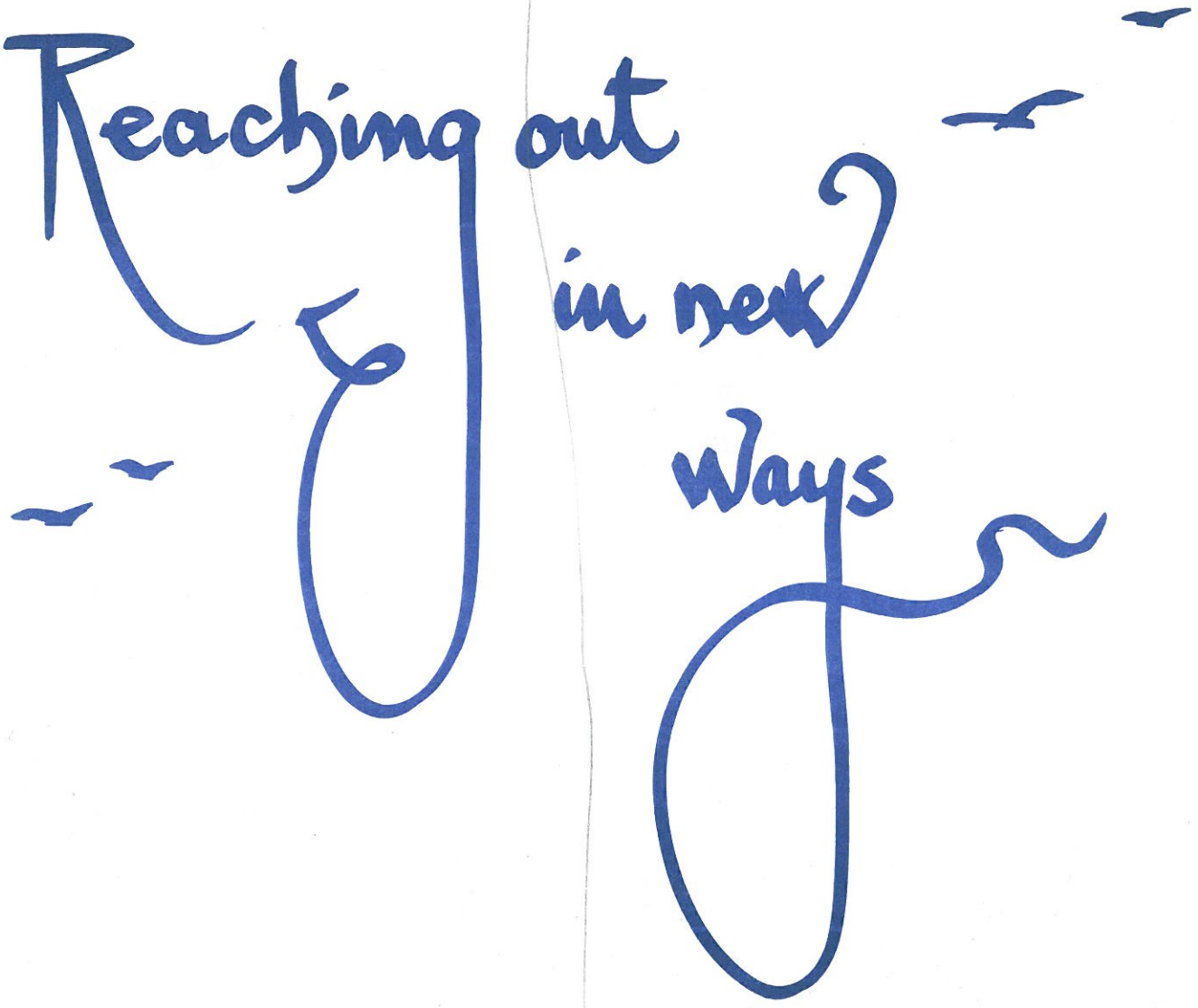
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- *To provide the best and most valuable information available in the sciences of human change to our readers*
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- *To be instrumental in the reinstitution of personal freedom*
  by offering tools whose use empowers anyone to become a master of their own destiny
- *To stimulate and expand minds*
  by presenting techniques that effect controversy, stretching, change and enlightenment
- *To be a bridge of rapport connecting the many different approaches to the pursuance of success, abundance, peace and joy.*

In our first issue (aptly named ACORN), we stated "We honor and respect that different strokes apply to different folks." This is a cornerstone of our philosophy. We respect different approaches and are excited that there is more than one road to enlightenment. As we continue to investigate other than familiar beliefs and truths in order to increase y/our capability for communication and change, we will look at results ("what works") as our criteria for success.

Perhaps, by moving from judgment of how others choose to express to acceptance of—even delight in!—differences, we can move beyond our present situations, beliefs and concepts to re-establish rapport throughout the planet.

Peace, RAPPORTER

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THIS 'N THAT!

"I know I'm listening when you hear what you're saying."

That's the incredibly wise answer I received in response to the question I recently asked my Self: "How do I know when I'm *really* listening?" And I posed that question as a result of experiencing not being listened to during a recent visit to a health professional. I left his office feeling "less than" — as if my very existence had been negated.

(Before I go any further, I'd like to define a couple of words I'll be using in this article. 1) "Men": those males and females who are operating only from the left-brain; 2) "Women": those males and females who are operating from both the left- and right-brain.)

So, after that visit, I started exploring . . . . I searched my life for times when I hadn't been listened to, looking for the pattern(s). And I searched for the times when I knew I had been listened to — again, seeking the pattern(s).

I noticed that, in my experience, men most often didn't listen and women most often did listen.

The following statements are gender-identifiable:

1) "You haven't heard a word I've said!"

2) "You never told me that!"

Can you guess which gender most often says 1) _____? 2) _____? (If you answered 1-women and 2-men, you're right!)

Why do most men usually stand or sit side-by-side when conversing, while women prefer facing one another? I've been told that facing someone "head on" is confrontational. I've been told that by men. And I'm wondering how it is they perceive this position as confrontational, since, as a woman, standing or sitting in front of someone is the natural way for me to communicate — heart-to-heart.

And, for years, I've wondered why salesmen are taught how to notice when a sale has been closed. It seems, from the emphasis put on this subject in both sales trainings and in article and books written about sales, to be a common problem — again, for men.

Some of the patterns I've noticed are:

1) Men appear to need to start at Point A and continue on to Point Z in a linear fashion to "make their point."

2) If I "get it" (the point of their communication) at, say, Point D, and give them feedback so they know I've "gotten it," that feedback is often ignored! It appears they need to complete their *thought* (linear process), regardless of whether or not they have already communicated that thought.

3) It appears that *completion* is the goal for men, not communication.

Why is it that men interrupt and/or "talk over" women **25 times more often** than women interrupt men?

Is it possible that men take their apparent world view — that life is competitive — into conversation/communication? What does the act of completing mean? That "the competition is over — that there is a winner and a loser?" Are they interested in exchanging and sharing ideas and feelings? Is their intent to expand their boundaries or is it protecting and maintaining those boundaries, no matter the cost? Is it possible that men are as territorial as all that?

How is it possible that women have conversations that last, literally, for years? Is it possible that women are more aware of the cycles of life? Of the never-endingness of life? Another meal to prepare, another bed to make, another full moon to be experienced, another orgasm to be enjoyed . . . .

I'm also wondering why those men who are involved with the newly emerging "men's movement" don't appear to be seeking expert advice from women on the subject of getting in touch with their feelings? Why is this movement so determined to be "men only?" It feels patently absurd to be making the claim that the purpose of this movement is to get in touch with and learn to relate to their female nature while, at the same time, excluding females! Is this paradox a necessary step that has to be taken before, finally, integrating the male and female natures?

And is it possible to really listen to another person while simultaneously having an internal conversation with one's self? Is it possible to listen with the heart?

Peace & Joy, Pam

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HUMAN DYNAMICS

by Tim Loebs

The question of "who and what are we?" is a question that seems to come to the forefront with many individuals around the ages of 35-40. At this point in our lives we have been nurtured, educated, are working, may have families and then, after all of that, we get to a point where we ask an additional question, "Is that all there is?"

Something seems to be missing and, for many people, dissatisfaction creeps in and a yearning for something more comes along. Many people are working in jobs they don't like, are involved in relationships that are not fulfilling and seem to be stuck in a daily rut or routine that brings the same old thing day after day, week after week and year after year.

The answers to these questions don't seem to come from the traditional sources of family, religion, philosophy and education. And oftentimes verbalizing this only results in being labeled a rebel, discontent, heretic or even much worse. Any deviation from the standard norm of how we *should* think, how we *should* feel and what we *should* want is not accepted. Being an independent thinker is considered as being wrong or bad or non-conformist. Wanting a deeper understanding or sense about life is not considered an acceptable quest.

However, this seeking to know and understand more about ourselves is, I believe, at the very core of our nature. Seeking identity and how it helps us to relate to each other and to the universe in general seems to be a part of each of us and our awareness of that seeking exists at some level, either conscious or unconscious.

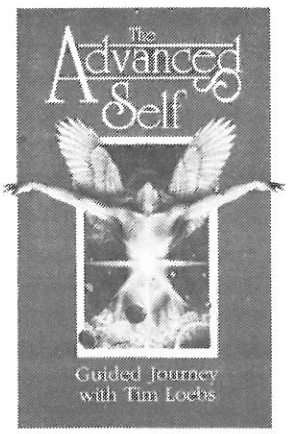
> "Once we have left
> knowledge behind us, we shall
> have knowledge of the real
> nature of things;
> thinking was the means;
> thinking is the barrier."

As I was beginning by quest/starting to walk down my "true Path," I learned many interesting things and opened myself to experiencing life in new and different ways. Up to that point, my experiencing of life was limited to my thinking about it. (Is it possible to experience something by thinking about it? Or do we avoid experiencing life by thinking about it? — *Ed.*) I was always in my head, rarely feeling (except when forced on me through significant events), just analyzing and looking for the rational logic in everything. So I would red and incorporate various ideas and disciplines that at least made some sense to me — but they were all fragmented pieces and I didn't really have anywhere to put them. I was wandering from place to place in my mind, knowing I was going somewhere but rarely, if ever, getting much of a glimpse of the destination.

It was at that time that a close friend of mine and nationally known psychic and trance medium, Elizabeth Baron, handed me the book, *Frogs into Princes*, and said, "Here, you need to read this." This was one of the first books published about neurolinguistic programming (NLP) and provided for me, at last, the first frame from which I could begin to really understand the aspect of myself which I call personality.

Since NLP is the study of subjective experience and since experience is subjective to each person, I was really excited. I could now explore my personality and experience in a way that would be free from labels and that what I saw, heard, felt, smelled or tasted was just that, my experience in the moment, subjective to me. And since NLP taught me to respect and meet other people at their models of the world and that communication begins with rapport and not conflict, I was able to integrate and expand my own personal experiences to

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levels I never before knew existed. Curiosity — instead of judgment and criticism (of self and others) — was now an important criteria for me.

In addition to all of that, I knew that there was an even larger frame, a spirituality, which I knew was there and that I would get glimpses of during meditation and prayer, but which I could not seem to grasp hold of or feel.

So as my quest continued, I knew that I wanted more and wanted to expand further the frame of understanding personality. However, this time I wanted, in addition to the thinking, both the heart and the spirit (not asking too much, but why not?). I was led to Hawaii where I found both. I met Tad James and, although not knowing it at the time, experienced a transformational experience during a training that changed the course of my life dramatically. I now had an even larger frame that was fully self-contained and expandable and in which I could finally put all of the fragmented pieces of my experience so that it all made sense. I was also given more than a glimpse of what I sought through prayer and meditation. Real evidence of what, for now, I'll just call energy.

After integrating that for a short time, I opened up a full-time private practice. I knew that if I could assist others in experiencing only a small part of what I'd experienced in Hawaii, it would make it all worthwhile. But I still wanted more (hopelessly addicted, you see!)

> "I know who God's wife is — it's Mother Nature! If God has nature in His hands, He must have very big hands."
>
> — Molly Stocking, 4-years-old

and, since budgeting concerns precluded further Hawaiian adventures, the universe provided more in the form of another book. This was *The Creation of Health* by Shealy and Myss (1988). This book filled in for me the final piece of how the personality and energy were interrelated. I had been given part of this by my friend, Ms. Baron, long ago, but you know how sometimes you're ready for something and other times you're not. She had given me a diagram of the human body showing the locations of the energy centers and to which parts of the body each was connected.

My understanding of what I call "Human Dynamics" — the who and what we are all about and the com-

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ponents that make up the equation — are as follows: the personality, the trinity and energy.

By personality I mean the interaction of the mind and the emotions, the heart and the mind, the thinking and the feeling, the left- and right-brain, the male and female aspects, our conscious mind. In addition, personality is the means and methods by which the conscious mind communicates with and gives direction to the workings of the unconscious (or subconscious) mind.

The personality is the smaller frame which operates within the larger frame of the trinity. The trinity can be thought of as in the Judeo-Christian tradition of the father, son and the holy spirit or, as in the Hawaiian science of Huna, the Higher Conscious Mind (the father), the Conscious Mind (the son or soul) and the Unconscious Mind (the holy spirit) (or the even more ancient trinity of Virgin-Mother-Crone — *Ed.*). The three-as-one concept.

Energy is that substance which permeates all things, all time and all space. It is the essence of creation and exists in all forms. It just is.

❐

In follow-up articles, I'll discuss further how these components effect the physical, emotional, mental and spiritual health and well-being of the individual.

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Editorial Comments

Tim's original manuscript did not contain the reference to the Virgin-Mother-Crone trinity and I initially felt excluded when I read the second-to-last paragraph. I phoned Tim and asked him why he had omitted any reference to the female- and/or male/female-based examples of the trinity. His answer was quite delightful — and informative — "I didn't know there were any" so I (with Tim's concurrence) inserted the Virgin-Mother-Crone reference. And for Tim and others who may not yet be aware of the matriafocal view of the world that predated the patriafocal view which so permeates Western culture, I offer the following:

"From the earliest ages, the concept of the Great Goddess was a trinity and the model for all subsequent trinities, female, male or mixed. Anatolian villages in the 7th millenium BC worshipped a Goddess in three aspects — as a young woman, a birth-giving matron, and an old woman." (Stone, Merlin. *When God Was A Woman*, p. 17. New York: Dial Press, 1976.)

Cumont says, "Oriental theologians developed the idea that the world forms a trinity; it is three in one and one in three." (Cumont, Franz. *Astrology and Religion Among the Greeks and Romans*, p. 69. New York: Dover Publications, 1960.)

The masculine scholar substitutes the neuter "world" for "Goddess," though they were in a sense

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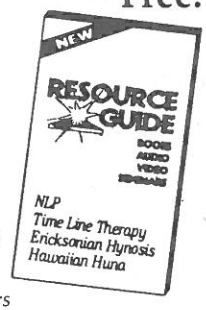
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synonymous. It was She who established the trinitarian form of Creator, Preserver and Destroyer. Even though Brahmans evolved a male trinity of Brahma, Vishnu and Shiva to play these parts, Tantric scriptures insisted that the Triple Goddess had created these three gods in the first place. (*see* de Riencourt, Amaury. *Sex and Power in History*, p. 167. New York: Dell Publishing Co., 1974.)

"Even in pre-Columbian Mexico the Virgin Goddess who gave birth to the Savior Quetzalcoatl was a trinity, one of 'three divine sisters.' Like the Semitic Mary, she was birth-giver, mother, and death-bringer all at once ..." (Campbell, Joseph. *The Masks of God: Primitive Mythology*, p. 458. New York: Viking Press. 1959.)

The Mother of the Greek gods was a trinity composed of Virgin Hebe, Mother Hera and Crone Hecate.

Bardic romances abound with manifestations of the Triple Goddess: Wayland the Smith married her, King Arthur went to Avalon with her, the triadic Guinevere was another version of her, Sir Marhaus (Mars) encountered her as the Three Damosels at their magic fountain.

The Middle East had many trinities, most originally female. As time went on, one or two members of the triad turned male. The usual pattern was Father-Mother-Son, the Son figure envisioned as a Savior.

Gnostic versions of the trinity followed the Father-Mother-Son patterns of the East, with the Holy Ghost recognized as a female Sophia, the Dove, worshipped as the Great Goddess in Constantinople and viewed by most Gnostics as the Shakti of God.

"The Christian God was originally modeled on Far-Eastern heaven-fathers such as Brahma and Dyaus Pitar, all of whom needed their female sources of 'Power'or else they could not act." (Zimmer, Heinrich. *Myths and Symbols in Indian Art and Civilization*, p. 25. Princeton, NJ: Princeton University Press, 1946.) Therefore, a female member of the triad was essential even to God.

The female trinity is still associated with marriage. "Breton wedding ceremonies celebrated the three phases of the bride's life, impersonating her first by a little girl, then by the mistress of the house, then by an old grandmother." (Crawley, Ernest. *The Mystic Rose*, vol. 2, p. 51. New York: Meridian Books Inc., 1960.) Modern weddings still retain the flower girl and the matron of honor but — significantly — the Crone figure has vanished.

August Comte nearly revived the female trinity in his vision of woman as mediator between man and the guiding moral spirit. Mother, wife and daughter were to represent man's unity with past, present and future; also with what Comte called the three altruistic instincts: veneration, attachment, benevolence. (*see* Smith, Homer. *Man and His Gods*, p. 401. Boston: Little, Brown & Co., 1952.)

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DECISION
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by Dr. Judith L. Powell

"I would like you to design a four bedroom home with one bath . . ."

"Don't you think that we should incorporate at least 2-1/2 baths for that many bedrooms?" interjects the architect.

"Oops! You're right. Thanks for the helpful tip," I say. "I'd be in a heck of a mess finding this out AFTER the house was built!"

HEY, STOP RIGHT THERE!

"What does building a home have to do with your initial and future destiny?" you may ask. Well, let's look at the above scenario from a spiritual aspect. Let's go back to our "prebirth cloud-home."

"I think that I would like to be a female this time around. With a body that won't quit! (You know how important health and exercise are to me.)"

"Don't you think we should incorporate brains to go along with that fantastic 'bod'?" interjects my angel, Kutamayra.

"Oh, yes you're right. Thanks for reminding me," I say. "I'd be pretty hard put without wisdom to get all my goals accomplished if people didn't take me seriously."

"What nationality should I be . . . . what race?" I ask.

"You can decide that a little later after we get the main pattern designed integrating your SOUL MATRIX with DESTINY. Now, which talents do you wish to be your mainstay . . . . and which talents do you desire to be heightened?" guides Kutamayra.

. . . . NOW, are you REMEMBERING how it was for you and your angel?

We design our destiny, just as we design a house, BEFORE it is built. (We actually come with instructions!) With the aid of our male and female angels (our higher selves) we build what I term our "Soul Matrix."

Soul Matrix is the exact template of all our accumulated knowledge and wisdom (not just information) from our many lifetimes of inner and outer experience. In order to reach the Soul Matrix level, experience must be fully integrated into our thoughts AND actions so that it becomes automatic, a part of ourselves. It is what we would term "natural talent" (action). And when we say, "I guess I always thought this way" (thought).

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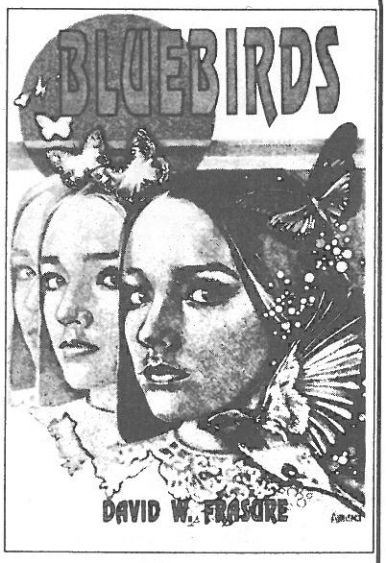
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Isn't destiny a perchance happening? I think not! The world is too intricate to believe that five billion living souls could be left to chance. Let's take the tapestry metaphor. Fate (the overseer of all the angels) has the tapestry woven in a mobile, semi-permanent fashion. Each angel-pair brings to Fate one thread per soul. Fate then weaves them into the complete picture in her tapestry. All of our threads are interwoven with each other. By roundabout ways, we truly are interrelated. Most times our threads crisscross each other in an intricate yet beautiful pattern. And sometimes the threads can become tangled . . . . when we are led astray . . . . when we don't listen to our inner voice . . . . when we don't accomplish a particular destiny at the most opportune time. We may become entangled in the threads of someone else's destiny.

"Well, if everything is going to happen without my thinking about it, why bother living?" you question. That's reasonable to ask, but not altogether correct.

We must ask, "What is destiny, anyway? Is destiny singular or plural?" Now we are at the heart of the matter. Destiny is plural! We have several destinies (goals) that we can accomplish in one lifetime. They are all predetermined — by our choice — before we are born. It is up to us . . . . through our daily DECISIONS . . . . which ones or all of our goals we actually accomplish. You see, destiny does not mean that every nitty-gritty detail of your life is mapped out. Your goals are your tendencies toward greatness. How you get there is up to you — and that's where the LIVING of your LIFE comes into play.

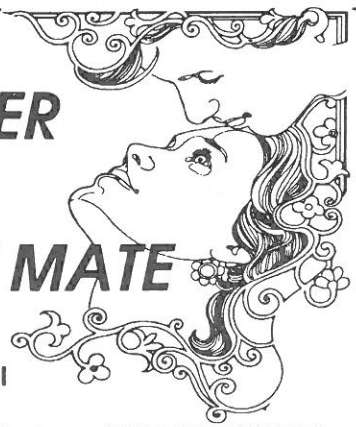
Destiny is fulfilled quite easily when we are at the right place, at the right time, WITH the right frame of mind. Having the right Soul Matrix for that particular job.

"What about all those living souls who do not think? Do not set goals!" you fret. There is, I believe, what I term a "failsafe destiny." That is, if a soul forgets the goals they had set . . . . and does not call upon their angels for assistance . . . . then there is at least one destiny that will be accomplished. This automatic destiny would then be determined by Fate, to weave as she chooses, to help another soul fulfill their destiny. So you see, we are all good for something!!!

But you say you've changed your mind . . . . you want to accomplish something more or something else! Until next time — hang on to your thread and you will learn how you can be the dreamweaver!!!

❐

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DISCOVER YOUR PERFECT MATE

By Dr. Judith L. Powell

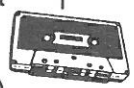
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Dancing With Opposites — The Circle Of Completion

by Ragini Elizabeth Michaels

". . . To set up what you like against what you dislike is the dis-ease of the mind . . ."

Sengsten
3rd Zen Patriarch

I remember standing in the park, surrounded by the sights and smells of Fall, watching this little stream I had christened "Drunken Brook" bubbling and babbling on by. I was vividly aware of the earth beneath my feet and awe-struck by the recognition that no one would ever again, in the whole of time, stand on this spot of earth at this exact moment. I knew that as soon as I moved, it would be over, never to be repeated again. I was thirteen and it was quite a magical experience.

Many months later, I remember just sitting, enjoying an awareness of the mystery around Winter's giving birth to Spring. As I watched the garden's roses beginning to bud, I began to wonder how they could be so calm with the presence of so many thorns on their stems. It seemed a strange thought even then. Much later, however, it was clear the moment of recognition that thorns and roses calmly exist together was a bit of my future understandings already beginning to emerge.

Many years down the road, I was eating breakfast with a friend, for probably the hundredth time, when he commented how repetitious life could be. That comment caused me to begin noticing many things — how the sun rises and sets each day — how the tide comes in and the tide goes out twice a day — how the seasons continue to shift, every year the same process, summer-fall-winter-spring — how the body requires that we eat and sleep each day. I began to realize that these seemingly unimportant repetitions were demonstrating *patterns of change* that could teach me something important about how to live. What you will read here is what has arisen from exploring these experiences and these patterns.

Facticity is the discovering of certain undeniable and unalterable patterns of life and their usefulness to us in creating more joyful, loving, creative and responsive experiences of living.

The most basic pattern all of us experience is change — that constant flow of life shifting and moving always, never static or still for more than moments in time. Even modern physics indicates the most seemingly solid substance is, in fact, in constant motion at the molecular level.

More outside our awareness is another basic pattern woven *inside* the flow of change. That pattern is being called the Facticity of Opposites. This pattern is the repeated manifestation of life taking shape through one form of expression and the change of that expression into what appears to *the mind* to be the exact opposite — day into night, wet into dry, right into left, hot into cold.

The Facticity of Opposites is a pattern so pervasive and so basic to our life experience that most of us overlook it completely as anything relevant to being alive.

Everything on the physical, mental and emotional levels of reality does seem to have a dual nature. We all experience both good and bad, beautiful and ugly, happy and sad, ups and downs. I began to wonder if this presence of Opposites (duality) truly was a "facticity" of life (an unalterable and undeniable reality). And if so, was there a way to relate more harmoniously to the presence of these Opposites in motion, rather than continuing to set up what I liked against what I disliked and constantly being in battle?



the beauty and the beast

At some *experiential* level, we all know that Opposites exist and we have lots of experiences to support that knowing. Even as you read these words, you can notice their blackness because of the white background. You can verify the flow of Opposites in the experience of your breath coming in and then going out, your belly coming up and going down with each breathing cycle. You may even be aware of the eyes' need to keep moving and to blink or close in order to stay open and focused.

All of us have ideas and beliefs about how to live a happy life. For almost everyone of us, these include a basic unconscious belief that we need to get rid of the dark side of our human nature. If we can just get rid of the pain, get rid of the pressure, get rid of the argument, get rid of anything that is basically unpleasant, then . . . . we'll find lasting happiness, peace or love. We seem to forget that spring only arises out of the winter, and the beauty of the stars can only be seen because of the night's darkness.

Even though our experience indicates these ideas and beliefs may not be accurate, most of our *behaviors* still reflect the desire to avoid anything unpleasant and to hold on to anything pleasant. No matter what we may say, we still want to stamp out the unpleasantness, put aside the pain, throw the difficulties out of the house and get the discomfort out of life once and for all.

Many of us greatly dedicated to awakening, personal growth and spiritual evolution report conscious insights and understandings aren't necessarily producing effortless change in our behaviors, or creating the absence of our dark side. In fact, the continued presence of the "unwanted" thoughts and feelings can make us feel even worse, resulting in comments like, "I'll never be able to do this — I'm obviously not good enough — I'm not strong enough — I'm not dedicated enough — I'm not aware enough — I'm not worthy."

It seems reasonable to stop, take a minute, and ask, "Are my efforts to wipe out the darkness and the discomfort bringing me freedom from their presence in my life? Is there something wrong with me, or is the assumption that this is the way to happiness somehow inaccurate? Is there some other factor at work of which I'm unaware?"

Could it be our current way of traveling toward that desired place without pain is somehow leading us astray? The ways we've been taught to relate to the dark side of our human nature aren't generally producing the desired results.

No matter how much pleasure and happiness we create, the facticities of change and the movement of life from one position toward its opposite keeps unpleasantness returning; and with it, unhappiness and frustration. The difficulty is not so much the presence of Opposites as the way we relate to these Opposites.

Our existing beliefs put us in a very confining position because we constantly have to deny half of what it means to experience being human.

We have learned to divide ourselves into the good half — "everything about me I've been told is acceptable and right is over here" — and the other half — "everything I shouldn't be is over there." This causes us to go through life with our good side forward and our bad side back, engaged in a constant battle to either keep the bad side back where it belongs, or get rid of it altogether.



good side / bad side

There is nothing innately wrong in this approach, but it does make walking rather difficult — and the possibility of any gracefulness, ease or comfort remains small. What's more, it doesn't seem to work. The facticity of change forces the eventual demise of any particular experience — pleasant or unpleasant. So no matter how hard we try to keep our good side forward, the time will come when the other side will step out from behind and shift to front position.

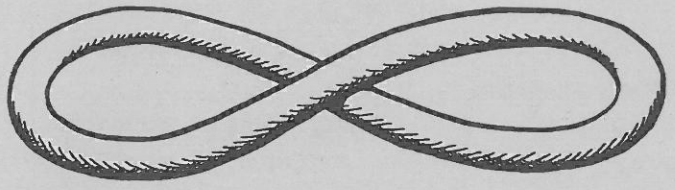
Self-acceptance is a major key to healing and health. With this awareness, it clearly becomes useful to accept both our good and our bad, our desired and our undesired. Yet, even with this mental recognition, we can still feel distress when parts of us we don't like take center stage.

This distress reveals the continued presence of an unconscious belief or expectation that the dark side of our human nature and all of its manifestations will eventually disappear.

With Facticity, we explore the hypothesis that when the unconscious mind agrees it is alright to accept our dark side, and all its manifestations, we will be able to fully relax and move harmoniously with life. For example, we can learn to relate to our anger as if it is like a storm blowing in, arising out of nowhere, or simply the result of certain incompatible patterns interacting, or like the necessary eruption of a volcano seeking to release building pressures of the earth in order to restore its balance. With a new perception, we can accept the anger, take care not to be destroyed by it, and allow it to pass, enjoying its dark beauty while we relax and await the return of the calm.

By understanding this basic pattern of life's flow, we can learn to relax and allow, without resistance, that dance of Opposites resulting in circles of completion again and again. And with this shift comes new levels of perception and new avenues of creative expression.

The traditional Infinity Symbol demonstrates this flow.



infinity

Perhaps you haven't noticed yet how the sun simply allows itself to sink and relax into the twilight . . .

how the day allows its brightness to disappear, as it accepts the invitation to rest in the quiet, dark womb of night . . .

allowing night to emerge in its own time, revealing its own light, twinkling in the beauty of the stars . . .

dancing in the moon beams falling . . .

and when the night is spent, the day . . .

sensing the time for a new beginning to begin . . .

slowly wakes to stretch itself across the skies with a vast celebration of color . . .

night allowing itself to dissolve . . .

resting hidden for awhile in the shade and shadows of the day . . .

inviting a circle of completion to complete . . .

as the dance of opposites goes on . . .

beckoning you to join the dance and learn to relax now . . .

discovering life's movement and rhythm . . .

circling to completion again and again . . .

❐

From the soon-to-be-released book, *Facticity — A Door to Mental Health and Beyond*

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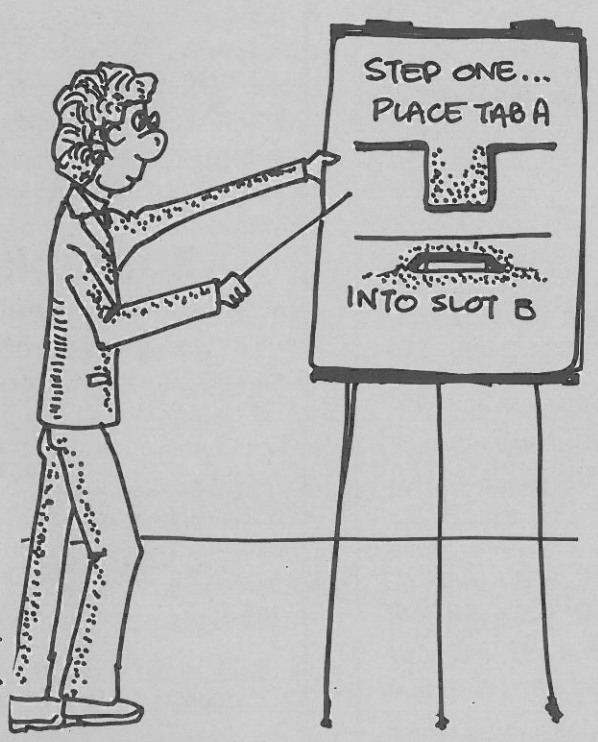
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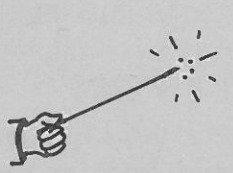
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REVIEWS

AS YOU THINKETH

Revised and Updated by Dr. Tag Powell

A classic for year-round inspiration, this little giant of a book could have been called by many titles: *The Handbook for Higher Living,* for it holds some of the true answers for the enjoyment of life and successful living; *The Book of Vibrant Health,* for it gives you the true cause of good health, and how to obtain it; *The Book of Instant Enlightenment,* for it explains the real Laws of the Universe and the secrets of how to make these Laws work for you — now.

You might even call this work, *The Book of Answers,* for it covers everything from how to take off weight to reaching the top of the achievement ladder; how to overcome circumstances to increasing your visions and ideals. Apply the techniques of this book and they will change your life for the better.

As You Thinketh has been revised — using easy-to-read, modern-day language — by one of the nation's top human potential trainers, Dr. Tag Powell. Removing sexist expressions like "As a man thinketh" and changing it to "As you thinketh" has made this already great literary work exceptional and will be enjoyed by everyone. You may purchase this book to give as a gift, as well as keep a copy for yourself.

You will read this book in about half an hour, and you will use its dynamic thoughts for the rest of your life. Time spent enjoying *As You Thinketh* is an investment in your future. "It will be the first half hour of the BEST of your life".

> *As You Thinketh* has been updated and revised by Dr. Tag Powell. "People do not attract that which they want, but that which they are." This is the James Allen classic in motivational thinking published originally nearly half a century ago. The language updated by Powell brings brief, invaluable promptings toward a healthier life. Control your thoughts, contact your serenity. "You can rise, conquer and achieve only by lifting your thoughts." Only 104 pages, studded with imaginative illustrations that capture the essence of Allen's teachings, this is a fine re-issue of a seminal work of inspired guidance.
>
> *The Book Reader*
> (An independent review of new books)

Top of the Mountain Publishing, Largo, Florida

BLUEBIRDS

by David W. Frasure

Bluebirds has been called a basic primer to the mysteries of life. The "teachings" in this book have helped thousands to enjoy a better quality of life, while guiding them on the highway to a better understanding of themselves.

Many have said that *Bluebirds* awakened a special knowledge, deep within, of which they were not consciously aware.

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Bluebirds is unique — you will read it again and again, each time finding new meaning and understanding of the mysteries of life.

This special edition has a brief biography of the author and several pages added to the back for personal thoughts.

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May your life be full of *Bluebirds.*

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Top of the Mountain Publishing, Largo, Florida

❐

Transference: reproduction of emotions, esp. those experienced in childhood, toward a person other than the one toward whom they were initially experienced.

Countertransference: transference on the part of the analyst of the repressed feelings aroused by the analysand.

Random House Dictionary of the English Language, The Unabridged Version

by Deborah Pike

Once more I am exploring a world that is unfamiliar territory to me: writing of the world of emotions . . . . feelings that I as a child I was taught to repress. Emotions were to be "done" behind closed doors or, at least, all of those that were considered to be "negative" . . . . and those that were "positive" were to be expressed — never explored — quietly. Joy (which there seemed to be little of) was done in a fashion according to one's social status . . . . one was to be genteel and ladylike when one was "having" an emotion. That is what it was for my parents, "having" the emotion, not experiencing it. Soon I came to be very adroit at doing emotions from my head . . . . leaving the residue of the emotion remaining somewhere in my body, as I never gave it the full expression which would have created the release by moving it through my body.

I'm working with a bodyworker these days. As he "gentles" my body with his hands, pockets of emotion are touched and remembered. The emotions of the particular pocket begin to bubble . . . . set in motion once again . . . . looking for expression. Some are "seemingly" from long ago . . . . other lifetimes perhaps . . . . others are from this time. It's curious to me that often the area being touched "sets off" a memory in a part of my body other than that being worked on. Is it that the neural networks send out the message to another space where the "healing" is needed? Without an educated knowledge of the workings of my body, I will accept that this presupposition is true for me at the moment.

As I write, I realize that I continue to "scatter." Is even writing about emotions scary for me? Yet I want to sort this out, as the question of transference and how it processes feels important to me.



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Again to the pocket of emotions . . . . it amazes (fascinates) me that even the softest of touches creates the space for opening . . . . for allowing the bubbles to come to the surface. Perhaps it is because I feel so very safe here. Is it that we are co-creating the safe space because of our trusting the "inner knowingness" of our individual and each other's integrity, wholeness, and the knowing of the larger integrity that envelops us and the work that we are co-creating? And as the trust and the "knowingness" is implicit in each, so it is there.

As the space is "gentled" . . . . as the bubbles rise . . . . I come to a point of choice. Will I follow the different paths that they create, exploring the feelings that are contained within . . . . or not? Will I feel safe enough to give voice to these emotions? I feel as though I am dancing on the razor's edge, yet I know that because you maintain the integrity of the space within which I (we) are working, I can follow the bubbles. What will I do with the anger that is most "appropriately" directed toward my father which, until this moment, has not had its expression? Or the sadness around my mother? Will I transfer these emotions onto you? Perhaps for a brief moment they will find their release this way. If together we believe in process, then the transfer will, perhaps, only last for the briefest of moments . . . . the bubble will have been released.

What is this issue of transference/countertransference? In our fear of its process, are we denying our "human-ness?" In the setting of professional/client relationships, is it that the facilitator fears losing "control" of the situation that is playing itself out within the client and/or between the client and the facilitator or within the facilitator? Are we not here to co-create . . . . to work as equals? Perhaps we place too muich emphasis on the need for the facilitator to posture themselves in a manner of one above human emotions and feelings. How is it to empower the client by working as an equal?

Perhaps I will ask you to play the role of the chameleon or shape shifter. You may, in one session, be father, mother, sister, brother, child, lover. Is it the ego that will set the boundaries of our relating?

I find the space within my heart to ask what it is that all this means. I seem to be dancing with the intellectual information. Now, my heart. Transference. For me, it does not feel like an issue of the soul . . . . for, in fact, we are one. Is it the perceived need to be separate? To find a means of being in control of the situation at all times? I've come to you looking for that safe space within which to express my inner feelings which come of themselves as my body is touched. I do not come seeking control . . . . for I have already mastered that. I come seeking release . . . . from the bodily tensions that may, in part, have been created through my denial of expressing my emotions. I come seeking safe spaces within which to work . . . . so that whatever may be processing through has room for expression.

Countertransference: It is through your willingness to express your "human-ness," your emotions, that my awareness of my own emotions may begin? I may realize that in ways we are similar . . . . that I can allow myself to stop comparing my "insides" to your "outsides" . . . . that I no longer make myself "wrong" because I cannot equal inside what I perceive to be your perfection outside. In your sharing of your experiences, I feel supported and encouraged to share mine.

Perhaps we begin our dance ego to ego and, in our continued sharing, relate soul to soul. May we continue to experience and explore our "human-ness" within ourselves and each other. May the healing begin with us, knowing that it is never just about two. And may I continue to dance with all those who enter my life in this same fashion.

(To Jack Dobeck, for continually supporting me to share my voice . . . . Thank you for your gentle touch.)

❐

Anger

Now about anger. The same semantic acrobats who are trying to soften and sweeten warriorhood are all aflutter over anger. "Oh, what can I do with my anger?" What a morally limp question! ***Anger is energetic disapproval.*** (Emphasis added — *Ed.*) That is it. Anger is not a tantrum, nor is it sublimated fear, cruelty, envy, frustration, competition or discipline. Anger is innocence invaded, beauty ravished, truth scorned, reality denied, weakness bullied. Possibly you have never been angry. Maybe you have only lost your temper, or felt affronted, or have been denied a desire. Do not confuse that with the wrath of a protector. Anger is not triggered, it is inspired.

— Ambrose Hollingworth Redmoon

"No Peaceful Warriors!"
Gnosis (p 40) No. 21, Fall 1991

The Care and Feeding of the Wild Pendulum — Part I

by Dr. Tag Powell

Along with the wand or staff, the pendulum is one of the oldest metaphysical tools. It is a psychic instrument that has been proven effective for thousands of years.

The study of a swinging object has long been a favorite throughout history. The Pendulum has been the subject of much scientific research, and has been used in many areas as varied as the control mechanism for a clock, to recording the rotation of the earth.

Here we will assist you to learn to use your inner contact through the pendulum to assist you in decision making in business and personal relationships. We know of several successful businesses that use this instrument in making decisions. They first weigh the facts; often there are not enough facts to make a clear decision. Their next step is the pendulum.

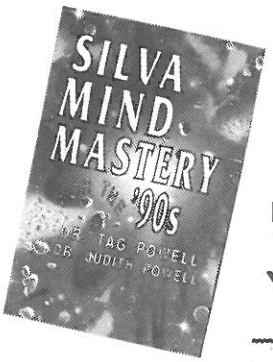
This article is part one of an eight-part series in which you learn how to choose, create and use a pendulum. You will be able to use your personal device to find lost objects, pick a lottery number, dowse a map and much more.

The pendulum has been successfully used to find oil, find missing persons, find buried treasures, test for health, psychically, and to detect illnesses and check for allergies or vitamin deficiencies.

What Is A Pendulum?

The Pendulum can be made from almost any object. The favorite is a small object attached to a string. The object attached to the string may be a button, charm or bobble. Even some of today's electronic parts can make an interesting tool. The Pendulum weight is usually a round, conical, spherical or pear-shaped object. The material may be anything from plastic to gold, from lead to crystal. The suspension system can be made from anything, like thread, string or chain. The suspender can be any length, the most popular being from three to nine inches.

The use and beliefs about the Pendulum are as varied as there are people. We are not suggesting that the methods that you are about to learn are the only ways to use this useful tool. If you are currently using a Pendulum with good results, stay with it, do not change. As my Dad would say, "If it works, don't fix it!" If you are not getting the results that you expected or if you have never used a Pendulum before, these instructions will prove to be what you have been looking for.



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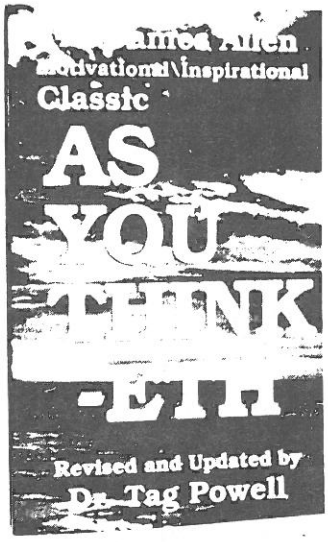
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How to Make a Pendulum

The first step is to decide if you want to buy a ready-made Pendulum, or if you want to make your own. Many New Age bookstores carry interesting selections from $2.00 to $10.00. I use several types of ready-mades, although I really believe that any object will work equally well. In fact, it might be fun to look through an old box of jewelry to find a "special object" — an old necklace, earring, or even a ring tied to a string has been known to make a good Pendulum. If you choose to use a finger ring that you normally wear, it will always be handy for emergencies. Select several items that you believe will make a good instrument.

Find a quiet place and a confortable chair where you will not be disturbed, take a minute to close your eyes and relax — you may find it helpful to take three deep breaths and exhale slowly, and tune in to your inner self. The next step might be to rub your hands together to increase their sensitivity. The friction removes dead cells from the palms and increases circulation. Now, close your hands around the object and "feel" the vibrations. You might interpret the vibration as a tingling, a warm sensation or a special knowing which distinguishes one article from another. Keep testing and shifting from one object to another until you decide which is your "Special Pendulum."

Next, decide on what type of suspender material you will use. Again, we return to your personal preference — a thread, string or chain may be used. I do recommend that if you choose a chain, be sure to use a fine chain with, preferably, round loops. A large chain can constrict the direction movement of the Pendulum. The length of the suspender can be varied; the longer lengths seem to work best with heavier Pendulums. My favorite length is six inches. Approximately one inch is held between my fingers, giving a five-inch swing.

Find a small pouch or purse to carry the Pendulum around with you. Many feel the Pendulum should be carried on your person for at least two weeks before using. It could be absorbing your personal energy frequency or attuning to your personal psyche. Next issue in part two your Pendulum should be attuned and ready to go. We will then go into personal programming and using your instrument.

❐

These articles are part of the forthcoming new book *Taming The Wild Pendulum* to be published by Top Of The Mountain Publishing, Largo, Florida.

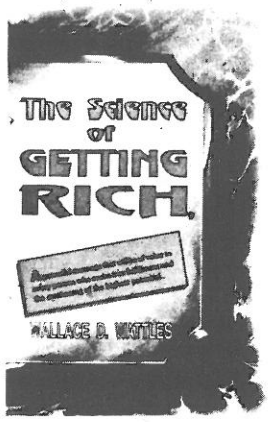
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WHO'S WHO

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Tim Loebs MA, is a psychotherapist in private practice and owns Heart & Mind Psychotherapy - Innerwork for Life Changes. He is a Master Practitioner of NLP and co-owner of Heart & Mind Productions, a production company specializing in producing guided relaxation and self-help audio tapes. His initial tape, *The Advanced Self Guided Journey,* has just been completed.

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Ragini Elizabeth Michaels is a Trainer of NLP and Ericksonian Hypnosis and the Director of Facticity Trainings which specializes in Hypnosis and NLP Certification training. Ms. Michaels currently has a series of six hypnosis audiotapes available, combining voice and original music using a technique called "Ascoustic Associative Hypnosis" (AAH). This technique goes beyond subliminal hypnosis techniques, which originate externally, by allowing listeners to create within themselves the appropriate words and feelings which direct their changes. She is also author of the soon-to-be-released book, *Facticity — A Door to Mental Health and Beyond.*

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Deborah Pike, an NLP Master Practitioner and Ericksonian hypnotherapist, who has a private practice in Vermont, leads workshops based on "NLP and Heart."

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Dr. Judith Powell has been a professional motivational speaker, human potential trainer and spiritual philosopher for over a decade. She has motivated and trained thousands of enthusiastic people attending her worldwide seminars for the public and private sectors — "Mind Mastery," "Color Mystique," "Love Yourself," and various other workshops.

Judi is currently writing a new book encompassing and integrating the heart, mind and spirit. As one reads the pages, the reader will actually be participating in the process of union underlying the many spiritual metaphors, thereby eliminating long, drawn-out mental work. Look for her many audiocassettes and book at your local bookstore or contact Top Of The Mountain Publishing, Largo Florida.

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Dr. Tag Powell is a world class author, lecturer, trainer and publisher. His books are translated into seven laungages and include many best sellers, *Silva Mind Mastery for the '90s* and *Think Wealth... Put Your Money Where Your Mind Is!*

Tag, with his wife, author and trainer Judith, produces and hosts the award-winning cable TV show, *It's All In Your Mind.* Tag writes numerous articles, including monthly columns for three international magazines. Dr. Powell has been a full time professional trainer/speaker in the self-help and New Age field for over fifteen years, and has trained hundreds of thousands of people. Most recently he concluded another world speaking tour with teaching a course at the University of Hong Kong. He earned his doctorate in Psychorientology from the Institute of Psychorientology, Texas. This is the highest certification in the field. He also has earned Master Practioner's and Trainer certification in neurolingustic programming.

Tag and Judith live in St. Petersburg, Florida with their three Scottish terriers, Master, Buddaha and Isis and can be contacted at Top of the Mountain Publishing, 11701 Belcher Road South, Suite 123, Largo, FL 34643, 813-530-0110, FAX 813-536-3681.

✎ *Art and Photos*

Margie Chappel, who took the editor's photo, is a free lance art photographer and stained glass sculptor. She was born and raised in England and, after spending 10 years in Australia, now makes her home in the Sedona (Arizona) area.

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Peter Joyes, whose artwork adorns the cover, is an artist and calligrapher who was born and educated in England. After spending 17 years in the department store management business in the States, Peter resigned his position, sold everything he owned and, 15 years ago, began his rewarding career as "Peter Joyes, Artist." He is the author and illustrator of *Making Your Dreams Come True — Some practical ideas and insights into the Magical process of bringing to life that which now exists only in your mind.*

To receive a mail order catalog of Peter's artwork and unique products, you can write him at 1916 Pike Place, #12-107, Seattle, WA 98101.

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WORLD HEALING MEDITATION

In the beginning
In the beginning *God*.
In the beginning God created the heaven and the earth.
And God said Let there be light: and there was light.

Now is the time of the *new* beginning.
I am a co-creator with God, and it is a new Heaven
that comes,
as the Good Will of God is expressed on Earth through me.
It is the Kingdom of Light, Love, Peace and Understanding.
And I am doing my part to reveal its Reality.

I begin with me.
I am a living Soul and the Spirit of God dwells in me, as me.
I and the Father are one, and all that the Father has is mine.
In Truth, I am the Christ of God.

What is true of me is true of everyone,
for God is all and all is God.
I see only the Spirit of God in every Soul.
And to every man, woman and child on Earth I say:
I love you, for you are me. You are my Holy Self.

I now open my heart,
and let the pure essence of Unconditional Love pour out.
I see it as a Golden Light radiating from the center of
my being,
and I feel its Divine Vibration in and through me, above
and below me.

I am one with the Light.
I am filled with the Light.
I am illumined by the Light.
I am the Light of the world.

With purpose of mind, I send forth the Light.
I let the radiance go before me to join the other Lights.
I know this is happening all over the world at this moment.
I see the merging Lights.
There is now one Light. We are the Light of the world.

The one Light of Love, Peace and Understanding is moving.
It flows across the face of the Earth,
touching and illuminating every soul in the shadow of
the illusion.
And where there was darkness, there is now the Light
of Reality.

And the Radiance grows, permeating, saturating every
form of life.
There is only the vibration of one Perfect Life now.
All the kingdoms of the Earth respond,
and the Planet is alive with Light and Love.

There is total Oneness,
and in this Oneness we speak the Word.
Let the sense of separation be dissolved.
Let mankind be returned to Godkind.

Let peace come forth in every mind.
Let Love flow forth from every heart.
Let forgiveness reign in every soul.
Let understanding be the common bond.

And now from the Light of the world,
the One Presence and Power of the Universe responds.
The Activity of God is healing and harmonizing
Planet Earth.
Omnipotence is made manifest.

I am seeing the salvation of the planet before my very eyes,
as all false beliefs and error patterns are dissolved.
The sense of separation is no more; the healing has
taken place,
and the world is restored to sanity.

This is the beginning of Peace on Earth and Good Will
toward all,
as Love flows forth from every heart,
forgiveness reigns in every soul,
and all hearts and minds are one in perfect understanding.

It is done. And it is so.

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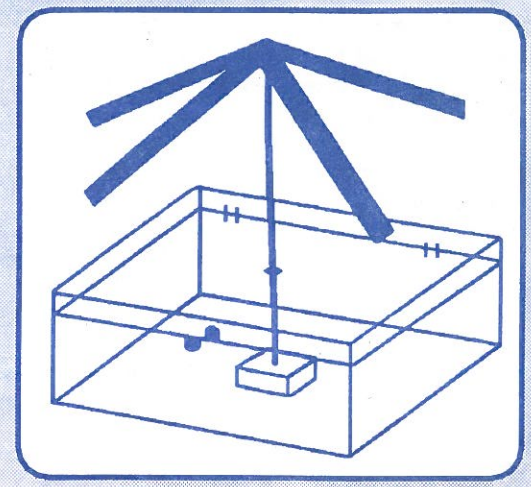
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