. Do you have what you need right this moment? I tell myself to get in touch with that. I have a home and computer and a car that works. I can pay my bills right now, and I do so with huge gratitude. I give when I am so compelled, because for me there is no better high in the world than to help others, and I am so grateful when I can. When I flip that switch and remember to be in the moment, I am truly wealthy, and this is true for whatever circumstance I find myself in as it is an abundant universe.

I guess that's true about change in any form. Change can look scary, it can

look like everything is breaking down. It is. The old must break down to make room for the new, and usually feels like chaos. Which can feel scary since I'm not in control.

So I keep practicing. I do the best I can to find the beauty in the person in front of me. When I notice the magnificence of the world; I see the magnificent sky, the dancing flowers, the microcosm and macrocosm of it all. Welcome to Heaven on earth. It was always here and always is here. I just have to flip the switch and focus on the light to find it. ✨



Susan Loraine Barker is a Certified Life Empowerment Coach and founder of Mandalas by Loraine. You can reach her at 847-566-5884,

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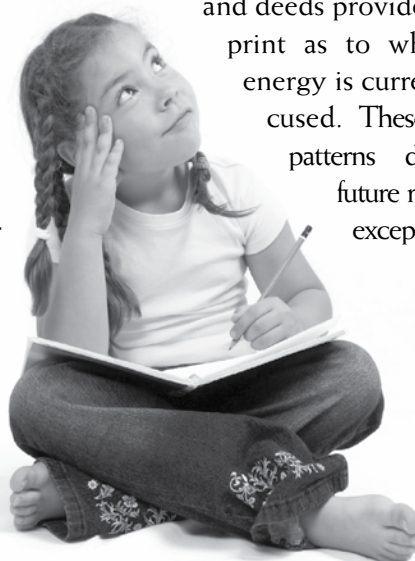
## Focus and *the Family*

As I have heard many spiritual teachers share through the years, "*The energy flows where the attention goes.*" When this tenet becomes consciously utilized on a daily basis, its universal truth is apparent and life-changing. *Focus* is a creative tool that leads to physical manifestation. The passion, joy, and enthusiasm behind this focus will determine the ultimate outcome of a heart's desire. Focus creates a consistent and expanded energy flow that allows for greater access to inner wisdom. Energy that is consciously directed toward a specific desired creation announces to the Universe, loudly and clearly, *intention*. I have found that when this divine connection is open and pulsating with purposeful energy, assistance from both the spiritual realm and earthly connections expands exponentially providing more frequent intuitive flashes and divinely inspired synchronicities.

I encourage all parents to assist their children in understanding the importance and value of focus. Teach your children to make their own daily assessments of exactly where they are placing their powerful energy output. Help them to realize that focus is merely a building of energy toward a specific outcome. Children are never too young to understand, on the most basic of levels, that

they are creating their own reality based on where they choose to focus their energy. The building block for this all-important spiritual teaching is the understanding that they are energetic and vibrational spiritual beings, first and foremost. This profound understanding is the doorway to remembering that they are deeply connected to and an integral part of *All That Is*. Once this groundwork has been laid through family discussions and continual reminders as to their very nature, it will be much easier to expand into teaching the importance of conscious focus, as well as all other spiritual facets, to their overall well-being.

Children should understand that where they choose to place their focus is always a personal choice. No one has the power to determine what we think, say, or do except for us. An individual's thoughts, words, and deeds provide a blueprint as to where his energy is currently focused. These energy patterns determine future reality, not exceptions.







Parents can help children understand the "spiritual mechanics" behind their focus by teaching them the universal law of attraction. The *law of attraction* states that *like attracts like* so children will come to understand that the Universe will give them exactly what they are asking for through their thoughts, words, and deeds, which are simply threads of energy. Awareness of the power of these three creative tools and the encouragement to consistently monitor them provides the starting point for conscious living in a family.

A mucky focus of energy will always create a mucky result. In any given situation or relationship, it is imperative to pause every so often to assess focus. Encourage your children to become very clear on the energy offered to a specific subject and to the world at-large. Through your example, teach them how to recognize patterns of focus that may be moving positive energy away from a desired intention. As natural consequences arise which are not to their liking, help them to make changes in their energy output to keep them on course. You can assist your children in making a list of the different thoughts, words, and deeds that led them to this point in time and physical manifestation. Show them how to categorize these energetic offerings as either expansive or detrimental to intended outcome. As their spiritual

guide, demonstrate the importance of wakefulness in regard to choices. On a regular basis, openly share your heart's desires and intentions and the energetic pathways utilized to create them. Consciousness is the understanding of where one places his powerful focus and the willingness to constantly change energetic offerings if necessary.

While at first it may seem daunting to children to take full responsibility for being cognizant of where they focus their energy, the confidence derived from this newly remembered aspect of their spiritual nature leads to the self-realization that they are indeed captains of their own ship. *The freedom that this profound inner-knowingness and sense of worthiness brings cannot be underestimated. As children knowingly exercise their rights as a conscious creator to focus their energy where truly desired, they will find their unique capacity to "capture the rapture" and experience their own divinity through their life lived.*

LOVE. ✨

Annie Burnside is a parent, educator, and professional soul nurturer, residing in the Chicago area. As a soul nurturer, she helps others to awaken to their own spiritual truths by providing spiritual support and encouragement. [www.annieburnside.com](http://www.annieburnside.com)



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# Don't Miss the Gorillas

By Laurie Buchanan

*This true story is a retelling--my paraphrase--of what took place several years ago when I attended a fundraising event in Highland Park, Illinois. The keynote speaker was Jon Kabat-Zinn.*

The facility was filled to capacity with people for a lovely sit-down dinner. As we were finishing our meals, Jon Kabat-Zinn was introduced. He stood at a lectern where he had a laptop which controlled a video he was about to show. In preparing us for the video he said (paraphrased), "You are about to watch a brief basketball scrimmage. There are five people in white shirts and five people in black shirts. Please focus on the people in white shirts. When I turn off the video I would like to know how many times the basketball was passed just between the people in the white shirts."

The lights dimmed and he turned on the brief video clip. Each audience member attentively watched the screen and counted the number of times the ball was passed only between the people in the white shirts. Once the clip was over, the lights came back on and Jon Kabat-Zinn asked (my paraphrase), "By a show of hands, how many people think the number of times the ball was passed between the people in the white shirts was five?" There was a small show of hands. "How many people think six times?" There was a small show of hands. This questioning went on for a bit; each time the number increased. At a certain point—

I don't remember the number — there was a great show of hands. The majority of people in the room agreed that the basketball had been passed between the people in the white shirts this particular number of times.

Jon then asked (my paraphrase), "How many of you saw something other than the scrimmage game while watching the video clip?" No one raised their hand. "No really," he said, "I won't call on you or anything like that, but if you saw something odd or strange during the video clip, simply raise your hand." Again, no one raised their hands.

He smiled knowingly and said, "If you would indulge me a moment longer, I would like to replay the clip for you. This time, however, do not focus on the number of times the ball is passed between the people in the white shirts—simply enjoy the scrimmage."

The lights dimmed once again and the video started playing. Within moments, a person wearing a gorilla costume entered the video clip from the right side of the screen; turned toward the camera; beat their chest Tarzan-style; then turned and continued walking until they were off the screen! The lights came on once again. He then asked, "How many of you are so focused on something in your everyday living that you are missing out on the gorillas—

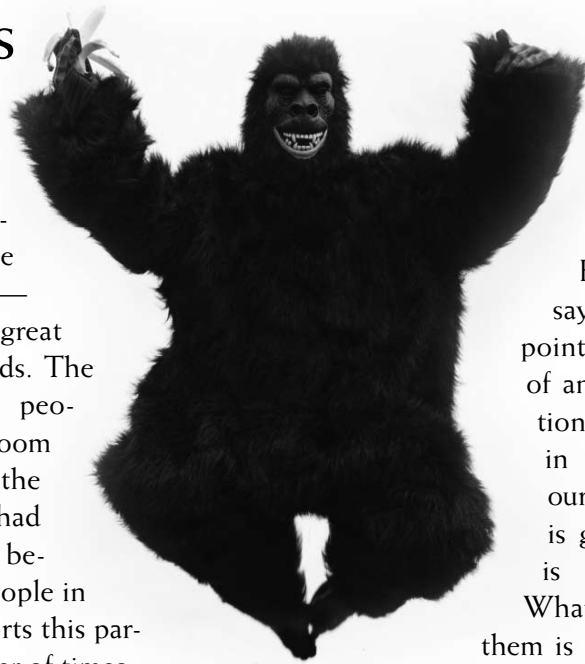
the good stuff?"

He went on to say, "Mindfulness points to being aware of and paying attention to the moment in which we find ourselves. Our past is gone; our future is not yet here.

What exists between them is the present moment. The here and now—the present moment—is the link which holds what was and what will be." The brief lesson that evening taught me the difference between focus (outer vision) and mindfulness (outer vision combined with inner vision). That lesson changed my life.

Different than focus, mindfulness is our capacity to be fully present in our own life; to be more fully aware—inward and outward vision—of what we are doing as we are doing it. As we develop our awareness, an inner stillness naturally grows and we are better able to embrace the world; better equipped to respond wisely and lovingly. ✨

*Laurie Buchanan, PhD, HHP, CHT, RMT is a Holistic Health Practitioner, Board Certified with the American Association of Drugless Practitioners. She is the owner of HolEssence in historic downtown Crystal Lake, Illinois. Her specific areas of focus are Energy Medicine, Personal Development and Spiritual Growth. Please visit her website at [www.HolEssence.com](http://www.HolEssence.com)*



# The Power of Focus

Welcome to this new regular column feature with Maggie Wilkins. She worked with Eckhart Tolle as his personal assistant when he published *The Power of Now*—learned much in her experience, and maintains a relationship with Eckhart. Maggie works and teaches in the Chicago area and in Vancouver BC, sharing her experience and knowledge in various groups and workshops.



*Life will give you whatever experience is most helpful for the evolution of your consciousness."*

—Eckhart Tolle

I invite you to embrace your experience NOW. The one you are focusing on in this very moment. This experience is the one that evolves your new consciousness; it awaits you NOW to witness the joy longing to be expressed by you, from you, in this very moment. Our experience is what we focus on. What we focus on is a marauded of opportunities in this very moment. Where are you focusing NOW and NOW and NOW? Is it in judgment or joy? Both are here, both will give you a different experience. What are you focusing on NOW?

In my conscious evolution I have found that when my focus sits in

stillness miracles happen. People come into my life; jobs show up, I feel wellness shower over me and that stillness evokes an experience in my life that is filled with magical joy. It has been said: "Stillness is the language God speaks, and everything else is a bad translation".

It is up to me to be responsible to know I have all the power to bring my attention, my focus, to the evolution of my consciousness. In my years of offering meditation groups I have witnessed how we have been conditioned to focus on the discomfort in our life rather than the comfort. Today I have the gift to choose in my personal consciousness or experience no matter what my past conditioning has been to focus on the infinite possibilities that are bubbling within me waiting to be seen and expressed NOW to transform my world into the infinite joy it is.

I believe it is true that any moment can be taken from us in death and no matter what, no-thing happens in our human experience after we depart this life other than the grace of our focus to evoke human experience through spiritual expression. Eckhart also said: "Lose yourself to find yourself". What are you focusing on NOW? ✨



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## Focusing on Space with Jane Carroo

by Debbie Mackall

**Jane Carroo well remembers the day when someone suggested that she simply clean her desk.** She was almost immobilized. A bell went off for her in that moment... could the clutter on her desk be a reflection of the clutter in her head? Then another thought... is the clutter in my house the thing making my life unmanageable? Could it be that simple?

She says she's not sure why she decided one rainy day to take the suggestion and start organizing things, but shares that she knows she was touched with a bit of grace. Starting with her desk, this then led to her closet, then the basement, and then the garage. You get the idea, it was like dominos, and once started, she kept on going.

After clearing her own clutter, Jane quickly became zealous about sharing what she had learned. The experiences she enjoyed turned this passion into a path to her life's work. She started her own business, *Clutter Coach Company*, and became a Pro-

fessional Organizer. Clearing has become a daily practice for her, and she is an expert at helping others overcome their clutter.

I am one of the many people that Jane has helped clarify and focus in this way. She first came into my home and assisted me in clearing my living room. I was initially surprised she chose this room as I thought it was the least cluttered room in my home. After spending the day with her going through books, cds and other items, I learned some amazing techniques and was left with a room that felt completely different. It looked similar, but there was no denying that it felt new. Letting things go is a cathartic experience, and I felt fantastic and clear.

The next morning I sat down in there first thing— basking in the open feeling, and when I went into the kitchen, the feeling of clutter was almost palpable. I quickly began going through cabinets and shelves purging anything I could do without. I

couldn't stand even being in there by comparison until I did something to clear the space. I now have different habits in many areas of my house. I still have spaces to go through, but even the garage and closets are in better shape than before Jane arrived! Because of this, I notice a difference in my life. She asked me to be clear about what I wanted before beginning, and I can see that with her help I created open spaces energetically for my desires to manifest.

By acting as a catalyst and encouraging clients to find what matters to them most, Jane helps them focus on what they want. Once they are clear, together they move through mountains of clutter and clear the way to their vision's realization.

Early this year Jane suffered a severe leg injury which left her unable to walk for some time— she was confined to one room in her home. Soon Jane found the blessing hidden in what she thought was her catastrophe. She began to write down her experiences, and it became a book which she has entitled *The Simplifying Break*. The break in her leg created the break in her life she needed and she is now ready to share it with us.

Jane created a technique called *Simplifying* which is an easy and affordable organizing system, helping individuals create the manageable life they desire with simple steps.

Her motto is *Focus on creating a ripple effect that inspires...* and she does! The book will be available this fall, and info can be found on her website at [www.cluttercoach.com](http://www.cluttercoach.com). ✨



Diane Sullivan, MS, C.H.

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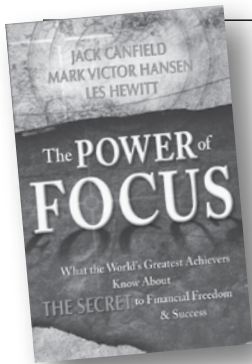
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*This book was written by Jack Canfield and Mark Victor Hansen who are the creators of the Chicken Soup for the Soul series, and Len Hewitt, a top performance coach, it's filled with good disciplines.*

## **Here's an excerpt:**

### **Step 6, The Confidence Factor**

*In 1999, South African President Nelson Mandela celebrated his eightieth birthday.*

*For almost twenty-six of those years, he was confined to a prison cell because of his outspoken views about apartheid. During this time, Mandela's confidence must have been severely tested. It is a tribute to his faith and conviction that he ultimately triumphed and went on to be elected to his country's highest office.*

*Confidence is a habit that can be honed and strengthened every day. During this process (following the book's strategy) you will be challenged by fear, worry and uncertainty. These elements constitute the ebb and flow of life. It's a constant struggle, a mental battlefield that must be won if your life is to be filled with abundance. To start, carefully read the words spoken by Nelson Mandela at his inaugural speech.*

*This is a man who accepted the challenge and won. Digest each sentence slowly. Use them as a foundation for your next level of achievement.*

*Our deepest fear is not that we are inadequate.*

*Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us.*

*We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?*

*Actually, who are we not to be?*

*You are a child of God.*

*Your playing small doesn't serve the world.*

*There's nothing enlightened about shrinking so that other people won't feel insecure around you.*

*We were born to make manifest the glory of God that is within us.*

*It's not just in some of us, it's in everyone.*

*And as we let our own light shine, we unconsciously give other people permission to do the same.*

*As we are liberated from our own fears, our presence automatically liberates others.*

SOURCE: A Return to Love by Marianne Williamson (as quoted by Nelson Mandela in his inaugural speech, 1994).

*Confidence is an all important factor you need to protect yourself from the slings and arrows of negativity.*

*So let's tackle this essential habit with gusto and a commitment to stamp out the negative forces once and for all. First, clean up any unfinished business that's holding you back. Make that your starting point! ✨*

  
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# Reflection on Relationships

by Val and Jeff Gee

Val & Jeff Gee met in the 5th grade, got married ten years later, and started a family. Like most couples, they've had their ups and downs, but they've found that the main thing that's kept them strong is their love. Authors, public speakers and relationship counselors, Jeff travels around the world facilitating corporate groups and Val focuses on writing the material which focus on encouraging people in the workplace to offer excellence in customer service for the benefit of the customer, and also themselves. Readers are free to offer questions ([val@mlearning.com](mailto:val@mlearning.com)), and perhaps see them answered here.

## We Both Want to Be Right

*I'm stumped about what to do from an awareness perspective when a problem arises in my marriage. Whether it's about finances or what we're going to eat tonight, we both get angry because so many times neither of us gets what we want and our solutions are very different. My husband's way of dealing with frustration is very different from mine. I want to talk about the problem, and I feel that he wants to hide. When we fight, it feels like we hate each other and I end up crying. It seems to me like a lot of wasted time and energy. How can I resolve this and lead a more peaceful life?* —Amy

Amy, you are not alone in this kind of issue— some of it's biological. In her book *The Female Brain*, Dr. Louann Brizendine, explains that studies have been done that show that a woman uses about 20,000 words a day while a man uses about 7,000. Amazing information, isn't it? Explains a lot

We like the saying: Knowledge dispels fear; when you get into an argument, you could remember this fact and use the information about words

to help you understand your spouse a bit better than you used to. Most likely, this situation is not going to be resolved with words.

So what other choices do you have? One is acceptance. You could accept the way that it is and decide to go along with your partner's suggestion. For example, if it's an argument about what to eat for dinner, maybe you can say something like, "Okay, let's have what you want tonight, and tomorrow it's my choice." Or consider making out a food plan for the week. A second idea is laughter. It's not always easy to laugh in the middle of an argument, but we find it works for us, and frequently do it ourselves. When you allow yourself to smile and see the funny side of things, he might start to smile too, then you're both immediate winners (as long as you aren't laughing AT him). It's important to choose your battles.

Maybe you don't want to fight about dinner, but finances are something you need to talk about. Why not determine what it is you want to discuss and talk about it from how you feel



and not from the point of view of making him wrong, "I feel full of fear because we're not saving money." Sounds very different than "I don't think you care about saving for our future as much as I do." One attacks, and one is an honest sharing of your feelings.

## What is Love?

We've found that although we've loved each other for over 40 years, there are still moments when we just don't feel it. When the very things that we have loved about each other for so long are the things that drive us crazy today.

That's when we work to stay aware in our relationship, and agree that when we're on each other's nerves we deal with it in the moment. Sometimes we remind each other to see the bright side by bringing up one of our many gifts, or we let off a bit of steam, then take a breath and do our best to focus on the love that's there and keep on keeping on. ✨



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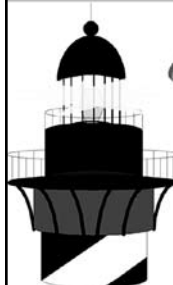
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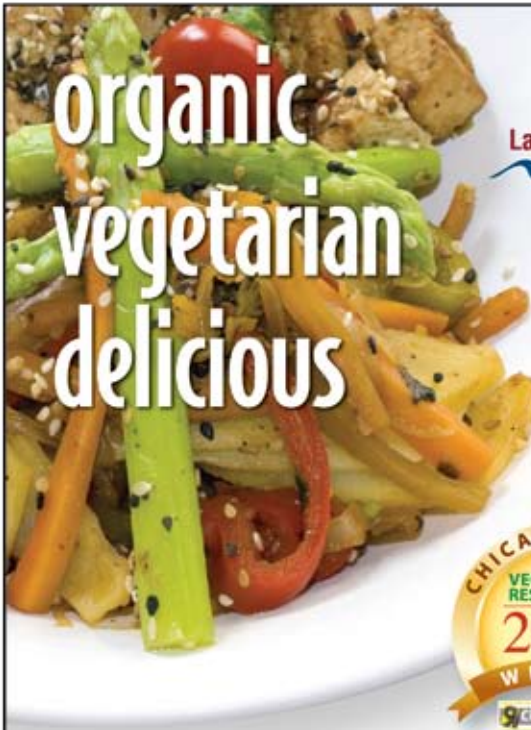
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# Heal Your Inner Child

## Workshop to Release Your Childhood Trauma

*by Masaru Kato*

**Times:** Sat. & Sun., Oct. 24 and 25, 2009, starting at 10:00AM on Sat. ending at 6:00PM on Sun.

**Location:** Loretto Center, Wheaton, IL, Check the web site below for directions

**Investment:** \$280 (workshop), \$40 (meal plan), \$55 (lodging)

### **No family is perfectly healthy. Every family is dysfunctional to a certain extent.**

The personalities of children are formed by absorbing the mental and emotional patterns of the people around them, especially their parents. Distorted perceptions about self and others are imprinted into the children's psyche, because their parents have unsound emotional patterns such as depression and aggression. Children energetically inherit their parents' issues. Children feel, from their perspective, that they are being abandoned by those from whom they want to receive kind attention and love. Deep fear and hopelessness is silently embedded in their minds. As a result of trauma received in a very crucial period in their development, the rest of their lives are seriously affected in many ways, for instance, in the issue of self-sabotage ("There must be something wrong with me"), of distrust ("No one understands me"), of pessimism ("Something bad is going to happen") and of isolation ("It is not OK to ask for help").

Your sub-personality, an inner child, is deeply wounded. To recover from it, you need to feel your sadness and anger, which have been repressed for a long time. As those emotions are experienced and recognized, the negative energy behind it is released, and healing can occur. You cannot complete this emotional discharge solely, because it is too painful to touch. Group support is really essential for you to fearlessly feel your pain. This workshop has been created to provide a safe environment for every participant. We will energetically support each other, assuring that no one will be rejected from expressing his/her fear, anger, hurt, rage and/or shame.

The key for your healing process is to invite your Higher-Self into your trauma. No matter how terrible your childhood experience might be, there is a part of you that remains unencumbered and untouched. That part is your Soul, True-Self, or the Ground, and it is pure, and filled with unconditional love. As your wounded inner child is embraced by the pure essence of your being, it will be healed and matured. Consequently, you, as an adult, will be healed as well. All of the processes at this workshop, seeking your spiritual transformation, will help you to call in the gracious help of your Higher-Self.

### **At this workshop, we will engage in:**

- **Practice:** Releasing repressed emotions
- **Meditation:** Merging into the Higher-Self
- **Affirmation:** Forgiving yourself and your parents
- **Group Healing Work:** Embracing the wounded inner child with the love of the Soul

To sign up or for further information, please contact Masaru Kato at 847-989-4261 or [info@atmanwellbeing.com](mailto:info@atmanwellbeing.com).

Please also visit: [www.atmanwellbeing.com](http://www.atmanwellbeing.com)