

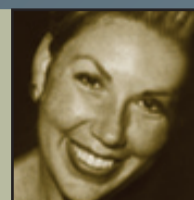


MENTAL
MESSAGES



VOLUME 2
ISSUE 1 2012

WELCOME BACK



While working together with my husband Jay, Mental Messages originated in the early 90's after going through one of the most tumultuous times in our lives. Being swept through a professional cyclone, our house landed in Oz, and rather than continue on the path of developing disposable product, we decided to dedicate our endeavors to projects with meaning and purpose. At the time, many firms were embarking on social responsibility and apparently, so were we.

Making our way to Emerald City, we turned to eastern philosophy and ancient quotes to glean whatever wisdom from the ages we thought we needed to learn. A common thread was discovered: that everything begins in your mind. One little seed, a mere thought, is the very essence of a dream. Everything starts with a thought, developing over time into something more. It might be simple or quite elaborate, but the thought is where it all begins. We derived tremendous benefit from the bright light the wisdoms shone on our very dim path. They held such power as a constant source of comfort and guidance through a very difficult time. And provided the kind of inspiration necessary to get us back to our Kansas today.

Mental Messages was conceived during that time, as a product concept to help people attain their dreams. We came up with the tagline, *"it all begins with the seed of an idea."* This wonderful little product concept took form and resonated with all who came across it. Then we got busy. And it sat on the shelf for a very long time, until I enlisted it for this publication platform.

A new year is a time for beginnings, resolutions, do-overs, making new plans for a better you. When we think about what we love, we feel good. And if we pursue what we love with all our heart and soul, nothing can or will stand in the way of making that happen.

2012 is our year. Start your dreaming here with us, find the inspiration you need to get up off the couch and write that novel or lose that weight. With this issue, I salute the dreams within us all. Ideas that start with a seed blossom into the saplings and eventually become the mighty oak. We all start somewhere, and the best place to do so is here and now.

A handwritten signature in black ink, appearing to read 'Kim'. The signature is fluid and cursive, with a small dot above the 'i'.

kim jacobs, founder and editor



MENTAL
MESSAGES

VOLUME 2
ISSUE 1

*Mental Messages
is a life-affirming
collection of stories,
ideas, quotes, images
and resources that
awaken, inspire and
honor the unlimited
potential within us all.*

contents

inspirational quote 5

the power of a few words 6

Wendy Reizer shares her love
of quotes and inspirations

in praise of slowness 12

Carl Honore feels that below
the surface, there's been a
profound change within him.
He's shrugged off that constant
itch to accelerate and gotten
a lot more inner slowness now
than I ever thought he
would have.

power vs. force 20

This needs to be written

a time comes in your life 30

Awaken and look at the
world through a new set
of eyes.

oh, the places you'll go 36

A children's classic gets a
grown up outfit.

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The Power of A Few Good Words

WENDY REIZER



I love quotes. I've been collecting them forever. I write them down on scraps of paper and throw them into an arty box decorated with what else quotes.

Sometimes when I need a little pick me up or feel like I need some guidance from above, I'll say a quick prayer that the right words reach me, then shut my eyes, reach into the box, and pull out a quote. It almost always provides me with exactly what I need...exactly when I need it most. It could be a stress-relieving laugh, a gentle nudge of inspiration, or an all out kick in the ass. Sometimes it's simply the beauty of the words themselves a sublime reminder of the power of "inspired thinking." Or sometimes it's simply a gut feeling (usually accompanied by chills) that the words are a divine message meant just for me.

So how do I go about gathering my precious gems? More often than not, I consciously search for them in books (from Rumi to Oscar Wilde to Dr. Seuss), in music and movies, online and on Dixie cups. They're everywhere when your eyes are open. But sometimes, I swear, the quotes come looking for me.

Here's a perfect example: One snowy day, a couple of winters ago, I was sitting in front of my fireplace reading Oprah magazine when I turned the page and was literally stopped in my tracks by the riveting beauty of a black and white photo of famed choreographer and dancer Martha Graham. The photo was accompanied by a quote that, for me, was in no uncertain terms life changing. The great dancer believed in the limitless stream of creativity inside of you. She said:





*There is a vitality, a life force, an energy,
a quickening that is translated through you into action;
and because there is only one of you in all time,
this expression is unique. If you block it, it will never exist
through any other medium and it will be lost.
The world will not have it. You must keep that channel open.
It is not for you to determine how good it is, nor how valuable.
Nor how it compares with other expressions.
It is for you to keep it yours, clearly and directly.*

~ MARTHA GRAHAM

As a self-admitted perfectionist whose creative bursts are often squashed because I measure their worth against, well, the best in the world, this quote gave me permission to get out of my own way. It made me realize that as long as what you're expressing is honest, authentic and raw, it will reach and touch people. At least those it's meant to reach.

I'm happy to say that I'll be sharing my favorite quotes and the musings they inspire in upcoming issues. I'm looking forward to it. And you can be sure Martha's words of wisdom will be prominently displayed on my desk, reminding me to shut down the monkey mind and let the creativity flow. MM

{ PERMISSION GRANTED *to* GET OUT OF YOUR *own* WAY }
with STIPULATION:

be *honest*
authentic
and RAW

Wendy Reizer


Writer. Storyteller. Creator. Muse. Mom. Maven. Musician.
Yogi. Marketer. Curator of all things interesting. Lover of
ginger, macaroni and cheese, soft breezes, big TVs, laughter,
good books, movies, magazines, and POP culture.

photos by google images

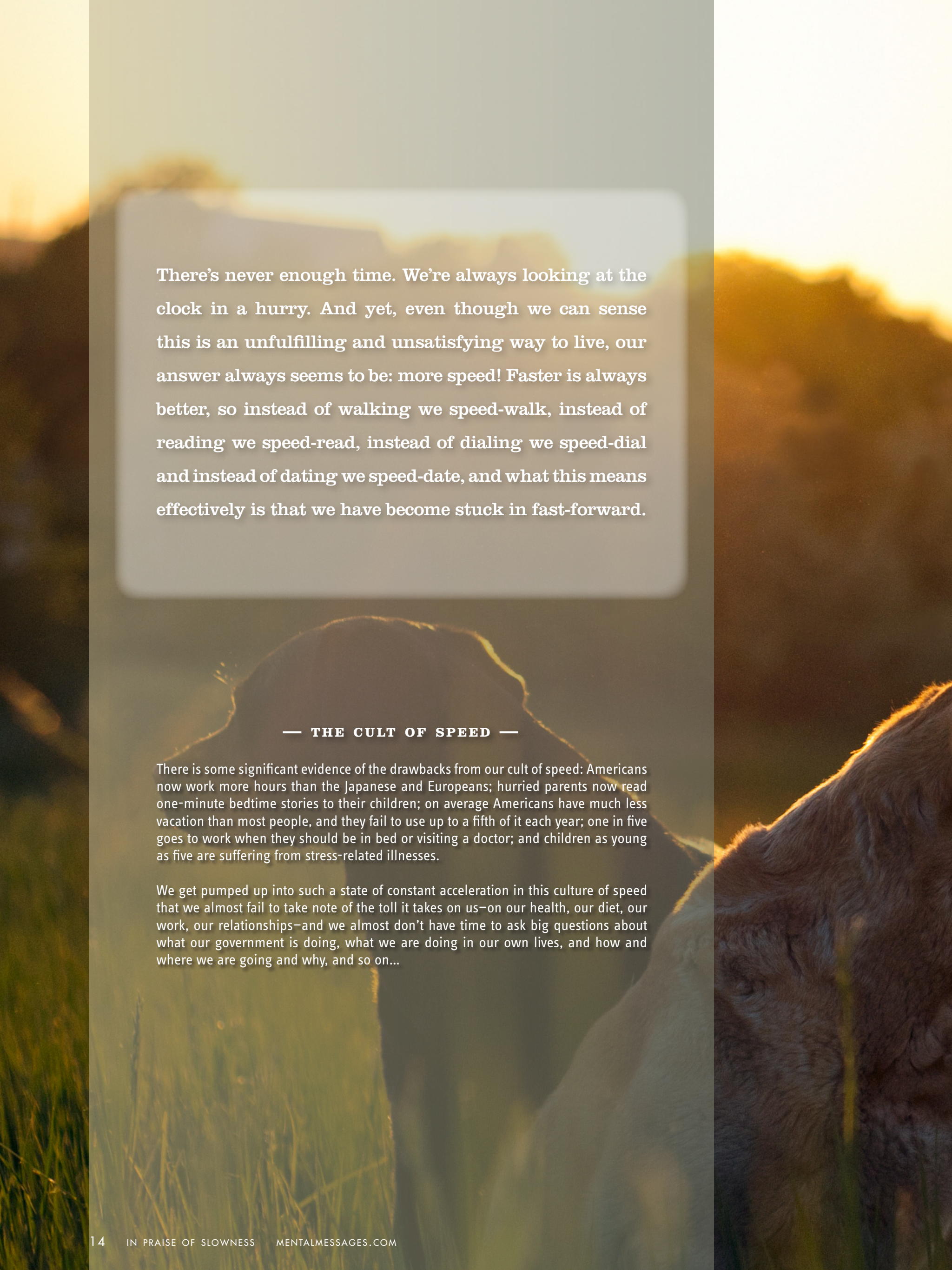
in praise of
slowness

Carl Honoré



A person's back is visible on the left side of the frame, with a single bright yellow dandelion flower resting on their right shoulder. The person is sitting in a field of tall green grass and several other dandelions. The background is a soft-focus landscape with a blue sky and a body of water. The text is overlaid on the right side of the image.

A century ago, a man by the name of John Gerdner coined the term “NewYork-itis” to describe a condition whose symptoms included: edginess, impulsiveness, impatience, aggressiveness and quick, fast movements. The tragedy is, a hundred years later, NewYork-itis has moved to become a worldwide epidemic.

The background of the page is a photograph of a sunset over a field. The sun is low on the horizon, creating a warm, golden glow. In the foreground, the back of a cow's head and neck is visible, silhouetted against the bright light. The overall mood is peaceful and contemplative.

There's never enough time. We're always looking at the clock in a hurry. And yet, even though we can sense this is an unfulfilling and unsatisfying way to live, our answer always seems to be: more speed! Faster is always better, so instead of walking we speed-walk, instead of reading we speed-read, instead of dialing we speed-dial and instead of dating we speed-date, and what this means effectively is that we have become stuck in fast-forward.

— THE CULT OF SPEED —

There is some significant evidence of the drawbacks from our cult of speed: Americans now work more hours than the Japanese and Europeans; hurried parents now read one-minute bedtime stories to their children; on average Americans have much less vacation than most people, and they fail to use up to a fifth of it each year; one in five goes to work when they should be in bed or visiting a doctor; and children as young as five are suffering from stress-related illnesses.

We get pumped up into such a state of constant acceleration in this culture of speed that we almost fail to take note of the toll it takes on us—on our health, our diet, our work, our relationships—and we almost don't have time to ask big questions about what our government is doing, what we are doing in our own lives, and how and where we are going and why, and so on...



— WAKE UP CALL —

But for many people, there comes a moment, a wake-up call, when they become aware in a moment often of painful clarity that their lives have become pointless and damaging—an unsatisfying race. And sometimes, that takes the form of an illness.

For me, the moment of truth came when I began reading bedtime stories to my young son. Children do not take kindly to being hurried. They have their own internal clock. They don't like being subject to adult schedules, pushed along. But that didn't really mean a whole lot to me at the time. So there I was whizzing my way through *The Cat In The Hat*, skipping a line here, a paragraph there, sometimes a whole page. I was aware that bedtime stories weren't as fun as I'd read they would be, but that didn't bother me because I was in my kind of speed tunnel.

But what brought it home to me was when I was in an airport in Rome, rushing around, dashing to get a flight. I was on my cell-phone, talking to an editor thousands of miles away, and I found myself at the back of a line at the checkout counter. I reached for a paper and I came across an article about how to save time for busy professionals, and one of the items was the one-minute bedtime story. My first reaction was Eureka! This is what I've been looking for. I found another way to accelerate the bedtime ritual. And then my next thought was, "Whoa, hang on!" Did I really say that, did I really think that?

And that was when I had my moment of clarity. That was when a light bulb went on in my head and I began to ask questions, to step back and look at the pace of my life. So I tucked away the newspaper, got on the plane and for the first time in living memory I didn't get out my laptop, I didn't read a magazine. I just sat there and I thought about my life, about how fast it was going. And when I got off the plane back in London, I decided that the time had come to slow down.

But first, how did we get so fast?

— A HISTORY OF SPEED —

Start with urbanization. Cities attract fast people, and then they make them faster, acting like giant particle accelerators. A second reason is consumerism, the desire to have more and pack more and more into every moment. Alecquis de Tocqueville, the French writer from the 1830's who wrote the famous *Democracy in America*, said of the shopping instinct, "He who has set his heart exclusively on the pursuit of worldly welfare is always in a hurry, for he has but a limited time at his disposal to reach, to grasp and to enjoy it."

The rise of consumerism is also related to technology. Since the beginning of the industrial era, we have developed machines that help us do things more quickly. But quickly, the tables get turned, because machines make us faster, and as a result we get into a kind of arms race with speed. We've got ourselves worked up into a state now where each new advance in technology makes things faster.

But if you look at the deeper question, and you cut through things like urbanization, consumerism and technology, you come to what might be the nub of the problem, which is our relationship with time. Eastern cultures—Chinese, Buddhist, Hindu—think of time as circular, cyclical, so things are always coming and going, whereas in the West we have this very functional, rigid notion that time is linear, flying remorselessly from points A to B. There is no sense of renewal and rebirth, and time is always draining away.

The idea that time is linear in the modern era is perhaps best crystallized in the famous aphorism by Benjamin Franklin "Time is money." And how do we look to make the most value for our time? By speeding up, by trying to do more and more with less and less time. But this doesn't have to be the case. In fact, there are an increasing number of people actively working to slow things down, people who are part of what is coming to be called the slowness movement.

A blurred photograph of two people walking away on a paved path through a misty, tree-lined park. The scene is captured from a low angle, looking down the path. The path is flanked by green grass and large trees with dense foliage. The overall atmosphere is soft and ethereal due to the mist or fog. The text "... actually, slower is faster ..." is overlaid in the center of the image.

... actually, slower is faster ...



— THE SLOW MOVEMENT —

The slowness movement is a catchall term that more and more people who are decelerating in different walks of life are using to describe what they are doing. In fact, slower is often better. The European union has imposed a 48 hour maximum workweek though Europeans were already working 350 hours less a year than Americans. And they're finding that productivity is up, and workers are happier.

But even within the long-hour-working culture in the United States, there are companies who are waking up to the idea that less is more when it comes to work. For example, SAS, based in North Carolina, offers much longer vacations than most American companies and a 35 hour workweek when the workload permits. This is intriguing because they are routinely voted one of the best companies to work for and at the same time they are one of the most profitable. Other companies offer massage and meditation rooms for workers, a time for them to walk away from their desks and recharge.

At Oracle in Tokyo, they built a meditation room and the staff were free to go in anytime they wanted. And they did—ten, fifteen minutes at a time they would go in and just meditate. And one of them said to me, “I tried it once...and then I tried it again and now I go everyday and it's counter-intuitive but actually slower is faster.” Now he is getting his work done faster. And it's taking him less time to do what he did before even though he's actually taking those fifteen minutes out in the morning and maybe ten in the afternoon to go and be slow. Many of the most vigorous figures in history—Napoleon, Kennedy, Rockefeller, Brahms, Churchill—were committed “nappers.” NASA recently discovered that a 20 minute nap did wonders for pilots' alertness and productivity.

In the workplace you see the same results: higher productivity, better morale, and happier people, because they feel less rushed. The same thing happens in medicine. Health care workers are now clawing back slowness to connect with patients rather than just treating them like a bag of symptoms. Medical colleges in the US and elsewhere are putting an emphasis on taking the time to listen to patients, and they are finding that this actually allows people to heal faster and better. There is also the influence of complementary and alternative medicine, which emphasize gentleness, slowness, and reconnecting body, mind and spirit.

Food is another victim of our speed culture. So many of our meals are pit-stops. So much of our food is processed, spewed out by an industrial food-chain so that it doesn't even taste like food anymore. “Slow-food,” which started in Italy in the late 1980's, is based on the very sensible principle that we should time with what we eat. It should be cooked, cultivated and consumed at a reasonable pace. “Slow-food” has 83,000 members around the world in 122 countries—16,000 are in the United States.

Sex is another example. We're just saturated with sexual imagery, which emphasizes sex without connection, without intimacy—making it just about reaching the finish line, so to speak. A recent survey found that 40 percent of women fall within the realm of sexual dissatisfaction or dysfunction, and I think a lot of that comes down to the fact that sex has been taken over by a kind of fast ethos. The rise in popularity of tantric sex, the kama sutra, erotic workshops, and so on, can be seen as a counter to this finish-line approach to sexuality.

We also hand the culture of speed down to our children, but this doesn't have to be the case. I remember an interesting story on a very swanky, private school in Scotland, where the principal abolished homework, which triggered a virtual mutiny among the parents. An assembly was hastily called and people stood up and waved their fists, saying, "What on earth are you doing? Our kids are going to fall behind." He silenced them with one line, "In the last school where I was principal, which was another high achieving fee-paying school, I abolished homework and kids' marks went up an average of 20 percent within a year." This underlines how productive and fulfilling slowing down can be. Children need unstructured time to develop their creative faculties, to learn how to interact with other children, to relax—in short, to be children.

So, despite the name, the "slow movement" can be summed up in one word—balance. It's about striking that middle point between fast and slow: going fast when it makes sense to be fast; going slow when it makes sense to be slow; and choosing the right speed, the right time for things. And what people find is that when they have room for slowness—that they've got a balance between fast and slow—they begin to develop a kind of "inner slowness," which allows them to do things quickly but without that fast feeling inside of anxiety, of hecticness.

There has always been a counter-current for slowness. If you go back in time you've got the Romantic Movement, which started in Europe and was in part a reaction against the hustle and bustle of the modern world. In the U.S., there were the transcendentalists. There were also unions lobbying for shorter workweeks, and then further into the twentieth century, there was the 1960's the counter-culture, which was so much about challenging the pace of life and considering the notion of slowing down.

So here we arrive at the early twenty-first century when speed, and the cult of speed, have reached fever pitch. But it seems to me on the other side of the fence that the yearning for slowness has reached a critical mass. And that's where we find ourselves now with the slow movement—more powerful, more pervasive, more broadly based, more promising, I think, than anything that has come forth before.





— “SLOWNESS CONVERT” —

I'd like to finish by talking about my own experience. I'm still in the media. I still live in London. On the surface, much of my life is very similar to what it was before. But below the surface, there's been a profound change. I've shrugged off that constant itch to accelerate. I've got a lot more inner slowness now than I ever thought I would have. And the colors of my life are more vivid. I enjoy things more. I'm a lot happier.

I meditate more and I also watch less TV. The average American watches four hours of TV a day. And yet when you talk to most people, they say, "I've got no time, I don't know where it goes." I think there might be a connection between the two phenomena. I don't want to demonize TV—there's a lot to be said for good television. But it seems that it can be a kind of "black-hole" of time and energy. It's so easy to come home at the end of the day and sit down on the sofa. Maybe you've got one program you genuinely do want to watch, but there you are three-and-a-half hours later, exhausted, unfulfilled, and maybe even a little sullied. But again, it's about balance, about moderation. I think four hours is probably too much for most people.

I'll conclude with a Hollywood ending:

I recently flew out of London where I live, and my son came down the stairs to say goodbye. He had stapled together a couple of pieces of paper and put on one of his special stickers to make me a card. He stuck it on the front of the book we've been reading and he wrote for Daddy.

"Benjamin," I said, "what is this for?"

"It's for being the best story reader in the world."

And I thought, "Yeah, this works." MM

Carl Honoré writes and speaks about the virtues of slowness. He lives in London with his wife and their two children.
www.carlhonore.com.

photos by istockphoto

power vs. **FORCE**

The Hidden Determinants of Human Behavior

David R. Hawkins, M.D.

a note from the editor:

Love, compassion, and forgiveness are profoundly empowering. On the other hand, revenge, judgementalism and condemnation make you go weak. The premise of David Hawkins book, Power Vs. Force, is that power [love, compassion, and forgiveness] makes us strong and force [revenge, judgementalism and condemnation] makes us weak. Regardless of moral righteousness, weak can't prevail against strong. Throughout history, individuals aligning themselves with powerful attractors have been great.

It was several years ago that The Classic Muscle Test was performed on me and to this day, I've never once forgotten its impact. If the human brain is a computer terminal and the body is an instrument providing information, we very much are what we think. And if the body recognizes effects from stimulus, we should be very conscious of everything we serve it. If we put good in, good is what we get out. If crap goes in, crap comes out. That being the case, when we allow angry thoughts, we can harbor hate, yet by putting in neutral feelings, we emit trust. The scale shows the levels of consciousness and if we are, in fact, what we think, with just a little effort, we can positively effect everyone we come in contact with, one small step at a time, and maybe, little by little, our small worlds will eventually become a much nicer place to live in. Give Hawkins book a whirl, you won't be the same after reading it.

Think of the human mind as a computer terminal connected to a giant database, the sum total of all consciousness. The process of accessing this database by utilizing the human body as the instrument to provide the information we are seeking, is "muscle testing" or "applied kinesiology."

In the 1960's, Dr. George Goodheart discovered that muscles instantly become weak when exposed to a harmful stimulus, and strong in the presence of a therapeutic substance. These effects are also achieved by emotional and mental issues as well.

The question must be direct and not open ended in order that the muscle not be confused by what is being asked. If the question or direction is sloppy or unfocused, the response will be confused. In regards to the outcome, strong means "yes", weak means "no."

The technique can be used by anyone, anywhere, at any time to validate information. We can discern in a moment the level of truth or empowerment to be had from a particular statement, concept or substance by muscle testing ourselves.



~ SIDE NOTE ~

The critical response point in the scale of consciousness [by means of Applied Kinesiology tests and analyses] calibrates at level 200, which is the level associated with integrity and courage. All attitudes, thoughts, feelings, associations, entities, or historical figures below that level of calibration make a person go weak - those that calibrate higher make subjects go strong. This is the balance point between weak and strong attractors, between negative and positive influence.

At the levels below 200 the primary impetus is personal survival, although at the very bottom of the scale - the zone of hopelessness and depression - even this motive is lacking. The higher levels of fear and anger are characterised by egocentric impulses arising from this drive for personal survival. At the level of pride, the survival motive may expand to comprehend the survival of others as well. As one crosses the demarcation between negative and positive influence into courage, the well being of others becomes increasingly important.

By the 500 level, the happiness of others emerges as the central motivating force. The high 500's are characterised by interest in spiritual awareness for both oneself and others, and by the 600's, the good of mankind and the search for enlightenment are the primary goals. From 700 to 1000 life is dedicated to the salvation of all humanity.

Muscle testing can provide reliable information about anything, as long as the tester or individual asks the right questions. What enhances our body, mind and soul makes us strong. Together our body, mind and soul create an environment that, when balanced, is strong and solid. If something enters that environment and challenges the balance, the environment is weakened. That strength or weakness can be discerned through the muscle-testing technique, a practice that isn't magic, but certainly can qualify as being of a "mystical" nature.

Building on the accumulated wisdom of applied kinesiology (diagnostic muscle-testing to determine the causes of allergies and ailments) and behavioral kinesiology (muscle-testing to determine emotional responses to stimuli), David R. Hawkins, M.D. has taken muscle-testing to the next level, in an effort to determine what makes people and systems strong, healthy, effective, and spiritually sound.

According to his book, **Power vs. Force, The Hidden Determinants of Human Behavior**, these replicable calibrations are the result of tests done on thousands of people. All energy levels below 200 tested 'weak' and are life draining. Above 200 are life supporting. At 200, Courage begins the climb to empowerment and higher awareness. At 310, Willingness the lower levels of consciousness are extinguished or no longer tolerated. At 500, Love one sees others as themselves, and this is the level of vibration that healing occurs. This scale is relative, as all of us have aspects of these behaviors at some time or another mixed together. What is important here is to look at how we are generally operating within this scale of possibilities. Refer to David Hawkins' book, **Power vs. Force**, Veritas Publishing, for complete information.

Levels of Consciousness

~ SCALE ~

Log	Level	Emotion	Process	Life-View	God-View
700-1000	<i>enlightenment</i>	<i>ineffable</i>	pure consciousness	is	self
600	<i>peace</i>	<i>bliss</i>	illumination	perfect	all-being
540	<i>joy</i>	<i>serenity</i>	transfiguration	complete	one
500	<i>love</i>	<i>reverence</i>	revelation	benign	loving
400	<i>reason</i>	<i>understanding</i>	abstraction	meaningful	wise
350	<i>acceptance</i>	<i>forgiveness</i>	transcendence	harmonious	merciful
310	<i>willingness</i>	<i>optimism</i>	intention	hopeful	inspiring
250	<i>neutrality</i>	<i>trust</i>	release	satisfactory	enabling
200	<i>courage</i>	<i>affirmation</i>	empowerment	feasible	permitting
175	<i>pride</i>	<i>scorn</i>	inflation	demanding	indifferent
150	<i>anger</i>	<i>hate</i>	aggression	antagonistic	vengeful
125	<i>desire</i>	<i>craving</i>	enslavement	disappointing	denying
100	<i>fear</i>	<i>anxiety</i>	withdrawal	frightening	punitive
75	<i>grief</i>	<i>regret</i>	despondency	tragic	disdainful
50	<i>apathy</i>	<i>despair</i>	abdication	hopeless	condemning
30	<i>guilt</i>	<i>blame</i>	destruction	evil	vindictive
20	<i>shame</i>	<i>humiliation</i>	elimination	miserable	despising

Synopsis of Each Level of Consciousness

What follows are the summaries of the calibrated levels of consciousness from Power vs. Force. The higher the number the stronger the life supporting value. Keep in mind we are all mixtures of these general feelings, but the less debilitating emotion we carry around within us the more functional, peaceful and joyous our lives become.

20

shame

An overt consequence of this level would be conscious suicide, a subtle consequence would be the failure to take steps to prolong life, take care of oneself. Pain of 'losing face', becoming discredited, or feeling like a 'non person'. In Shame, we hang our heads and slink away, wishing we were invisible. Banishment is a traditional accompaniment of shame, and in the primitive societies from which we all originate, banishment is equivalent to death. Early life experiences that lead to shame, such as sexual abuse, warp the personality for a lifetime unless these issues are addressed and resolved. Shame produces neurosis. Shame is used as a tool for cruelty (control), and it's victims in term may be cruel (control) to others. Some shame-based individuals compensate with perfectionism and rigidity, becoming driven and intolerant (the very extreme would be a vigilante group). Since it pulls down the whole level of personality, shame results in a vulnerability to other negative emotions, and therefore often produces false pride, anger and guilt. Either/or.

30

guilt

Commonly used in our society to manipulate and punish, and produces the whole gamut of symptoms of victimhood. Some suffer from it, others amorally deny it altogether. Guilt domination results in a preoccupation with 'sin', an unforgiving emotional attitude exploited by religious leaders, who use it for coercion and control. These 'sin and salvation' (your bad but can be saved) leaders act out their own guilt or project it onto others (you're 'sick', unhealed)

50

apathy

This level characterized by poverty, despair and hopelessness. Pathos is the theme of life. The victims of Apathy are needy and lack resources or energy to help themselves in some way. Apathy is the level of abandonment of hope, and few have the courage to really look in its face.

75

grief

Level of sadness, loss, and dependency. Most experience it for periods of time, but those who remain there live in constant regret and depression. Major losses early in life make one vulnerable to passive acceptance of grief, as though sorrow were the price, the cost of life. This level colors one's entire vision of existence. (Armored people are numb to their grief and never put themselves into similar vulnerability again!) There is a generalization from the particular, so that a loss of a loved one is equated with the loss of love itself. At this level, such emotional losses may trigger a serious depression or death. Grief still has more energy than Apathy, for once a patient begins to cry, we know they are getting better and will eat again.

100

fear

More life energy available at this level; fear of danger is healthy. Fear runs much of the world, spurring on endless activity. Fear of enemies, of old age, of death, of rejection, and a multitude of social fears are basic motivators in most people's lives. From this level, life looks hazardous, full of traps and threats. Fear is the favored tool for control by oppressive agencies, and insecurity is the major stock and trade of major manipulations of the marketplace. The media and advertising play to Fear to increase market shares. Once Fear is one's focus, it becomes obsessive and may take any form. It may balloon into paranoia or neurotic defensive structures and, because it is contagious, become a dominant social trend. Fear limits growth of the personality. Because it takes energy to rise above fear...the fearful seek strong leaders who appear to have conquered their own Fears to lead them out of its slavery. The fearful are vulnerable to the control and manipulation of charismatic leaders in religions and societies.

125

desire

At 125 there is yet more energy available. Desire motivates vast areas of human activity, including the economy. Advertisers play on desires to program us with needs linked to instinctual drives. Desire moves us to expend great effort to achieve goals or obtain rewards. The desire for money, prestige or power runs the lives of many of those who have risen about Fear as their predominant life motif.

Desire is also the level of addiction, wherein desire becomes a craving more important than life itself. The victim of Desire may actually be unaware of the basis of his motives. Some become addicted to the desire for attention and drive others away by their constant demands. Desire has to do with accumulation and greed. But Desire is insatiable because it is an ongoing energy field, so that satisfaction of one desire is merely replaced by unsatisfied desire for something else. Desire is a much higher state than apathy or grief, for in order to 'get' you have to first have the energy to 'want'. TV has had a major influence on oppressed people, creating 'wants' and energizing their desires to the degree they move out of Apathy. Desire can, therefore, become a springboard to yet higher levels of awareness.

150

anger

As anger stems from frustrated want; it is based on the energy field below it. Frustration results from exaggerating the importance of desires. The angry person may, like the frustrated infant, go into rage. Anger of this type has an erosive effect on all areas of a person's life.

175

pride

Pride has enough energy to run the US Marine Corps. It is the level aspired to by the majority of people today. People feel positive as they reach this level. This rise in self esteem is a balm to all the pain experienced at lower levels of consciousness. Pride is far enough removed from Shame, Guilt or Fear that to rise, let's say, out of the despair of the ghetto to the pride of being a Marine is an enormous jump. Pride is socially encouraged; yet as we see from the chart of levels of consciousness, it is sufficiently negative to remain below the critical level of 200. This is why Pride feels good only in contrast to the lower levels. Pride is defensive and vulnerable because it is dependent

on external conditions, without which it can suddenly revert to a lower level. The inflated ego is vulnerable to attack. Pride remains weak because it can be knocked off its pedestal into Shame, which is the threat that fires the fear of loss of pride. Pride is divisive and gives rise to factionalism; the consequences are costly. Man has habitually died for Pride: religion & political ideologies.

The downside of Pride is arrogance and denial. These block growth; in Pride, recovery from addictions is impossible because emotional problems or character defects are denied. Pride is a very sizable block to the acquisition of real power, which displaces Pride with true stature and prestige.

200

courage

200 is the critical line that distinguishes the positive (life supportive) and negative (life draining) influences of life. At the level of Courage an attainment of true power occurs; therefore, it is also the beginning of empowerment. This is the zone of exploration, accomplishment, fortitude and determination. At the lower levels the world is seen as hopeless, sad, frightening, or frustrating; but at the level of Courage, life is seen to be exciting, challenging and stimulating. Courage implies the willingness to try new things and deal with the vicissitudes of life. At this level of empowerment one is able to cope with and handle effectively the opportunities of life. Growth and education become attainable goals. There is the capacity to face fears or character defects and to grow despite them, and anxiety does not cripple endeavor as it would at lower stages of evolution. Obstacles which defeat people whose consciousness is below 200 act as stimulants to those who have evolved into the first level of true power.

People at this level put back into the world as much energy as they take; at lower levels populations as well as individuals drain energy from society without reciprocating. Because accomplishment results in positive feedback, self-reward and esteem become progressively self-reinforcing. This is where productivity begins. The collective level of consciousness of mankind remained at 190 for many centuries, and curiously, only jumped to its current level of 204 within the last decade.

250

neutrality

Energy is released from the positionality which typifies lower levels. Below 250 consciousness tends to see dichotomies and take on rigid positions, an impediment to a world which is complex and multifactoral rather than black and white. Taking such positions creates polarization, and polarization in turn creates opposition and division. As in the martial arts, a rigid position becomes a point of vulnerability; that which does not bend is liable to break. Rising above barriers or oppositions which dissipate one's energies, the Neutral condition allows for flexibility and non-judgmental, realistic appraisal of problems. To be Neutral means to be relatively unattached to outcomes, not getting one's way is no longer experienced as defeating, frightening or frustrating.

At the Neutral level a person can say, "Well, if I don't get this job, I'll get another." This is the beginning of inner confidence; sensing one's power, one is not easily intimidated. One is not driven to prove anything. The expectation that life, with its ups and downs, will be basically okay if one can roll with the punches is a 250 level.

People at Neutrality have a sense of well-being; the mark of this level is confident pability to live in the world. This is the level of safety. People at the Neutral level are easy to get along with, safe to be around and associate with, because they are not interested in conflict, competition or guilt. They are comfortable and basically undisturbed emotionally. This attitude is non-judgmental and does not lead to any need to control other people's behaviors. Correspondingly, because Neutral people value freedom, they are hard to control.

310

willingness

This is the gateway to higher levels. Growth is rapid here; these are people chosen for advancement. Willingness implies that one has overcome inner resistance to life and is committed to participation. Below the 200 level people tend to be close-minded, but by this level a great opening occurs. People become genuinely friendly, and social and economic success seems to follow automatically. They are not demeaned by service jobs or by starting at the bottom. They are helpful to others and contribute to the good of society. They are also willing to face inner issues and do not have major learning blocks. At this level self-esteem is high and is reinforced by positive feedback from society in the forms of recognition, appreciation and reward. Willingness is sympathetic and responsive to the needs of others. Willing people are builders and contributors to society. With their capacity to bounce back from adversity and learn from experience, they tend to become self-correcting. Having let go of Pride, they are willing to look at their defects and learn from others. They are easily trainable and represent a considerable source of power of society.

350

acceptance

At this level of awareness a major transformation takes place with the understanding that one is oneself the source and creator of the experience of one's life. Taking such responsibility is distinctive of this degree of evolution characterized by the capacity to live harmoniously with the forces of life. All people at levels below 200 tend to be powerless and see themselves as victims. This stems from the belief that the source of one's happiness or cause of one's problems is 'out there'. An enormous jump, taking back one's own power, is completed at this level with the realization that the source of happiness is within oneself. At this more evolved state, nothing 'out there' has the capacity to make one happy, and love is not something that is given or taken away by another, but is created from within.

Acceptance is not to be confused with passivity, which is a symptom of apathy. This form of acceptance allows engagement in life on life's own terms, without trying to make it conform to an agenda. With acceptance, there is emotional calm and perception is widened as denial is transcended. One now sees things without distortion or misinterpretation; the context of experience is expanded so that one is capable of 'seeing the whole picture'. Acceptance has to do essentially with balance, proportion and appropriateness.

The individual at the level of Acceptance is not interested in determining right or wrong, but instead is dedicated to resolving issues and finding out what to do about problems. Tough jobs do not cause discomfort or dismay. Long term goals take precedence over short term ones; self discipline and mastery are prominent. At the level of Acceptance we are not polarized by conflict or opposition; we see that other people have the same rights as we do and we honor equality. While lower levels are characterized by rigidity, at this level social plurality begins to emerge as a form of resolution of problems. There is an awareness that equality does not preclude diversity; Acceptance includes rather than rejects.

500

love

Love as depicted in the mass media is not what this level is about. What the world refers to as love is an intense emotionality combining physical attraction, possessiveness, control, addiction, and novelty. It is usually fluctuating, waxing and waning with varying conditions. This level is characterized by the development of a love which is unconditional, unchanging and permanent. Not dependent on external factors, loving is a state of being. It emanates from the heart, is not intellectual. It has the capacity to lift others and accomplish great feats because of its purity of motive. Reason deals with particulars, love deals with wholes, rising above the separation of positionality. It is then possible to be 'one with another' as there are no longer any barriers.

Love is therefore inclusive and expands the sense of self progressively. Love focuses on the goodness of life in all its expressions and augments that which is positive. It dissolves negativity by re-contextualizing it rather than attacking it. This is the level of true happiness. Although all viable religions calibrate at 400 or over, it is interesting to note that only .4% of the world's population ever reaches this level of evolution of consciousness.

540

joy

As love becomes more and more unconditional it begins to be experienced as inner Joy. Joy arises from within each moment of existence rather than from any outer source. 540 is also the level of healing and of healthy spiritually based self help groups. Characteristics of this level are: capacity for enormous patience and positive attitude, compassion, seeing is illuminated by the exquisite beauty and perfection of creation, seeing that everything is Divine and in the right place. Sense of responsibility to others at this level is a desire to use one's state of consciousness for the benefit all. Level 540 people have a notable effect on others; their prolonged gaze gives a sense of love and peace. The level of saints, healers, spiritual healers and advanced spiritual students.

600

peace

Rare. Transcendence, self-realization and God-consciousness. Distinction between subject and object disappears, and there is no special focal point of perception. Many at this level remove themselves from the world or become great in their respective fields and make major contributions to society.

700 - 1000

enlightenment

This level of consciousness includes the great ones of history who originated the spiritual patterns which the multitudes have followed. It is a level of powerful inspiration. There is no longer the experience of an individual personal self separate from others; rather, there is an identification of Self with Consciousness and Divinity. The transcendence of the ego also serves by example to teach others how this can eventually be accomplished. Great teachings uplift the masses and raise the level of awareness of all of humanity.

To have such vision is called grace. The self merges back into the Self. This is the level of non-duality, or complete Oneness. There is no localization of consciousness; awareness is everywhere equally present. Depicted in art, these individuals are shown with a specific hand position called mundra; the act of transmission of this energy field to the consciousness of all humanity. MM

Sir David R. Hawkins, M.D., Ph.D., is an internationally renowned psychiatrist, consciousness researcher, spiritual lecturer, and mystic. Author of more than eight books, including the best seller *Power vs. Force*, Dr. Hawkins's work has been translated into more than 17 languages.
www.veritaspub.com

The Way I See It #71

The minute you settle for less than you deserve, you get even less than you settled for.

-- **Maureen Dowd**
New York Times *columnist* and
author of Are Men Necessary?

This is the author's opinion, not necessarily that of Starbucks.
To read more or respond, go to www.starbucks.com/wayissee



a **TIME COMES** in your life

~ Virginia Marie Swift

when you finally get it...when in the midst of all your fears and insanity you stop dead in your tracks, and somewhere the voice inside your head cries out: **ENOUGH!** Enough fighting and crying or struggling to hold on. And, like a child quieting down after a blind tantrum, your sobs begin to subside, you shudder once or twice, you blink back your tears, and through a mantle of wet lashes you begin to look at the world through new eyes. This is your awakening.

You realize that it's time to stop hoping and waiting for something to change or for happiness, safety and security to come galloping over the next horizon.

You come to terms with the fact that he is not Prince Charming and she is not Cinderella and that in the real world there aren't always fairy tale endings (or beginnings for that matter), and that any guarantee of "happily ever after" must begin with you; and in the process a sense of serenity is born of acceptance.

You awaken to the fact that you are not perfect and that not everyone will always love, appreciate or approve of who or what you are...and that's OK. (They are entitled to their own views and opinions.) And you learn the importance of loving and championing yourself; and in the process a sense of newfound confidence is born of self-approval.

You stop complaining and blaming other people for the things they did to you (or didn't do for you) and you learn that the only thing you can really count on is the unexpected. You learn that people don't always say what they mean or mean what they say, and that not everyone will always be there for you; and that it's not always about you.

So, you learn to stand on your own, and to take care of yourself; and in the process a sense of safety and security is born of self-reliance.

You stop judging and pointing fingers...and you begin to accept people for who they are — not their family, their spouses or their ancestors; You begin to overlook shortcomings and human frailties; and in the process a sense of peace and contentment is born of forgiveness.

You realize that much of the way you view yourself and the world around you is as a result of all the messages and opinions that have been ingrained into your psyche; and that the expectations you project are often what you created.

You stop manufacturing excuses that it's "others" who miraculously stroll through life's fires unsinged. And embrace that those "others" now include you.

And you begin to sift through all that you've been fed about how you should behave, how you should look, and how much you should weigh; what you should wear and where you should shop, and what you should drive; how and where you should live, and what you should do for a living; who you should sleep with, who you should marry, and what you should expect of a marriage; the importance of having and raising children, or what you owe your parents.

You learn to open up to new worlds and different points of view. And you begin reassessing and redefining who you are and what you really stand for. You learn the difference between wanting and needing and you begin to discard the doctrines and values you've outgrown, or should never have bought into to begin with; and in the process you learn to go with your instincts.

You learn that it is truly in giving that we receive. And that there is power and glory in creating and contributing; and you stop maneuvering through life merely as a "consumer" looking for your next fix.

You learn that principles such as honesty and integrity are not the outdated ideals of a bygone era, but the mortar that holds together the foundation upon which you must build a life.

You learn that you don't know everything, it's not your job to save the world...and that you can't teach a pig to sing.


You learn to distinguish between guilt and responsibility, and the importance of setting boundaries, and learning to say NO. You learn that the only cross to bear is the one you choose to carry, and that martyrs get burned at the stake.

Then you learn about love. Romantic love and familial love. How to love, how much to give in love, when to stop giving, and when to walk away. You learn not to project your needs or your feelings onto a relationship. You learn that you will not be more beautiful, more intelligent, more lovable or important because of the man, or woman on your arm, or the child that bears your name. You learn to look at relationships as they really are, and not as you would have them be.

You stop trying to control people, situations and outcomes. You learn that just as people grow and change, so it is with love...and you learn that you don't have the right to demand love on your terms...just to make you happy. And, you learn that alone does not mean lonely. And you look in the mirror and come to terms with the fact that you will never be a size 5 or a perfect 10, never escape your receding hairline — and you stop trying to compete with the image inside your head and agonizing over how you "stack up."

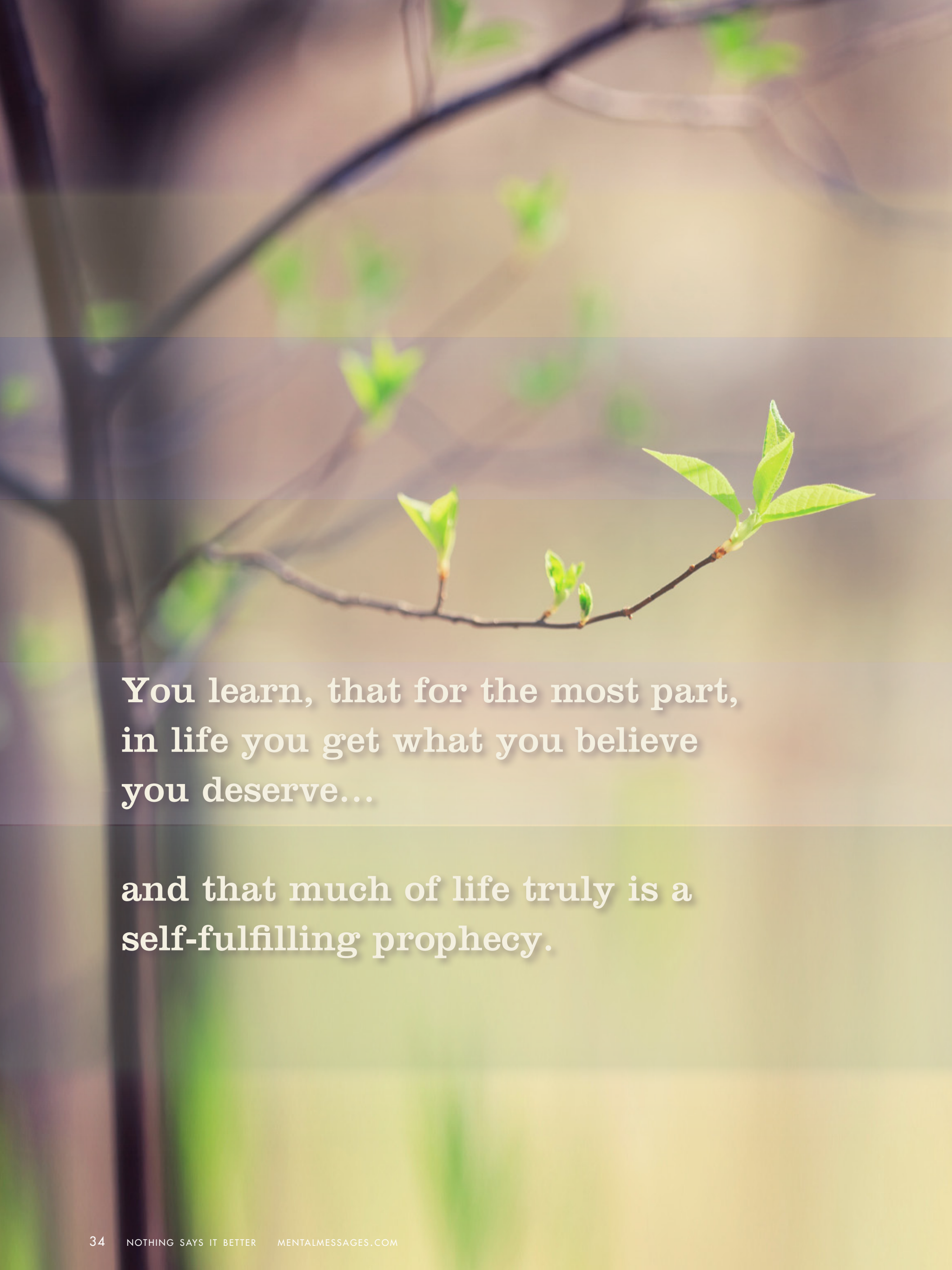
You also stop working so hard at putting your feelings aside, smoothing things over and ignoring your needs. You learn that feelings of entitlement are perfectly OK...and that it is your right to want things and to ask for the things that you want...and that sometimes it is necessary to make demands.

You come to the realization that you deserve to be treated with love, kindness, sensitivity and respect; and you won't settle for less. And, you allow only the hands of a lover who cherishes you to glorify you with his/her touch...and in the process you internalize the meaning of self-respect. And you learn that your body really is your temple, and you begin to care for it and treat it with respect. You begin eating a balanced diet, drinking more water and taking more time to exercise. You learn that fatigue diminishes the spirit and can create doubt and fear. So you take more time to rest. And, just as food fuels the body, laughter fuels our soul. So you take more time to laugh and play.



You learn to distinguish between guilt and responsibility, and the importance of setting boundaries, and learning to say NO.

You learn that the only cross to bear is the one you choose to carry, and that martyrs get burned at the stake.



**You learn, that for the most part,
in life you get what you believe
you deserve...**

**and that much of life truly is a
self-fulfilling prophecy.**

You learn that anything worth achieving is worth working for, and that wishing for something to happen is different from working toward making it happen. More importantly, you learn that in order to achieve success you need direction, discipline and perseverance. You also learn that no one can do it all alone, and that it's OK to risk asking for help.

You learn that the only thing you must truly fear is the great robber baron of all time. FEAR itself. You learn to step right into and through your fears because you know that whatever happens you can handle it, and to give in to fear is to give away the right to live life on your terms. And you learn to fight for quality of life and not to squander it living under a cloud of impending doom.

You learn that life isn't always fair, you don't always get what you think you deserve; and that sometimes bad things happen to unsuspecting, good people. On these occasions you learn not to personalize things.

You learn that God isn't punishing you or failing to answer our prayers. It's just life happening. And you learn to deal with evil in its most primal state — the ego. You learn that negative feelings such as anger, envy and resentment must be understood and redirected or they will suffocate the life out of you, and poison the universe that surrounds you.

You learn to admit when you are wrong and to building bridges instead of walls. You learn to be thankful and to take comfort in many of the simple things we take for granted, things that millions of people upon the earth can only dream about: a full refrigerator, clean running water, a soft warm bed, a long hot shower. Slowly, you begin to take responsibility for yourself by yourself; and you to make yourself a promise to never betray yourself and to never, ever, settle for less than your heart's desire.

And you hang a wind chime outside your window so you can listen to the wind. And you make it a point to keep smiling, to keep trusting, and to stay open to every wonderful possibility. Finally, with courage in your heart and with God by your side, you take a stand; you take a deep breath, and you begin to design the life you want to live as best as you can. Knowing it WILL BE the best. MM

This was originally sent to me by a friend who wanted to give it as a gift to her mom for the holidays. I love what it's about and wanted to share it. If any of you know how to get in touch with the author, please drop a line to shurngroup.com, as we'd love to give credit where credit is due. And to Virginia Marie Swift, the author we cannot find, thank you for your thoughts.

photos by istockphoto

the places you'll go

THEODOR
GEISEL

You have brains in your head.
You have feet in your shoes,



Congratulations! Today is your day. You're off to Great Places! You're off and away! You have brains in your head, you have feet in your shoes, you can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the guy who'll decide where to go. You'll look up and down streets, look 'em over with care. About some you will say, "I don't choose to go there." With your head full of brains and your shoes full of feet, you're too smart to go down any not-so-good street. And you may not find any you'll want to go down. In that case, of course, you'll head straight out of town. It's opener there in the wide open air. Out there things can happen and frequently do to people as brainy and footsy as you. And when things start to happen, don't worry. Don't stew. Just go right along. You'll start happening too.

you can steer yourself any direction you choose.

*OH! THE PLACES YOU'LL GO! You'll be on your way up!
You'll be seeing great sights! You'll join the high fliers who
soar to high heights. You won't lag behind, because you'll
have the speed. You'll pass the whole gang and you'll soon
take the lead. Wherever you fly, you'll be the best of the best.
Wherever you go, you will top all the rest. Except when you
don't because, sometimes, you won't.*

*I'm sorry to say so but, sadly, it's true and Hang-ups
can happen to you. You can get all hung up in a prickly
perch. And your gang will fly on. You'll be left in a Lurch.
You'll come down from the Lurch with an unpleasant
bump. And the chances are, then, that you'll be in a Slump.
And when you're in a Slump, you're not in for much fun.
Un-slumping yourself is not easily done.*

You won't lag behind,
because you'll have
the speed.

You'll pass the whole
gang and you'll soon
take the lead.

Wherever you fly,
you'll be the
best of the best.



Wherever you go, you
will top all the rest.

You can get so confused
that you'll start in to race down
long wiggled roads at a break-necking pace
and grind on for miles across
weirdish wild space, headed, I fear,
toward a most useless place.

You will come to a place where the streets are not marked. Some windows are lighted. But mostly they're darked. A place you could sprain both you elbow and chin! Do you dare to stay out? Do you dare to go in? How much can you lose? How much can you win?

And IF you go in, should you turn left or right...or right-and-three-quarters? Or, maybe, not quite? Or go around back and sneak in from behind? Simple it's not, I'm afraid you will find, for a mind-maker-upper to make up his mind.

You can get so confused that you'll start in to race down long wiggled roads at a break-necking pace and grind on for miles across weirdish wild space, headed, I fear, toward a most useless place. The Waiting Place...for people just waiting. Waiting for a train to go or a bus to come, or a plane to go or the mail to come, or the rain to go or the phone to ring, or the snow to snow or waiting around for a Yes or a No or waiting for their hair to grow. Everyone is just waiting. Waiting for the fish to bite or waiting for wind to fly a kite or waiting around for Friday night or waiting, perhaps, for their Uncle Jake or a pot to boil, or a Better Break or a sting of pearls, or a pair of pants or a wig with curls, or Another Chance.

Everyone is just waiting.



The Waiting Place...

NO! That's not for you! Somehow you'll escape all that waiting and staying. You'll find the bright places where Boom Bands are playing. With banner flip-flapping, once more you'll ride high! Ready for anything under the sky. Ready because you're that kind of a guy!

Oh, the places you'll go! There is fun to be done! There are points to be scored, there are games to be won. And the magical things you can do with that ball will make you the winning-est winner of all. Fame! You'll be famous as famous can be, with the whole wide world watching you win on TV.

Except when they don't. Because, sometimes, they won't. I'm afraid that some times you'll play lonely games too. Games you can't win 'cause you'll play against you. All Alone! Whether you like it or not, alone will be something you'll be quite a lot. And when you're alone, there's a very good chance you'll meet things that scare you right out of your pants. There are some, down the road between hither and yon, that can scare you so much you won't want to go on.

Oh, the places you'll go! There is fun to be done!

**There are points to be scored,
there are games to be won.**



And will you succeed? Yes! You will, indeed!

But on you will go though the weather be foul, on you will go though your enemies prowl, on you will go though the Hakken-Kraks howl. Onward up many a frightening creek, though your arms may get sore and your sneakers may leak. On and on you will hike and I know you'll hike far and face up to your problems whatever they are.

You'll get mixed up, of course, as you already know. You'll get mixed up with many strange birds as you go. So be sure when you step. Step with care and great tact and remember that Life's a Great Balancing Act. Just never forget to be dexterous and deft. And never mix up your right foot with your left. And will you succeed? Yes! You will, indeed! (98 and 3 / 4 percent guaranteed.)



98 and 3/4 percent GUARANTEED.

*KID, YOU'LL MOVE MOUNTAINS! So...be your name Buxbaum
or Bixby or Brayor Mordecai Ali Van Allen O'Shea, you're off to
Great Places! Today is your day! Your mountain is waiting.*

So...get on your way! MM

Theodor Seuss Geisel was an American writer, poet, and cartoonist most widely known for his children's books written under the pen names Dr. Seuss.

He published 46 children's books, which were often characterized by imaginative characters, rhyme, and frequent use of trisyllabic meter. He won the Lewis Carroll Shelf Award in 1958 for *Horton Hatches the Egg* and again in 1961 for *And to Think That I Saw It on Mulberry Street*.

Oh, the Places You'll Go was his last book published before his death. A popular gift for students graduating high school and college, the book concerns life and its challenges, selling up to 300,000 copies every year!

photos by google images

blueberries are *wonderful* antioxidants,
take Epsom salt baths *often*,
rinse with *freezing cold water* after you shower
and exfoliate to tighten *your* skin,
baby powder takes sand *off* a baby's bum,
use *lemon* in your wasabi before you add soy sauce,
use coconut oil *everywhere*, even your hair,
show up with *clean* feet,
wear *less* makeup,
show up *real*,
never stop being a student,
come from *love* and *gratitude*

about the founder



Kim Jacobs is a seasoned creative in branding and product development. With award winning work and world recognized products, she designed the Perry Ellis brand, created corporate communications for American Express and product promotions for Estee Lauder. Together with husband Jay, they co-founded a \$20 million international packaging firm selling to Macy's, Neiman Marcus and 70% of the leading US retailers, while creating an offshoot consumer brand selling to international markets. In 2000, Kim re-joined the ranks of the corporate America, creating award-winning campaigns for a Fortune 200 utility. In 2008, she took the leap and hung out her shingle as creative head and managing partner of Shurn Group, a boutique branding and marketing firm.

Currently, Kim's dedicating most of her time doing what she loves most, designing and creating "mental messages," the magazine and product line that inspires readers to go after their dreams, promoting wellness and quality of life.

www.mentalmessages.com

BEGINNINGS

The greatest achievement was
at first and for a time
a dream.

The oak sleeps in the acorn,
the bird waits in the egg,
and in the highest
vision of the soul
a waking angel stirs.

Dreams
are the seedlings
of realities.

JAMES ALLEN



thanks

without you, none of this would be possible:

apple imac 24" 3.06 GHz Intel Core 2 Duo
apple iPad

adobe acrobat CS 4
adobe illustrator CS 4
adobe photoshop CS 4
adobe inDesign CS 4

canon MP480

google images
istockphoto
the whirling dervish, you know who you are

and last but not least, for your endless support, j2