

*Happiness is our natural state of being. It is who we are. This happiness is obvious when you look at little children before they take on society's beliefs. Their natural state is to feel all of their feelings without resistance, leaving them free to spend most of their time being happy and playful.*

It is not necessary to be happy all of the time. By applying the simple three-step principles in this book, however, you can develop the ability to be happy whenever you choose. Dr. Teitelbaum's personal experience with thousands of very ill patients shows that these techniques can help you reclaim both the health and passion in your life!



**Jacob Teitelbaum, M.D.** is a board-certified internist and a leading researcher in the field of Chronic Fatigue Syndrome and fibromyalgia. He has a specialized practice for CFS/FMS patients in Annapolis, Maryland, and is director of the Annapolis Research Center for Effective FMS/CFS Therapies. Dr. Teitelbaum has written extensively on health and happiness, and has made hundreds of media appearances. He is the author of the best selling book, *From Fatigued to Fantastic!*, and senior researcher on the recently published landmark study, "Effective Treatment Of Chronic Fatigue Syndrome (CFIDS) & Fibromyalgia (FMS)—A Randomized, Double-Blind, Placebo-Controlled Study."

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Jacob Teitelbaum, M.D.

Three Steps To Happiness! • Healing Through Joy

# Three Steps To Happiness!

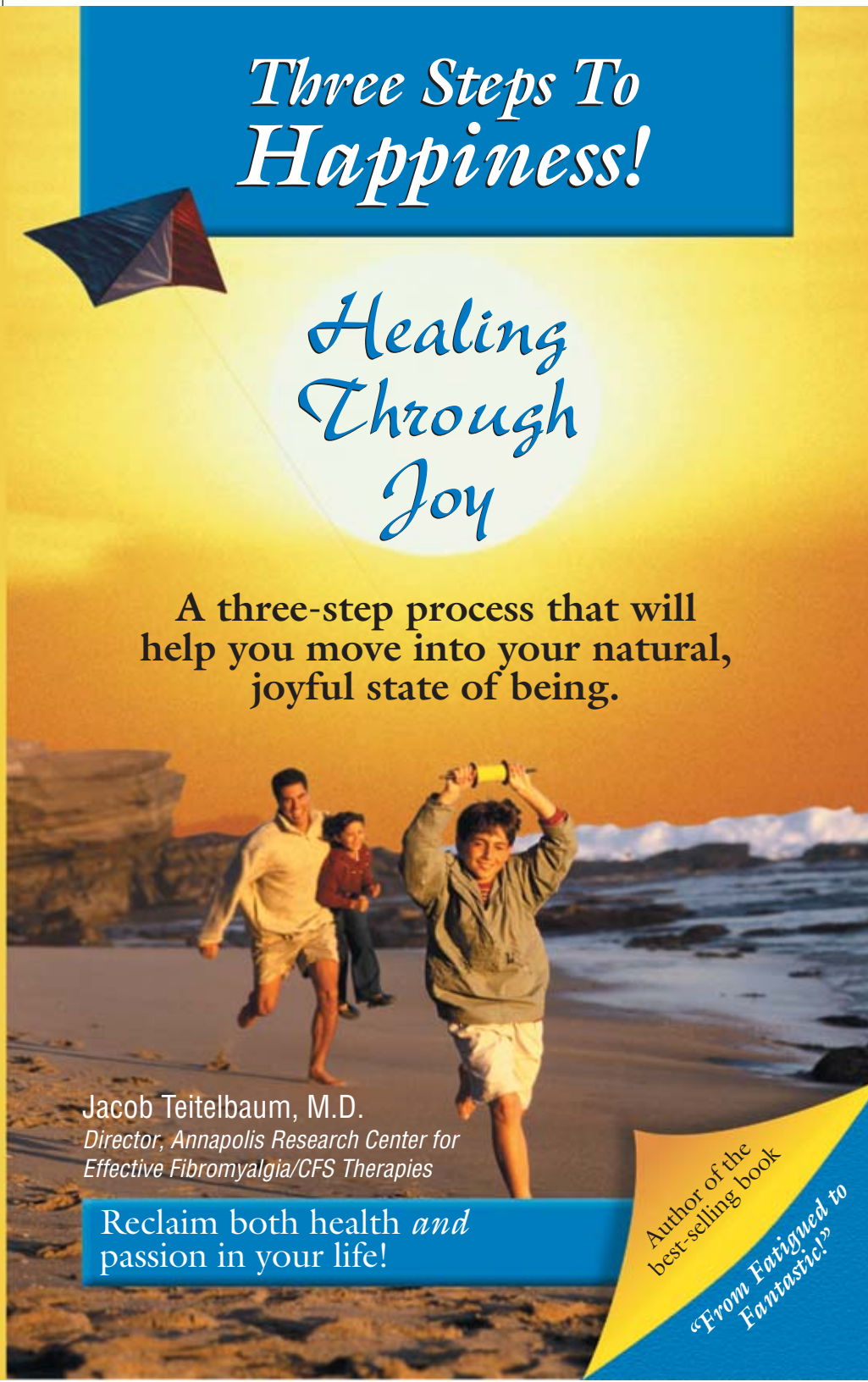
## Healing Through Joy

A three-step process that will help you move into your natural, joyful state of being.

Jacob Teitelbaum, M.D.  
Director, Annapolis Research Center for Effective Fibromyalgia/CFS Therapies

Reclaim both health *and* passion in your life!

Author of the best-selling book  
"From Fatigued to Fantastic!"



**PAGE i**  
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*Also By*  
**JACOB TEITELBAUM, M.D.**

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The best selling book *From Fatigued to Fantastic!*

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The *Fatigued to Fantastic* Newsletter

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***“Effective Treatment Of Chronic Fatigue Syndrome (CFIDS)  
& Fibromyalgia (FMS)— A Randomized, Double-Blind,  
Placebo-Controlled, Intent To Treat Study,”***

published in the *Journal Of Chronic Fatigue Syndrome*,  
Vol. 8, Issue 2—2001, P3-24

(see [www.endfatigue.com](http://www.endfatigue.com) for full text of the study)

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# *Three Steps To Happiness!*

## *Healing Through Joy*

**A three-step process that will  
help you move into your natural,  
joyful state of being.**

Reclaim both health  
*and* passion in your life!

JACOB TEITELBAUM, M.D.

DEVA PRESS

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Copies of this book, the companion cassette tape or CD for this book, and/or Dr. Teitelbaum's other book, *From Fatigued to Fantastic!* can be purchased:

1. At [www.endfatigue.com](http://www.endfatigue.com) (US or international orders)
2. By calling 410-573-5389 (US or international orders) or
3. By sending a check (US orders only) for \$13.95 plus \$5.00 shipping/handling for either of the above books or \$18.95 for each companion cassette tape or CD plus \$5.00 shipping/handling to:

Jacob Teitelbaum, M.D.  
466 Forelands Road  
Annapolis, MD 21401

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*To my beautiful and loving  
wife, Laurie;  
my very cool kids and  
grandkids,  
Amy, Dave, Shannon,  
Brittany, Kelly, Jeff, Payton,  
and Bryce;  
the memory of my parents,  
David and Sabina;  
my dog, Zeppy, who naturally  
knows how to be happy.*

*And to my patients, who have  
taught me more  
than I can ever hope to teach  
them!*

# Acknowledgements

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And finally and most importantly, God, in all of God’s many expressions and names, for the guidance and infinite blessings that I have been given and for using me as an instrument for Joy, Wholeness, Love, and Healing. ■

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# Preface

Many, if not most of us, are caught up in old habits and ways of thinking that sap our happiness and keep us stuck in places that feel bad. In this book, you will learn a simple three-step process that will help you move into your natural, joyful state of being. This is a book on how to be happy when *you* want to be—not a book saying that you have to be happy all the time. I think that if I had to be happy all the time, I would find it to be incredibly annoying. This book will teach you that you can be happy when you choose to be, which I think you will find will be most of the time. Sometimes it feels good to wallow in feelings of self-pity, revel in self-righteous anger, and generally have a good time with feelings that are supposed to feel bad. This book will teach you how to feel *all* your feelings, and then how to let go of them. It will also show you how to enjoy the life you have while, perhaps more importantly, also providing powerful tools for creating the life you choose.

Experience shows that health follows naturally from feeling happy and following your bliss—not from focusing on illness. Therefore, although health often returns naturally from doing the techniques outlined in this book, I will not write much about illness itself.

I know that it makes *me* happy to read a book that does not go on and on. **For those who like an ultra-short version, focus mostly on the bold type and answer the questions with the first things that come to mind.** You will find, however, that I purposely kept this book short, clear, and as easy to read as possible—so let’s go! I hope you enjoy it. ■

Jacob Teitelbaum, M.D.

# off the mark

by Mark Parisi

www.offthemark.com



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# Introduction

As you read this book, there will be a series of *questions* before *key ideas*. There are no right or wrong answers to these questions. The questions are there to help you define where you want to go and what will help you get there. For example, it is no more right to be going to Atlanta than it is to Seattle—however, the directions can (as Neale Donald Walsch notes in *Conversations with God*) be very different depending on

---

***“Joking is undignified:  
That is why it is so good for  
one’s soul.”***

G.K. CHESTERTON, BRITISH WRITER 1874-1936

---

where you want to go. Please answer the questions *before* reading what comes after them. **I invite you to not think too hard about the questions. Simply give yourself permission to write down the first answers that come to mind.**

Because there are so many different names that people use to describe *Spirit*, I have chosen the words that I personally use which are *God* or *The Universe*. Feel free to substitute whatever name or word(s) that you want for *God*, such as *Life*, *The Universe*, *Christ*, *Mother Mary*, *Goddess*, *A Higher Power*, *Fate*, *The Laws Of Nature*, etc.

Learning to “center” (i.e., be focused) from the heart and/or solar plexus can make this process even more powerful and effective. If you are not familiar with centering, it is discussed later in the book (see end of Chapters 4 and 9). There is also a companion cassette tape or CD to go with this book. If you decide to order the tape or CD, I invite you to listen to track # 1 and center, at times, before answering the questions.

A companion cassette tape or CD, containing guided exercises, is available for \$18.95, plus \$5.00 shipping/handling (US orders), from [www.endfatigue.com](http://www.endfatigue.com) or 410-573-5389.

**The cassette tape or CD tracks includes:**

1. Centering.
2. Emotional release—using body focused feelings.
3. Emotional release—acupressure/visualization technique.
4. Visualization for creating your desired life.
5. Progressive relaxation.

**QUESTION**

#1

***YOUR FAMILY  
STORY***

**What are five beliefs that you have in common with your parents?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What are five beliefs you have that differ from your parents?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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### CHAPTER

# 1

## Beginnings

Most of my family died in Auschwitz. It is from these painful roots that I have learned joy and a wonderful lesson. All that flows from Spirit. Although you can be religious *and* spiritual, you can also easily be just as spiritual if you are an atheist. I strongly believe that “Spirit,” or whatever name you choose to call it, loves and adores us *all* unconditionally!

Having grown up in a mixed post-Auschwitz concentration camp, Jewish-American community, while being educated in a Hasidic seminary, I was simultaneously in many different worlds.

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*“Your pain is the breaking of  
the shell that encloses your  
understanding.”*

KAHLIL GIBRAN  
*THE PROPHET*

---

Hasidic communities emphasize what Native Americans have called “the long body,” which would be equivalent to over 4500 years of ancestors with an intense Jewish tradition. It was also a community that separated itself from the world in an attempt to ensure Judaism’s survival. At the same time I was in a modern Orthodox Jewish community that tried to integrate itself into American life and culture. These were the belief systems I grew up in. Initially, these beliefs gave me structure to grow. As I grew, however, my beliefs went from supporting me to limiting me, and I knew that I had to break out of these dogmas or my growth in spirit would be aborted. Because of the intensity of

my religious upbringing, the conflicts I faced from growing beyond many of my childhood teachings and beliefs were enormous. In 1975 these stresses, combined with a nasty viral infection, pushed me into an illness that is now known as Chronic Fatigue Syndrome. I was forced to drop out of medical school, which was devastating, because my whole life had been geared to becoming a healer. Nevertheless, my illness turned out to be a gift that propelled me into wonderful new areas of joy and wholeness.

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*“God sends us nothing except miracles and angels.”*

NEALE DONALD WALSCH  
*CONVERSATIONS WITH GOD*

---

During my year out of medical school I had a chance to meet people who were exploring many different spiritual paths. I have explored many more paths since that time.

I find that God is speaking to us very loudly these days through many voices, and He speaks to everyone who is open to hearing. The last thirty to forty years on our planet have seen an increase in the exploration of spirit, as we collectively feel something calling to us. We are looking for what is calling to us in many directions—looking sometimes to our more traditional roots and other times to evolving spiritual ideas. Interestingly, both many of the older religions and new spiritual books and teachings, such as *Conversations with God*, *the Abraham Material*, and *Love Without Conditions*, are teaching the same things. Those teachings are:

1. **We all create and are fully able to manifest whatever we choose through our beliefs, feelings, and focus.**
2. **We are each fully creating our own personal experience and no one can assert themselves into our lives unless we “invite them in” through our thoughts, feelings, and beliefs. Because of this, there are no victims.**

These are radical ideas and concepts in a nation where so many are clamoring to get special rights and privileges by claiming victimization. As a society, we seem to be focused on fixing blame instead of fixing the problem.

### 3. **We are all one.**

Although we are all different perspectives of the same single divinity, we are all wonderful and fully worthy of being loved. We are also all eternal, going from one life to another in both spirit and physical form. What if there is no judgment or hell; everyone goes to heaven; and there is no lack of anything we desire because God is all that is and gives us everything we ask for? What if the problem is simply that we do not allow what we want in? The tools in this book can teach you how to allow in everything that feels good while letting go of those things that you do not like. This book can teach you how to be happy, regardless of your current life conditions, as well as teach you how to create whatever you desire.

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*“Ask and it is given.”*

GOD  
*THE BIBLE*

---

My explorations into numerous spiritual traditions “cracked my shell wide open” and helped me recover enough from my Chronic Fatigue Syndrome to return to my medical school training.

Over the last two decades I have had the honor of working with thousands of wonderful people who suffered from two, often devastating, physical syndromes called Chronic Fatigue Syndrome and Fibromyalgia (characterized by fatigue, achiness, brain fog, and insomnia). Although, while treating these syndromes, I stumbled over an effective treatment protocol for these illnesses—working with these patients taught me something even more valuable. It taught me how to achieve happiness in three simple steps. ■

## 1. What experiences caused you to stop trusting?

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## 2. Has anyone breached your trust? If so, who?

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## 3. Do you feel that you can trust God (remember, feel free to substitute God with your own preference) to give you everything you need?

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*How did we get where we are?*

**H**appiness is our natural state of being. It is who we are. This state of happiness is obvious when you look at little children before they take on society's beliefs. Their natural state is to feel all of their feelings without resistance, leaving them free to spend most of their time smiling and playful. Perhaps this is why it has been said, "As a child shall we enter the kingdom of God."

Along the way, however, we got lost. We were seeking God, seeking approval, and seeking love. We were doing what we thought was best. We were simply trying to find our way.

We asked for directions. We were children—new here. What did we know? We asked our parents. Lovingly, they taught us their beliefs, experiences, and what they were taught would bring happiness.

We asked our teachers who, beginning from a place of idealism, tried to teach us in an often broken and frustrating system.

We asked our clergy. These are often beings who, also beginning from a place of incredible love and spiritual generosity, gave all of their selves to the search for God's love and bliss. Sadly, some of the rules and beliefs they were forced to teach may have come from a few people who were caught up in fear or were seeking personal power. Therefore, they have often taught eternal shame and hate (tragically saying that they were doing so in God's name) instead of unconditional love and acceptance. The power of beliefs and things that are taught to us in childhood can be easily seen here. You know how simple it is to recognize the obviously human "silliness" that has been added (in God's name) when we look at everyone else's religion. Now notice how hard it is to see the "improbabilities" in our own!



We asked our politicians who set up the rules for our system. These are people who often began from a place of great compassion and desire to help. Yet, they entered a system in which effectiveness can only be achieved at the expense of forced bribery.

We looked to our news media to find out how things “really were.” Journalists enter the field working hard to bring people the truth. Yet, what we see on television and in the newspapers is often an inaccurate and highly skewed (to the sensational and painful) reflection of life.

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*“To find yourself,  
think for yourself.”*

SOCRATES

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Each of these groups gave us a view of the world based on what they were taught was right. A few succeeded in stirring our souls and giving us a glimpse of joy, inspiration, and happiness. Unfortunately, most others seemed no closer to being happy and having the truth than we were.

Take a moment to think back to those people you knew who were joyful, even if simply for short periods. What was it about them and their teachings that left you feeling happy and excited?

Now think back to those who taught you things that left you feeling bad, either about yourself, your life, or about others. Amazingly, we can learn from both. Those things that left us feeling good gave us leads to rediscover our joy and the innocent laughter and smiles we felt as a child. Those things that felt bad can also be great teachers. They help us learn who we are *not* or would choose *not to be*. And we do have a choice. God, The Universe, Nature (or whichever of the myriad names we use) has lovingly given us full freedom to express and be whoever and whatever we choose. Do you choose to be a joyful uplifter or a morbid person who holds yourself and others down? Either way is okay. Many new spiritual teachings suggest that there are no hard and fast rules. Looking at life from a broader perspective also suggests that there is no absolute “right and wrong”—simply different perspectives. Total freedom is our true nature.

## QUESTION

#3

## BLAME

**1. Do you blame anyone for your current problems?  
If so, who and why?**

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**2. Do you feel that you are able to create whatever you want?  
If no, why not?  
If yes, no matter what?**

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As time went on, we took on the beliefs of those around us, becoming imprisoned by them. **As we get older and recognize these beliefs as being optional, even illusionary** (how often have we felt that “the emperor has no clothes”), **we become free to decide, create, and if we desire, continually change our own beliefs. In this way we become free to create any reality for ourselves that we choose. We get to simply decide which we prefer.**

*“I have found that most people  
are about as happy as they  
make up their minds to be.”*

ABRAHAM LINCOLN

Yet, as we set aside beliefs we have outgrown, it is worthwhile to honor and appreciate how they served us. In my experience, my belief systems have been, and are, like the shell of an egg. Without its shell, a chick would be an amorphous blob and would die. Like the shell, our old belief systems gave us direction, form, and protection when it was needed. The time comes, however, when the chick grows too big for the shell. At that time, the shell ends its role of being life-giving. Its last beneficial role is to become something that the chick has to struggle against, giving the chick life and definition. In fact, if one helps the chick out of the shell so that it has no struggle, it will die.

In the same way, the struggle of “breaking out of the shell” of our old beliefs helps us to define ourselves and propels us forward. Although our new beliefs give us wonderful room to grow when we first break out of the shell, it is wonderfully humbling and freeing to remember that even these new beliefs will one day be outgrown. Remembering this can help to keep us from judging the beliefs of others—reminding us that no one and no one’s beliefs are better than any other. They are simply a preference that may fit us better at this time. In fact, that we sometimes create situations that are painful does not mean we are evil or stupid. It simply means that we are fully free to explore while we go on the journey of remembering who we truly are.

## QUESTION

#4

## RIGHT AND WRONG

1. What more would I allow myself to do or think about if there were no right or wrong and no judgment or hell?

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### ***Won't I go to hell if I follow my own heart, beliefs, and feelings?***

Many of us were taught that if we do not believe and do things exactly as we were told, that we would go to hell for eternity. The problem with this is that there are literally thousands of different beliefs to choose from and, according to many of these beliefs, if we *all* do not do things exactly the way they say, we will be damned to hell. Even within each of these beliefs, people argue about what God's will is.

Because of this, I am forced to make a choice. I can choose to believe that God elects to send over ninety-five percent of his/her children to hell because they guessed wrong (and these odds are generous considering the number of possible choices). The other possibility is that hell is a myth made up by people to control our thoughts and actions through fear. The myth was then believed and carried forward for thousands of years. Hell then

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***“By their fruits shall  
you know them.”***

JESUS

---

becomes a “boogeyman” to keep us from going inside and following our own truth.

In the Bible, Jesus states, “By their fruits shall you know them.” If, when looking at the way these teachers lived and the fruits of their life, you see a result that is what you seek, then it makes sense to follow that teaching. If not, then it makes sense to follow one's own heart and one's own truth. I trust that God allows me to make my choice by following my heart as best I can and living my truth with integrity. I realize that my beliefs and truths will change over time and that I will make mistakes—and this is a good thing. It is a natural part of my growth. Many traditions recognize that there is no hell, except that which we ourselves create. And we are free, at any time we choose, to let go of the hells we have created. Everything is part of God, and God loves all parts of God's self unconditionally, as we love our children. I could never send my child to hell for eternity no matter

how egregious their mistake. I certainly would not do so because they did not guess which belief was the one “correct” belief out of thousands. I am not arrogant enough to believe that God is not as loving a parent as I am. Because of this, I also do not believe there is any such place as hell (except that which we create for ourselves) and I agree with the teachings of many traditions which say that *all* of us go back to God. I recognize that this is simply my belief. I do not claim that is better or more correct than anyone else's belief. It is simply my belief and experience. I invite you to search inside yourself to find your personal

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***“Things I need to do today:  
Breathe in—Breathe out.”***

FOUND ON A QUILT

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truth, trusting in God's love and that God would not damn you for loving and seeking God, or having your beliefs grow with you!

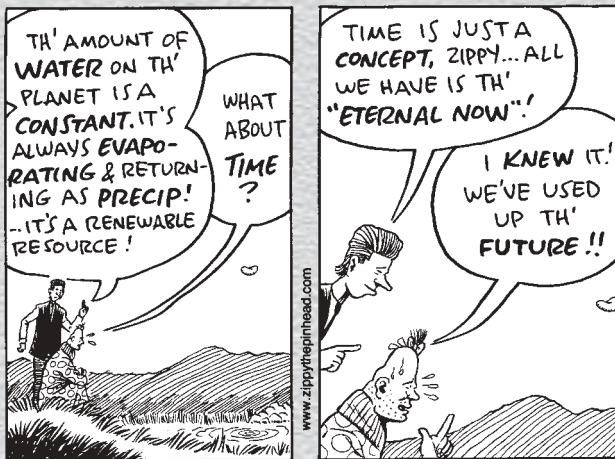
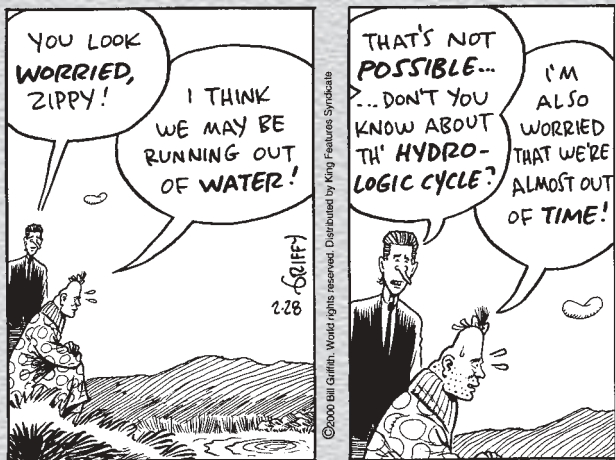
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### ***How can I tell if I have outgrown a belief?***

Whenever you feel bad, ask yourself, “What are my beliefs here?” Then make a list of these beliefs and ask yourself if you really believe them. Do they feel good? Do they feel true? If not, give yourself permission to let go of any beliefs that feels bad.

One of the beliefs that make many of us feel bad is that there is not enough time. We act as if there is not enough time for work, ourselves, our family, or even enough time left to live! We reside in a society that, compared to both past and current non-industrialized societies, is moving at an increasingly psychotic pace. We are constantly told that we must do more and more. This has been especially hard on women who have had their *very* full-time job as mother, wife, and homemaker invalidated. That job is bizarrely treated as if it is something they can easily take care of when they are not doing their other full-time job. This has been one (of many) triggers of a number of epidemic illnesses in our society such as Chronic Fatigue Syndrome and Fibromyalgia. Fortunately, this need to run ever faster is based

ZIPPY "CLOCKING OUT" Bill Griffith



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on an illusion. Paradoxically, depending on one's perspective, we can view time as both eternal and also existing totally (and only) in the "now" moment. Both are true.

If we look at time as being eternal, and many of us are starting to get the sense that our souls do not die when our body ends, then we go on and on eternally. And since we learn from everything, even our so-called "mistakes," both our successes and failures help us to get where we are going. This is summarized in a statement, which I found very freeing, in the *Abraham Materials* by Esther and Jerry Hicks, "You never get it [all] done, and you never get it wrong." If you allow it, this simple statement can take the uncomfortable hurry and worry out of life!

*"You never get it done  
and you never get it wrong."*

ABRAHAM MATERIALS

You may ask, "Well, what do I do with the 26 hours-a-day of things I have to do? An interesting lesson I learned from working with over 2000 patients with Chronic Fatigue Syndrome and Fibromyalgia is that none of them had ever been arrested for not being able to do all their "stuff," despite having a fifty to ninety-five percent decrease in function. After numerous years of being house-bound and cognitively impaired, and having to drop the 26 hours-a-day of things they thought they had to do, life continued to go on. You will be amazed at how much stuff you can let go of over time and how little you will miss it!

Another way to help eliminate the sense of hurry and create a sense of spacious time is to recognize the importance of the second half of the time "paradox." **The only time that exists is in the NOW!** And it is amazing how spacious that NOW moment can be.

If we take a moment to look at life honestly, we will find that most of our discomfort comes from dwelling on the past or worrying about the future. When we do not do this, we usually find that in any given moment things are just fine.



**QUESTION**

#5

**TIME**

1. Do you feel that you have enough time in life to do what you need and want to do?

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2. What would really feel good to do if you had more time?

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3. If you had a year of no responsibilities, what would you do?

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4. What responsibilities do you have that stress you because you do not have enough time?

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QUESTION

#6

WORRY

What do you worry about most?

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\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
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For example, even if someone is going bankrupt and worrying about how to pay the bills, in any given moment they usually have the food, shelter, and other necessities they need. I found this to be the case when I had Chronic Fatigue Syndrome and, having had to drop out of medical school and being unwilling to turn to my family, I had eighty-two cents to my name. I would sometimes hitch-hike during the day and sleep in parks at night. Amazingly, it turned out to be an enlightening time in my life as I trusted fate and met many wonderful and compassionate people. If the only time that exists is “now,” we can let go of *worrying* about the future (which you may notice feels bad) while still enjoying, happily planning for, and exploring into what *feels* good. We can do and be whatever (from a centered place) feels best in the moment (without hurting anyone else—you will find it does not feel good to hurt others if one is truly centered) whether it is taking a bath or a nap, eating, playing with loved ones, watching or playing sports, making love, or reading a book.

Remember, that there are many things that feel good to do does not mean that we have to get them all done now. The experience of your day will be vastly different when you look at your day’s “agenda” as things you *get* to do, instead of things you have *got* to do. See life more as a menu. It is wonderful to have so many excellent choices to pick from, and over time you might like to try them all. This is much more fun than seeing an eight-page menu in a restaurant and thinking that you have to finish all the dishes in one sitting!

It is amazing that even (and especially) working can feel great when you follow the simple approaches in this book. These approaches can transform not only your inner life, but your outer experience, as well. By following the directions in this book, you will soon be able to let go of those things in your life that are obviously “got-to-do’s” instead of “get-to-do’s.” For now, though, I ask that you keep the following in mind. **At any given moment, you can usually find something that feels good to keep your attention on. If you do this in every moment, you will be living a life that feels great! You will also be a blessing on the planet,** far more than if you live a “sacrificial” life of being miserable. ■



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**QUESTION**

#7

**GOD**

**1. Do you believe that God loves everyone? If not, why not?**

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**2. Do you believe that there is only one right way or perspective from which every one can experience God? If so, why?**

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**3. Do you believe that we are all truly equal? If not, who does God love and respect LESS and MORE than you?**

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### CHAPTER

# 3

## *Musings On The Nature of God*

In looking around, it has become apparent to me that God is much more than our minds can grasp or our words can contain. Since we know that our language is too limited to express the full nature and being of God, we can explore possibilities without needing to believe that our idea of God is the only truthful one, or that it is better than anyone else's ideas. This gives us the freedom to be wrong and to have our concept of God continue to grow along with us because our words and thoughts cannot contain the full image, glory, and understanding of God and all that exists.

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*“If you shut your door to all errors, truth will be shut out.”*

RABINDRANATH TAGORE

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I also cannot believe that God, the most loving of parents, would judge us for “guessing wrong.” Were we not purposely created on this planet with fallibility? If this is so, then why would we be judged? Would you judge your young child for not knowing calculus? That would seem silly and absurd. Yet, it is clear to me that at this stage of my growth I am no more able to know the absolute fullness of God than my two-year-old granddaughter is able to know calculus.

All of this is very freeing! If there is no way that we can know the totality of God absolutely, then we are free to explore without judgment. Even though there are those who say that they do know all of God's will for everyone else—in fact, there are thousands (if not billions) of people who say this—each of them has a different idea of what God's will is! Again, with all

these “absolutes” to choose from, why would I possibly believe that God would judge me for not “guessing right,” even if there was such a thing as “right?” Therefore, I feel free to play in my search for God.

*So, let's play!* If God created everything, then everything must be part of God. Since God is incredibly loving, and everything is part of God, I presume that God loves us all. If God loves us all, then it must be okay for me to unconditionally love us all, as well.

If God is bigger, better, and more powerful than I can possibly conceive of, I choose to envision the greatest possibility of God that I can. I certainly doubt that God belongs to, or is contained by, any one religion or belief.

### VARIETIES OF HUMAN EXPERIENCE

*“The basic condition of human life is happiness.”*

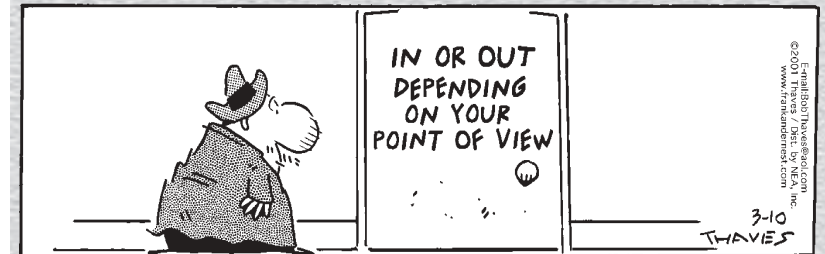
DALAI LAMA

*“Better a bottle in front of me, than a frontal lobotomy!”*

FROM A COUNTRY WESTERN SONG

If I was an all-powerful God, I would make a world where there is full freedom, yet there would be no victims. An easy way to do this would be to have each being create their own reality and experience. This would make the world completely fair with justice for all. I would give everyone absolute freedom. Yet, I would do so in a playground where my children would be safe.

Because God contains everything and all perspectives, it would be a very big playground for his/her children to play in. They would be free to explore fully, yet not able to truly hurt themselves, even if they occasionally came crying with a nasty



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“boo-boo” or having had a fight. I would do this by creating a soul that can never be harmed and let it play in a wonderful virtual reality playground. By exploring themselves in play, and having the freedom to explore all possibilities, children would be able to find out what they like and dislike, and thus come to know and decide who they are. Since everyone is creating their own experience, and any impact anyone else has in other’s lives is, in a sense, created by them, we suddenly have a “no-fault” world! Because of this, there are no punishments—only consequences. There is also no need for judgment, only guidance and unconditional love (as I would want for my children and from my parents). There is no need or reason to blame or fault ourselves or others, only the option of learning from our experiences. And why would one feel guilty or judged? We are simply learning, growing, and remembering who we are since we are all the children or creation of God. God’s unconditional love for us would make blame, fault, guilt, and judgment unnecessary and meaningless. For those who do not believe in God’s existence, then there is also no need for guilt, blame, etc., because these emotions feel bad. And why would you want to do anything that feels bad if there is no ultimate right or wrong? I personally and strongly believe in what I call God, even though I hesitate to use this name because it has been so severely abused and used to abuse. It makes sense that as a loving parent God loves and blesses us all, regardless of whether or not (or how) we believe in God.

**If God is infinite then there are *infinite possibilities of how one can view things*. If this is so, then there may be no absolute right or wrong- simply different perspectives!** Because of this, I can choose to not have to battle against anything. I can opt to simply focus on my truth and create more of that.

But how would I know my own personal truth? My mind has been programmed by the ideas and beliefs of an incredible number of people and institutions. Many of these, albeit believing themselves to be well-meaning, have tried to control me by using fear and guilt. Others have tried to use my need for approval or my love of spirit to control me. All in all, this has resulted in living much of my life thinking and doing what I believed I needed to do to get approval (i.e., approval from my parents, religion, society, peers, etc.). In doing so, I find that I

had tied myself up in knots. I tried to fit the image of who I thought I should be to be okay (i.e., okay to my parents, clergy, teachers, friends, etc.). There were so many things I thought I *should* do that I spent most of my time “shoulding” on myself. Meanwhile, I had denied, especially to myself, those parts of myself that did not fit the “approved” image. Denying this so-called “shadow part” of myself left me being only a shadow of my true self! I shall speak later about how to reclaim your “shadow” and, thus, your wholeness, passion, and vitality.

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### ***So, how can I see past my programming to tell who I really am?***

Because our minds are a lot like a computer that can be programmed externally, I recognize and appreciate it as a wonderful tool, but with limitations. Our society has even tried to make-believe that the mind is all that exists. It negates feelings along with the feminine. I grew up thinking that feelings were simply a curse at worst, or The Universe’s attempt at entertaining itself at best.

It seems to me that feelings have also been invalidated because people’s ideas are much easier to control than their feelings. Although I initially suppressed my feelings (is that not what a *real* man is supposed to do?), and was very comfortable in my mind, I found that this felt rather empty after a while. After realizing the “I am a rock, I am an island” phase simply left me feeling depressed, I began the long and wonderful journey of regaining my feelings and myself. I have also discovered that when I am focused on and doing things that feel good, I seem to be true to who I am. Indeed, it seems that God gives us our feelings as a guidance mechanism—a beacon in the fog of our childhood programming that helps us to come to the truth of who we truly are!

To give you an idea of how silly and unnecessary it is to judge other societies’ foibles, let’s take an open-minded look at our own society. We teach our children that pleasure and joy are bad and will send us to hell, while we can attain heaven by living a life of suffering! We teach our children that if one is responsible and takes care of themselves and their needs, they are “selfish.” And most bizarre and nefarious of all, we teach our



1. Are feelings and thoughts equally valid? Explain why.

Five horizontal lines for writing the answer to question 1.

2. Do you feel aware of and in touch with your own feelings? If not, why?

Five horizontal lines for writing the answer to question 2.

3. Do you have feelings that are uncomfortable for you? If so, what are they?

Five horizontal lines for writing the answer to question 3.

children that if they love themselves, they are evil and narcissistic. Instead of teaching our children that they were born pure and unconditionally loved as a reflection of God, we teach them that they were born in sin. We also teach them that the only hope of God ever loving them again and accepting them back “home” is to do what they are told to do, sometimes by people whose lives are also full of pain and suffering. It seems to me that these are sad ways that we have used (albeit unconsciously and from a well-meaning place) to control our children. Fortunately they are recognizing the simple truth in the song that says, “They can’t even run their own lives, I’ll be damned if they’ll run mine!”

**How can we reclaim our feelings?**

A wonderful place to begin reclaiming feelings is to recognize that **God loves us unconditionally and that it is okay and wonderful for us to also love ourselves unconditionally. It is a good thing to love all of ourselves, including our feelings! There is no such thing as a feeling that is wrong or bad.**

On the other hand, because of our projections and a tendency to bury our feelings, our feelings often have little or nothing to do with what we think is causing them. In the next chapter, I will speak about feeling your feelings fully, as well as releasing them. ■

**QUESTION**

#9

**BAD OR WRONG  
FEELINGS**

1. Do you feel bad or wrong about some of your feelings?  
If so, which ones?

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2. Why do you feel bad or wrong about those feelings?

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**Step**

**1**

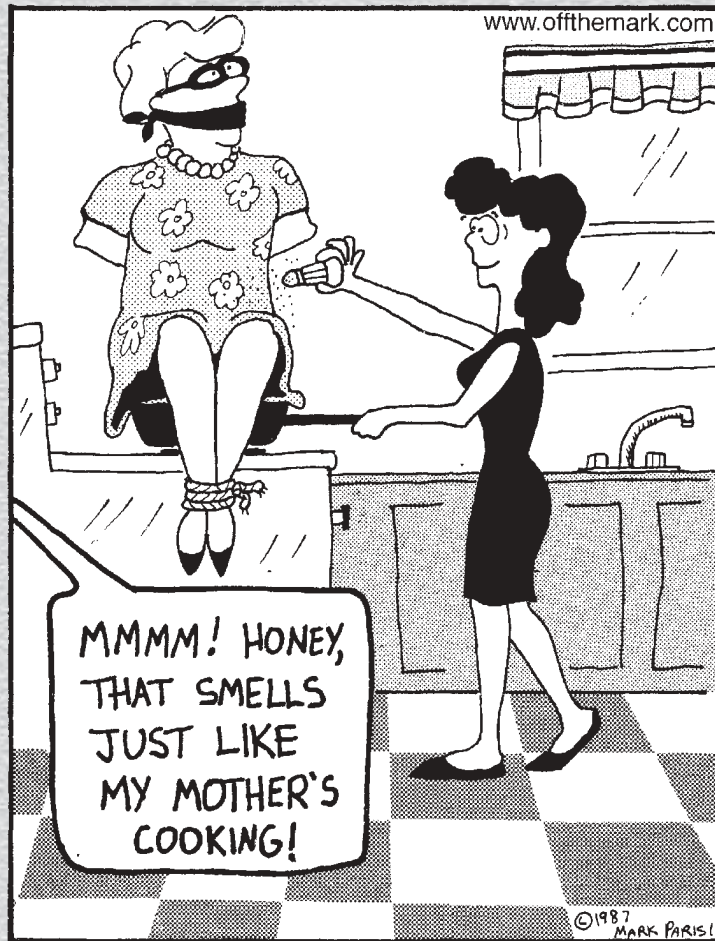
*Feel All of Your  
Feelings Without  
Resistance.*

*When It No Longer  
Feels Good To Feel  
Them, Let Them Go.*

**off the mark**

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by Mark Parisi



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**CHAPTER**

4

## *Feel All Of Your Feelings Without Resistance*

**M**y father was a remarkable man who saved thousands of lives working in the underground resistance movement during World War II. Although incredibly loving, he rarely spoke about his feelings. I was raised with the sense that feelings were something that women had and men tolerated. For a male to cry was clearly unacceptable. Feelings became something for me to overcome and control.

It took me decades to realize that feelings were not just some cruel joke The Universe played on us for its own entertainment. I had become an expert in burying my feelings, which left me

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*“Nothing is bad or good except as thinking it makes it so.”*

SHAKESPEARE

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depressed. Despite being overtly a “very nice person,” I was unconsciously angry and hostile. With the help of the late Dr. Max Boverman, a gifted therapist, I learned to feel my feelings while also learning to tell the people that I loved what I felt about them. It was not necessary that they heard my feelings, and certainly not necessary that they approved of them. It was simply necessary that I felt my feelings and shared them with those that I cared about. It was in doing this that I began to feel whole and alive.

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### ***Are there good and bad feelings?***

It is important to recognize that **there is no such thing as a bad or evil feeling.** Feelings are simply feelings and all of your feelings are totally valid. It is also important to realize

that no one else is responsible for how you feel, and you are not responsible for anyone else's feelings! Once you acknowledge this, you will find incredible freedom.

---

***How can it be that the person I am furious with is not responsible for how I feel?***

Although all of our feelings are totally valid, they often have little or nothing to do with the person we think we are feeling them towards. More often, what has been called the “90/10 rule” applies. This rule recognizes that when we have strong feelings (e.g., hurt, rage, abandonment, etc.), ninety percent of the intensity is usually coming from things that may have happened decades earlier, while only ten percent has to do with what is happening now. The current event simply triggered the old feeling. Most of us have old issues. As is common, for me, my key issue was feeling inadequate and having an immense need for approval. In addition, out of fear of not having control over our lives, we worry about things that are not real. We often play out scenarios in our mind where other people say or do things that are hurtful. We forget to realize that this all happened in our imagination and then find ourselves angry at the other person. Meanwhile, that person may have only been thinking kind things about us. The anger is valid (we are angry because we think we do not have control of our lives) but the other person may have little or nothing to do with it.

With more extreme cases, such as if somebody has purposely injured us or someone we love, it is harder to remember that, or understand how, the other person is not responsible for our anger or rage. Nonetheless, as discussed earlier, these things cannot have happened unless we invite the events into our lives and allow them. Although we certainly have the right to be angry, and this anger is natural and needs to be felt, we are more likely to retain our power if we do not claim victimization. Be careful not to blame yourself either. Remember that there is a major difference between blame and responsibility!

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***Isn't it better to simply suppress the feeling so that I don't have to feel it, especially if it is a painful or hurtful feeling?***

Our psyche and souls demand honesty at a deep level. This means that we have to feel whatever is there. If we do not feel a feeling, several things happen. First, you get stuck in that feeling until you do feel it. Because of this, instead of being conscious of your anger for an hour, you may find yourself unconsciously angry for decades. This anger can build up in big pools just waiting to be triggered (as in the 90/10 rule above). In addition, your psyche magnifies the feeling that you are denying to make it bigger and clearer to you. In trying to avoid your anger, sadness, and other feelings, you simply condemn yourself to being stuck in them.

I do want to note that what I am saying does not mean that you have to go deeply into every feeling the moment it comes up. Sometimes feelings need to be put off until a while later when it is more convenient. For example, I do not want a brain surgeon experiencing traumatic childhood feelings during an operation. Consciously deciding to occasionally postpone your feelings is not the same as burying your feelings, as long as you keep “your agreement” with your psyche to feel the feelings later.

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***What if I don't feel the feelings later or I keep burying a feeling?***

Panic attacks and hyperventilation are two common medical problems. Although many of you have an idea of what a panic attack feels like, hyperventilation can include many other feelings. These include lightheadedness, a spacey and disembodied feeling, chest pain, the feeling that you are unable to take a deep enough breath despite taking a full breath (this is the hallmark of hyperventilation), numbness and tingling in the fingers and especially around the mouth, and, when the attack is more severe, the feeling of impending death. I remember the first time I saw a full-blown hyperventilation attack. I was carrying the “Code Blue” beeper in the hospital (Code Blue is the term that hospital's use when someone's heart is about to stop or has stopped) and I was called to the Emergency Room. The patient's pulse was over 200 beats per minute and she looked like



she was about to die. We prepared to do CPR, but the arterial blood gas results came back and showed that the person was only hyperventilating. Even though these attacks are not dangerous, they can be very uncomfortable.

Although both panic attacks and hyperventilation both have physical processes that are also associated with them (i.e., thyroid disorders, magnesium and vitamin deficiencies, etc.) I have found that the most common psychological component is the burying of feelings. Most people find that these attacks occur not during periods of stress, but when they finally have a chance to relax, such as when they are driving a car or watching television. This is because hyperventilation and panic attacks are often caused by suppressed feelings. The attacks occur when these feelings finally bubble up to surface while being split off from the triggering event. In susceptible people, this then triggers the attacks. Although one can break the biochemical part of the attack by breathing in and out of a bag (this raises carbon dioxide levels in the blood which can end the attack) or doing abdominal breathing where the abdomen expands outward during inhalation allowing the person to take a bigger breath, the most important long-term solution is to simply feel what one is feeling without resistance.

Burying your feelings can cause other major problems as well. Depression is often repressed anger that has been turned inward against yourself. So if you are angry at somebody else and then deny your feelings, the psyche can turn your anger inward on yourself. For this reason, depression can often be treated effectively by counseling where one learns to be aware of and express their feelings openly. That these problems can also be treated with medications is simply one more example that most physical illness (if not all) is *both* physical and psychological. It is sad that some people try to say that an illness is psychological in order to blame the patient or invalidate their illness. This mostly occurs so that insurance benefits or legal settlements do not have to be paid. Now that research is showing that many illnesses, such as heart attacks (the most common killer in the United States) have strong psychological components, is it not time that we abandoned that outmoded and abusive way of thinking?

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### ***How about other uncomfortable physical feelings like nausea or muscle pain? Do the same rules apply to them?***

Very often, even clearly physical feelings have an emotional component. The expressions, “I got so scared my heart jumped into my throat” or, “You make me sick to my stomach” or even, “They’re a real pain in the...” are some examples of these physical feelings. Most massage and physical therapists have experienced cases where releasing tension in a certain muscle can create a powerful physical or emotional reaction that is associated with the patient bursting into tears as they recall old memories and feelings about events that may have happened decades earlier. This is called “muscle memory.” The body seems to lock the feeling away into the muscle by tightening the muscle into a kind of armor against the feeling. This can result in chronic pain many years later. Although you can release the feeling by releasing the muscle, the muscle can also relax when you simply allow yourself to feel the feeling. This is another way that feeling your feelings can prevent you from having chronic pain.

It may be worth exploring other feelings like nausea in the same way, as well. Take a while to feel into the symptom and see if there are any emotions attached to it. Sometimes nausea may reflect the psyche’s attempt to purge feelings of an old experience or trauma. Old childhood sexual abuse is one common and highly traumatic example of this. When you are ready to do so (and preferably when you are in counseling when dealing with severe issues, such as childhood abuse), allowing yourself to feel the nausea and the feelings of rage, pain, shame, etc., can be helpful. As long as it is only done a few times, it can even be helpful to allow the nausea and even throwing-up as a way to consciously release and purge these old feelings and traumas. Although this may seem extreme, it is likely a healthier approach than some other ways the psyche uses to try to eliminate these very painful feelings. As an example, it is very common to see hysterectomies in young women who have been abused as a child as the psyche attempts to make a “clean sweep” of the situation. Although it is a good idea to see a health professional in these severe situations, feeling the feelings (without resistance when you are ready) and doing the clearing techniques discussed in the



next chapter to fully release old feelings (when you are done feeling them) can help bring you to healing and self-forgiveness.

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***What is the best thing to do with these uncomfortable feelings? I don't want to stay stuck in them.***

There are only two things that you really need to do with your feelings. The first is to feel them. The second is to let go of the feeling when you are done feeling it. You do not have to fix your feelings (they are not broken). You also do not have to force other people to understand your feelings or change their behavior.

Trying to change other people is a losing proposition and can be abusive to you or the other person. All you need to do is feel your feelings and then let go of them when you are done feeling them.

---

***What you mean by "feel my feelings without resistance?"***

Many of us avoid uncomfortable feelings or feel that certain feelings should not be felt. In addition, our mind often tries to protect us from uncomfortable feelings by coming up with distractions. In fact, many common pains, such as tendonitis and low back pain, are often simply the mind's attempt to help us avoid uncomfortable feelings by distracting us. Remarkably, because the process is not logical, people may unnecessarily suffer decades of disability because the mind is trying to protect them from an uncomfortable feeling that is really rather mild. The mind can do this by decreasing the blood flow to certain areas. It may camouflage what it is doing by beginning the pain after a trauma. For more information on this work, there are several books written by John Sarno, M.D. If you think buried feelings cannot cause pain, try the following experiment.

The next time you have a persistent pain, such as tendonitis, low back pain, or any other localized pain in your body, remember that your mind may be using it to distract you from uncomfortable feelings. Every time you feel the pain, tell your mind, "I know you are trying to distract me from being aware of uncomfortable feelings. I appreciate what you are trying to do, but I am mature enough to feel *all of* my feelings and I choose to feel

them all. Because of this, anytime I feel a pain, I will spend fifteen minutes looking for and *feeling* (not thinking about) any feelings that are uncomfortable." In about six weeks you will often find that the pain disappears. I have tried this with a number of patients who have certain types of localized pain, and it has worked the majority of the time. This is but one example of our resistance to feeling feelings. Research is also showing that immune (defensive) function improves markedly when people express their feelings vs. when they suppress them.

When we try to avoid a feeling either because it is uncomfortable, because we think we should not feel it, or because we think we are too "evolved" to feel it, we simply end up being stuck with the feeling. *The quickest way to get past a feeling is to feel it fully without any resistance, then feel yourself moving through the feeling to its end.* At that point we are able to regain and resume our natural state of feeling good. Feeling the feeling *without resistance* also allows old pools of pain, anger, hurt, etc., to be released much more quickly. By resisting a feeling, you simply stay stuck in it!

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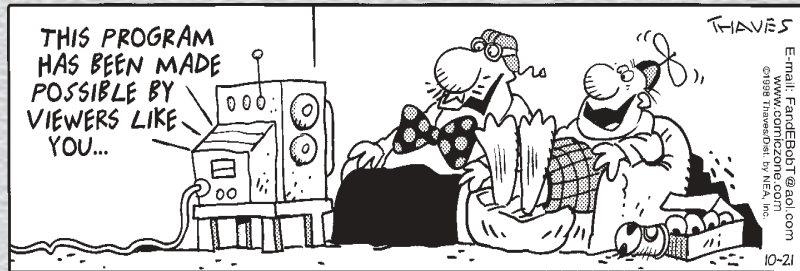
***How can I tell if I am resisting my feelings and how can I stop the resistance?***

Often, when we are trying to stop our feelings, we will tighten our jaw, cross our arms and legs, and stop our breathing. When you notice that any of this is happening, simply remind yourself to breath, uncross your arms and legs (and remember to keep them open), and let your jaw go slack. Resisting a feeling is like trying to stop a cloud because you want it to be sunny again. Letting the cloud pass is how we get back to a brighter state of mind.

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***I am a psychologist and I have also done a lot of spiritual work. I shouldn't be feeling these feelings. I should be beyond them!***

Stop "shoulding" on yourself! One does not become saintly by repressing anger. It is likely that saints are less angry because they truly knew the perfection in all things. Yet, even saints have times where they are angry. I suspect that in the Bible, when Abraham went after the idols in his father's house or Jesus chased



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the money changers from the temple, they raised holy hell! The repression of anger is simply dishonesty. It leads to depression if directed inward, and hatred and self-righteous abusiveness when it is directed outward. The most honest and evolved approach that I know of is to simply feel what is real without any blame, guilt, or sense of victimization.

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***A lot of times, though, I don't even know why I am feeling the way that I do.***

This is actually a good thing! Often, we try to jump on our feelings right away by using our minds. We try to put a label on what the feeling is or why we are feeling it. This shifts us out of our feelings and into our minds. The effect of this is that we then get stuck in that same feeling (sometimes for decades) without being able to fully move through the feeling or know what it is really about. I suggest that you do the following instead.

***Feel your feelings initially, without the need to understand why or what you are feeling.***

When your mind initially attempts to label your feelings, let it know, “No, thank you.” Continue to simply feel the feeling fully without any resistance. Then, when you are toward the end of the feeling, you may find that you not just understand what this episode is about, but also what the deeper root cause behind the feeling is. If you do this without any blame or sense of victimization, it can be a powerful tool for helping you to learn about who you truly are and what your preferences are. Then you can make honest and informed choices in your life that are consistent with who you truly are, instead of whom you were told and think that you should be. Feeling your feelings fully then becomes a wonderful step to happiness!

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***What do I do when realizing what I really feel or want makes me uncomfortable or feels dangerous?***

This can be a tricky situation. Nevertheless, it is how we grow in life. To give a personal example of this process, I have trouble when one person that I love is jealous of another and tries to make me choose between them. When this happens I

can jump on the feeling right away saying, “Boy, it really infuriates me when that person is jealous.” Or, I can sit with the feeling a bit longer and recognize that the incident is tapping into an older and deeper feeling that I have. In this case it was a pain that I felt at being caught in a conflict between two people, groups, or beliefs that I both cherish. Having grown up in an orthodox, Hassidic background that had some very defined beliefs, and having been taught that this was *the* way for *me* to get to God,\* it was very uncomfortable for me as a child when I realized that I had other beliefs that were not “acceptable.” Not being old enough to deal with this conflict, I simply buried many of these feelings. Then my current feeling allowed me to recover, feel, and then understand and heal, these old feelings that I still carried from childhood conflicts. This was able to happen because I simply stayed with the feeling a bit longer and felt it all the way through. This allowed me to feel the many different “tastes and flavors” in the feeling. Then I was able to understand that I had tapped into decades of feelings of discomfort about conflict in general, like having to choose between two things that are loved.

Because my inherent nature is wholeness and inclusion of everything and everyone, this conflict was very dramatic for me. In our lives, for example, we may find that when we let go of old religious beliefs we are sometimes painfully excluded (or exclude ourselves) from that social group and often from our families. Choosing to love everyone can also leave people who we deeply love feeling insecure, hurt, and sometimes distant. In these situations, and many others, fully feeling your feelings can be very scary and uncomfortable. It can make us face the truth that we are caught in a conflict, often one that from our current level of growth and awareness seems to be unsolvable. However, it does put us in connection with our truth.

Fortunately, it is more common to have our choices and preferences be fairly obvious and simple. Our insight can often be so

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*\*Interestingly, Hassidic teaching strongly believes in the value and truth of each religion for those born into that religion. It teaches that, in most cases, being born into that religion means that that is that person's path. This is why they do not proselytize among non-Jews and why it is hard to convert to Judaism. It does not see Judaism as the best or only truth, simply as the best truth for Jews. In fact, I never heard of Jews being called the “chosen people” until I left the seminary and was told this by my non-Jewish friends.*

profound as to be what is called an “ah-ha experience” (as in, “Ah-ha, I figured it out!”). Acting on our new understanding can then result in a profound sense of relief and joy. Other times, we find ourselves in a conflict without any easy solution.

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### ***But to be stuck with the conflict with no solution feels horrible!***

Although it often feels difficult, being caught in this type of conflict can actually be very beneficial. Early in our lives, we usually deal with these irreconcilable conflicts by burying them and keeping them unconscious. This can take an incredible amount of energy leaving us less vital and a bit emotionally cold or over-reactive. This can become pronounced when the conflict is very severe or when we have buried many of them. Most of us have done quite a bit of this! Know that this is normal and was necessary when you were younger and not able to handle staying aware of the conflict. Now that you are older, it can be a very good time to start reclaiming your feelings and your power.

A friend and highly respected teacher of mine, Brugh Joy, M.D., notes that “the tension of opposites creates!” This statement recognizes that our psyches are constantly growing.

*If we have a conflict that we cannot reconcile at our current level of consciousness or growth, we have an option other than burying the conflict and sapping our energy to keep it unconscious. We can simply stay conscious of the conflict and recognize that we do not yet have a solution to it at our current level of growth.*

The interesting thing is that you may find that it is perfectly okay to simply recognize that there is not a ready solution to the conflict. Many times there is no real choice that has to be made at this time. If there is, simply continue to feel your way through them when they have to be made (see Chapter 9).

When you allow yourself to stay conscious of the conflict, a fascinating thing happens. Giving your psyche a problem that it does not have a solution to is like exercising your mind or body. If you continue to lift weights that are challenging, your muscles grow to where you can suddenly lift weights that you previously could not. When you give your mind puzzles that it cannot solve, and let yourself stay conscious of the problem (this does *not* mean that you think about it all the time, it simply means



you do not deny its existence) it exercises the psyche and the psyche enlarges. One day, the solution then comes to you from a totally different angle (sometimes even from another person) and can seem incredibly easy and simple. Staying conscious of the conflict can actually be a powerful tool that helps your psyche and your abilities to grow.

To use the example I discussed earlier, where I was in conflict between my very orthodox religious views and my own rational ideas about how The Universe works, the solution came from Rabbi Zalman Schechter, another teacher that I highly respect. He noted that our religious beliefs are often like a tree. We may have some very religious beliefs that, like the roots of a tree, are firmly rooted in thousands of years of belief and tradition. These deeply rooted beliefs help you and the religion to draw spirit and power from millennia of tradition. Other parts of the tree are rapidly growing towards the sky. The branches constantly take new shapes and many of our ideas are like leaves that draw energy from the sun and spirit, yet change with each season. He asked me which part of my being and religion I wanted to cut off and eliminate—my roots or the crown of my tree! The answer became obvious. It was easily possible to contain both parts *and* keep the benefits of each. I was free to pick and choose among those ideas and beliefs that felt good to me, while respectfully and gently letting go of those parts that did not feel good.

By knowing that we do not have to immediately solve a conflict and that it is okay to make mistakes, we allow ourselves to grow while being playfully gentle with ourselves and each other. Simply feel your feelings without resistance, let yourself take the time to feel the feeling fully before your mind explores and tries to understand it, learn who you are from the feeling, and then let go of the feeling when you are done feeling it.

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### ***How do I know when I am done feeling the feeling? I don't want to go back to repressing my feelings.***

The best way to know that you are done feeling a feeling is when, from a centered place, the feeling no longer feels good. You will be amazed at how good it can feel to be angry, sad, or even grieving. After awhile, however, we often simply get stuck in the feeling and feel like we are digging ourselves into a deeper and deeper hole. I will talk more about *why* and *how to center*

later on in the book. For now, simply put the palm of one hand over top of the palm of the other hand and put them both over your solar plexus. Then make believe that your center of attention is in your solar plexus.

**One way to center is to make believe that your eyes are in your solar plexus and you are looking out from that area. This will help you to be centered in your solar plexus and feel your feelings.**

As long as it feels good, feel your feeling without any resistance to them. After awhile, from a centered place, when it no longer feels good to feel the feeling anymore, then let go of it. Do not try to let go of your feelings by battling or trying to ignore them. This will simply keep your attention on them. Instead, simply shift your attention to something that feels good. Continue to repeat doing this as often as you need to.

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### ***I just can't let go of some of my feelings. What can I do?***

Fortunately, there are many new, simple and powerful techniques available that can help us *release* old painful feelings that have been unnecessarily weighing us down. Let's review some of them. But first, be sure that you are done feeling the feeling as we have discussed above. ■

**If you have the accompanying tape or CD,  
you can listen to Track # 2,  
Visualization Of Body Focused Feelings, now.**

# off the mark

by Mark Parisi  
www.offthemark.com



Cartoon copyrighted by Mark Parisi, printed with permission.

## QUESTION

#10

## PAINFUL, UNCOMFORTABLE FEELINGS

1. What feelings do you have that are painful or uncomfortable?

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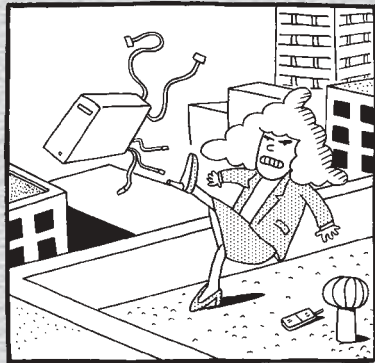


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## CHAPTER

# 5

# Releasing Painful Feelings

I would begin by honestly asking yourself the question, “Is it that I *cannot* let go of my feelings or is it that I *will* not?” Sometimes we are so hurt or angry at somebody that we have trouble forgiving them. We think that by holding on to the painful feelings it somehow hurts them. The truth is that holding on to your agony does not hurt the other person, it only hurts you. One can make a very strong argument that forgiveness mostly helps us, not the other person!

Other times, we hold on to painful feeling because we blame ourselves and/or we feel guilty about something. Much of this comes from old beliefs about God judging us, or the misperception that we simply are not good enough. I strongly doubt that God ever judges us and have found that the only one who judges you (that matters) is you! (Chapter 3 may help you to see this.) Put simply, do you want your children to spend their lives in pain or feeling judged and inadequate? Do you think God is a less loving parent than you? If not, why in the world do you think he would judge you? If we believe in the stories of harsh judgment that many of us have been taught, almost everyone would be in hell. It is okay to let go of all judgments, including both those we place on ourselves and others. Jesus was right on target when he noted, “Judge not lest ye be judged.” Our judgment of others simply reflects our judgment of ourselves projected outward. The quickest way to let go of judgment on ourselves is to let go of our judgments on others.

***But the other person did something really nasty to me. Why should I let go of the anger and let them off the hook?***

As I noted above, when we feel something uncomfortable like anger, resentment, or hurt, it often taps into vast pools of old similar feelings that we carry around—some conscious and some unconscious—often from many decades ago.

By recognizing that no one is responsible for our feelings (and vice versa—so let go of your self-guilt and blame, as well) it makes it easier to feel whatever is there. Remembering to drop the blame (see Chapter 7) allows us to be conscious that we are presently experiencing pools of old feelings from years ago that relate to the past and not our present. **If we do not let go of the blame, we keep having to amplify the story of how we were wronged (and what a nasty “SOB” the other person was to us) to justify and understand why we feel so strongly about an event.** This often occurs when our “buttons” are pushed. Relationships seem especially effective at pushing our buttons and bringing us into old feelings. That is one reason why relationships can seem so intolerable—and healing—at the same time.

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### ***Do I have to feel every old feeling and re-experience every old pain and trauma?***

It is not necessary to feel every old feeling and re-experience every old pain and trauma. Trying to do this would probably be destructive. I do not propose that you go looking for these old uncomfortable feelings if you feel good. Many old and previously painful feelings and experiences are no longer active, and therefore have no power or effect in your life. The feelings and experiences that are active will affect how you feel. If you feel good, do not worry about buried “stuff.” Old feelings and memories of experiences will come up to surface if and when your psyche needs or wants to feel them. At that time, it can actually feel good, strangely enough, to feel even very painful and dramatic feelings.

As discussed above, if we resist the feelings they persist! In fact, depression can occur when anger is resisted chronically, so that one turns the anger inward on one’s own self. Further resisting the feelings can also lead to hatred, resentment, and cutting off feelings of love. Because of this, it is better to feel feelings without resistance and then let go of them. This way we can move through them much more quickly without needing to attack others as much. Interestingly, and perhaps surprisingly, when you do this you will find that your natural state is joy!

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### ***So, what is the next step in releasing my feelings?***

As I will continue to remind you, first be sure you have finished feeling your feeling to a point where, from a centered place, it no longer feels good to feel it. Then it is healthy to move forward. As discussed above, releasing blame allows us to see feelings for what they are—*our own feelings*—instead of wrapping them so tightly around others that you feel hurt, victimized, and powerless. Once you own the feeling as your own, then you are in control because you need nothing from the other person in order to move through it.

As you feel the feeling, your body may move into positions such as crossing arms and legs and stopping your breathing as discussed earlier. Simply remember to breathe and open your arms and legs so as not to block the flow of your feeling. You may also find yourself trembling. This is very good and is a way that your psyche releases old emotional traumas and stresses that are stored in your body. If you are not in a place where it is too embarrassing to do so, allow and encourage this natural trembling to occur. This will allow your body to release old traumatic stress and will help you feel a lot more alive and free after you are done.

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### ***Why does trembling help?***

Sometimes we numb ourselves to avoid feeling pain from old traumas, especially severe ones such as those associated with post-traumatic stress disorder. Initially, this can be beneficial to help you get through the situation. Eventually this numbing of your feelings needs to be released to feel fully alive again.

When a lion chases a gazelle and the gazelle realizes it can run no more and the “game is up,” it drops to the ground. From the outside, it appears to be dead—similar to “playing possum.” On the inside, however, its blood pressure is high and its heart is racing. If the lion decides to eat the gazelle, this possum state acts as an anesthetic, making the process less painful. If, on the other hand, the lion drags it behind a rock thinking the gazelle is dead and then goes off to get the cubs for dinner, the gazelle will get up and quickly run away as soon as the lion can no longer see it. Then, when the gazelle is safe, it naturally goes through a period of trembling. This trembling is what releases

the animal from its numb or possum state of mind. The same thing occurs when an animal that has been held in captivity is released into wild. It will go through this trembling state and releases the emotional stress that it has built up. If the animal does not tremble, it will often die.

Humans are also animals. During certain periods of stress where we feel helpless and have no way to escape (e.g., molestation as a child) we often go into a similar “possum state.” This leaves us emotionally anesthetized. Although this protects us in the short-term, if we do not eventually release this energy we become more and more numb—dulling our feelings, energy, and

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*“When you shine the light,  
darkness disappears.*

*We may understand this as a  
kind of fight between light and  
darkness, but in reality it is an  
embrace.”*

THICH NHAT HANH

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joy. This situation is also very common in post-traumatic stress disorder. Unfortunately, when this natural trembling happens to people, they feel stupid to be trembling and therefore usually suppress it. Not allowing this natural form of emotional release is unhealthy.

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### ***How can I use trembling to help me release old traumas?***

Once you are aware of the significance of trembling and open yourself to it, you will notice times that you feel this shakiness on the inside. If you are in a place where you are not embarrassed to do so, allow and even encourage the trembling. You can also consciously begin the trembling process and then let your body take over. The trembling may go on for a few seconds or may last for minutes and sometimes continues in waves.

At the end of a trembling session you will find that you naturally take one or two deep breaths. Sometimes an image appears in your mind. If so, this image or scene is often the source of the feelings that are being released. Many other times there will be no image and what is being released is simply a collection of feelings that may have occurred from a multitude of old traumas. Either way is okay. After the trembling session, you will find that you feel more alive and healthier!

This trembling may naturally recur as layer after layer of old traumatic feelings present themselves for release. It is okay for this to occur throughout your lifetime because it is a natural approach that your body uses to release these emotions. It is inexpensive, very safe, and also very effective! For those of you who would like more information about this technique, I highly recommend the book, *Waking The Tiger*, by Peter Levine, Ph.D.

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### ***What other techniques can I use to finally release a feeling when it no longer feels good to feel it?***

Once you have decided to forgive yourself or the other person, there are many techniques that you can do to help you release the feelings. One technique that I find very powerful, yet simple, is discussed by Paul Ferrini in his book, *Love Without Conditions*. All one needs to do is to ask “Spirit” to help. Use the name you use for Spirit, whether it is God, Jesus, Love, Allah, Life, etc., and then use this simple formula: “**God** (or whatever name you use for Spirit), **I am ready to move through and let go of my feelings of \_\_\_\_\_ (note your feeling[s] here) that I have about \_\_\_\_\_.** Please help me.”

When you do this, it is important that you be willing to receive the help you asked for. Consider adding this affirmation. “Father (etc.), I am willing to change my mind about this situation. Please help me to see this, not through the eyes of fear, but as you see it. Help me see this with equal love for myself and all others.”

To allow Spirit’s help:

1. Know that you need it,
2. Ask for it sincerely, and
3. Be willing to receive it.

Amazingly, by using this simple approach, I have *always* felt the feelings I had asked to let go of lift off of me. Try it. I think you will be amazed when you see these miracles happen!

### **What other techniques can help?**

Many other techniques can be very helpful when you want to release painful feelings. Some of the one's that I find most useful are very simple and use acupressure points. The one described below is called the Emotional Freedom Technique (EFT). It can be done on your own or with the help of a practitioner. Many other excellent techniques (e.g., Be Set Free Fast) are also available. Many thousands of people have been amazed to see decades-old traumatic feelings, phobias, etc., dissolve away in minutes using these approaches!

Track 3 of the companion tape or CD to this book can guide you through an excellent technique or you can simply follow the directions below.

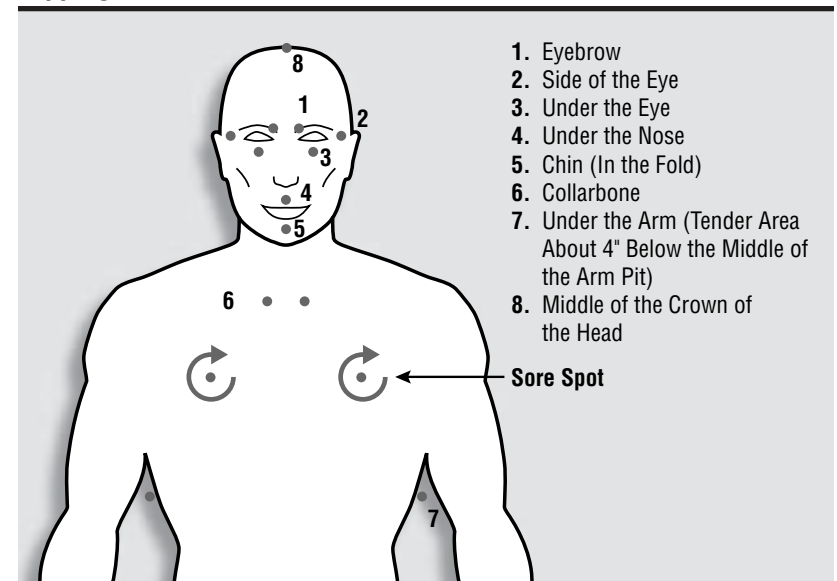
### **Emotional Freedom Technique (EFT)**

The Emotional Freedom Technique, or EFT, is an acupressure technique that can be very effective in releasing emotionally charged issues including fears, phobias, and even physical maladies. EFT was developed by Gary Craig who simplified another technique known as Thought Field Therapy (TFT), which was the brain child of Roger Callahan, Ph.D., author of the book, *Five Minute Phobia Cure*. Callahan found that by tapping certain acupressure points, the emotional distress that you are feeling at that time quickly evaporates. EFT takes only a few minutes to learn and generally produces permanent results. For an indepth understanding of the practice and theory of this and similar techniques there is a wealth of information available. You can start by logging on to Gary Craig's Web site at [www.emofree.com](http://www.emofree.com) or by doing a Web search. There are also many books about EFT. I recommend the book, *Getting Through to Your Emotions with EFT*, by Phillip and Jane Mountrose.

### **What can EFT help?**

EFT is especially helpful for phobias, fears, anxieties, traumas, anger, depression, resentment, guilt, low self-esteem, and many other uncomfortable emotions. People have also been successful in eliminating allergies, food cravings, physical symptoms, and harmful beliefs with this technique. The main ingredient for success in using EFT is the willingness to use it and the determination to see it through. Some issues are easier to clear than others and may need more treatments. For especially traumatic, complex, or deep-seated issues, it may be helpful to work with an EFT practitioner. A good place to find an EFT practitioner is at Gary Craig's Web site (see above) or at [www.eftsupport.com/find\\_therapist.htm](http://www.eftsupport.com/find_therapist.htm).

### **Tapping Points for EFT**





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### **Simple Steps to performing EFT**

1. Focus on the issue at hand and feel the feeling as intensely as you can.
2. Rate the intensity of the feeling from 1 to 10 (10 being the most intense).
3. Correct any “psychological reversals.” These are self-defeating attitudes (often unconscious) that can get in the way of healing. Do this by saying the following affirmation 3 times with conviction while rubbing the “sore spot” (see diagram) in a clockwise direction. “Even though I have this \_\_\_\_\_ (note the feeling, etc.), I deeply and completely accept myself.” Fill the blank in with the issue you are treating for. Examples are, “Even though I have this fear of public speaking, I deeply and completely accept myself” or, “Even though I have this feeling of rejection because of what he/she said to me, I deeply and completely accept myself.”
4. Tap about seven times solidly (with the tips of your index and middle fingers on one hand) on each of the eight points illustrated in the diagram. Start with point #1 and proceed through point #8. As you do this, repeat a reminder phrase, “this \_\_\_\_\_ (i.e., anxiety),” while feeling it. As you tap point #8 (the crown of your head), some people like to take a deep breath, imagining that they are breathing out the situation.
5. Now take a minute to reevaluate the intensity of the feeling. Does it feel the same? Give it a new rating. Be aware if the feeling has shifted to another emotion. If it has shifted, it is important to treat again for whatever has come up.
6. Keep treating until you reach a zero rating. It may take a few rounds, but after you are done you should feel a state of inner calm.

Consider tapping while saying the affirmations right before going to bed at night. This gives your subconscious hours to work on the issues for you. In addition, you only need to tap on one side of the body and it does not matter which side of the body you choose. It is okay to switch from one side to the other in the middle of the session. For instance, it works even if you tap on the side of your right eye and end up tapping under the arm of your left side.

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### **What if I have incredible rage that I just cannot let go of (for example, having been raped)?**

Unfortunately, many millions of people have suffered a devastating trauma during their lifetime. Some of these traumas occurred in war zones during “cultural purifications.” Others happened at the hands of their own family members, countrymen, or loved ones. These are times that the power of rituals can help. After you have completed feeling your feelings as best you can, you may choose to write a letter to the person or persons who hurt you. You will *not* be sending them the letter. Be very detailed about your anger, rage, and what you would like to do to them. Consider taking an old pillow and dressing it up to

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*“One joy scatters a hundred  
griefs.”*

CHINESE PROVERB

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look like that individual. Read your letter to the effigy figure you made with the pillow. Feel free to scream and yell at the pillow, punch or throw it, or whatever else comes up. You may even choose to take a knife and literally hack the pillow to pieces (being careful not to hurt yourself or others in the process). Allow yourself a really good rage. When you feel emotionally complete, move into and maintain an attitude of consciously choosing psycho-spiritual closure, release, and completion. Take the letter outside, along with the pieces of the effigy pillow figure, and find a safe place to build a fire. You may want to make a circle of stones into which you place the letter and pieces of the effigy figure. You may also choose to add other things, and perhaps even everything that reminds you of the person or event(s). Remember, this is a time for closure and completion. Then, during this ritual, ask “Spirit” to help you to finally release and be free of the old feelings and traumas so you can recreate your life joyfully in the way that you choose. Then set everything you placed in the circle ablaze. As long as you are careful to keep the fire contained, you may even want to put lighter fluid on it before you set the fire (again being very careful not to hurt yourself). As the





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### CHAPTER

# 6

## *The Art Of Being Whole*

**W**e all have childhood traumas that leave us feeling bad. Although painful, these traumas are important and help us to grow. Without these traumas shaping us, we would likely have turned out to be very boring people. In addition, the contrast of those things that feel bad helps us to know what makes us feel good. Knowing what makes us feel good then helps us to define and make a statement about who we truly are.

It may sound strange to say that painful things are good for us. I invite you, however, to explore this thought. The only way that we know who we are is by having something to contrast it to. If everything were white, we would have no

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*“Let’s put the fun back in  
dysfunctional!”*

MARY ENGELBREIT

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experience of what white is. We would not even notice it if there was no contrast. In the same way, it is quite possible that a fish is not even aware of water until it comes in contact with air.

In many spiritual traditions God is considered to be a unity. This means that there is nothing that is not part of God and that everyone and everything is therefore divine. It was to know and experience God’s self directly that God created the illusion of duality (e.g., black vs. white, good vs. bad, pain vs. joy, love vs. fear, etc.). It is only through it’s opposite that we can fully know something.

When viewed from this perspective, the illusion of our world began to make sense. If everything is part of God then it means

we are also a part of God. This means that *everything* is divine and loved fully by God, because what part of God's self is God not going to love? By giving us a temporary illusion of ignorance, pain, mistakes, etc., God allows us, by using these illusions as contrasting experiences, to know ourselves directly. This allows us to experience things and decide what we prefer. Our preference is a statement of who we are and who we choose to be. It has been said that we are the eyes with which God sees God's self and also are part of God's creative arm. Understanding this has helped me to appreciate the pain and insecurities that I have experienced in my life. The good news is that I have now already had the difficult experiences I needed to create the contrast (most all of us have!). Therefore, I do not need the pain and suffering anymore. I could have saved myself the grief, however. That the pain and suffering exists anywhere and anytime is adequate for the contrast we need. Although many spiritual perspectives discuss this idea, my favorite book for those of you who would like to explore it further is *Conversations with God*.

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***I have trouble believing that the pain and suffering that I, and even little children, experience can actually be a gift!***

When I am experiencing it, I also have trouble believing that pain and suffering can actually be a gift! On the other hand, I also have difficulty believing that people would want to go see horror and war movies. Nevertheless, theaters are packed with people who choose to view these shows. Everyone has different tastes and different needs. Our souls are no different.

If you come from the perspective that we have one life and then we are dead forever, to experience suffering (e.g., especially the death of a child) makes very little sense. From the perspective of soul and God, where we may have many thousands of different life experiences, it makes sense to have this variety. There are some lives in which you may choose to experience what it is like to starve. Sometimes, we may only seek a brief experience in a certain life and thus die as a baby. To the soul, all death is simply a transition from one life to another. There is no death. When we understand this perspective, the trauma and strain of many of our experiences can disappear and heal.

This concept took me a long time to accept. As a healer, I wanted to end all hunger and suffering. I finally realized that to

try to force well-being on people, strange as it might seem, would be abusive on my part. Instead, I take joy in making the possibility of health, wholeness, joy, love, and abundance available to people when I can, while being okay with the idea that they can then choose to accept this gift or not.

If you still wonder why God does not consistently remind us that life is only a movie, think of how annoying it would be to be at a show like *Friday the 13th* and have the person next to you keep whispering in your ear, "It's only a movie!" On the other

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***“Walking, I am listening to a deeper way. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result of the love of thousands.”***

LINDA HOGAN,  
NATIVE AMERICAN WRITER

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hand, that you are reading this book suggests that you may be ready to realize that, to the soul, life *is* a wonderful and creative movie. What makes it fun is that when you realize this, you get to control the script!

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***Can it actually serve us to have had our emotional baggage?***

Sometimes we may get together as groups of souls or families to help explore or evolve certain patterns. What if God, although perfect, chooses to still continue to grow? Each of us may choose to be a part of this growth by taking certain aspects of personality and polishing and perfecting them, even over many generations, through the rough and tumble of life. Maybe to God, this is like the tumbling of a stone that turns it into a beautiful gem. Even difficult feelings like jealousy, that can cause pain through many generations in a family, can be healed when

you remember to experience the unconditional love and acceptance of yourself and others that is part of your birthright. When you do this, this “bearing fruit” of your family branch can redeem the pain of many generations that came before you. It can also prevent your children from experiencing the same pain.

Let’s take a more difficult example such as child sexual abuse. This causes extraordinarily severe pain and suffering for many people. Psychiatrists have found that many of the people who molested young children were molested themselves as a child. Although it is natural, necessary, and healthy to first feel one’s rage towards their molester, understanding that the molester may have also been molested might help them to heal. By eventually letting go of the hate and blame we feel towards those people who were simply acting out what they themselves experienced, we become free and can develop compassion. We also can begin to heal the family’s pattern. This can take a lot of work, though. It is usually unhealthy, however, to make-believe that you are coming to forgiveness before you actually feel, express, and then release your anger and rage.

Much of the pain of child abuse comes from the shame that people feel. Emotionally, children can normally and healthfully be very sexual. This is not meant to be translated into physical sex. However, because children think that they cause everything around them (which is why they feel guilty when parents divorce—they think the divorce is because of them) the molested child often feels ashamed. They think that their sexual feelings caused them to be molested. It is important to let that inner child know that his or her sexuality was totally normal and healthy, and that they are not to blame for the adult’s inappropriate behavior. It is also important that they know that the person who molested them usually suffered as a child in the same way they did. You then have the ability to end this pattern and convert it to healing, self-acceptance, compassion, and forgiveness. In this way, whole generations of suffering experienced by your ancestors can be healed and can also be prevented in your children and grandchildren. Your payoff is also immense. By rejecting victimization you gain compassion, which allows you to recover your ability to love yourself fully, to have healthy sexuality, and to reclaim your power and control over your life!

## QUESTION

#12

## ANNOYANCE

**What characteristics about others really annoy you?  
Be bold and brutal. List a lot!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

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### ***How can I become aware of, and clear out, a lot of my old emotional baggage?***

We are composed of an incredible number of aspects of ourselves, kind of like having multiple personalities. Each of these different aspects will sometimes take over our psyche and our experience. Sometimes this can be beneficial. During lovemaking, for example, it can be better to have our child part be up instead of our adult logical self. If the three-year-old of your psyche is in control during a hotel fire, however, it can be disastrous. If you are not conscious of the many different parts that make up who you are, it is difficult to be in control of which part of you comes up at any given time. Indeed, most of us unnecessarily live lives of pain because we experience our life from the consciousness of our inner children who then try to do their best to run the show. Unfortunately, this can be very difficult for an eight-year-old psyche if you are fifty-years-old!

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### ***How can I become conscious of these different parts of my psyche?***

In Chapter 4, I discussed centering and the different states of consciousness that can be experienced by focusing on different energy centers in your body.

**By focusing on the heart-center we can experience the attributes of compassion, innate harmony with all that exists, healing, and unconditional love. What makes this so powerful in becoming whole is that everything loves to be seen from a place of unconditional love. Because of this love, when we learn to center in the heart, those things that had been unconscious will come to the surface and be able and willing to be seen.**

Before I talk about how to see the hidden parts of ourselves, there is one thing that needs to be stressed. *Do not go in to try to get rid of or change those parts of yourself that you don't like.* This has been compared to playing “Here, Kitty” with your psyche. This occurs when you go to a place of unconditional love until you see the part of yourself that you do not like and then you try to grab it by the throat and kill it. Fortunately, this will not work because those parts of the psyche will rapidly sink back down into your unconscious where you will not be able to see them.

This is a very good thing! Although we are trained to believe that some parts of our psyche are good and some are bad, this is not so. All parts of who we are serve us and there is no tree in the “forest” of our multiple personalities that you should get rid of! Although some parts of our psyche may seem ugly, gnarled, and certainly not ego-enhancing, there will be a time when you will be happy that it is there. As an analogy, some of the most powerful and life-saving herbs come from the most gnarly and funky looking trees. Go in to accept and unconditionally love every part of yourself that you can find. From that place you can decide which part to have active (running your psyche) at any given time. For example, if you ever have to defend your family or be in a war, you may be happy that you did not kill off the part of you that can be a murderer!

Many people have called this process “reclaiming our shadow.” In his book, *Iron John*, Robert Bly talks about this subject. He describes our childhood as being a time when we carry this “big, black bag” behind us. Every time our parents, society, church, synagogue, teachers, etc., tell us that there is a part of ourselves (e.g., greed, anger, lust) that is not “good” or approved of, we hide that part of ourselves from ourselves in the big black bag of our unconscious. We do this because what child wants to think that he/she is bad or not worthy of love and approval. Instead, it renounces that part of itself. As society usually likes those parts of us that it can control, the most fun and powerful parts of us have usually been renounced and become unconscious by the time we are adults. When you recognize that all parts of yourself are good and valuable, even the parts that are not ego-enhancing, you can reclaim your power and your passion.

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### ***How can I become conscious of parts of myself that are unconscious?***

Although there are many tools for becoming conscious of parts of your self that are unconscious, I have two tools that are my favorites. The first is what I call the “pointing finger.” The Chinese have an old expression, “When I am pointing at you with one finger I’m pointing at myself with three fingers.” Try it and you will see that it is so. When you point to somebody with your index finger, your third, fourth, and fifth finger are pointing back at you.



The pointing finger can be a powerful tool for self-exploration. Start to keep a journal of the qualities you accuse others of having. Do you frequently find others to be selfish, greedy, vain, etc.? If so, the qualities you see and dislike most often in others probably reflect part of your unconscious nature. In the beginning you may think this to be impossible because we overemphasize the opposite of these characteristics in ourselves to help them stay unconscious. Nonetheless, you will find both qualities to be present, and in time you will be happy that they are. Until then, try to keep your sense of humor and not take your self too seriously when you begin this exercise.

Although not everything that annoys us necessarily reflects who we are (or has to be taken on now), many of them do. For example, at first it troubled me when I realized that I am greedy—i.e., I like money! This surprised me because I am also very generous and sometimes give away more in a year than I make. If I was not greedy, however, I would not have the resources to take care of my family or help other people. In fact,

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*“When you are pointing at  
someone with one finger,  
you are pointing at yourself  
with three fingers”*

OLD CHINESE PROVERB

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this quality helped me to make effective treatment available for millions of people with Chronic Fatigue Syndrome and Fibromyalgia. Without having what we call greed, I would not have had the financial resources to do the research needed to truly help. Now I am happy to have a part of me that is greedy. More information on effective treatments for Chronic Fatigue Syndrome and Fibromyalgia (which can help most people with fatigue or pain) can be found on my web site at [www.endfatigue.com](http://www.endfatigue.com) or in my book, *From Fatigued to Fantastic!*.

As you try these explorations you will realize how our society has built judgments into words, and how we can let go of these

judgments. The word “greedy” translates into “I like to feel good and have the things I want.” This can be a very positive thing. Don’t you want the people you love to have the things they desire? You are also equally worthy of love and you also deserve to have these things. As you explore the judgments built into our language, you will find that they are usually put there to control you. I suspect that the word “greedy” was made up by people who were so greedy that they wanted other’s belongings for themselves!

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*“We do not see things  
as they are;  
We see things as we are.”*

TALMUD

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A second tool for looking into your unconscious is to be aware of what really leaves you *reactive*. Those things that we react highly to are usually parts of ourselves that we are trying to remain unconscious of. A simple exercise you can do is to write down those things that really annoy you about the people that you know. When I first did this I was amazed when I realized that I had written a description of myself!

When you complete this list, your next job is to write down how all of these “unwanted” characteristics have served you. Then you can decide if it still benefits you for these characteristics to be active. Learn to unconditionally love all these parts of yourself!

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***A lot of these parts that I have found inside are my childhood personalities.***

***Do I simply let them have their way?***

Letting your childhood parts run the show when you are forty would be like letting your six-year-old run around in the middle of highway traffic. The childhood parts need to know that they are safe. These parts know this when the mature adult part of you starts taking charge. Until they

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**know that an adult part of you has taken charge, they will continue to test their limits.**

Once you are clear about what things your childhood parts can and cannot do, and they know that you are able to say “no,” you will feel an immense sense of release and relief coming from them. Your being able to say no to them also reassures them that you can say no to others and stand up for yourself. Give the “children” a safe place inside to play—not control. Unconditionally love and appreciate your inner children and their efforts, including the suffering that they went through. Let them know how well they did and how what they went through served to get you to where you are right now. The suffering they went through contributed to your growing to where you can now learn how to be happy. It is okay to imagine having your inner child(ren) sitting on your lap while you have this conversation in your mind with them. I personally have a park and a playground that I have created inside of me with a big, long sliding board going into it where I send my inner children to play. If your childhood parts seem to seize your psyche at times where it does not serve you for them to do so, simply breath, pause, center, and allow the adult part of yourself to reclaim control. From a loving place, just as you would do with your own children, send your inner children to their playground to play.

Although it may not be critical for you to explore these areas to be happy, I recommend this exploration. It can be very helpful for you to explore your heart-center. Get to know all the parts of yourself that come up, love them unconditionally, and in that way become whole. When you do this, a fascinating thing happens. Because the heart-center has no judgment and unconditionally loves everything, it will naturally bring up the part of you that is best suited to any given situation. You may also discover parts of yourself that have wonderful gifts that you are not even aware of, such as the ability to heal and to be extraordinarily intuitive.

**Do not go looking for the shadow parts or you may come up against parts that you are not yet able to accept and integrate. Instead, simply be prepared to welcome these parts and explore them as they come up on their own.**

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For those of you who would like to explore wholeness and your heart-center in depth, Brugh Joy, M.D., is a wonderful teacher. I strongly recommend his Foundational Workshops. They are challenging and can be life-transforming (call 800-448-9187). For those of you who would like counseling over the phone, I recommend Bren Jacobson (410) 224-4877.

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***I guess I can learn to love myself. But what about all those other nasty people and countries out there?***

A key part to becoming whole is recognizing that “we are all one.” Earlier, I discussed how beliefs give us form. At the same time, however, they limit us. By letting go of any beliefs that separate us from *anything* else (a.k.a., God, All That Is, Our Brothers and Sisters, etc.) we let go of limitation. When we let go, our thoughts and feelings can no longer be contained by any

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***“Bless your brother even if you don’t agree with him.”***

LOVE WITHOUT CONDITIONS

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form. This allows complete freedom without limitation. Almost by definition, any beliefs that you have that separate you from *anything* else in existence limit your growth and freedom.

In his book, *Love Without Conditions*, Paul Ferrini notes, “Beliefs separate, loving thoughts unite.” Part of getting whole is letting go of all ideas and beliefs that leave you feeling separated from others. When we do explore the distinctions between us and others, we can understand how these differences actually serve us all in being part of a greater whole. For example, although my head, heart, and feet could find many differences between them, they are all part of a greater whole (me!). I certainly would not want all of these three parts to become the same body part. In the same way, I do not think that God wants us all to be one religion, one sex, one race, or even have the same perspective on reality. It is our differences that make us a stronger whole. ■

**QUESTION**

#13

**GUILT**

1. Do you carry any guilt? If so, about what?

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2. Do you use guilt to try and get your way? If so, how?

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Step

2

*No Blame—  
Getting Into the  
“NOW” Moment*

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### CHAPTER

# 7

## No Blame— Getting Into The “Now” Moment

In our fast-paced society, while carrying all the traumas of our past experience, many of us rarely or never experience living in the present moment. Yet, this is the only place where anything is really happening.

It is our constant worrying about the past and future that causes many of us to never live our lives. It also causes much unnecessary suffering and keeps us from being happy. In my decades of work as a physician, I came to realize that a lot of people’s illness were caused by them taking things much too seriously. Excess stress can take a heavy toll on our body, mind, and

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*“What a wonderful life I’ve  
had. I only wish I had realized  
it sooner.”*

COLETTE,  
FRENCH WRITER

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emotions. This is unnecessary, because most of our stress comes from worrying about things that are in the past (that we cannot do anything about) or worrying about things in the future that never come to pass. If you listen to your mental chatter for a while, you will find that this is often so. Nonetheless, your psyche often experiences these worries as if they are actually happening.

In addition to this stress, we interpret our current experiences through the lens of our past history and the unconscious parts of our psyche that we project outward on to (i.e., that we see in) others. Because of this projection, we may never really see and know the people in our lives, even



those we love dearly. In addition, our constant misinterpreting of what they are saying and meaning creates a lot of confusion, suffering, and loss of relationships. Excellent workshops are available for learning how to get past interpreting things from past experiences (so you can interpret things as they are). They are called “The Landmark Forum” workshops and information about them can be found on the Internet at [www.landmark-education.com](http://www.landmark-education.com) (415-981-8850).

If you feel inadequate and insecure, you will likely interpret things that people say as supporting your sense of inadequacy. If you are greedy, hostile, or have other feelings that you have suppressed and/or are unconscious of, you will probably think that people are treating you with hostility and greed.

In the previous chapter I talked about techniques you can use to become conscious of your “shadow” and integrate it so that you no longer are projecting these things outward. Be aware that we can also project outward the parts of us that are ego-enhancing but that we are afraid to own because we feel we are not worthy or that we think would be considered arrogant.

**Self-respect and appreciation is not arrogant—it is healthy. Arrogance is the misconception that as a total human being, one is better than anyone else. Although different, we are all truly equal.**

We will now learn to let go of victimization and our tendency to interpret things based on our past experience so we can live fully and powerfully in the present moment.

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### ***How can I live fully and powerfully?***

Fortunately there is a simple technique that can help you live fully. All it takes is a willingness to let go of blame.

In Chapter 3 I talked about the nature of God and how in a “just world” nobody can impose their will on another person without that person allowing or inviting that experience in. Because of this, we all create our own reality and experience. In addition, it is perfectly acceptable, and even necessary, for us to make mistakes so we can learn who we really are. If we already knew everything, we would not be able to use this world of limited knowing in order to define and experience ourselves. So it is totally okay, and even helpful, to make mistakes! Simply use your mistakes to help you learn who you are and to help you de-

cide on your future choices and preferences. To use an extreme example (and I feel I have some small right to do this because most of my family died in concentration camps), I believe that Hitler and everyone else who has ever died is in heaven with my mother and father. I suspect that God loves everyone without judgment and, therefore, with total forgiveness, no matter what. If God has enough sense to not judge any part of God’s self, why would you judge yourself or anybody else?

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### ***What is the technique to use to live fully, powerfully, and with forgiveness?***

The technique is simply a matter of changing old habits. Here is what to do:

1. **No blame.**
2. **No fault.**
3. **No guilt.**
4. **No judgment**
5. **No comparisons.**
6. **No expectations.**

**This applies to yourself or anyone else.**

When we do the six things listed above, all of them are simply extensions of blame. Because of this, I will use the word “blame” for all these six things. When we blame, we are simply repeating old habits. Give yourself permission to let go of blame. Remember, this applies not just to blaming others; it also applies to blaming yourself. This means, if you find yourself judging somebody, do not feel guilty. If you find that you are judging yourself for feeling guilty, do not blame yourself. These are simply old habits. When you catch yourself in the “blame game,” remember that they are simply old habits that you have chosen to change. Drop the blame as soon as you catch yourself doing it and, from a centered place (centered in the heart or solar plexus), shift your attention to something that feels good. Do not blame yourself even if it took you hours or weeks to be aware that you were blaming. Continually and repeatedly simply drop the blame in mid-thought and shift your attention to something that feels good. If you see someone else blaming or judging, do not blame them and do not have expectations on them. This is your exercise, not theirs.

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### ***What if there is nothing that I can think of that feels good?***

If we choose to, we all can find something in our past, present, or imagination that feels good. It can be a childhood experience, a grandchild or grandparent, something that you have done, a future goal, a sexual experience or fantasy, or any number of infinite possibilities. If you look around inside, I am sure that you can find a couple of these thoughts. When you find them, remember them. In the *Abraham Materials*, this has been called “keeping a couple of happy thoughts in your pocket.” As an example, I use things like thoughts of my family, taking my wife to lunch in our kayak, and my research study on effective treatments for Chronic Fatigue Syndrome and Fibromyalgia.

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### ***How does it hurt me to blame or find fault?***

Finding fault is simply a way of trying to place guilt on yourself or another. As we noted above, blame steals our power and makes us feel like a victim who is powerless to create what we want. Blame then triggers a series of psychological defenses and social events that keeps the parties involved from seeing and acknowledging what truly is.

You can observe this defense if you ever watch a legal case. Both sides usually have dramatically different experiences and recollections of the same event. I find that the only parties that usually come out ahead in legal battles are the attorneys. The combatants keep trying to convince themselves how miserable and damaged they are (successfully creating misery and damage) to justify a larger settlement. Even the winner of the lawsuit has usually put themselves through such torment during the time the case continued that the financial settlement was not worth the years of possible happiness lost trying to place guilt and blame. This entire process keeps one from seeing things as they truly are—making it hard to get where you want to go.

We also can see this defense in day-to-day in relationships. When I blame myself or feel guilty, I routinely respond by getting defensive. This often manifests by my looking to find blame or fault in the other person to justify my thoughts, feelings, and actions.

For example, if I blame myself or feel someone blames me for having a desire or feeling, I find that I get into the “blame game.” It goes something like this: I think, “How dare my wife blame me for wanting some free time.” Then I look for something she did (real or imagined) that I can find fault with so I can feel that what I want is okay. Just to be on the safe side, I multiply what she did in my mind a couple times, so I can be sure to ease my guilt. Deep down, I know that the case I am making is not true, which leaves me feeling worse and even guiltier. I then build an even stronger case against her, which leaves me very angry at her. All the while, my wife (or the other people that I play the “blame game” with) had no problem with what I actually wanted. For example, what really took place was that my wife was simply cooking dinner and thinking the opposite of what I imagined her thinking—she indeed wanted me to take more time by myself to relax. No wonder she was confused about why I became so angry at her. In my mind I convinced myself that my wife did not want me to take more time (even though it was not true) and I got resentful. No wonder the “blame game” causes confusion in relationships!

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### ***How about when things don't work out in relationship? Isn't it important to know whose fault it is?***

It is *not* important to know whose fault it is when a relationship does not work out! Because of the way relationships were taught and romanticized (“until death do us part”), many of us think that longer is better. This is not necessarily so. I am sure that most of you, if you look around at the people you know, will find many couples who would be better off if they simply recognized that their relationship was complete and over. Instead, people make themselves miserable by not allowing themselves to create new, happy, and fulfilling connections. We might be better off if we viewed relationships like other passions we have. Some are short and sweet. Others may go along for a lifetime. You may continue to like music, but the idea of still being enthralled with your tricycle may seem kind of silly.

Relationships are kind of like this. Although it is worth working incredibly hard to support love and keep it alive, it is not worth sacrificing your integrity to do so. This is especially true when the love is gone and irretrievable. Many relationships

are what I call “lowest common denominator” relationships. To avoid the risk of offending or hurting the other person or losing their love, many of us continuously abandon parts of who we are including ideas, feelings, and aspirations that are important to us. In time we begin to resent the other person for this, as well as getting angry at ourselves for allowing this to happen. This two-sided blame can keep us from feeling our natural state of love toward the other person and both sides may eventually find themselves devoid of passion.

What if both people simply accepted, supported, and unconditionally loved the other person as they are and desire to be, even if they do not always like or agree with what they do or

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*“Love is letting go of fear.”*

GERALD JAMPOLSKY

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think? From that place, if there is a critical difference, they could then decide whether they could be in that relationship with that person as they are, or have an open and honest discussion to see if there is a way that fully works for and feels good to both people.

What if you also unconditionally loved and accepted yourself for who you are, even if you have characteristics and desires that you were trained (a.k.a., brainwashed) to think are not okay?

**What if whoever we are and whoever the other person is was totally okay? Even if who they are is not the same as who we are. What if it is okay and love-sustaining if both of you grow and change?** Interestingly, it is when you fully accept yourself that you will find it easiest to fully accept the other person exactly as they are.

Many of you have found that your marriage ceased to work when you decided to grow and change. If you are not true to yourself and do not change when you are ready (usually out of fear of rejection or losing the other person) you will resent either them, yourself, or likely both. Doing this repeatedly will usually result in the relationship being over, whether or not you stay together. At least if you are true to yourself, and grow into who you are, the other person can decide to accept you or not. In

that situation, you can decide whether or not to stay together for healthy reasons.

Remember, when we find ourselves hurt by or hurting others in relationships, what is coming up is usually a part of us that has been hurt in our childhood. By feeling our feelings, and accepting and loving even (and perhaps especially) those parts of ourselves that are in pain unconditionally, we can grow to eliminate the unconscious need to hurt both ourselves and others.

**Unconditionally loving and accepting yourself without blame or fault can also break what has often been (especially as is seen with physical or sexual childhood abuse) a many generational chain of suffering.**

From this brave action of loving ourselves comes not just self-healing. It also can prevent our transmitting this pattern of abuse (through our or our spouse’s actions) to our children and grandchildren, and can redeem the suffering of generations who came before us. It also allows us to unconditionally love the other special people in our life.

**To get what you truly want, a simple piece of advice fits. Fix the problem—not the blame!**

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*“Judge not lest ye be judged.”*

JESUS (WORTH REPEATING)

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### ***Why no judgment?***

When we judge others it is usually simply a projection of our judging ourselves. **By withdrawing our judgments from others, we can begin to end and heal our own harsh self-judgments.** In addition, feeling judgment stands between us and our natural way of feeling, which is love (toward both ourselves and others) and joy.

Learn to be aware (without judging yourself) that every judgment we make simply reflects what we dislike or cannot accept about ourselves. When we judge, we are attempting to fault others for those same qualities that we are not yet willing to accept about ourself. Because of this, judgment is dishonest. It is also a denial of our own personal responsibility.



When we stop judging ourselves, we can learn that making mistakes is a natural, normal healthy part of our growing and learning. By loving ourselves and trusting God, we can assure ourselves that these mistakes will not deprive us of love and acceptance.

You will find that it is an incredible relief for both you, and others you love, when you stop pretending that you are perfect and realize that it is totally okay for all of us to make many mistakes.

*“Perfectionist: someone who recognizes that it is more efficient to comfortably make and correct some mistakes, than to try to prevent and worry about them all.*

*Obsessive: a pathological state in which we worry about making any mistakes.”*

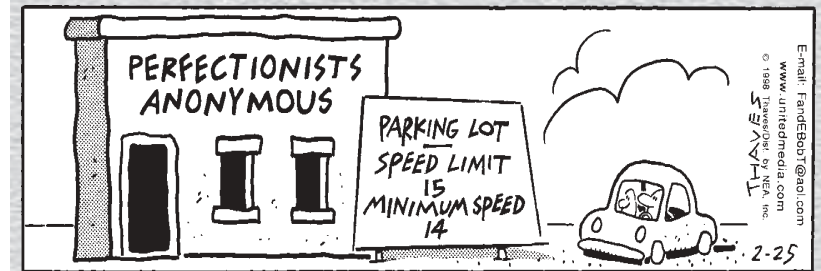
JACOB TEITELBAUM, M.D.

What I find is perfect is to not worry about making mistakes and to simply grow and learn from them. Accept mistakes graciously with a sense of humor, which is much easier to do when you let go of judgment, blame, fault, and guilt.

### **Why no guilt?**

Guilt is one of the most useless emotions that there is. It generally does not heal or “reform” someone. It simply ties one up in a neurotic way. Woody Allen’s “school of guilty thinking” is not likely to be promoted as a new school of self-development anytime soon!

**Guilt is inherently irrational. It presumes the universe was made with the expectation that we would never make a**



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**mistake.** If this were true, we would all be doomed anyway, and I would be hard-pressed to worship a God who is so merciless as to doom us all to hell. If we presume that there is only one single religious perspective that could free us all from guilt, we face the same problem of God condemning the vast majority of living beings to hell no matter what, even if they never heard about that religion. This does not sound to me like any God I know.

It is reasonable to believe that the world that God made is perfect. It makes more sense to me that the results of making choices that don't serve us are simply "consequences" or "effects" and not punishment. Seeing and experiencing the consequences of an action have always helped me to grow and learn better than simply wallowing in guilt. This is especially true as we experience our connectedness and oneness with all. Then we experience a simple, yet profound, truth. When we hurt others, we are simply hurting ourselves.

I choose to recognize that, in living life, I search for and express who I am. To fully decide and express who I am requires me to grow and this requires experimentation. As I often grow as much from (what seemed at the time to be) failures and mistakes as my successes, I feel this experimentation is both allowed and blessed by God.

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***I can see how what I do is okay, but how about when others are guilty?***

Without knowing everything, it is impossible to have all the information needed to judge and, therefore, there can be no guilt. When we do know everything, I suspect we will also realize that there is no need for guilt or judgment because these do not promote growth or well-being. I doubt that many people would agree with the argument that our legal and penal system has been highly successful.

What if it is truly okay to forgive yourself and others for all "sins"? What if we recognize that "sin" is not real because its definition is based on our limited perspective and because God cannot be injured?

Mistakes are simply opportunities for learning. We are not responsible for the choices of others or to teach them that they have made what we believe (from our limited viewpoint) to be a mistake. We can learn from them, however.

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**QUESTION**

#14

**JUDGING**

**1. In what ways are you better than other people?**

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**2. In what ways are other people better than you?**

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### ***Why no comparisons?***

All of God is good. There are no good and bad people, only good people. “Bad” is simply a matter of how we choose to interpret things. In a world where all is good, comparison is meaningless. Letting go of comparisons allows you to let go of interpretation so you can see things as they simply are. This eliminates failure, guilt, shame, the illusion of superiority and inferiority, and the need to attack and defend. This also eliminates the need for sacrifice, punishment, and suffering. Remember, none of God’s children are bad, though some may be hurt and in pain.

As we discussed above, the differences and variety that make up God are likely critical to God’s perfection. You may like one part of your body more than another, but would you change your foot to a hand? In the same way, the variety that makes up the totality of God is likely very beneficial. I do not think it would be a good idea to have everyone believe or act the same way (including having them all follow the wonderful advice in this book!).

Even if we wanted everyone to be the same, and we knew an all-wise person to guide us about this, we could still not force everybody to agree. Anyway, most people who are that wise would not want everyone to be the same. Love offers without demands or expectations. Although there are exceptions, it seems to me that uniformity is mostly *demanded* by those people who seek (or are following beliefs taught to them by those who seek) personal power or may be insecure about their beliefs. They then claim that they are speaking in God’s name when telling everyone that they have to be one single way.

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### ***There are a lot of horrible people out there. Don’t I have to stop them to protect myself?***

Let us say we found a way of being that we thought was perfect and wanted to force everyone else to be that way. In general, we tend to increase and strengthen that which we put our attention on. Because of this, to oppose, fight, or argue with a false idea is to strengthen it. In addition, most people who are teaching ideas that are harmful are coming from pain, fear, and distrust. Trying to make them wrong simply increases their fear.

Over the years many have taught that love is the opposite of fear, and fear keeps one disconnected from their love. I have found this to be true. Loving a person or situation that you fear can both heal the fear in you while also easing the pain and fear in the other person—thus helping to solve the problem. It is quite possible to defend and protect one’s self powerfully and effectively while still coming from a place of love and understanding. It is easier and more effective when we help bring others to the truth by making them right. This is much more effective than making them wrong and defensive. This can be done by focusing predominantly on the part of their arguments and beliefs that you feel are true.

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### ***Why am I so fearful?***

Most of us have spent much or all of our lives feeling unworthy, fearful, and inadequate. Why? This occurs because of the painful and incredibly false illusion that we are not lovable and/or capable of loving others. Simply letting go of this illusion can allow the release of most of the negativity in your life.

When facing fear, although it is good to bring love and alternate thoughts to your fear, do not deny the fear and make-believe it does not exist. This simply makes it unconscious and puts that which we are afraid of out of our control. Like any other feeling, simply be aware of and feel your fear. Feel it while loving the part of you that is fearful. When, from a centered place, it no longer feels good to feel the fear, release it. As discussed in Chapter 5, a wonderful way to release the fear is to think, “I am ready to move through my fear now. Father (Mother, God, Jesus, etc.), please help me.” Be truly willing to receive the help you ask for. When I do this from a sincere place, the feelings always lift. It is okay if they come back. Feel them again and, when you are done feeling them, simply keep repeating this release.

1. What expectations that others have do you need to fulfill to be worthy and lovable?

Handwriting lines for question 1

2. What do you need and expect from others for them to deserve and get your love?

Handwriting lines for question 2

I think I am getting the hang of this! But why are there no expectations?

Letting go of expectations frees you from being dependent on others to have your needs met. It also frees you from the burden of other's dependency on you. If you allow others to give only when it feels good for them to do so and you do the same, then giving becomes its own reward and there is no resentment or "indebtedness" that is created. This allows more freedom.

The need for expectation is based on the illusion that we are dependent on others to create our needs. Although you may need help from somewhere else to create what you want, it can

"I do not expect anything from others, so their actions cannot be in opposition to wishes of mine."

SWAMI SRI YUKTESWAR
AUTOBIOGRAPHY OF A YOGI

come from many different places, and there are others who will be happy about helping you meet that need. In addition, our expectations are based on our beliefs and how we interpret events. What if everything that God sends us is a perfect answer to our 'requests', and when we have an unmet expectation it simply shows that we are not allowing it in (see Chapter 9) or seeing the whole picture? We can then use our expectations as an opportunity to expand our awareness of our beliefs and resistances. Accepting each experience as it is and learning from it has been called accepting the "suchness" of things. This is where the Eastern expression "Ah-so" comes from. Accepting experiences allows us to let go of suffering and receive fuller connection with Spirit or God. Part of accepting the perfection of things can be using that experience to determine what our preferences (likes and dislikes) are. This can be done without judging something to be better or worse because we prefer it. We simply prefer it!

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***But what about all of those family members who depend on me?***

Sometimes, taking care of our own needs seems incredibly easy compared to taking care of everyone else's needs. You can simplify the situation by making an important distinction. There is a major difference between being interested in someone's well-being, including their needs and their feelings versus worrying about them. When you are interested in how someone is feeling and what they want it can actually feel wonderful, as long as you know that you only need to do something about it if it feels good to do so. Worrying about things, however, almost never feels good. Recognize that you can say yes or no to the requests that other people make (even if they seem like expectations or

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***“Having everything, God does not need and, therefore, does not expect anything from us.***

***Because of this, there is no need for guilt, punishment, or judgment.”***

JACOB TEITELBAUM, M.D.

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demands) based simply on what feels best to you. The other person can then feel good or bad about it—that is up to them and is not your problem. When you first take this approach you may find that it shakes things up a bit. This is not a bad thing. If you are making choices based on what feels best from a centered place, the choices will eventually get you to a place of happiness and feeling good. The people who really love you will stay with you. Those that do not love you and were simply using you always have the option of leaving.

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***But I have many responsibilities and so many people depend on me! I cannot just let go of them all!***

I am not proposing that you let go of all your responsibilities. Simply that you let go of the ones that do not feel good! We often take on responsibilities that excited and challenged us earlier in our life. As we grew, some of us forgot to “shed these old layers” and move on. Or perhaps we felt trapped because they felt secure and we thought we had too many responsibilities to be able to take the risk of changing. Others continued to get

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***“This is not a dress rehearsal.  
Live your life now!”***

FOUND ON A BUTTON

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promoted to new situations as long as they continued to be successful at what they did. The promotions only stopped when they were no longer good (competent) at, or interested in, their duties. This can create a problem that has been called the “Peter Principal.” It states, “People are promoted to the level of their own incompetence.” This principal is so powerful that a very popular comic strip, *Dilbert*, has been built around it. One of my patients once gave me a wonderful definition of burnout. She said, **“Burnout is what occurs when your soul grows too big for the role that you are playing.”**

In my practice I take a simple approach. I invite my staff to grow into those roles that feel best, knowing that they can change. This results in everybody “following their bliss” and working at a level that is much more effective. Once a staffer outgrows a position, The Universe routinely sends someone else who is happy to take on the role the other person has outgrown. This seems to work much better than the usual *Dilbert* comic strip! You have the option of choosing how you live your life.

I am not recommending that you immediately quit a job that you do not like. I think you will find, from a centered place, this probably would not feel good. On the other hand, it likely will feel good to start to make a list of those things about your job



that you like (i.e., that feel good) and those things that you do not like (i.e., that feel bad). You may be surprised at what things feel good when you are doing them because you *want* to instead of because you *have* to. Start putting your attention and energy predominantly into those things that feel good. Only put energy into those things that feel bad to the degree that it feels better to do so than not. As much as possible, let go of those things that feel bad. It is not necessary to fight these things, but simply to

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*“If we don’t change our  
direction, we are likely to end  
up where we are headed.”*

CHINESE PROVERB

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let go of them. As you make job choices along the way, make sure you make choices that support your doing those things that feel good—not choices where you take on responsibilities that you do not like (i.e., that feel bad).

There are times where it will actually feel good to do things that seem fairly awful. For example, doing a medical internship and residency can be brutal. It certainly is not how I would like to spend the next three years! Nonetheless, twenty-five years ago, from a centered place, it felt better to do it than not to because it would get me where I wanted to go.

**As you explore for what would feel best, keep an image of the situation that feels best in your mind, and *feel it* as if it were already happening. If you do this for just a few minutes every so often, and then let go of it and let it happen, I think you will be happily amazed with the results.** You will look back one day and realize that this is what has been created in your life! For now, just knowing that these changes are in progress, even if they are not made overnight (although some of you may choose to make a rapid change if that is what feels best to you from a centered place) can leave you feeling happier immediately. By following your bliss, you will find that you become much more vibrant and happy, resulting in your life being more successful.

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***But if I do not do the things that I do not like, who will?***

The amazing thing is that there is always someone who seems to be quite happy and excited about taking on tasks you do not like. For example, when I was in high school, getting a summer job as a garbage collector was very sought after and was considered almost a political perk. I felt great at having landed a job doing incredibly strenuous work in a tool steel warehouse.

**One of the most freeing realizations that I ever had was that “if I died tomorrow, the world would go on just fine.”** My family would miss me, it would take a little longer for other

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*“What is it that inspires you  
to passion?  
Is it what you are doing/being?  
If not, why not?  
If not now, when?”*

JACOB TEITELBAUM, M.D.

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people to carry on the research I have been doing, and my patients would have to find help elsewhere. Nevertheless, everyone would get on just fine. The world would continue even if I totally ceased to exist! In fact, many people might even get along better because they would then have to take personal responsibility for creating the things they want in their lives and thus regain even more of their own power.

This realization was incredibly freeing. If the world would go on just fine without me, this meant that there was truly nothing that I absolutely *had* to do! There is nothing that you absolutely have to do, either. You can do only those things that feel good to you! In Chapter 9 I will talk more about how to create what you choose in life by using your feelings as your guidance system.



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### CHAPTER

# 8

## *The Dance of “Being” and “Doing”*

**T**here is a natural flow and balance between “being” and “doing” that has been largely ignored in our fast-paced society. It is natural in our youth to create more by doing. You can see this by looking at children. In an interesting experiment, researchers had some very athletic midshipmen do everything a group of five-year-old children did. Within a few minutes the midshipmen were exhausted.

Our natural “doing energy” continues into our twenties and thirties as we build the foundation for our families and professions. In our mid-forties, it is natural for this head of steam to ease up and evolve into a potentially more powerful state of creating. This state is that of “being” as contrasted to “doing.” People who make this natural transition tend to stay healthier and happier. In addition, they often become the visionary leaders and unconditionally loving grandparents that can dramatically be a blessing to themselves and the world around them.

You may know people who have missed making this transition from “doing” to “being.” They continue to put in fast-paced fifty- to seventy-hour work weeks that are overloaded with details and lists. They feel it is a natural progression of what they had been doing earlier. If they are happy and healthy doing this, then it works for them. Unfortunately, they often feel like their lives and relationships have become empty and meaningless. They feel and look like hamsters on a treadmill that are running very quickly to get nowhere. If this feels like you, although it may feel like it is a radical change, the approach I talk about in this book can literally save your life! ■

**QUESTION**

#17

**PERSONAL IMAGE**

1. Using your wildest imagination, create the most glorious and uplifting image of your life. Include the highest possible future version of your self. You can start like this...

"I choose to create:

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2. I accept and appreciate having received

*(fill in what you wrote above):*

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Holding the wonderful feeling you will have when you receive these gifts, visualize/imagine a detailed scene in which these wonderful things have already occurred. Imagine it for at least thirty to sixty seconds.

**Step 3**

*Keep Your  
Attention On What  
Feels Good*

*(from a centered place)*



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### CHAPTER

# 9

## Creating The Life You Want!

On my second date with Laurie, my wonderful wife, she said, “Wouldn’t it be nice if there was a book that taught us The Universe’s rules for creating what we want?” The good news is that these rules are available! The details of how these rules work are old concepts that have evolved considerably over the last few decades. When I was a kid, it was a book called, *The Power of Positive Thinking*, by Dr. Norman Vincent Peale. More recently it has been discussed in the *Conversations with God* books by Neale Donald Walsch, and in the Abraham Materials which are presented in the excellent book *A New Beginning*

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*“Experience is not what happens to you. It’s what you do with what happens to you.”*

ALDOUS HUXLEY

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by Jerry and Esther Hicks. In fact, the latter book was what I gave my wife when she asked the above question. The same concepts have been part of the mystical traditions of many religions throughout the millennia.

The simple truth of this is that our beliefs and what we pay attention to tends to create our reality. In the same way that a radio picks up the specific frequency that it is tuned to, the way that we think and believe and where we keep our attention sets the frequency of our own life’s “radio receiver.” This is one reason why the Bible says, “Ask and you shall receive.”

In the *Abraham Materials* this effect is called the “Law of Attraction.” To Summarize, what manifests in our lives is created in a three-step process:

#### THE RULES OF CREATION

1. We *ask* for what we desire,
2. The Universe gives it, and
3. We then need to allow it to happen (i.e., accept delivery).

Although this process seems very simplistic and perhaps amazing, I have found that this is exactly how things work.

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*Like attracts like.  
Whatever the conscious mind  
thinks and believes, the  
subconscious identically  
creates.”*

BRIAN ADAMS  
IN *HOW TO SUCCEED*

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#### ***I do not remember asking to be sick and poor or to have my car keep breaking!***

It is important to understand what is meant here by the word *ask*. Asking means to make a statement to The Universe of what you believe to be so, and then The Universe gives you more of that.

Let us say your belief, for example, is “I want money.” What The Universe is hearing is, “I am lacking money” and therefore responds by giving you more *lack of* money. Similarly, if I focus on being sick while asking for health, what I am telling The Universe is, “I am sick,” and The Universe responds by giving more sickness. Basically, The Universe gives us what we believe and focus on. This is what The Universe hears us *asking* for.

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#### ***If I feel poor or feel that I do not have a lot of money, how can I get more money?***

Let’s start with the first rule of creation. There are many wonderful tools for changing the *direction* of your *asking*. Until now, most of you have probably been creating most of your reality unconsciously by reacting to your experience and what you have been taught. This is not a very effective way to create what you truly desire. By understanding the rules above and a few other tricks you will find it incredibly easier to create what you choose.

If you feel like you do not have enough money, like most people these days, asking for more money from The Universe by feeling poor is unlikely to work. This is because your belief is that you do not have enough and this is what you are broadcasting to The Universe. Two very simple tools can help you change this.

1. Appreciation. **One of the most powerful ways to get The Universe to give you more of something you desire (e.g., money, health, love, etc.) is to appreciate what you have! This simple tool is extraordinarily powerful.** It can help if you remember that we live in a society today where the middle class has more luxury than kings or queens did during most of human history. There is always something in our lives that we can appreciate.

The Universe is not stupid, however. If you are faking the appreciation, what you transmit energetically (which is what The Universe reads) will still be “lack.” Honestly look for the incredible well-being that makes up most of your life so you truly can appreciate it. Then watch for the well-being that comes your way.

2. Another technique is the power of imagination or “fake it ‘til you make it.” Imagine having what you desire while actually *feeling* as if it is happening. Hold that enjoyable feeling of having and enjoying it for at least twenty to thirty seconds. That is long enough to send The Universe the message and to begin having what you desire come your way.

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***How about the second rule of having The Universe give you what you ask for?***

The second rule is the easy rule! The Universe is very good at this and actually sends you what you are asking for before you even know that you are asking for it. It does this by reading your energetic “offering.” You then draw to you things that are similar. Have you ever noticed on days that you feel grumpy, most of the people around you also feel grumpy? There is truth in the old saying “smile, and the world smiles with you.” Other ways of saying the same thing are “like attracts like” or “birds of a feather flock together.”

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***So, The Universe has the second rule covered, what about the third rule?***

Learning to allow what we are asking for (i.e., accepting delivery) is sometimes the hardest part. It often requires that we let go of old beliefs and stop thinking about or paying attention to the problem. It is hard to let in a lot of money when you hold certain beliefs. For example, if you believe that you are poor and you are always going to be poor (e.g., being told repeatedly as a child, “You’ll never make anything of yourself, you bum”). Or perhaps the common belief that money is bad (e.g., “filthy lucre” or “it is easier for a camel to pass through the eye of a needle than a rich man to get into heaven”) or that you should not make much money from doing that we, as a society, consider to be spiritually rewarding or fun work (who makes more money, teachers or hookers?).

A big illusion that stands in the way of our allowing in what we desire is “I’m not worthy.” What other species of living things besides humans even thinks in these terms? We are all worthy of living life and enjoying all its gifts, like all things in creation, simply because God loves us unconditionally. Why wouldn’t God? We are all part of life and existence. Don’t you think that God, Life, The Universe, or whatever you want to call it, has grown enough to love all of itself (I seriously doubt that it is as neurotic as we are)? And if one believes there is no God, then the whole issue of worthiness is moot, because then there is no one who is fit to judge. If you still think that we somehow need to do or be something other than what we already are to be

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**QUESTION**

#18

***SELF-JUDGEMENT,  
BLAME, AND LOVE***

**1. Can you let go of all self-judgment and blame and love yourself unconditionally?  
If no, why not?**

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**2. Will you let go of any self-judgment and blame and love yourself unconditionally?  
If no, why not?  
If so, when?**

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worthy, what could we possibly do to even be worthy of air, water, and sunshine?

I suspect that the whole issue of worthiness stems from our old childhood training and our approval-seeking nature. I am ready to let go of that and trust that The Universe and my soul loves me (and everything) unconditionally. I choose, therefore, to love myself (and everything) unconditionally. You are also fully worthy of loving yourself unconditionally!

Love yourself unconditionally and recognize that God (or Life) has given us all these gifts to enjoy. Contrary to our societal illusion, there is more than enough of what we desire for everyone. Your being poor does not help someone else have more. On

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*“The supreme happiness of  
life is the conviction that we  
are loved.”*

VICTOR HUGO  
FRENCH NOVELIST

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the contrary, the more you have and spend, the more the economy grows. This means your getting what you desire results in there being *more* for everyone else! Knowing it is okay to get whatever you desire simply because all life is loved makes it much easier to allow and create joy in your life!

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### ***How do I know what I really want and what is best for me?***

This is a wonderful question and the answer can simplify everything in your life! Most people recognize that we are more than simply the limited physical bodies and consciousnesses that we see in day-to-day life. Most traditions believe that each of us has a soul. I suspect that this soul loves us unconditionally and has enough sense to stay focused in joy and pure positive energy. Therefore, when I am in a connected or centered place and feeling good or joyful, it tells me that I am in connection and alignment with my soul and its desire. If I am feeling bad, I must not be in concert with what my soul prefers.

The implications of this are enormous. My brain was programmed by others (as a child) to tell me what I need to do or be to get approval. So when I find myself “shoulding” on myself (*should* do this, *should* do that), I know it is simply my old childhood programming. Since I am not that impressed with how happy the groups that programmed me are, and/or I do not choose to totally be like them, I give myself permission to stop *shoulding* on myself. Although my mind is a wonderful tool and ally, and I love it dearly, these *shoulds* do not necessarily reflect who I truly am.

My feelings, however, are another story. If I am in a centered or connected space, I am tied in to my deep psyche and/or soul. That is as close to being authentically who I am as I know how to be. As I noted above, most traditions suspect that the soul is pure, positive and joyful energy. This means that when I feel good, I am in alignment with my soul’s desires and when I feel bad I am not! This boils down to something very simple—**If, from a centered place, what I am doing or paying attention to feels good, then it is what my soul is choosing!** Jerry and Esther Hicks in the *Abraham Materials* summarize it even more simply, **“There is nothing more important than that you feel good.”**

To be even more succinct, Joseph Campbell, who was the world’s most renowned student and expert on the vast variety of the world’s different religions, myths, and even tribal cultures, was asked one day to summarize what he learned from all these different spiritual traditions. He summarized his life’s learning in three words, **“Follow your bliss.”**

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### ***Won’t I go straight to hell if I do things that feel good? I was taught that the way to heaven is through suffering.***

When blacks were first brought to America as slaves, this is what they were taught as well. They were taught that if they worked hard and suffered (for no pay so their owners could make a lot of money) they would go to heaven. Although some slaves bought into this, most of them recognized it for the nonsense it was. They even had a name for it. They called it “pie in the sky.”

Many of us are still slaves to this old belief. Many of these beliefs were initially created for the same reason—to control us



and our behavior, while making a lot of money for other people. Interestingly, it was these same people who taught us that money was bad and, therefore, we should give it all to them. Many of these beliefs have been passed on for hundreds and even thousands of years, often by people who are well-meaning. Nonetheless, it is still simply a modern form of “pie in the sky.”

Let us step back and look at these beliefs. Do you really believe that God created all His children to be tormented by tests that cannot be passed so that he can make all our souls suffer? What kind of cruel God would create a world where we would be punished for doing anything that felt good and be rewarded for making choices that leave us suffering? To me, this idea feels insane and I do not accept it for myself. It makes much more sense that God would create joy and feeling good as our guidance system to help lead us back to ourselves, as well as to help us to figure out who we are and what we want. As a loving parent, which approach would you choose for your children? Do you think that God is that much worse a parent than you are?

This leaves me facing a choice. I can follow old teachings of judgment and hatred that tell me that what I believe in my soul to be true are lies. I can then spend a life of suffering and self-denial based on these old beliefs. Or, I can choose to do and be that which feels best in my heart and leaves me feeling joyful. I choose the latter. Even if I were afraid to choose lest I break a rule, I have no choice. The rules cannot all be absolutely true, as there are thousands of different ones that conflict from religion to religion and social structure to social structure. Therefore, we are forced to make choices. I choose what feels good (from a centered place). The worst case is that even if I (and many other loving spiritual teachers) would happen to be wrong, I will have spent my life feeling good—and that is not such a bad thing!

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### ***What if it feels good to kill somebody?***

To be on the safe side, I recommend that you do not do anything to harm anyone else... period. That is why I repeatedly note to do and keep your attention on things that feel good *from a centered place*. If I am very angry and off-center, it may feel good to hurt somebody. From a centered place (i.e., when I am connected to my soul), it never feels good for me to harm someone else. This does not mean that people always have to like or

approve of what I do. Remember, you are not responsible for how other people feel.

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### ***Won't I be irresponsible if I do not worry about everyone's well-being?***

There is a very big difference between *worrying* about how someone you love feels and being *concerned* or *caring* about how they feel. By its nature, worrying generally feels bad and is not helpful, while caring and concern can feel good and may help the other individual. Feel free to be concerned and care as long as it feels good to do so. If not, simply let go of your concern and allow the other person to find

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*I've learned my lesson well.  
I can't please everyone,  
so I've gotta please my self.*

COUNTRY WESTERN MUSIC WISDOM

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their own way. Most of the time, you will find that it is beneficial and feels good to help those that you love. By doing it when it feels good, you are much more likely to actually benefit the person instead of contributing to their problems. For example, the simplest way that I know of to tell when unhealthy co-dependency issues are occurring is by checking whether what you are doing and feeling *feels* good or not. It again boils down to doing that which, from a centered place, feels good. **If it does not feel good, do not do it!**

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### ***Does this mean that I should not do anything that makes me feel guilty, because feeling guilty feels bad?***

No. You feel bad when you feel guilty because it is the feeling guilty that feels bad. Your feeling bad may have very little to do with what you did. Simply try this. Suspend the guilt for a while and then picture your self doing or thinking whatever triggered the guilt. See how that feels. If you feel good when the

guilt is suspended then it's okay. Often, it may also feel good to think about something, but not feel good to actually do it. It is important to make these distinctions. An example of thinking, but not acting, would be picturing your self hitting someone who is very annoying over the head with a stick!

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***A lot of time I have recurring negative thoughts that make me feel bad. What can I do about these?***

What you do not want to do is fight or bury the thoughts. This would simply leave you stuck in them. Sometimes, these negative thoughts are our psyche's way of taking care of us. They may reflect ideas that really do appeal to us, but that are in conflict with our belief system. Be open to that possibility. At other times, these thoughts seem to act as our own personal "gremlin," and do not reflect who we are. In both situations, these thoughts can serve us.

Sometimes the thought is actually about something that we truly want but are afraid to acknowledge. In this situation it will feel good (although sometimes difficult and uncomfortable) to stay with the thought. When this is the case, the thought may simply be our psyche's way of saying that we need to stand up for who we are and what we want. It may also be forcing us to look at uncomfortable feelings that we need to stop burying.

Conversely, we can find out who we are by the contrast of what we do not like—as much as by what we do. Again, take a moment to feel the "negative" thought without any guilt or reactivity. If it does not feel good, then simply recognize (with a smile) that it is not who you are. Knowing what you are not can actually help you to know yourself. Instead of battling it, tell the previously annoying thought "thank you" for helping to show you who you are! Then simply let go of it.

For example, say you find yourself with one of those little tormenting "gremlin" thoughts (let's use an example of something strange—like wanting to kick an old lady). Instead of battling the thought or running from it, simply take a moment to gently be with it **without reactivity**. If you explore the thought, and it feels good to think it, then stay with it. You will soon be aware of something that you are angry about that is underlying it. Often, it will be a situation where you did not properly take care of or stand up for yourself. This is important to know.

When you recognize what caused your anger and decide to stand up for your self properly, these thoughts will decrease. On the other hand, you may feel into the thought (again, without reacting to it) and notice that it merely feels bad. In that case, simply recognize that a kicker of old ladies is not who you are. Tell the thought "thank you" for helping you recognize who you are (by giving you obvious options to choose from). By doing this without being reactive, you can then easily let go of these thoughts!

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***How can I tell if I am in a centered place?***

Most of us have had times where we feel like we are connected or in the flow. It could be during prayer, participating in sports, being in nature, listening to music, etc. At these times, you are centered. Interestingly, centering in different parts of the body can be associated with different feelings. I like to center in my solar plexus to check in on my feelings, and in my heart to assist with healing or wholeness. I know when I am centered in my heart center because I feel four qualities when I am there. Those qualities are compassion, harmony/connection with everything, a healing presence, and a feeling of unconditional love (e.g., what a parent feels toward a newborn child).

To center in your heart, take a deep breath and relax as you exhale. Allow yourself to relax further with each breath. Put the palm of one hand over the top of the other hand (so the tips of your thumbs touch) and put them both over your chest bone. Have the center of your palms be approximately three finger widths above the solar plexus. Then focus your attention in that area of your chest while feeling for the four qualities I noted above. When you feel these qualities, you are heart-centered. While doing this, it may help to think about someone you unconditionally love.

To center in your emotions or feelings, move your palms and attention down over your solar plexus. Centering in either one (or both) of these two places can be used to see what feels best for you. For those of you who would like to learn heart-centering at great depth, I recommend the Foundation Workshops by Brugh Joy, M.D. (800-448-9187 or 760-240-7300). These are wonderful! Although the workshops are challenging, they can dramatically transform your life. They are also the best tools I have experienced for creating wholeness in one's life.

## How can my thoughts and feelings change my reality?

We think of things as being very solid. The chair you are sitting on, for example, seems very real and substantial. When you look at reality from the viewpoint of atomic physics, however, most of what exists is simply energy. All the matter that exists in your whole home (if the space between the nucleus, electrons, and different atoms is eliminated) could easily fit into a thimble. So why do things seem so solid?

Let's take a moment to look at how we experience things. The sensory apparatus in our brain takes light energy, sound energy, and other sensory input, translates them into simple electrical impulses, and then sends them to our brain. Remarkably, the interpretation center of our brain then decodes the electrical signals, creates an image based on them, and projects them back "out" into the world. Although it seems very real, all that we see, touch, and hear is basically the way that our brain interprets energy signals. The good news is that this makes reality much more fluid than we have been led to believe. In fact, life can be viewed as an incredible virtual reality machine or movie in which each of us is our own producer. That is why we are each the "star" of our own "movie"!

## What if something that I am trying to create still does not happen?

Remember, The Universe is not reading your words as much as it is reading your feelings (in the form of energy or vibrations). So if you think, "I'm going to win the lottery," it is important to be clear on what that means to you. Many of us want to win the million-dollar lottery, yet have no idea what we would do with the money besides buying a car, a house, and going on a vacation. Be clear about what it is that you are really seeking to create.

Also be aware that things may have turned up that matched your feelings and beliefs but are simply not in the form that you expected. For example, let's say you are seeking to have a specific person love you. Realize that although we can influence others, we have no right or ability to assert our will on them or create in their life (unless their beliefs and thoughts are a match to yours—then you can "dance" that experience together).

## off the mark

by Mark Parisi

www.offthemark.com



Cartoon copyrighted by Mark Parisi, printed with permission.

1. What beliefs do you hold that stand in the way of having what you desire?

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2. Which, if any, of your desires would be bad for you to have and why?

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Therefore The Universe reads that you are seeking love. Remember, if your dominant feeling is lack of love, The Universe will read this in you and deliver this lack. So begin by loving yourself and being okay with that. Then watch to see how love appears in your life!

Because each of us is made up of a veritable forest of multiple different personalities, the belief and desires or preferences of one part of our psyche is often in conflict with another (see Chapter 6). These conflicting beliefs may cancel each other out and prevent us from creating what we want. Often these parts of the psyche are not “ego enhancing” and therefore we may keep

*When one door of happiness  
closes, another opens:  
But often we look so long at  
the closed door that we do not  
see the one that has been opened  
for us.”*

HELEN KELLER

them unconscious. This is one of the benefits of learning heart-centering. As discussed earlier, all parts of our psyche love to be unconditionally loved and are willing to become conscious when we look at them while being heart-centered. If you feel conflict or resistance to something, center in your heart and see what part of you wants to ‘come to the surface’ to be seen. Remember, you are not trying to fix or get rid of those parts of you. Simply love them and hear their stories. Show them compassion for their traumas and let them know the great job they did. If it is a childhood part of you, give it a safe place to play inside and have an adult part of you take over. If it is an adult part of you that shows up, you can usually come to a mutual agreement that can work for all the different parts of you (even if it is simply that they take turns). Meanwhile, be aware of the beliefs that are



leaving you in conflict and resisting what you are trying to create. What are your primary or dominant beliefs regarding the matter? If they are not compatible with what you are trying to create, you can change these beliefs. The books by Jerry and Esther Hicks (see Resources) can help you further with this.

### ***How can I change what I believe?***

Allowing old beliefs to evolve and letting go of old beliefs that are no longer valid is a natural part of growth. Once you are doing it consciously and without judgment and fear, even long-standing beliefs that no longer serve you can be changed fairly quickly. As discussed above, fear is the opposite and absence of

*“May you live all the days of  
your life.”*

JONATHAN SWIFT,  
ENGLISH POET

love. If you are afraid, then (unconditionally) love yourself, love the part of you that is afraid, and love that person, idea, etc., that you are afraid of. You will find that when you love, the fear melts.

Once you have found the beliefs, fears, etc. that are in conflict with what you choose to create, find a new dominant belief that is in harmony with where you want to be. Repeat that new idea to yourself and see if it feels comfortable. If so, simply take it on, while letting go of the old ones. If not, it may be too big a stretch to make in one step and still be believable to your psyche. Change the old belief, little by little, by looking for small steps that each feels comfortable. Since we are all worthy of anything that we desire (that does not infringe on other people’s freedom and rights), the bottom line is that you can always come to a belief that is compatible with what you are choosing to create.

Let’s say that you are deciding to create more money in your life. One part of you knows that money is great and that you would like more. So you say the belief, “I desire to have lots of money and abundance.” You note that although your brain is

## **QUESTION**

#20

## ***RIGID BELIEF STRUCTURE***

1. What would a small step be that you could take right NOW to free yourself from a rigid belief structure?

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saying that this is okay, something inside of you feels uncomfortable when you make the statement. You then heart-center and feel around for the part of you that is uncomfortable. You may find a part of you that thinks you cannot be spiritual if you are rich. You may even bump into a 1960s hippy part of you that feels that money is the root of all evil. Indeed, you may have noticed that seeking and having money causes some people to behave in ways that you are afraid of becoming. These parts are not ready to believe that making a lot of money is safe and a good thing. Unconditionally love these parts and have an inner conversation with them. Do all the parts of you think that it is

*“Be realistic.  
Plan for a miracle.”*

BHAGWAN SREE RAJNEESH

okay to have transportation and a home? I suspect they will all be okay with this. How about food and clothing? So far, so good. Is it okay to help the hungry and poor? Buying nice things helps give people jobs, so it is a good thing for you to have them if you like them. Realize that money can be used for this and other good things as well. I give at least fifteen percent of what I make to charity. I do not do this because it is good to sacrifice (I do not think it is good to make sacrifices or anything else that feels bad). I do it because it is fun. As you explore the possibilities of what it feels good for you to do with the money, while giving yourself permission to avoid the pitfalls, you will find that more parts of you get comfortable and your dominant belief about money changes.

**Can you summarize how I can create what I want in life?**

Jerry and Esther Hicks summarize it very well in the *Abraham Materials*, “**There is nothing more important than that you feel good.**” **Keep reaching for things that feel better, hold the feeling and picture it for at least twenty seconds, then let go of it and relax so you can allow it to manifest.** Do not worry. You cannot get it wrong and there is no hurry because you never get it done. ■

**QUESTION**

#21

**HEALING YOUR  
BODY**

**CD TRACK 4 CONTAINS A DETAILED VISUALIZATION OF YOUR DESIRED LIFE, SELF, AND SITUATIONS**

**1. From a centered place, what would help your body feel good?**

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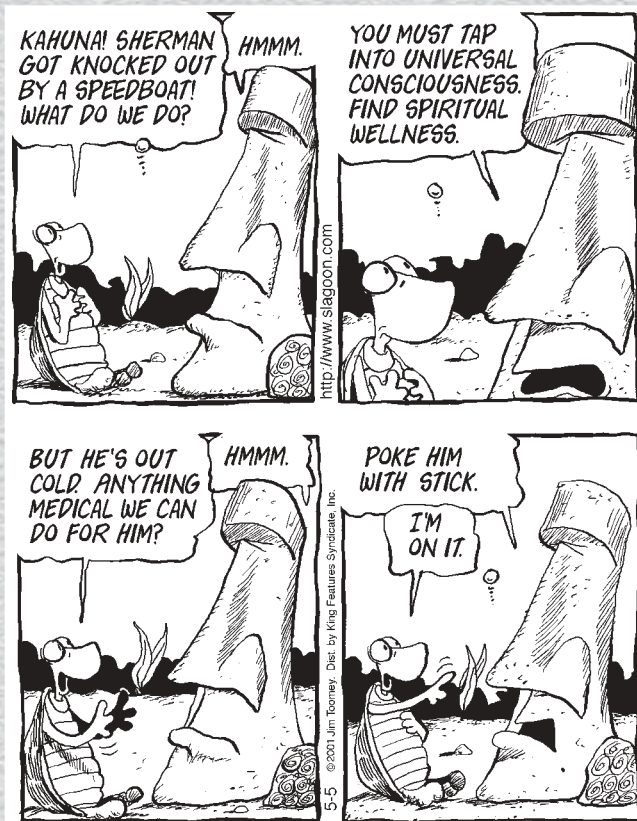
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# Vitality 101— The Biochemistry Of Feeling Great



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We are all a combination of matter and energy. We have talked about the **energy** parts of our being. We have discussed how the mind can create our reality and how we can take charge of its programming instead of having it simply react to outside programming and experience. We also spoke about how emotions and feelings are our soul's guidance system; how keeping our attention on and doing what feels good helps us get to where we truly want to go and be who we truly are. Now it is time to discuss the physical factors that can powerfully contribute to your feeling great.

Even though these physical factors may seem obvious, it does not hurt to start with the basics. **There are four foundations for keeping your body vital and healthy:**

- 1. Feed it properly.**
- 2. Use it.**
- 3. Rest it adequately.**
- 4. Follow your bliss.**

I have already talked about following your bliss. Now let's look at the other three foundations in more detail.

- 1. Feed it properly.** Your body needs several things:
  - A. Get enough water.** Not drinking enough water is a very serious and commonly overlooked problem. Chronic stress can suppress a master gland in the brain (called the hypothalamus). This can make it harder to hold on to water because of a drop in anti-diuretic ("anti-peeing") hormone and your need for water then increases.

Take a moment to notice if your mouth or lips are dry. Most of you will find that they are dry. If so, you are dehydrated and need to drink more water. Although it is not unusual for those of us under stress

to require a gallon of water a day, I do not recommend counting the number of glasses of water that you drink per day because this can get old fairly quickly. Simply notice if your mouth or lips are dry and drink water when they are. I like to keep a glass or bottle of good quality water with me. Water tastes good, gives pleasure, and can be a **major energy booster** when you are dragging. In addition, many problems have been associated with even mild dehydration. These problems include fatigue, indigestion, and asthma to name a few. More information on dehydration can be found in the book, *Your Body's Many Cries For Water*, by F. Batmanghelidj, M.D.

Drinking sodas or coffee will simply make the problem worse. The amount of sugar in one can of soda can suppress your immune system by about thirty percent for three to four hours. It also can aggravate hypoglycemia (see below), and likely increases the risk of diabetes. I recommend that you limit caffeine intake to one cup (8 to 12 oz.) of coffee or two cups of tea a day. Decaffeinated coffee or herbal teas are fine as long as your stomach is not a major problem, but research suggests that tea is much healthier than coffee in the long run.

Unfortunately, I do not believe that the American water supply is in very good shape, despite governmental claims to the contrary. Sadly, much bottled water is not necessarily better than tap water. Water filters can be iffy as well. The National Sanitation Foundation (NSF) sets standards for filter effectiveness. Before you purchase a water filter, it is reasonable to see how it meets NSF standards. The filter that I have found to be most effective is made by Multi-pure. Multi-pure filters can be obtained from Bren Jacobson at 410-224-4877. I would note that I do not accept money from anyone or any company whose products I recommend.

- B. Get proper nutrition.** Giving your body proper nutritional support is critical to being happy and feeling good. As the old saying goes, you are what you eat.

On the other hand, worrying about everything you eat can make you crazy and neither promotes health or happiness.

I do recommend that you considerably limit the amount of sugar you eat. This does not mean giving up chocolate or treats. It means *keeping* those things that give you the most pleasure. Simply get a small portion of your favorite sweets, walk away from the serving dish, and savor and enjoy it thoroughly with no guilt. If you feel guilty about eating something, you will likely “inhale” the whole portion before you ever really taste it. I would avoid things without much benefit like sodas that have large amounts of sugar (approximately ten spoonfuls per 12 oz.) and potential toxicity. Natural sweeteners, such as Stevia, can be substituted and appear to be quite safe and healthy. I also think that saccharin (in reasonable amounts) is fairly safe if you cannot buy Stevia, but I am concerned about the safety of Aspartame.

Besides avoiding excess sugar and caffeine, recognize that it is normally healthier to eat foods that are less processed and still contain the original vitamins, minerals, and enzymes. Also remember that eating food that is fun and leaves you feeling good (from a centered place) is also a very healthy thing to do. There is no one diet that is best for everyone, or even best for any given person throughout their whole lifetime. So listen to your body—it will tell you what it likes and does not like. Simply remember to check in with your body a few hours later so you can tell if the food really made you feel good or if it was simply a craving or addiction.

Indigestion is also rampant. Interestingly, this usually comes from poor digestion—not too much stomach acid! The enzymes present in food are critical for proper digestion. The enzymes that digest our food are also what ripen them. Because of this ripening, food manufacturers learned decades ago that they could extend the shelf life of food from one week to as long as a decade by destroying the enzymes present in the food. This was wonderful for the food



processing industry but, unfortunately, I suspect it is a major cause of the indigestion that is epidemic today. Acid-lowering medications like Prilosec and Nexium are not best sellers because one makes too much stomach acid. If this were the case, we would need less of these medications as our stomach acid production decreased with age. On the contrary, it is poor digestion that results in any stomach acid being irritating. Turning off stomach acid will turn off the pain, but it further worsens digestion and nutritional status. I suggest that people take digestive enzymes—I recommend “CompeteGest” enzymes, two capsules with each meal, by Enzymatic Therapy. When taking enzymes, you will find that your digestion improves dramatically, as well as your overall sense of well-being. In addition, your body’s digestive enzymes do not work well in cold temperatures. If you have indigestion, drink sips of warm water instead of cold liquids with your meals.

There are over fifty different nutrients that are critical to your well-being and many of these are low in the Standard American Diet, appropriately abbreviated SAD. No matter how hard people try, it is difficult to get optimum nutrition from the SAD diet. Yearly, the average American gets about one hundred and fifty pounds *each* of sugar and flour added to their diet in food processing. This means that approximately one-third of your caloric intake has been stripped of most of its nutritional value. Combined with food processing and the increase in nutritional needs because of the stress seen in day-to-day American life (e.g., infections, pollution, toxic chemicals, toxic people, etc.) many people are at high risk for feeling awful. It frustrated me that people needed to take over twenty tablets of supplements a day to optimize their basic nutritional status. Because of this frustration, I developed an excellent formula called, *Fatigued to Fantastic!*<sup>®</sup> *Daily Energy Enfusion*<sup>™</sup> powder and *Fatigued to Fantastic!*<sup>®</sup> *Daily Energy B Complex* by Enzymatic Therapy. One daily glass of **good tasting** orange drink, plus one capsule, replaces over

twenty-five tablets of supplements while supplying most of the nutrients you need for **optimum** functioning! These products are available in local health food stores, from [www.endfatigue.com](http://www.endfatigue.com), or from my office at 410-573-5389. As noted earlier, every penny of my royalties for making my products goes to charity, plus I do not accept any money for recommending any company’s products. I do this so that I can properly fulfill my role as a health educator.

The most critical functions of these nutrients include:

- **Fueling your energy system.** The B-vitamins make up the backbone of energy production and transport. In addition, magnesium is a key player in hundreds of critical reactions in the body and is markedly suboptimal in most Western diets. Many other nutrients, including Malic Acid (which comes from apples), folate, and several amino acids are also critical for your energy systems to work well.
- **Supporting a happy and healthy mind.** “Brain fog” is becoming an increasing problem in our society. The B-vitamins, especially B-1 and B-12 are critical for mental clarity. Inositol also helps promote being calm and can be especially helpful for those who are anxious. Many amino acids (proteins) are critical for adequate neurotransmitter levels (e.g., serotonin, dopamine, and epinephrine). Deficiencies of these amino acids and neurotransmitters, as well as many vitamins and minerals, can commonly cause depression. I suspect you will be amazed at how much happier you feel when you get adequate nutritional support.
- **Proper tissue repair and function.** Being in chronic *pain* will not help you to feel good. Any of a number of nutritional deficiencies will trigger chronic muscle shortening and pain. Many of you will find that chronic pain problems go away when you get eight hours of deep sleep a night and take the nutritional support

needed for your muscles to heal and relax. The same nutrients may dramatically improve your hair, nail, and skin quality. Treating infections and hormonal deficiencies (see below) is also critical if one wants to eliminate chronic pain.

- **Infection and cancer fighting.** Many nutrients are critical for proper immune function.

Chronic low-grade infections are very common in Americans these days. These include everything from chronic sinusitis to fungal overgrowth in the bowels, skin, nails, and elsewhere. If you have a diagnosis of spastic colon you probably have a bowel infection that your doctor may not know how to look for. Vitamin C (e.g., 200-500mg a day), vitamin A, zinc, selenium, and folate are only a few of the nutrients that are critical for immune system support. Most people do not get optimal amounts of these nutrients.

Other critical nutrient functions include (among *many* others) maintaining healthy blood vessels to prevent heart attacks and strokes, maintaining proper hormonal balances, maintaining healthy bones, and preventing birth defects.

As you can see, adequate nutritional support is critical to feeling good. Be especially sure to get at least 50mg of B-complex vitamins and 500mg of vitamin C daily, as well as minerals such as 200mg of magnesium (as the glycinate), 15mg of zinc, 200mcg of selenium, and 150mcg of iodine. Adequate protein (eggs, beans, rice, nuts, and corn are good sources) and essential fatty acids from fish (at least three serving a week of tuna, salmon, herring, or sardines—or 5 grams of Eskimo 3 fish oil per day which does not have the mercury present in the fish) are also important. Dry eyes, mouth, and skin often reflect essential fatty acid deficiency, as does premenstrual syndrome (PMS). For PMS take 3000mg of evening primrose oil, 50mg of vitamin-B, and up to 250mg of magnesium daily. After three months, the

primrose oil only needs to be taken the week before your period.

Although taking the *Fatigued to Fantastic!*<sup>®</sup> *Daily Energy Infusion*<sup>™</sup> powdered drink can offer dramatic benefits, remember that it does not replace a good diet. This does not mean you have to eat gross foods that you *think* are healthy! Eggs or whole grain cereals (like Life<sup>®</sup> or Quaker Oat Squares<sup>®</sup>) can make a healthy and quick breakfast. There are wonderful Chinese, Mexican, Japanese, Italian, etc., meals, too. Use common sense. You do not have to eat junk from fast food restaurants.

- C. **Treat hormonal deficiencies.** If you are tired, achy, have weight gain, and/or cold intolerance you probably have an under active thyroid gland and can feel better if treated with natural prescription thyroid (I prefer Armour thyroid). Fatigue associated with hypoglycemia (sudden anxiety relieved with eating) and low blood pressure often responds to supporting your adrenal (stress) glands. Taking 1000mg of vitamin-B-5 twice a day (Pantothenic acid), 100mg of Panax ginseng twice a day, plus vitamin-C can help your adrenals heal as can natural hormone treatments. Estrogen deficiency often manifests itself by your feeling worse in the week before your period, with poor sleep, brain fog, achiness, and loss of libido. If these symptoms are present, along with hot flashes and decreased vaginal lubrication, a trial of **natural** estrogen and progesterone (not the dangerous “horse estrogens”) may be warranted. Low libido and depression are also common with testosterone deficiency in both men and women. It is important to note that blood tests will miss most cases of hormonal deficiency. There is an old saying, “Treat the patient—not the blood test.”

## 2. Use your body properly.

- A. **Get fresh air and exercise.** We sometimes forget how important fresh air and exercise are to our well-being. Research has shown that exercise is as effective in elevating mood and treating depression as

Prozac. The good news is that you do not get side effects (e.g., sexual dysfunction) or the “sticker shock” that goes along with taking these antidepressants. Exercising outside in order to get fresh air can make a big difference when weather and air quality conditions allow.

Exercise has many beneficial effects. Beyond its overall effects on conditioning, weight loss, and decreased risk of heart disease and other degenerative diseases, exercise also raises endorphin levels. These are your body’s natural opioids and make you feel good (which is where the expression “runner’s high” literally comes from). In addition, exercise raises growth hormone. This is a critical hormone that drops as we get older. It is taken by many people to help them stay young. The problem is that it costs \$12,000 a year to take growth hormone injections. Exercise is a much less expensive way to get the same effect. Other ways to raise growth hormone include getting deep sleep and great sex (see below).

Do not run out and try to make up for lost time. Begin with walking as far as you comfortably can. Remember, “No pain, no gain” is stupid. Pain is your body’s way of saying, “Don’t do that.” Walk so that you feel ‘good tired’ at the end of the walk and then better the next day. You can then increase your walking by one minute each day as long as it continues to feel good to do so. When you are up to one hour of walking a day, you can begin to increase the intensity with exercises like bike riding, rowing, etc. I do not recommend jogging on hard surfaces because I think this is not healthy for our musculo-skeletal system. Use your will-power to go out and begin the exercise. Then focus on having fun (I used to jog to the Haagen-Dazs ice cream store). Feel free to “stop and smell the roses,” blow on dandelions, or whatever feels good along the way. In addition, find a friend to exercise with on a regular schedule. Otherwise, there is a tendency to come up with silly excuses to not exercise.

**B. Have great sex.** The approach in this book can help increase your libido and get you back in touch with your natural passion, which is pretty powerful (that is why there are so many rules trying to rein it in). Sex is fun! In addition, a study by scientists at Scotland’s Royal Edinburgh hospital found that an active sex life contributes to both looking and feeling young. Researchers studied over 3500 women and found that those who had sex at least three times a week appeared ten years younger than their actual age. The chief researcher, David Weeks, feels that this youthfulness is because sex increases production of growth hormone. Isn’t science wonderful?

**C. Make time for yourself and loved ones.** We get so busy in our lives that we sometimes forget who is important to us. While lecturing away from home on September 11, 2001, I learned an important lesson. Despite phone lines being jammed, I knew exactly who I needed to check in with. These were the people that I wanted to have with me for the rest of my life. Sometimes we take these special people for granted. Be sure to make time to spend with them. As you continue to do the three steps we talk about in this book, you will find that you spend less time with people whose company you do not enjoy, and more time with those who it feels good to be with.

One of the most important people for you to be with is yourself! We often forget to make “self-time.” Hundreds of years ago, before light bulbs were developed, sleep often lasted twelve hours a day beginning with when it became dark. People would usually fall asleep for a few hours and then wake up for two hours before going back to sleep. This time was spent in lovemaking or for being with one’s self. It was a time to explore dreams, feelings, and generally reconnect with one’s self. This self-time is very precious. When it comes to self-time, be sure you “pay yourself first.” This brings us to the third foundation for staying vital.

### 3. Rest your body adequately.

A. **Get enough sleep.** To many of you, the idea of eight hours of sleep a day may seem absurd and decadent. Even one hundred years ago, however, when we began to become industrialized, the average American was getting nine hours of sleep a night. Then light bulbs were developed. We are now down to six and one-half to seven hours of sleep a night on the average, and this is not adequate for most people. In addition, the quality of our sleep has suffered.

I discussed above how stress can cause hypothalamic suppression and therefore increased thirst. Your hypothalamus also controls your ability to sleep and your hormonal system. As stress increases in our society (along with the use of caffeine and other stimulants), insomnia and inadequate sleep have become epidemic. Inadequate sleep then causes fatigue, “brain fog,” immune suppression, and general irritability.

This is another example of “pay yourself first.” Start to make time to get eight hours of sleep a night. If you are a new mother, it may be best to have the baby in a bassinet or in bed next to you for the first six months so that middle of the night feedings become easier. Despite sensationalized worries about keeping a baby in our beds (everything we do or don’t do carries some risk), having the baby sleep in your bed is normal in pre-industrialized cultures. It is suspected that the normal movements that occurred by the parents being in bed with the baby decreased the risk of sudden infant death syndrome. It also allows the mother to nurse more easily without having to fully wake up in the middle of the night. If you do wake up with a baby during the night, be sure to take naps during the day when the baby is sleeping. This is more important than catching up on housework and may prevent post-partum Fibromyalgia.

In addition to the insomnia caused by stress, we are seeing an increase in sleep disorders such as sleep

apnea and restless leg syndrome. Sleep apnea is associated with loud snoring, followed by gasping for breath as the airway closes, during which time the person is unable to breathe. This is similar to having a pillow over your head thirty to fifty times a night until the lack of oxygen wakes you up enough to force you to breathe deeply. Sleep apnea is more common in those who are markedly overweight, have high blood pressure, have a shirt collar size over 16½, or have sleepiness during the day. A history of falling asleep at the wheel while driving is much more common in people with sleep apnea. Although machines and masks that keep the airway inflated can treat sleep apnea effectively, only one out of four people are able to tolerate these “C-PAP” machines. Most others find it too obtrusive. A much more effective way to treat sleep apnea is weight loss—even ten to fifteen pounds of weight loss can help dramatically. In addition, in many people sleep apnea occurs mostly while they are lying on their backs. If this is the case, putting a tennis ball into a pocket that is then sewn into the “small of the back” of the pajama top can take care of the problem. When the person lies on their back, it becomes uncomfortable, so they roll on to their side. As our society becomes heavier, sleep apnea is becoming more common.

Restless Leg Syndrome (RLS) is another common problem that interferes with sleep. RLS is when your legs keep jumping or moving throughout the night. Because of this restlessness, even though you may be unconscious for eight hours a night, you feel like you have run a marathon. This results in very poor quality sleep. Many nutritional deficiencies, especially iron deficiency, can trigger RLS. Our normal ranges for blood tests miss very clinically significant nutritional or hormonal deficiencies. This has been documented in a number of studies, including my own research. Natural remedies can also help many people with RLS and insomnia in general.



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## What natural approaches can help me sleep?

It is, of course, important to begin with proper sleep hygiene. Your bed should be used for sleeping and lovemaking, not problem solving and work. Develop a routine of going to bed at the same time each evening. Your body will then be trained to fall asleep. In addition, avoid stimulants like coffee before bedtime. Alcohol, while sedating you, will worsen the quality of your sleep. If you have trouble sleeping, do not leave your clock where you can see it. “Clock watching” is counterproductive.

Most sleeping pills actually worsen sleep quality by keeping you in light sleep (called *Stage 2*) that does not “recharge your batteries.” Fortunately, many natural remedies can be very helpful for sleep, are not addictive, and are well-tolerated. These remedies include valerian, hops, L-theanine, wild lettuce, Jamaican dogwood, and passionflower. All of these natural products are contained in a wonderful sleep remedy that I designed called *Fatigued to Fantastic!*<sup>®</sup> *Revitalizing Sleep Formula*. The formula can be obtained from most health food stores or at [www.endfatigue.com](http://www.endfatigue.com) and is manufactured by Enzymatic Therapy. Since every penny of my royalties for products that I make goes to charity, I can brag about them without blushing. In addition, these other natural remedies may be added and are also helpful for sleep: 200-300mg of magnesium (in the glycinate form—less if it causes diarrhea), 500 to 1000mg of calcium, 300mg of 5-HTP (less if you are on antidepressants—note that 5-HTP takes six weeks to work), Kava Kava (may very rarely cause severe liver problems, so do not use it if you have liver problems), 80 to 160mg of lemon balm, and/or 1 to 4gm of tryptophan (a prescription amino acid). If you have trouble staying in deep sleep, there are also CDs that are made to purposely help increase these stages of deep, restorative sleep.

**Tired, achy, have brain fog, and can't sleep?** If so, you probably have a process related to Chronic Fatigue Syndrome and/or Fibromyalgia. These syndromes are now VERY treatable. For those of you would like more information on effective treatment of these syndromes, visit my Web site at [www.endfatigue.com](http://www.endfatigue.com). The site includes a very sophisticated interactive computer program that can analyze your medical history

and blood tests. The program can help determine which treatments (both natural and prescription- although it can now be done entirely without prescription) are most likely to work in your specific case if you have Chronic Fatigue Syndrome, Fibromyalgia, or chronic fatigue and pain in general. It will then teach you how to use the treatments. The web site has many tools that can be accessed at no charge, and can help you get your life back! My book, *From Fatigued to Fantastic!*, also has much more information on treating these problems.

To summarize, supporting your body can help improve mood, increase energy, and decrease pain:

### 1. Feed it properly.

- A. **Get plenty of good, quality water.** If your mouth or lips are dry, you are dehydrated.
- B. **Eat what makes you feel good.** This usually means avoiding sugar and eating food that is not overly processed. The average American diet is awful. An excellent, once a day, nutritional supplement can be very helpful. I recommend *Fatigued to Fantastic!*<sup>®</sup> *Daily Energy Enfusion*<sup>™</sup> powder and *B Complex* by Enzymatic Therapy.

### 2. Use it.

- A. **Get exercise and fresh air. Do not push through pain or exhaustion.**
- B. **Have a full and satisfying sex life.**
- C. **Spend fun time with those you love—especially yourself.**

### 3. Rest it adequately.

- A. **Get eight hours of sleep a night.** Natural remedies can help. An excellent one is the *Fatigued to Fantastic!*<sup>®</sup> *Revitalizing Sleep Formula* from Enzymatic Therapy.

### 4. Follow your Bliss!

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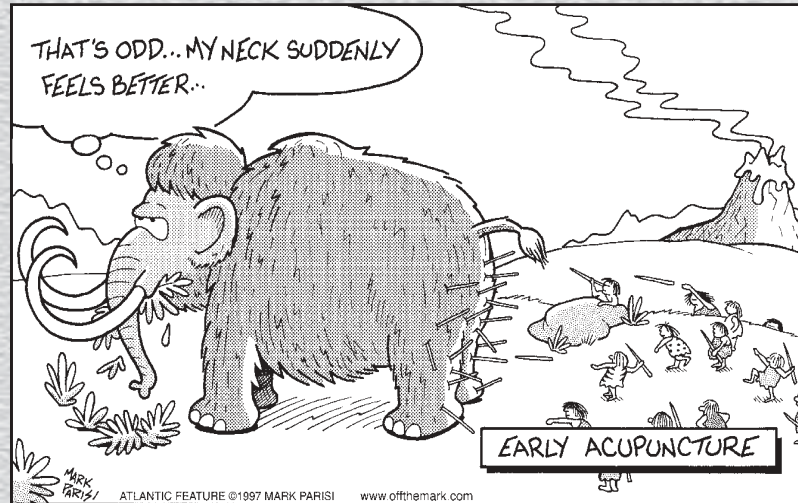
## Remember:

**That which makes you feel good (from a centered place) is usually good for you!**

off the mark

www.offthemark.com

by Mark Parisi



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## CHAPTER

# 11

## Conclusion

**L**iving happily is an art. Like most arts, we have skills we are born with and skills that develop with practice. Some of these ideas may seem new to you and some may feel very familiar. Most of the ideas may feel like something you remembered that you already knew and simply needed to be reminded about.

We do have the ability to feel happy and joyful whenever we choose. Passion comes when we also reclaim our wholeness. This means consciously accepting and unconditionally loving *all* of the parts of ourselves.

Although joyful living may initially feel unusual to you, this is simply because you are used to old habits of thinking. All it takes for you to make joyful living feel normal is to repeatedly make the choices I have presented in this book. Those choices will soon become new, joy-supporting habits.

Simply remember to:

1. Feel everything that you are feeling without resistance or the need to understand. When, from a centered place it no longer feels good to feel a feeling, let go of it. Then, shift your attention to something that feels good.
2. Treat life as a “no fault and no victims” environment where we are each wonderfully different, yet equal. Remember that we each are creating our own life experiences. It is up to us whether we choose to do this consciously. This can be facilitated by practicing the habits of no blame, no fault, no guilt, no judgments, no comparisons, and no expectations on yourself or anyone else.
3. Constantly keep your attention on, and only do, those things that feel good (from a centered place). Often ask yourself the question, “What could feel better?” Then keep your attention on that thought.

All this can actually be restated as: **We are all one and we are equal parts of God. We are therefore all wonderfully unique and our beliefs are not better or worse than anyone else's—simply different. I therefore allow myself to love all parts of God unconditionally, including myself, while respecting my preferences. This means that it is okay to constantly keep my attention on what feels good because doing this tells me what I like and allows me to have the integrity to express myself as I truly am!**

Lovingly give yourself permission to take the time to learn, practice, and develop these new habits. It is an art that can begin to pay off quickly while continuing to grow and blossom throughout your lifetime as you develop and learn its nuances. Have fun! Accept the changes in your life with faith and a sense of humor while remembering to practice your art. **Life is not a problem to be solved—simply to be loved and lived.** You have the right to feel good for it is your natural state.

Please always remember that you are loved powerfully and unconditionally. ■

With blessings for a joyful, loving, healthy, and passionate life,  
Love and best wishes,

*Jacob*

## Resources

1. The *Conversations with God* series by Neale Donald Walsch. Available in most bookstores or from <http://www.cwgonline.net/store/Books.html>.
2. [www.endfatigue.com](http://www.endfatigue.com)—My website for supplies, supplements, and tools to help you get your vitality back.
3. *From Fatigued to Fantastic!* by Jacob Teitelbaum, M.D. Written for those with fatigue, pain, “brain fog,” and/or insomnia. Available in most bookstores or from [www.endfatigue.com](http://www.endfatigue.com).
4. **Telephone coaching/counseling-Bren Jacobson. (410) 224-4877**
5. *A New Beginning*, Books I and II, by Jerry and Esther Hicks. Teaches the *Abraham Materials* on how to feel great and create what you want. Call 210-755-2299.
6. *Getting Thru to Your Emotions with EFT* by Phillip and Jane Mountrose. Teaches EFT (an emotional release technique). Available from [www.amazon.com](http://www.amazon.com).
7. *Natural Highs* by Hyla Cass, M.D. An excellent book by a wonderful psychiatrist using supplements and mind-body techniques.
8. For those of you who would like to explore wholeness and your “heart-center” in depth, Brugh Joy, M.D., is a wonderful teacher. I strongly recommend his Foundation Workshops. The workshops are challenging and can be life-transforming. Call 800-448-9187.
9. Excellent workshops are available for learning how to get past interpreting things through past experiences (so you can interpret things as they are). They are called “Landmark Forum” workshops and information about them can be found at [www.landmark-education.com](http://www.landmark-education.com) (415-981-8850).

## *Highly recommended products to maintain health!*

### ***Fatigued to Fantastic!® Energy Revitalization System***

To purchase the products below, call 410-573-5389 or go to [www.endfatigue.com](http://www.endfatigue.com) to have it shipped to you, or visit the Enzymatic Therapy Natural Medicines® Web Site at [www.enzy.com](http://www.enzy.com) for the vitamin store nearest you.

### ***Your Body is Talking. Are You Listening?***

Millions of Americans suffer from lack of daytime energy, often followed by restless sleep. This creates a vicious cycle that leaves many of us too tired to do normal activities and easily exhausted for no apparent reason.

Research shows nutrition plays a key role in the situation. Dr. Jacob Teitelbaum, M.D. has done groundbreaking research that identifies the precise nutritional requirements needed to help you forget fatigue and feel fantastic! Enzymatic Therapy is pleased to introduce the Fatigued to Fantastic!® Energy Revitalization System, a program created by Dr. Teitelbaum that features three targeted nutritional formulas specifically designed to build energy and endurance and improve your quality of sleep, so you feel more energized all day long.†

### **Fatigued to Fantastic!® Daily Energy Enfusion™ and Fatigued to Fantastic!® Daily Energy B Complex:**

Helps build all-day energy and endurance†

- Sugar-free Daily Energy Enfusion(tm) is a delicious, citrus flavored drink which, when combined with 1 B-Complex capsule, features a combination of 50 vitamins, minerals, and nutrients that help build the energy you need all day, every day.

Dr. Teitelbaum's clinical experience shows most people will feel a difference within three weeks of starting Daily Energy Enfusion.† 76% of study participants reported major improvement in quality of life when using his individualized health care program, including use of supplements like those offered in the Fatigued to Fantastic! Energy Revitalization System.† **Daily Energy Enfusion replaces the need for over 25 tablets/day!**

### **Fatigued to Fantastic!® Revitalizing Sleep Formula:**

Helps you get to sleep faster and maintain a healthy sleep cycle through the night so you wake up energized.†

Lack of sleep at night can lead to daytime sleepiness, and negatively impact your daily activities. Revitalizing Sleep Formula helps you get to sleep faster, so you have increased energy and feel less fatigued in the morning.† It also helps you recuperate while you sleep, so you experience less fatigue the following day.† Key ingredients in each capsule include:

- Valerian (200 mg), clinically studied to support better sleep at night. †
- Passionflower (90 mg), which has been studied for its ability to calm simple tension that may lead to occasional sleeplessness. †
- L-Theanine (50 mg), which promotes muscle relaxation and sleep. †
- Hops (30 mg),
- Wild lettuce (18 mg) which powerfully promotes sleep, and
- Jamaica Dogwood (12 mg), which promote relaxation. †

For optimum results, use 1-4 caps taken 1/2-1 1/2 hours before bedtime.

These formulas were designed by Jacob Teitelbaum, M.D., recognized fatigue expert and author of *From Fatigued to Fantastic!*® All of Dr. Teitelbaum's royalties are donated to charity.

**[www.endfatigue.com](http://www.endfatigue.com)**



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## *Other highly recommended natural products to maintain health include:*

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### ***From Enzymatic Therapy***

- Acidophilus Pearls-
- Artichoke Extract
- Peppermint Plus-These 3 are **excellent for spastic colon**
- CompleteGest enzymes to help **digestion**
- Heartburn Free- For **heartburn**
- Raw Adrenal-to help your body handle excess **stress**
- FlexAgility-Excellent for **pain relief**-takes 2-6 weeks to see the full effect
- Eskimo 3 fish oil (for young skin and a sharp mind)

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### ***From the Vitaline company (the best brand for this product)***

- CoEnzyme Q10 200 mg/day- for **energy**-should also be taken by any one taking cholesterol lowering medications

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### ***From Klabin Marketing (call 800-933-9440 for ordering info)***

- ProBoost-The best natural immune stimulant on the market. It should be in every medicine cabinet and used 3 times a day at **first sign of any infection**. In my experience, the infection is usually gone by the next day!

Enzymatic Therapy products are sold at fine health food stores nationwide.

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**† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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