



Magnificent Metamorphosis Magazine

June, 2021

Reflection

**The
Music
Within**

Today I Will...

**Treatment
for Addiction
From the
Inside Out**

**Love Never
Dies**

**When Thoughts
Hurt or Harm Us**

**What Is
Being?**

**The Three
Principles and
Native Spirituality**

**Why Is It So
Difficult to
Agree to
Disagree?**

Inspiration for Positive Change

In loving memory of the life of Steve Lyons

Publisher's Note

Welcome to *Magnificent Metamorphosis Magazine- Inspiration for Positive Change*. If you are seeking inspiration, you have come to the right place! *Magnificent Metamorphosis Magazine* was designed to provide our readers with thought-provoking articles, that shift the negative messaging surrounding us in modern society, into positive experiences.

With contributing authors who are experts in their respective disciplines, each quarterly issue contains articles on Mindfulness, People for Positive Change, Arts and Music, Healthy Living, Passion Business, and more.

Let's work together to build a global community of inspired, positive people, to transform our respective cities and neighborhoods, into places where everyone is valued and respected; *one person at a time*.

- Elizabeth M. Lykins



Elizabeth M. Lykins
Publisher

Elizabeth M. Lykins, Publisher of *Magnificent Metamorphosis Magazine- Inspiration for Positive Change*, is a transformational coach, author of [Reflections on Transcendence](#), available on Amazon, Amazon UK, and numerous global booksellers. She is also the author of *Letter to Caroline*, 2009 (under the nom de plume of Elizabeth Fannin). Elizabeth continues to practice medicine in an urgent care setting, in the Bay Area of California.

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If you are interested in submitting an article for future issues, please contact Elizabeth M. Lykins for submission guidelines.

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Magnificent Metamorphosis Magazine

Table of Contents
Sixth Issue - June, 2021

Mindfulness

Love Never Dies

Del Adey-Jones interviewed Grace Kelly on her podcast *Insightful Conversations*, discussing lessons learned after the sudden loss of Grace's husband.

Today I Will...Live in the Moment

Don Scott shares his insights on the importance of living in the moment of right now; knowing that the ego is served when living anywhere else than the now.

What is Being?

Grant Wattie gives us a sneak peak of his upcoming book, *Being Yourself*, in this excerpt on how we can know when we are "being".

The Three Principles and Native Spirituality

Author Harry Derbitsky, explains numerous parallels between the Three Principles understanding and Native Spirituality in a conversation with Melinda Eagle Kline and Jonathan Couchman.

When Thoughts Hurt or Harm Us

Seasoned coach, Jacquie Forde, outlines how thought can be a powerful force that can be helpful or extremely harmful to our well being.

Why Is It So Difficult to Agree to Disagree?

What is really going on inside of us when we disagree? Jill Whalen gives us insightful information about our separate realities.

How Right Relationship Is an Outcome, Not an Instruction

Poet, podcaster, and mental health educator, Juliet Fay, reveals how to thrive in our lives without being dependent on external circumstances.

The Feeling of Coming Home

Clarity coach and spiritual teacher, Laurie Holmes outlines the importance of remaining present in all that we do, to get the most out of our human experience.

People for Positive Change

Centered Recovery Programs

Innovative treatment programs for addiction using an inside out approach, is the focus of Atlanta based Centered Recovery Programs. Learn how founders Reed and Krista Smith, use a mindfulness based approach in conjunction with traditional therapy, to assist their clients.

The Power of Knowing

Filmmaker Julian Freeman, shares how operating from an inside out approach, can give us certainty in how to conduct our lives moment by moment.

Arts and Music

Musings

Enjoy the musings and powerful images of Gavin Long, PGA professional, instructor, teacher, coach, and poet.

Reflection

Prepare to get out of your head and into your inner world, with the poetry of writer and Welsh poet, Leanne Webber.

The Music Within

Music is life and life is love, and there is something innately divine about the whole process, according to performance coach and multi-instrumentalist, Nick Bottini.

Honoring the Life of Artist Steve Lyons

World renowned expressionist artist, Steven D. Lyons, lost his battle with brain cancer on March 21, 2021. Learn about his life, compassion for others, and his impact on those who were privileged to know him.

Healthy Living

Simple Actions: Big Results

Lonna Larsh, Functional medicine physician, offers some simple tips on how to keep ourselves *and* our earth healthy,

Tart Tatin With Chayote Squash

Check out this delicious keto recipe with gluten free crust and chayote squash instead of apples, in this tasty version of French favorite.

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Passion Business

Embracing the Gap

Author of *The Tech Monster*, business coach, and podcast host, Anke Herrmann, guides us through the process of how taking a leap of faith into the uncomfortable unknown, makes all the difference in the quality of our lives.



Love Never Dies

~ Del Adey-Jones

*“Those we love don’t go away,
they sit beside us every day”*

- Liane Moriarty

I had the honor of speaking with Grace Kelly on this week’s Insightful Conversations. Grace generously agreed to come on to the show to share her story of love and loss, having recently lost her beloved fiancé, Francesco. Francesco, a healthy young man, unexpectedly died from a heart attack back on December 5th, 2020. As fresh as Grace’s pain is, she wanted to share her experience of how the loss of Francesco has impacted her life. Grace says she feels compelled to share her story to help others who are

struggling with losing someone they love. She wants people to know that there is another way to go through the inevitable grief of losing a loved one that doesn’t have to take us entirely down.

Grace says that she could never have imagined that she would react to the loss of Francesco in the way that she has. She feels like a spiritual protection has emerged and is carrying her through this difficult time. Like many people, Grace had a preconceived idea of what grief

should look like. To the point that she is surprised at how well she is doing under the circumstances. Grace says her understanding of the Principles has helped her see that Francesco's spiritual essence is still present; it's only the form that has changed. She feels Francesco's energy around her every minute of every day. He communicates with her in so many ways, from helping her with technical issues, such as cell phone passwords, to sending her messages through dancing fish. You'll have to listen to the show to hear more about this.

Grace also talks about how she sees this loss as a doorway to understanding love on a much deeper level. She recognizes that when Francesco was alive, she spent a vast amount of her time in her head thinking about their relationship. Thoughts such as, should we really be together? Should we stay in Italy or should we move elsewhere? Or should we get married, or maybe we shouldn't get married. There was a lot of to and fro and a lot of trying to understand love from an intellectual perspective. Now, Grace says all that is left is a deep, profound love and appreciation for Francesco and the precious time they spent together.

Grace is not in denial. She isn't indulging in a spiritual bypass. Her grief is real and palpable. She admits there are certain times in the day when she is in a low state of mind, and her grief is overwhelming. Knowing that this is an integral part of the healing process, Grace allows these feelings to flow through her. She also knows better than to try and control her feelings, judge them, or stuff them down. There is no timeframe for grief. It takes as long as it takes. Grace trusts that her feelings of loss and grief will move through her in their own time, allowing her to return to her natural state of wellbeing and resilience.

Grace is also conscious not to add an additional layer of suffering on top of the grief she is already dealing with by listening to insecure thoughts of the past or the future. Grace recognizes that when she indulges fearful thoughts of what her life without Francesco will look like, it takes her down further. She also knows that going into the past with thoughts of, "I wish I had done things differently," creates more unnecessary suffering. Instead, Grace remains in the present moment. Her gratitude for the ten years

she and Francesco spent together and his ever-present energy gives her the courage and strength to face each day as it comes.

I so resonate with what Grace shared. A couple of years ago, I lost my sister, my sister-in-law, and my mother in the space of eight months. As hard as it was to lose three of my family so close together, I was so grateful for the understanding of the Principles. As my mother died in my arms, I was acutely aware that her spiritual essence had left her body but was still very much around me. My lack of visible grief by other people's standards

had them question whether I was in shock or denial. I was in neither.

To me, death is not final. Love never dies. I know that as a spiritual being having a human experience, we incarnate from the world of the formless to the world of form, and back again. Knowing that our loved ones who have passed on are always present, if not still visible to us, is very comforting to me. In one of my "chats" with my mother, I joked that now we can be together all the time. There is no need for me to take a British Airways flight from my home here in California to visit her back in the UK.



[Reprinted with permission by Del Adey-Jones](#)



Del Adey-Jones is a 3 Principles Practitioner, Mentor and Host of “Insightful Conversations with Del Adey-Jones” a weekly live-streaming Show and Podcast featuring some of the most impactful voices in the 3P (Three Principles) Community. She works with a wide range of clients, including Teens and their Parents, Recovering Addicts, and Top Executives. Her specialty is helping clients recover from Narcissistic Abuse and Codependency issues.

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Image of Grace and Francesco courtesy of Grace Kelly.



Today I Will...

Live in the Moment of Right Now

Knowing the Ego is Served When I Live Anywhere Else

~Don Scott

Today I will live in the moment of right now, knowing only the ego is served when I live anywhere else.

I am blessed with a powerful memory. It doesn't seem to work nearly as well as it used to on more recent thoughts, but I have the magical ability to travel back to

very specific times in my past and seemingly feel those moments from long ago. I have developed a ritual where, when I'm having an especially wonderful time, I take a moment to close my eyes, take a deep breath, and pull in everything about this moment so I know I will be able to pull it in at some future instance when I

really need it. It seems like I'm getting stuck in my past, but I'm not. It's really about savoring the moment in the right now. I take these moments with me and it's nice that I can remember but I've really learned it's about the moment, right now. You see, multiple times today (and tomorrow, and the days following...), I will savor the moment. I will savor the right now. *When I savor the moment, I am in my spiritual nature – my highest self.* My ego is not as comfortable there.

My ego is comfortable in other places, in other times. My ego thrives on doubt. Did I make a wrong decision? That question comes from the past. In the past is a place where the ego can get me thinking about regret, about real or imagined pain from back then. Or worry (a form of fear). Worry is using my imagination to create bad experiences that I will look for in my tomorrows.

The future is made up.

I don't know what it will look or feel like. I choose to make powerful decisions (all decisions can be powerful) to steer towards a wonderful future, but I'm not

going to try and live it before I get there – because I can't.

I can't live the past again – I already lived there.

Letting my mind go there and wallow in it doesn't mean I'm living there, it just means I'm wasting it, by not living in the right now.

In the right now, I am feeling what is true.

It's true because it's happening right now. Wise sages have stated pain is not felt in the current moment. There may be *some* pain in the current moment, but the thoughts we continue to re-live again and again and the fear of feeling it again, is where nearly all pain lives and grows.

It grows and grows – it grows in our past and it grows in our future. By living in the right now, the present moment, I am at my best. Time doesn't stress me out because time happens exactly as it's supposed to, when I'm not creating thoughts about lost time or a shortage of future time.

In the now, I can choose to
be my best self.

When I am open to hearing the voices of
others, I have to be in the right now.

When I am kind, I am living in the now.

You'll know when you are there – it's the

When I am loving, I'm living in the now.

only place that truly feels comfortable.

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Image: Rocks on the Coast, absfreepic, CC0

Don Scott

Don Scott is a speaker, writer, musician, and IT trainer. Much of his formal education includes hard skills – electronics, software development, technology leadership. Beginning with a time management course, he found his way to peak performance and personal development ideas that merged into his popular ‘real-world’ technical presentations. As he found his path being influenced by the likes of Steve Chandler, Michael Neill, and other wise sages, he found his Perfect Life and a passion to help others uncover their Perfect Life. That is typically the topic of his talks and writings, which you can find at www.your-perfect-life.com . The music and alleged humor is strictly added for fun.



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What Is Being?

Excerpt from *Being Yourself*

~Grant Wattie

Martin Heidegger (1889-1976), was the most important and influential philosopher in the continental tradition in the 20th century. *Being and Time*, first published in 1927, was his magnum opus. Understanding what took place in continental philosophy after Heidegger,

required coming to terms with *Being and Time*. Furthermore, Heidegger exerted a huge influence outside of philosophy, in areas as diverse as architecture, contemporary art, social and political theory, psychotherapy, psychiatry, and theology.

That said, the basic idea of *Being and Time* is extremely simple: being is time. That is, what it means for a human being to be, is to exist temporally in the stretch between birth and death. Being is time and time is finite. It comes to an end with our death. Therefore, to understand what it means to be an authentic human being, it is essential that we project our lives onto the horizon of our death, or what Heidegger calls, “being-towards-death”.

Broadly, for thinkers like St Paul, St Augustine, Luther, and Kierkegaard, it is through the relationship with God, that the *self*, finds itself. For Heidegger, the questions of God’s existence or non-existence, has no philosophical relevance. The self can only become what it truly is, through the confrontation with death, by making a meaning out of our finitude.

If our being is finite, then what it means to be human, consists in grasping this finitude; in “becoming who one is” in the words of Nietzsche, that Heidegger liked to cite. In essence, *being* is what we are when we are born. We exist. And make meaning of our existence. While *being*, we are connected to our spirit, others,

and the universe. This connection is beyond the collection of parts, physical forms of life called humans, animals, nature, and man-made creations, such as buildings, products, cars, and trinkets.

It is being connected beyond space and time, outside the realm of birth and death, life, or even the earth. Being connected to your essence simply is what *is* and always is. When you are in a state of being, you are accessing your true, authentic self.

It is not available in your mind, as it tries to construct its own being, in its own private universe. Being is a gift; something that you are born into, or as Heidegger distinguishes, ‘thrown into’, as you did not choose it. Being just is. It is this simple and this complex. There is the paradox.

It can be very difficult to grasp being with the mind alone. You can only sense and experience it when the mind is turned off, by being quiet and still. Like when you are relaxed, noticing beautiful surroundings like the beach, or a sunset, or even just focusing on your breathing.

This is when your mind isn't thinking about the past or contemplating some future event. It is not when you are anxious and worrying. This takes you out of the stream of life or *being*, and into your mind.

*“To be a hole in the flute that
the spirit of god moves
through”
~ Hafiz*

How do we know when we are *being*?

Being is similar to a lightbulb in a sense; when you are being, it is like when the switch is turned on and the light bulb generates light. However, as soon as you identify with thoughts in the mind, it is like turning off the light switch.

When connected to your essence, it is like being connected to electricity. It is only available now, not in the past or in the future, before the light was turned on, or even after the light was turned off. When you switch off the source of electricity, you also move out of the source of the river of life.

*Life is like a river.
The river is always flowing, but
never the same.
~Heraclitus*

“Ever newer waters flow on those who step into the same rivers. All move and nothing remains still. Everything changes and nothing remains still... and ... you cannot step twice into the same stream. We both step and do not step in the same rivers. We are and are not.” ~ Heraclitus

When you are *being* and not caught up in your *mind*, while remaining present in *this* moment, you are being authentic. This can never be fully understood with the mind alone.

*A bird doesn't sing
because it has an answer,
it sings because it has a song.
~Maya Angelou*

Being is a very hard concept to define. It is being part of the infinite and invisible force that includes all life and space.

How can you imagine *Being* while being your authentic self?

Heidegger spent all of his life trying to explain what being is, yet was said to have fallen short of grasping and explaining it fully. Nobody can say that they fully understand it. This is because there is nothing prior to *being*, that can point to what *being* is.

Being begins in non-being.

Excerpt from upcoming book, *Being Yourself* by Grant Wattie. Used with permission.



Grant Wattie

Coaching for personal, leadership and relationship mastery, Grant inspires greatness to create the impossible and transform relationships. Grant has worked with royalty, a prime minister, heads of state, business owners, and thousands of individuals, couples and families across culture, religion, and socio-economic status.

Grant received the 'Bernardo O'Higgins' award, the highest honour given to a foreign dignitary by the Government of Chile. He founded the Global Women's Leadership Summit and authored [The Aroha Process](#), a book on transformational leadership with a second book, *Being Yourself*, on the way.

Grant's intuitive wisdom and powerful listening is underpinned by a lifetime's experience in private enterprise, the arts, philosophy, start-ups, and formal training in therapy, coaching, leadership, management, and science.

Grant enjoys competitive squash, cooking, and outdoor pursuits. Married to Christine, they have three adult children, and live in the sunny, Hawkes Bay, New Zealand.

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The Three Principles and Native Spirituality

~Harry Derbitsky, Melinda Eagle Kline, Jonathan Couchman

The wise medicine men in the Native North American culture spoke of the world as *one spirit*, referring to the Creator of all things as the *Great Spirit*.

This was their way of explaining the oneness of life.

~Sydney Banks - *The Missing Link*

1. Introduction, and The Spirit

This collaborative effort by three writers attempts to demonstrate how the Three

Principles as uncovered by Sydney Banks, alleviates the suffering of all mankind, whether Native or Non-Native.

The paper hopes to assist Native people in understanding the wisdom of the 3 Principles, as well as to assist Three Principles Practitioners, in understanding the uniqueness and wisdom of the Native world and how the Principles may best be shared with this population. Lastly, it serves as a foundation for each population to understand what might be learned from each other. This paper hints at development of relationship between Native communities and Three Principles communities to effectively move towards a healing process for all.

Jonathan: “I will refer to my clan, the Paskwáwimostos (Buffalo) people, or the plains people, as Nēhiyawēwin (Plains Cree) and the Oyate (Dakota). The teachings I am sharing with you come from my Grandfathers and Grandmothers, who, for aeons, roamed this great land, now known as North America. In this writing, I will refer to my Ancestors as - The Peoples Indigenous to Turtle Island, in order to assist you, the reader, in navigating through the understanding of the spiritual teachings that are being shared with you, and my comprehension of the *Three Principles, Spirit (Mind), Thought, and Consciousness*, in an

Indigenous perspective. Kinanâskkomitin (Thank You).”

Harry: “When I first began talking to Sydney Banks about the Native World and the sharing of the Three Principles, the enlightened man suggested using Spirit instead of Mind. Because of my extensive experience with Native Ceremony in the Sweat Lodge, Long House, Pipe, Uwipi, Shake tent, Sundance, PowWow, and learning from Elders, I recognize that the Shaman and the People are introduced to Spirit and spiritual experiences from birth, and that Spirit is part of their Indigenous nature. The wise Native experiences spirit in everything, with every thought and action being *sacred*.”

Melinda: “My father, Goodlow Eagle, was a full-blood Cherokee Indian, who told stories of all our ancestors and relatives who walked the Trail of Tears and thrived in the face of adversity. He was proud of his heritage but also proud of his ability to be a part of the white community. I have learned from other native teachers and friends, but mainly through ceremony or quiet spaces (journeys) and have experienced a knowing that passes

words of explanation. I speak not for the culture or for others, but as myself, a spiritual being who is currently having a human experience.

The Creator gave each culture a path to God. To the Indian people, he revealed that the Creator is in everything. Everything is alive with the Spirit of God. The water is alive. The trees are alive. The woods are alive. The mountains are alive. The wind is alive. The Great Spirit's breath is in everything and that's why it's alive. All of nature is our church, we eat with our families and church, and we go to sleep in church.

When I think of this *aliveness* that is in everything and between everything - this great mystery - I believe Sydney Banks called it Mind. It is a Oneness. Words can't do it justice. Words are merely an 'echo of the truth'. Native people know about perspective and teaching through metaphors. My ancestors were well aware of the deception of thought (both our own and others). They also knew that the further an individual becomes steeped in believing their personal thoughts - the further from our source they go. We know about insult to our

spirit and the relationship between mental health and physical health. We know that healing is also in relationship with others, but also with the Great Spirit who resides as wisdom within each of us."

Observation: The Spiritual Nature of the Principles is not a confusing concept to Indigenous Peoples. For some 3P Practitioners, this may change the dynamics of how to share because both point to the same Silence and Beauty that resides within all human beings.

2. Sydney Banks, The Three Principles, and The Spirit

In Sydney Banks, **The Great Spirit**, the CD opens with Native Indian drum music. He begins his sharing with the topic of Spirit, and then uses his very limited knowledge of the teachings of the Medicine Wheel to describe his enlightenment experience. He also uses this ancient teaching tool to describe The Great Spirit, the Oneness of life, and how sicknesses and distress are caused. From the Medicine Wheel Perspective, they are caused by being out of harmony with the Great Spirit, or vice versa; human beings experience love, goodness, and positive spiritual feelings

by being in harmony with the Great Spirit. He did not mention The Three Principles until near the end of this talk and his last sentence is, *“My advice is to use these three principles wisely and you will never go wrong.”*

How could anyone, who had just learned about the Medicine Wheel minutes before the creation of this CD, talk so knowingly? It may be a bold statement to suggest Sydney Banks duplicated his experience of talking with leading physicists in the USA. He knew almost nothing about physics, yet he understood that Einstein’s formula $E=Mc^2$ was incorrect, because it did not absolutely illustrate *formlessness*. He intuitively understood that the speed of light squared is still a number in the material world, and the world of spirit or formlessness is not of this material world, and is before and beyond time, space, and matter. *Similarly*, it appears he understood the essence and simplicity of Ancient Indian Teachings, and that it is this wisdom of the ages that points to the spiritual energy of form, that which the Indigenous call Mother Earth or Nature. This wisdom is available to any human

being who has the courage and patience to *See* it.

Melinda: “Mother Earth and Nature are very much a part of the spiritual energy (Mind) but neither sum up the whole of the Great Mystery or Great Spirit. They are just a part - the same as we are.”

The following is an extract from *Jonathan’s E’kosi*: “Where is the pipe you gave me Grandpa, what happened to that? Who has it now?” The anxiety in my voice moved Grandpa, and he repositioned himself in the chair as he fumbled with the blanket to cover himself. “Stop worrying about the pipe Grandson, you are the pipe! You concern yourself too much with ‘things’. This has always been the problem with this place. Grandson, you are the pipe. Do not forget this!”

Puzzled with what he had just shared, I asked, “What do you mean Grandpa?” With a stern voice Grandpa said, “Listen to me Grandson, don’t get lost in the rituals, don’t get lost in the ceremonies, you are the pipe.”

The spirit of this message is filled with omnipresence - a great spirit of love which was needed to heal my wounded and broken spirit. I do comprehend the essence of his words today, and would like to share this feeling of spirit with you as well.

I am Jonathan, endowed with the masculine and feminine spirit. *I honor the great spirit of love that is within me, and I am the pipe, as are you.*”

3. The World of Suffering

Humans are *spiritual beings who think*. We create our perceptions of life and human experience via the use of Three Spiritual Principles. The Three Principles are a *Spiritual Psychology*.

Mind, Consciousness, and Thought are the psychological trinity of all human experience on earth. They are the hidden pearls that lead us to our true identity.

~Sydney Banks - Missing Link

Harry: “As I traveled in the Native world, I became aware, not only of the beauty of their world, but of the trauma the People experienced. I wrote previously, I am proud of my Native name - *Standing Elk*. I have been privileged to work and be involved with numerous Native organizations, ceremonies, and communities in the past 20 years. However, I was not born a Native, and do not pretend to fully understand what it is to think or live in this world, as an Indigenous person. Obviously, I have heard the stories and observed the travesties of justice regarding colonization, residential schools, being classified as ‘savage’, and ‘white people’ pretending they know what is best for the Native People. (Melinda and a shaman additionally cited the perversion of traditional native gift giving with small pox blankets, the introduction of alcohol, the removal of Native people from their land, the removal of their children and marginalization). Whenever I hear these stories, I have simply heard the ‘crying and prayers of a nation’, as an outsider. The Canadian government is acknowledging some of these atrocities by paying \$10,000 to \$350,000 per person for the traumatic experiences of

residential school victims, depending on whether sexual violation was involved.”

The Three Principles uncovered by Sydney Banks, embrace the spiritual nature of life, and reveal the illusionary nature of person thought, and how we, as thinking human beings, create personal trauma and addictions with wrongful thinking. Practitioners of the Three Principles agree that 3P teaching promotes healing and provides freedom from past traumatic experiences. However, when the stories are heard, it is easy to come to the conclusion that it would have been challenging and tricky to have survived from the massive injustice, persecution, and onslaught of personal insults perpetrated by the ‘white people’ of our fine land. Without the spiritual wisdom that is indigenous in all human beings, the Native people would have been assimilated into the majority culture and forgotten.

An essential question remains to be asked: If the Indigenous are spiritually gifted, why have so many experienced so much suffering and dysfunction in their lives? They might say *they lost their identity or sense of belonging*. At the

same time, however, the writers have noticed that in recent history no culture has grown faster individually and as a community. More Natives are attaining degrees from recognized universities, including post graduate degrees. Natives are now contributing positive changes to the school and prison systems and institutions, that once oppressed them.

The number of American Indian/Alaska Native students enrolled in colleges and universities more than doubled in the past 30 years, along with the number of associate’s, bachelor’s, and master’s degrees conferred to Natives over the past 25 years. Yet, American Indian and Alaska Natives were less likely to earn a bachelor’s degree or higher than their non-Native peers, accounting for less than one percent of those who have earned a bachelor’s degree, compared to 71.8% of whites, 9.8% of African Americans, 7.9% of Hispanics, and 7.0% of Asian and Pacific Islanders. Native Americans have the highest suicide rates and dropout rates.

4. Do Native People and Native Ceremony approach Healing from a

different perspective than the 3P community?

The answer is yes and no. While Native Spirituality does place a degree of emphasis on protocol, ceremony, and ritual, its chief emphasis is on the spiritual experience of the human being. The formless nature of the Great Spirit and seeing spirit in everything is congruent with 3P teachings. The internal nature of the Spirit is an understood wisdom. Both point an individual in the right direction (inward). Talking, teaching, and counseling via one's connection to Spirit, rather than the intellect, are also agreeable to both communities. Both communities have access to the Wisdom of the Ages - the 3P community through the wisdom of Sydney Banks and the Native community through the teachings and interpretations of the Elders, Shaman, and ceremonies.

It is the writers' understanding that we create all our beliefs via the 3 Principles. In the Lakota way, they talk about First Cause. If First Cause is the Spirit deep within the consciousness of every human being, which is released via Thought, it follows that the 3 Principles are not only

Indigenous teachings, but teaching for all People on this earth. It also follows that the 3 Principles point to the Oneness of Life.

For example, in a sweat lodge ceremony, many of the People are troubled or in low moods when the sweat begins. Healing takes place via the power of the Spirit in action, and many come out of the sweat looking years younger, and experience a positive and fresh perspective to their life. They often have entered ceremony at a low level of consciousness, and as their level of consciousness rises, they naturally experience and feel the spirit. Similarly, as their personal or egoic thoughts quiet down in the sweat, they open up and experience Original Thought or Creator; which is the Original Psychology that the world is now desperately looking to rediscover. Many Native people have mentioned that they do not like the word *psychology*; but the Three Principles are spiritual in nature, and psychological in its logic.

Some Definitions:

- Mind = Spirit = Source = Great Mystery

- Consciousness = what we use to be *aware* in our visions and reality. Intent is its cousin.
- Thought = Creative force. Sydney Banks sometimes illustrated Thought as a paintbrush; whatever we paint, that is the color we see.
- Internal nature of spirit — in 3P, it is called innate wisdom within all human beings. That which we were born with and never lose. It is part of Mind.
- 3 Principles = It is a Spiritual World. It is a World of Thought. All of the 3 Principles are neutral, spiritual, and exist within us, whether we are aware of them or not; Three Gifts from Creator to create our magical reality here on earth.
- Mind, Consciousness and Thought are Universal Principles. A *principle* means it cannot be broken down further and is a *fact*. Beliefs are not Principles.

In practice, Native Spirituality has impressive results! So does the 3P community! Both see physical, mental, and spiritual healings. Cancer has been healed in ceremony, and via insight in the Three Principles, cancer has left the body of some. Ceremony and Native teachings of the Elders has taken some of the worst

drug addicts off the streets, and five years later, they have earned their Masters degree in Social Work, are leaders in the community, and working for the government - *and remain drug free*. The impressive results of the 3P as in the prisons, low income communities, business, education, sports, mental health, and personal lives, is inspirational and growing. The writers encourage the two communities to blend together for even better results.

In the Native world, much of therapy is done by ceremony rather than counseling, and worship and healing practices are often entered into in solitude. These may be complemented by guidance and interpretation from wise Elders, which is often considered necessary for one's growth. For instance, in the sweat lodge, the person comes to pray about what they want changed in their life. As they describe their personal suffering, whether it be their relationship with their child or mother, or that they are having trouble with drugs, or that they are experiencing physical pain, the Spirit may speak through the Shaman wisely, or a spirit like the Black Horse enters the lodge and heals the addiction. Healing is

done both in silence and with words. The feeling is similar to a 3P gathering; it is noticeable that the quality of the spiritual feeling has risen and it is not uncommon for someone to come out changed. This type of relationship or feeling of the unseen and the formless may be described as “bambeday” (mysterious feeling) and has been interpreted as Divine Consciousness.

Unfortunately, some of these same people in ceremony, return to the depths of their sorrows within a short time, due to thought. If they experienced an insight about the Power of Thought, and if they did not think and talk about their old problems and old complaints about life, they would not re-create the same sad feelings with which they entered the sweat lodge. Potential freedom from re-creating past problems is one of the benefits of understanding the Principles of Thought and Consciousness, powered by Spirit. Some Shaman believe in the White Man’s psychology; they believe in analyzing thought patterns and behavior, and many do not believe that true change can come from a realization; that it must take many years of dedication. Of course, other Shaman know better.

In regards to the nature of humans, Melinda and Harry have always loved the story of the Two Wolves.

Melinda: “I love how this story illustrates our ability to create our own suffering (or well-being) with thought.”

Harry: “And whatever we play with in our mind, we must live.”

An Elder Cherokee Native American was teaching his grandchildren about life. He said to them:

“A fight is going on inside all humans, it is a terrible fight and it is between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, resentment, inferiority, lies, false pride, superiority, and ego.

The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

The same fight is going on inside you, and inside every other person, too. “

They thought about it for a minute and then one child asked her grandfather, “Grandpa, which wolf will win?”

*The old Cherokee simply replied, “**The one you feed.**”*

Dr. Bill Pettit, a leading psychiatrist in the 3 Principles community for over 30 years, said at a breakout session at the 2014, 3P Global Community Conference - “All mental illness is the innocent misuse of Universal Thought, which manifests in the physiological and psychological world as chronic stress and inflammation.”

If mental illness is chronic stress, it follows that if one does not feed the black wolf, there will be no stress. He also said at the recent Three Principles School on Salt Spring Island, that *there is a cure for mental illness*, and it is peace of mind resulting from the right use of the Three Principles. Unfortunately, many Natives and Non-Natives do not understand the

distinction between the brain and Mind; many even suggesting the brain as the Source of experience.

The brain and the mind are two entirely different things.

The brain is **biological**.

The mind is **spiritual**.

~ Sydney Banks - *The Missing Link*

And perhaps one of the strangest twists for 3P Practitioners is the ‘going into the past’ in Native ceremony, wailing and lamenting and being guided by the spirit to a clear heart and clear mind.

Melinda: “Regarding ‘going into the past’, a friend once told me, and I use this a lot in therapy: if there’s a big bag of garbage in your living room, you know you need to take it out. You don’t need to dig through it, tear it all apart and figure out which piece is the smelliest. You just bag it up and take it out. Time is not linear though. It is helpful to call in the wisdom and energy of the Grandfathers, of the 4 directions, of all the helping energies, and call them into the present moment. This

can create healing for you in the present moment and healing for past and present generations, but it occurs in the present moment.”

Harry: “One time, I was confused about going into the past to solve psychological problems with Native people. It was asked to Sydney Banks and he adamantly stated, ‘do not go into the past.’ Then I mentioned that is how the Natives do their ceremony, and to paraphrase, he quickly restated, ‘Oh, if that is their way and their religion, then we must listen and respect this. That is their way.’”

5. Conclusion

There is no doubt that understanding the 3 Principles, as uncovered by Sydney Banks, has changed the lives of the three writers. All three have seen their lives change for the better, leaving behind suffering, busy minds, and trauma. In truth, the balance of life has been restored. We live amazing lives, and we want others who are suffering to see the simplicity of truth, by allowing them to access their own inner wisdom, and to experience the healing from within their own insights.

Harry: “I am certainly no expert in the Native world, except to say, I have been accepted by some and criticized by others. I can say that some Shaman are wiser than others, and I have enjoyed several, whom I consider to be colleagues and friends. Recently, I asked what the Native word was for ‘common sense’. Chief Thunderbird Child answered in Cree and translated it to ‘good mind and good thoughts’. It seems to me that any approach to life that includes a good mind and good thoughts as the Red Road to success, and that is spiritually rooted, must be an impressive guide on how to live a happy and content life. Many years ago, I said, ‘It takes a lot of courage to live the life of Truth’, and Sydney Banks responded, ‘No, it takes a lot of common sense.’ It has taken me a lifetime to see a little of what he was suggesting.

Before the creation of sacred ceremony, there was formless Spirit; that is what the Three Principles are pointing toward. The Three Principles operate through human beings, whether we are aware of this fact or not, and they create all of our beliefs and understandings in this reality we live

in. In my observation, catching a glimpse of these three spiritual principles *enhances* ones appreciation and understanding of spiritual essence and its connection to the formless nature of Great Spirit - and to the Mystery and Oneness of Life.”

Melinda: Before there were big fancy cathedrals, structures, and organized religions, Spirit(Mind) existed. Innocently, these structures were created and separated mankind from nature - from Mother Earth, from the trees, the rocks, the sky, the moon and the sun - all of nature. In the past and even today, many ceremonies take place on the earth, outside, where the sun or moon shines, near water. The ceremony is an ‘excuse’ for partaking in the real healing element - solitude or observance of the beauty of life. This inner experience can lead one to *return* to their true essence.

Sacred medicine, intuition, source energy (whatever words are used to describe it) are available at all times, in the center of the Sacred Wheel, in balance. In the center (within) is your own best spiritual medicine. This is not something we need to seek or go after; we merely have to

allow. Allowing is opening up to the energy in the universe. It means feeling the energy of life in us and around us. I believe Sydney Banks called this Mind.”

Jonathan: “The mere thought of creation is brilliant and magnificent, as are the mysteries of life, but if I settled with trying to dominate my environment, rather than be the environment in which I wish to see, I would never have achieved a sense of the teachings of the 3 Principles, that have been so kindly shared with me.

Many organized religions begin with intent to share good words, but what I found, with the 3 Principles, is we have the tendency to share good thoughts, and explore the good feelings that come from sharing the process of attaining them. The sharing of one’s own personal experiences, begins to lessen our burdens of having lost our way, into the exteriors of our own being. If there was more of an emphasis on honoring the spirit within, and not concentrating on the validation of the exteriors, I believe we could begin to enjoy life more freely.

In the beginning of discovering the 3 Principles, I would get fleeting moments

of conscious awareness, but I struggled with maintaining the clarity of the 3 Principles. I would like to share that the journey in self-development, should be met with kindness, compassion, and a nurturing strength. Understanding the 3 Principles - becoming aware of how I am interpreting my own life mysteries - these things are being revealed to me sometimes quickly and sometimes slowly. I am developing patience and gratitude because of this process of self-development, and I did this by asking myself honestly, and keeping the mindset that I was going to be healed.

Harry and I continue to enjoy this Blue Road, this road of becoming self-aware of our own magnificence. It's a journey for all people. As I write this, I can hear Harry say with a genuine smile, "All the goodies are in there, deep within" as he points to his heart and it's this beautiful jewel of truth that has allowed us to continue sharing our understanding of the 3 Principles and evolution of Mind (Spirit), Thought, and Consciousness."

Final Words

The Indigenous People of North America are continuing to evolve into a powerful nation of organizations, communities, and people. In our opinion, *it is our destiny*. If it is a positive evolution, their emancipation will include *love and forgiveness* rather than *anger and distrust*, as they become economic and political giants in the world. The importance of embracing the Three Principles of Divine Mind, Divine Thought, and Divine Consciousness is key. The common sense (or lack of) applied in today's world, creates a foundation of loving and sharing for the *Native children (and all children)* of tomorrow. Spiritual wisdom must include love and forgiveness, to help our world recognize that we are all on this planet together. It is clear that the Insight that Sydney Banks shared with all his breath, with the world, significantly accelerates the Indigenous people of Turtle Island, in creating a secure world for their children, as they become prosperous and powerful. The answer lies in an understanding of their Spirituality, with the building blocks of creation - The Three Spiritual Principles.

“Purer thoughts are
the rungs of the
ladder to success.”

~Sydney Banks - *Second Chance*

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Index:

Sources: National Center for Education Statistics, “Status and Trends in the Education of American Indians and Alaska Natives, 2008”: National Congress of American Indians, 2006; National Center for Education Statistics, 2005; US Department of Education, Institute of Education Sciences, National Center for Education Statistics, and 2005 National Indian Education Study.

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When Thoughts Hurt or Harm Us

~ Jacquie Forde

This week my coaching practice has been filled with ordinary human beings having an extraordinarily difficult time with the fact that they think. It fills my heart to speak with them and point them back to the truth, the whole truth and nothing but the truth about the nature of our experience and how they are making so much up about themselves they are

becoming ill, physically hurting themselves, and become frozen with fear.

Time and time again it's the same story, no matter what the external symptoms may appear to present themselves as (e.g bulimia, anorexia, self-harming, anxiety, not feeling the principles only intellectually understanding them).

Give yourself a shakeand a break.

You are a human being.

We all live in the feeling of our thinking.

We think thoughts and we get caught up in believing what we have just thought about, but it doesn't make it real.

One of my clients this week self-harms. She has spent years speaking with psychologists, psychiatrists, CBT specialists; you name it she has done it. We had a beautiful conversation where I pointed her to the nature of her experience and how she creates her reality from the inside out and for a whole week she didn't even think to self-harm. She became buoyant, resilient, self-effacing about her experiences at college and her mother said it was the best mental state she had ever seen her in.

Then BOOM... a lecture at college about self-harming and suicide prevention, a few funny comments from her friends and a sleepless night where she only got 3 hours of sleep, lowered her state of mind

and clouded her capacity to see truth to such an extent that she got completely lost in the content of her thinking and cut herself again to feel better. This time she ended up in hospital as she had used a craft knife which cut into her skin much deeper than she expected it to and it scared the hell out of her. She immediately felt remorse.

I talked with her that same evening after she returned from the hospital as we had a coaching session already in the diary. Our conversation was gentle and loving, without any blame, judgment or opinion over what had just happened, just the facts.

To me, this was a thinking problem, not a behaviour problem or a mental health problem.

I told her that :

- She was not broken.
- She did not need fixed.
- That we all get lost in the content of our thinking from time to time.
- She was ok.
- The best thing about the past is that it is over.

- When I am tired I am more likely to believe the thoughts passing through my mind but I know I don't need to act on them as do you.
- All thought is neutral until we add our awareness to it.
- She is and always has been mentally healthy and just got caught up in believing her thoughts.
- Every moment is a fresh opportunity to see something new.
- To be gentle with herself when she gets caught up in her thinking as it will soon pass and there is always a lesson within it for her to see something new.

After a half-hour, I closed off our call. She was becoming tired and it felt best to stop there. I wrote her a little email just to remind her of where her experience of life was coming from and recommended she watch a webinar that I had taken part in for 3PGC where I discuss the principles in everyday language with a little bit of sass and a whole lot of humour.

Her mother informed me they watched the recording and laughed together, recognizing themselves in my stories. Her daughter fell asleep in the middle of it, into a beautiful deep sleep until morning. Her mind had quietened down giving her space to rest, recuperate and rest her operating system.

This young woman is just like you and me. She got caught up in believing the stories she was creating and in a low state of mind, it seemed to make more sense to her to take action that unfortunately harmed her. Nowadays I only listen to the thoughts that are kind and gentle when I am in a low state of mind. I know only too well the consequences of following the others.

By the time you read this on Sunday, I will be having my third session with this beautiful human being and I am looking forward to hearing what is fresh and new for her and having the opportunity to continually point her back to her true nature and the origin of her experience always.



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Jacquie Forde - A gifted teacher, coach and intuitive, Jacquie Forde has always known there was more to life than she could see, understand or touch. With professional qualifications in Nursing, Midwifery, Shamanic Healing, NLP, Hypnosis, The Three Principles, and Three Decades spent in corporate UK in blue chip organizations working in sales, marketing, business development and government affairs, Jacquie readily admits that she was always more interested in the transformative power of the spiritual nature of life and left the nine to five behind to create her own successful business over 10 years ago.

Jacquie brings a spirited personality and vivacious, humorous attitude to her work as a coach and mentor who regularly works with politicians, organizational leaders, entrepreneurs, disadvantaged communities, fellow coaches and women of all ages who want to discover clarity in their careers, the secret to success, improve their resilience, intuition, power and capabilities to live their best lives. Her work delivers conscious expansion and peace of mind to clients in all walks of life. With a thriving physical practice located in Scotland and a global online practice Jacquie is passionate about sharing her knowledge and allowing her clients the space to embrace their own innate wisdom to tap into their highest potential.

[Contact](#) [Website](#)



Why Is It So Difficult to Agree to Disagree?

~Jill Whalen

We all know and use the phrase, “Let’s agree to disagree.”

It gets pulled out when we’re getting nowhere in an argument or discussion. From our point of view, the other person is simply not listening well, or isn’t very intelligent, or just doesn’t get the *facts* of the situation. Because obviously if they did, they would agree with us! So rather

than cause a scene or escalate the situation, we agree to disagree.

Or at least we say we do.

But inside, we know we are right!

“We are well educated”, we think to ourselves. “We have the true facts. And we can even prove it. If only they would be more open, they would surely see the correctness of our logic. It’s sooooo obvious, and right in front of their nose! But, alas, there’s no sense fighting about it. They’ll never get it because they’re too stubborn and too dumb to even look at what’s true,” we rationalize.

Meanwhile, the other person is saying the exact same thing about us in their head!

What’s really going on here?

It’s highly likely that both parties are “right” at the same time. Yet, how can that be true?

It’s easily explained when we realize...

We live in separate realities.

While this may sound weird or even crazy for those who haven’t heard it before, it’s the way the world works. And once we wrap our head around it, it makes a ton of sense. Plus, it explains a hell of a lot

about life, people, and relationships that we may have been confused about before. So, it’s worth sticking with me and hearing me out!

Here’s how this whole separate realities thing works:

We all live unique lives. We have different families, upbringings, personalities, likes, dislikes, genetic traits, and education, etc. Everything that has ever happened to us or been said to us, gets stored away in our unconscious. This one-of-a-kind mixture that psychology might call “[conditioning](#)”, becomes part of our general knowledge and overall belief system.

In turn, it’s this unconscious [belief system](#) (which we barely know we have) that creates our sense of self and how we see the world.

This is why no two people - not even identical twins - are exactly alike. We all have individual experiences that stick with us one way or another without us even knowing it. All of which gives way to our very own individual thought system

that we think of, and label as, “me, myself, and I.”

***Our unique “me thoughts”
flow through our brain
every moment
of each day.***

It’s this system of “me thoughts” that make up our [sense of self](#), as well as what I’m calling “our reality.”

Don’t get me wrong, along with our separate reality, there is also a shared one. Plenty of our personal reality overlaps with others. Which explains why we enjoy hanging out with those who agree with us. We love spending time with people who have similar beliefs to ours, because it feels like they share our reality.

However, even among those who have similar ideologies to ours, we can still bump up against separate realities. For instance, have you ever noticed that within any industry, political party, religion, or other organization, there’s always some form of in-fighting that goes on?

It’s all explainable by the fact that each individual within those groups has their own unique sense of self giving way to their separate reality. So while they may agree with each other on the main theme of their group, cliques within the groups almost always are formed.

***Knowing that
separate realities exist is a
game-changer.***

It explains all of the discord that goes on in relationships, families, friendships, communities, countries, and life in general.

Because we live in separate realities, even simple matters can and do create disagreement.

What happens is we hold onto our particular belief system as if it were some sort of [truth](#). We assume that what we like to do, eat, work on, play with, vote for, whatever - is what everyone would want! We absolutely cannot fathom how it could be any different.

Sometimes more importantly, we can't imagine how WE could be any different. Our reality is our reality, after all. Right?

Not necessarily....

Which is the best news you'll hear today!

Because our reality is formed from our conditioned belief system, it's [subject to change](#). In fact, it's changing all the time, we just don't realize it. Just look at what you used to like to eat, say 10 or 15 years ago, compared to what you eat now. Has it evolved? More likely than not, it has. And that's just one small example of our ever-changing reality.

In truth, our sense of self, our beliefs, and our overall way of life, can (and does) change. While it often changes gradually, it can also change in an instant.

At any time, we can be hit with an insight that completely changes our reality.

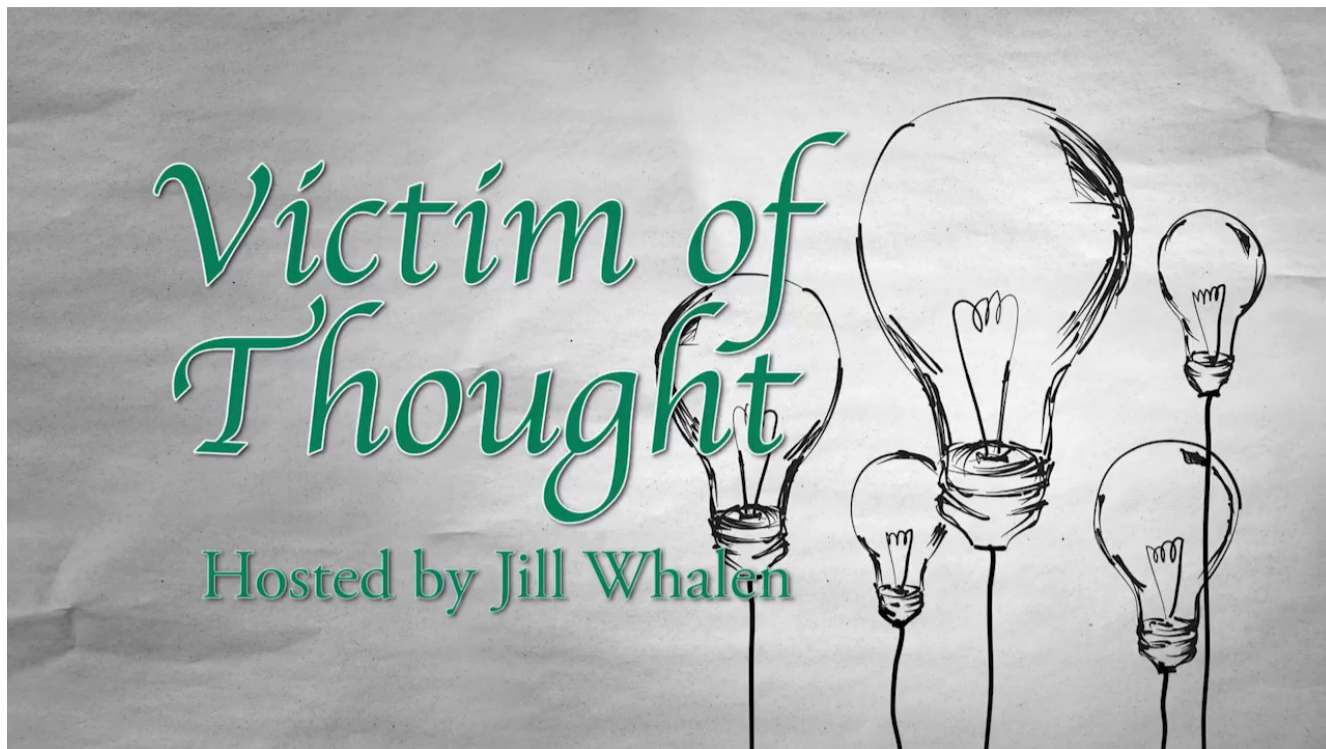
Which means that what we once thought of as reality, suddenly isn't so real anymore.

Knowing this leads to a much greater [understanding and empathy](#) for the way other people think and live their lives. Suddenly, there's no longer a need to agree to disagree. In fact, our seeing that no one particular reality is any truer than another, helps us to be curious about the way others see the world.

So, rather than deciding to simply agree to disagree, we may become interested in hearing more about how our friends, family, and colleagues see things. And in that open curiosity, we may even learn something we never knew or thought about before.

Which all leads to expanding our own reality and ideas of the world.

How cool is that?



Episode #2 of Victim of Thought - Jill Whalen:



Jill Whalen is the author of ***Victim of Thought: Seeing Through the Illusion of Anxiety***

Prefer videos? **Subscribe to my YouTube Channel now!**

For the past 20 years, Jill has consulted with companies big and small, and spoken at conferences all over the world. She is currently a transformational speaker and mentor to businesses, individuals, coaches, leaders, groups and organizations. She helps them uncover their natural well-being and happiness so that they can operate from a clearer state of mind and take their lives and businesses to a higher level.

Jill's blog, **What Did You Do With Jill?** is a personal account of what she's learned throughout her transformational journey. Jill has many "viral" **articles on LinkedIn** and is a contributing writer for **P.S. I Love You**.

Stay abreast of Jill's latest musings and offerings by **subscribing to her newsletter here**.



How 'Right Relationship' Is An Outcome Not An Instruction

~ Juliet Fay

*Love Life and it will love
you back*

As the heart breaks open we discover a new meaning to 'right relationship'. In the eightfold path of Buddhism: right understanding, right attitude, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration are the way to end suffering.

The path could be summed up as being in 'right relationship' to self and others. In my twenties, 'right relation-

ship' looked to be an instruction. I duly set about striving to be a good person and came up short, again and again.

These days right relationship looks different. It looks less about '*working at*' being a good person and more about a deeper listening to our internal guidance system. When our hearts are touched, our minds begin to quieten. As we realise there is a deeper experience of being, we begin to tune in more and more to the nudges we get all day, every day. Nudges towards nourishing ourselves on every level:

spiritual, emotional, physical and material.

*As we nourish ourselves
we naturally come into
right relationship with
others. All others.
Humans, animals,
plants and land.*

I used to experience manic episodes followed by sabotaging rage and soul sapping depression. The adrenalised energy of the highs was captivating. I felt like superwoman. A special being that didn't need sleep. I was frantically active in those periods, believing I could fly like this for ever. And I was terrified of the lows. Inevitably I would crash. In a fast downward spiral I would feel as if I was wading through treacle, my confidence seemed to drain away and my mind became a heavy fog.

Just recently I have come to see this in a different way.

In those manic highs, I was as disconnected from myself and others

as in the lows. I didn't recognise any signals of exhaustion until it was too late. The belief that those highs were desirable because I felt invincible, over-rode the need for rest (mentally and physically). The adrenalin buzz of the highs was how I wanted to live. Innocently, I was unaware of the possibility of a place of quiet creativity and peace.

I see too, the kindness of the lows when they came. A nervous system so highly strung, I was probably a good candidate for a heart attack. Yet the body-mind system rescued me, turning my head to mush, effectively switching off cognitive function, over-riding my own spinning thought system which said more, more, more.

Don't get me wrong, I suffered deeply (as did those around me) in those low times, but mostly the suffering came from being wretchedly unaccepting of the state I found myself in. Rather than gracefully take rest, I fought and argued and bitched at myself for feeling the way I did and ended up in a black hole of dysfunction that was painful for me and hideous for those

around me. The consequences of my actions at that time are still at play.

I had glimpsed, but did not fully realise, we have an inner guidance system that knows what we need in any given moment to keep the mind body spirit system in balance. We are being nudged every moment of every day. The inner tension we feel comes when our conditioned thinking (what is not true) tries to over-ride those nudges from a deeper knowing (what is true). When our minds are revved up we can miss those signals or misinterpret them. For me, urgency, tension and stress looked like signals to go faster, do more. I didn't realise they were signals to get quieter, signs I was off kilter, not instructions for how to live.

*As our minds quieten
and we become aware of
the stillness before
thought, those nudges
get clearer and simpler.
The noise in the system
reduces.*

The system is perfectly designed for each of us.

I sense now, those who suffer what is called chronic mental distress, are those who over-ride what their mind-body-spirit system knows to be true. That the richness of life is not in the rational, mechanical analytical world (which is marvelous and can be fascinating) but in the deeper connection and awareness of the field of being, that encompasses us and all living things.

We all have that deep knowing but some get caught in believing cultural or familial stories based on deep separation, conflict and division. Trying to act from their heart, these stories rush in and crush their spirit. They end up in a no-man's land of deep suffering. Their heart cannot bear to confine itself in this way but their head takes issue with this, perceiving an illusory threat to their place in the modern world if they do not conform. When we do not realise where our experience comes from: via the Power of Thought, those intensely frightening thought loops that look true, can spiral us down into dark places of despair.

It is interesting to look at those contented souls who don't suffer chronic mental distress. They are found everywhere. Women for example are: making homes, doing brain surgery, exploring the outer edges of spirituality, campaigning for more equitable societies, championing the rights of the marginalised and oppressed, growing food, raising children, researching quantum biology, writing poetry, filing accounts, checking groceries at the store.

What is the difference?

It's not about what they are doing, rather where they are 'doing' from. As we come more and more into right relationship with ourselves, naturally, we come more and more into right relationship to the world. In right relationship our minds, bodies, and spirits are experienced as gifts. When we love them, they love us back, giving us clarity, compassion, vast depths of creativity, fun and love. Through this lens we see all others: humans, animals, plants and land, as gifts to be honoured.

From this place of understanding, we discover a flourishing not dependent on outside circumstances.

At university I had a dear friend who intrigued me. She was chilled and contented. I was not. I went off to meditation classes. That semester stands out for me, as a time when I was on a more even keel. When the noise of a busy mind quietened enough for me to pay attention to things like getting enough sleep and eating well. Life was easier, more enjoyable. I knew my friend didn't need to go to meditation classes; I just didn't know why.

I can see, how a simple thing, like over-riding the body's need for sleep, created a ramped up nervous system again and again and again. In that agitated state, it made sense to me to take in copious amounts of caffeine, alcohol, nicotine and add more late nights. Unsurprisingly, that led to a more and more revved up system. But I couldn't see it.

*When we're not in our
right mind, we're not very
smart.*

For many years I thought it was the meditation classes that gave me more equilibrium. It looked like it was. What I understand now is, a quieter mind comes via insight. As our hearts are touched and we realise, or have an experience of something before and beyond our small selves, our conditioned and unconscious thinking begins to drop away. Like the proverbial iceberg, we have no clue how much we can't see. It is an ongoing unfolding.

As our stories about ourselves and the world begin to shimmer and their illusory nature is revealed, we begin to live more wholeheartedly with a more direct experience of life. For me, not all the time. I get lost and caught up in my stories, time and time again, but I get to see the illusion of my thinking at play in more and more places.

*And life gets more and
more beautiful.*

An article like this one, germinates mid morning and despite other plans, I find myself sitting down and typing. The words come through and I receive them as the gift they are. Not really my words. The more we love Life, the more Life loves us. Guiding us, nudging us, sometimes howling at us until we hear the call and return to right relationship in which we are flowing with Life rather than arguing with it.

As our hearts crack open, we begin to fall in love with the wonderment of Life. To see Life as a gift we are given. A gift we can receive with gratitude and begin to see how to reciprocate by sharing our gifts with the world in whatever way we are called. That gift may be making a cup of tea for someone you love or writing a PhD thesis. Every gift is equal and part of the glorious reciprocity of Life.

Right relationship is not something we aspire to or work at, as I once thought, nor just the Buddhist version of the Christian Ten Commandments. Rather it is a natural aligning that happens as we see deeper and deeper into the heart of the ineffable power that animates and guides us through life.

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© Artwork: heart collage on blue black acrylic on a wooden box frame by Juliet Fay 2021

The collage was inspired by my local #BuyNothing group. I received two pictures from a member who offered them to the group, thinking I might up-cycle them. I sanded and painted over the original pictures mixing a deep dark blue on an enamel plate gifted from the group. The collage is created

from papers and fabric in my home, including: the cat tissue paper was wrapped around some candles I was given last Christmas, the red tissue paper and ribbon were wrapped around some soap I was gifted for my birthday this year; off cuts from the fabric I used to re-cover my office chair some years ago, the fabric covering a jar of mincemeat I was gifted in December, scraps from a Union Jack towel I bought on sale in Jubilee year, pieces of cotton, bought in a swatch from a patchwork shop in Northern California. A blue heart is currently in preparation for the second picture. My journey with the Buy Nothing Project is revealing more and more the abundance of Life.

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Juliet Fay

Imagine loving life. You are not mad, bad, rotten, or flawed, though it feels that way sometimes. Your mind is not the enemy, just misunderstood. I'm Juliet and I want to show you how that's true.

Juliet Fay is a poet, podcaster and mental health educator, inviting the curious to discover how the mind works and who we really are. She issues this invitation through poetry, art, writing and consultations.

She usually divides her time between a small coastal village in West Wales, UK and San Francisco Bay area.

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The Feeling of Coming Home

~Laurie Holmes

As human beings we have a vivid imagination that has both helped us and hindered us through time.

When I ponder the feeling of coming home, a memory surfaces, and I am taken back to when my brother was a newborn, and I was 7 years old. My mom was rocking and nursing him in his room, my grandma was sitting next to her, and I was looking out the side window and we were singing together. I don't remember the song, but I do remember the feeling.

It was warm and nurturing, and loving and light.

I wanted to be that baby again, wrapped in my mother's arms, sucking at her breast, warm sweet milk flowing down my throat, while being rocked, cuddled and sung to. That feeling is indescribable as it was before words came along. I have glimpses of total sensations, It was pure presence without interpretation. In this space I was totally set free from the limitations of my thinking mind. It was

pure elemental feeling. It is akin to floating in the water, without anything to hold on to. You just Are. I imagine the spiritual world is something like that, full presence or consciousness without form to drag it down, all sensations flowing through at once, without attachment to any. A total sense of freedom, peace and love.

I experienced that very feeling at 7, in that room, singing, and being in the presence of love.

In this reality, I return to it when I release my personal thinking and tap into the ever present feeling of coming home.

People have asked me as a coach, how can I do that?

How do I stop thinking so I can be present?

There is no answer for that question, as there is no 'how to' involved. As a child I did nothing to have that experience. I was just fully aware in every moment without judgement. I was free to be me. I just floated on the sea of sensations, fully

aware and fully present to what was flowing through me. I may have stayed in that state for a few minutes or a few hours, as time is irrelevant there. While in the present moment, time ceases to exist, it is only when the thinking mind returns that we are aware of time again.

*“A quiet mind is a wonder to experience,
a stillness that vibrates with the energy of a thousand stars.*

A feeling that is more spacious than an ocean, and more specific than a baby's breath upon your heart.

*The quieter your mind becomes,
the easier to access the wisdom within.*

*‘Be still and know that I Am God,’
will speak to you again.”*

– my first published poem, 2014

Imagine for a minute that you are untethered from what you identify as; your personality and your ego.

What is possible then when everything is possible?

Would you feel free, unencumbered by societal expectations or personal expectations?

Who would you be then?

I have worked with many gorgeous human beings over the past 40 years as my spiritual wisdom has grown. So many stories of people suffering from what their thinking mind has conjured up. I am always in awe of the innocence, in seeing them, not see their own magnificence. Once they tap into that truth for themselves a natural transformation occurs.

I have seen eyes open wide as the dawn of truth registers in their entire being. Laughter spills out when they see the stories they innocently made up. Joy

leaps from their essence and they experience the quieting of the personal mind. I love being in the presence of someone returning home inside themselves. It is truly an honor to witness the flowering of the human spirit, and know that the only problems we have are the ones in our imagination!

Namaste.



Laurie Holmes

As both your life coach and spiritual mentor, what I create space for, is your natural curiosity and clarity to come through. I help you see your true self.

The one you have been hiding from for a very long time. That self is naturally resilient and creative and filled with possibilities.

Life has a way of making us think that we are failures if it hasn't turned out the way we envisioned it. We give up too quickly and fall victim to our thinking. We believe the stories we tell ourselves. We listen to the voice of doubt instead of the voice of reason.

As your coach, I will point you back to the truth of who you are.

[Website](#)

[Contact Laurie](#)





Centered Recovery Programs

Treatment for Addiction With an Inside Out Approach

~Elizabeth M. Lykins

While we all know that drug and alcohol misuse and abuse is prevalent in US culture as well as other parts of the world, recent statistics are quite staggering.

The top 10 states in the USA for opioid overdose deaths per 100,000, combined with the number of opioid prescriptions per 100 in 2018, represent a significant number of deaths, that correlates with the ease of obtaining them by prescription. For the purposes of this article, cocaine, methamphetamines, and other abused

narcotics and other prescription drugs, will not be discussed.

We are all aware of the misuse and abuse of alcohol and the effect it can have on the person who is overly consuming, as well as the effect on their families and coworkers. According to the National Institutes of Health, in 2016, three million deaths globally, were attributed to alcohol consumption (5.3% of all global deaths).

In 2018, the WHO (World Health Organization) reported more than 200 diseases and injury-related health

conditions, due to alcohol abuse. Since these statistics were gathered, the numbers have only risen.

State Opioid-Involved Overdose Death Rates and Opioid Prescribing Levels

<https://www.drugabuse.gov/drug-topics/opioids/opioid-summaries-by-state>

State	Opioid-Involved Overdose Deaths/100,000 persons ¹ (2018)	Opioid Prescriptions/100 persons ² (2018)
■ West Virginia	42.4	69.3
■ Maryland	33.7	45.1
■ New Hampshire	33.1	46.1
■ Ohio	29.6	53.5
■ Massachusetts	29.3	35.3
■ Connecticut	27.5	43.0
■ Washington D.C.	26.7	25.0
■ Rhode Island	25.9	43.0
■ Kentucky	23.4	79.5
■ Maine	23.4	48.1

Global Burden

- In 2016, 3 million deaths, or 5.3 percent of all global deaths (7.7 percent for men and 2.6 percent for women), were attributable to alcohol consumption.¹⁹
- Globally, alcohol misuse was the seventh-leading risk factor for premature death and disability in 2016.²⁰
- According to a 2014 World Health Organization (WHO) report, among people ages 15 to 49, alcohol misuse was the first-leading risk factor for premature death and disability.²⁰
- In 2016, approximately 14 percent of total deaths among people ages 20 to 39 are alcohol attributable.²¹
- In 2016, 5.3 percent of the burden of disease and injury worldwide (134 million disability-adjusted life-years [DALYs]) was attributable to alcohol consumption.¹⁹
- In 2018, WHO reported that alcohol contributed to more than 200 diseases and injury-related health conditions, ranging from liver diseases, road injuries, and violence, to cancers, cardiovascular diseases, suicides, tuberculosis, and HIV/AIDS.²²
- In 2016, of all deaths attributable to alcohol consumption worldwide, 28.7 percent were due to injuries, 21.3 percent were due to digestive diseases (primarily cirrhosis of the liver and pancreatitis), 19 percent were due to cardiovascular diseases, 12.9 percent were due to infectious diseases (including tuberculosis, pneumonia, and HIV/AIDS), and 12.6 percent were due to cancers (most prominently those of the upper aerodigestive tract.)²¹

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>

Traditional treatment programs for alcohol and drug abuse are generally focused on *the problem*, leaving the person feeling broken, flawed, defective, and hopeless; resulting in returning over and over again to old patterns of behavior. While a person may do well during an inpatient, extended program, once a client leaves the program, they often return to drug and alcohol use again.

What if the approach to drug and alcohol treatment was such that you were not considered irreparably broken and horribly flawed?

Does such a treatment program exist?

Centered Recovery Programs, based in Atlanta, uses a very different approach to drug and alcohol treatment. Their beliefs about addiction are:

- We believe that everyone has the potential to live a healthy, happy, substance-free life.

- We believe that innate health can be realized through mindful awareness.
- We believe that the present is much more valuable than the past.
- We believe there is no better time than right now to start—not just recovery from substance abuse, but recovery of your true self.

Their approach is different, with the belief that until a person returns to their real life and is able to integrate what they have learned with their own daily routine, *true recovery* has not taken place. Research shows that longer treatment programs, correlate directly with higher success rates. In an effort to merge these crucial components into treatment, Centered Recovery Programs, offers a gradual, step-down process from partial hospitalization (full day treatment), to intensive outpatient treatment (part time), and ultimately down to an outpatient level of care, providing consistent support to clients as they return to their every day routine. Their approach is such that instead of someone being quickly thrown back into their old routines and habits, several weeks' worth of ongoing assistance is provided, to fortify the client's recovery, as they transition back

to work, school, home, and other parts of their life. This is the ***Real-Time Recovery*** approach that they use with their clients.

Their philosophy is that people who have become dependent on drugs or alcohol, are living in a reactionary state, allowing unhealthy thoughts to dictate their actions. Because of this reactionary state, their general awareness of themselves, their surroundings, and their view of others, is very low. Mindfulness-based practices, including meditation and other basic techniques, allow the clients to become more aware of their thoughts, sensations, and situations, better enabling them to decide and act appropriately, with enhanced purpose, compassion, and understanding for themselves and others.

Mindfulness also helps *former* substance abusers to become more themselves, while being much less reactionary. This allows for more rational choices, resulting in eliminating addictive behaviors and other destructive actions. An awareness of the present, also improves all other areas of life, to include relationships, work, or school performance. Focusing

on the present instead of the past, is a real game changer for their clients.

Utilizing a *nonjudgmental approach* with the client is a key component of treatment at *Centered Recovery*. The majority of people with substance abuse problems are all too eager to be hyper-critical of themselves, as well as others. Adopting a more accepting approach to oneself and others can help to reduce much of the negativity associated with interpersonal relations and low self-esteem, that is underlying the addiction and the choices made that led the person to recovery.

It is important to mention that as in all alcohol and drug treatment problems, medically detoxing from the substance being abused, is not only necessary, but in some cases, can be life threatening if not managed appropriately. Before entering treatment at Centered Recovery, the client will need to undergo medical detox for many of the substances commonly abused, prior to entering their treatment programs.

AA/NA Based Programs	Centered Recovery Programs
More set in ways with traditions teaches outside in	Innovative personalized model teaches inside out
Labels the individuals rather than the behavior, i.e. addict, alcoholic, diseased, etc.	Non-judgmental and doesn't label people, but instead identifies their actions
Promotes that addiction is a chronic, relapsing brain disease that is incurable	Teaches that people can reconnect with their innate health and free themselves
Believes you have to admit that you are powerless	Teaches that people do have the power to overcome it
Requires continued meetings to remain "in recovery"	Encourages support groups, but allows for people to put their old behaviors permanently in the past
Relies heavily on talk therapy and step work	Provides psychoeducational classes and mindfulness practices
Asserts that everyone must follow the same 12 steps	Encourages personal path development for individualized results
Treatment has religious overtones through the inclusion of "higher power"	Is completely secularized and incorporates many therapeutic and philosophical influences

Many treatment programs in the US and other countries, utilize the 12 step program, from Alcoholics Anonymous. These programs focus on the “problem” in an effort to fix what is considered broken. *Centered Recovery* encourages their clients to acknowledge the *wholeness* within them. While habits are addressed in Skills Building Groups, the client is not considered to be flawed or diseased.

As the client incorporates mindfulness in their life, they learn to become more fully present and non-judgmental. This process helps to alleviate reactionary, thought-driven actions that create conflict and poor choices, instead moving the client toward a life that is directed by inner stability, not outward mandates for change.

The founders of *Centered Recovery*, Reed and Krista Smith, have assembled a team of dedicated experts to deliver care to clients, utilizing their mindfulness based approach, in conjunction with

traditional therapy. Here is what one of the many clients who have given testimonials for Centered Recovery, has to say about *Centered Recovery*:

*“Centered Recovery is a gem. The staff is knowledgeable, helpful, and respectful. There are a lot of treatment centers that recycle and reuse material solely for financial gain. This is not one of them. The content is unique and original. Thought provoking ideas and conversations occur everyday here. They focus on the true root of any problem you can imagine – **thought**. Some therapies focus on making goals and recognizing reoccurring behaviors; and while that is very relevant it misses what comes before that- Thought processes and how we experience and perceive the world. It’s very normal to take thoughts quite so seriously (even destructive ones) yet they are all synapses that occur constantly in the brain. If it sounds weird – good. Call them. They are very professional and friendly.”*

– Susan



The philosophy of treatment at Centered Recovery is that human beings are so much more than their individual thoughts and behaviors. This is true in any aspect of our lives. While we all struggle with how much attention we give to unhealthy thoughts that can lead to destructive behaviors from time to time, if you are also struggling with substance abuse and addiction, a mindfulness approach will help you to come to the realization that

the past does not need to dominate your life any longer.

With facilities located throughout Georgia, give them a call, to find a ***Centered Recovery Meeting*** in multiple states near you. Addiction does not need to define who you are.



CENTERED

RECOVERY PROGRAMS

[Website](#)

[Contact](#)

[1-678-871-8640](tel:1-678-871-8640)



The Power of KNOWING

~Julian Freeman

There is a really amazing thing that happens when you are calm and peaceful, grateful for life, and feeling lucky. You get ideas and thoughts, that you just KNOW ARE RIGHT.

What do I mean by KNOW?

Well, think about the big decisions in your life. Think about the small ones.

Some that you agonised over for days. Thinking through the pro's and con's. With some, you just *knew* what to do. You didn't second-guess yourself. You just got on and took action..and BINGO...it was the right solution for you, there and then in your life.

So RIGHT, it's amazing.

Once upon a time, I worked in a company where we employed great people. People that you could trust, such that when the chips were down and things looked tough, they'd come up with the right action to take, by using their innate intelligence. Call it intuition or a 'gut feeling'.

Then one day, we decided that we would try and help them to be better at their job, by sending them on a decision making course. *Guess what?* They all went, but nobody used the techniques that had been taught. Knowing what to do was so *obvious* to them, that they did not need a process to figure things out. They did not even try to figure things out. They went with their innate wisdom, and much of the time, it was right.

Parenthood is another great example of KNOWING.

With your own baby, Parenthood isn't optional. People *know* what Parenthood means without being asked. We just do it! When our child needs something, we are there for them. We love them, care for them,

and take responsibility. That is how I've always experienced it, haven't you?

We do what feels right...

No questions asked...

We just KNOW.

What would life be like for you, if you could be ABSOLUTELY CERTAIN, that life was going to work out for you?

When you KNOW, what to do next, is obvious. You don't have to stop and wait. You jolly well do it! You are full of confidence. No decisions to make... you just go for it. Doesn't that feel great? And, it get results too! It does for me every time!

If you are worrying that giving yourself more time to get into a good place is wasting precious time, *DON'T*. When you move into action, coming from a KNOWING about what is right for you, you make *way* more progress in life. Remember Aesops fable about the Hare and the Tortoise?

Sometimes, *knowing* just happens in the moment. I remember stopping my car in the middle of the highway to help a man who had just an accident, and needed emergency help. I *knew* what to do and sprung into action. I stopped the car and helped hold the man in traction, as advised by the doctor who also stopped, until emergency services arrived to look after him. The police rang me after the event, to say that the man was going to be okay. *Knowing* and acting on those feelings, works in lots of situations.

What if you could turn this KNOWING into CERTAINTY?

Actually let me go one step further and call it ABSOLUTE CERTAINTY.

If you were absolutely certain, that everything was going to turn out just fine, how would that change things for you in how you live today? Things would be different, wouldn't they?

I remember a time, which must be 38 years ago now. I remember it like it was yesterday. I was a young man

taking exams, that would decide whether I would go on to University or not. I can still see myself standing, looking at the wooden swinging doors that marked the entrance to the exam hall, for my first 3-hour exam of a series. I was so stressed, that I chain smoked before and after the exams. In three days, I had smoked about 200 cigarettes, despite spending between 6 to 9 hours each day in the exam hall, where smoking was prohibited. There were moments, when I started to put a cigarette in the ash tray, only to find a lit cigarette already there. *I was THAT stressed.*

I thought that those exams would decide my entire life. If I flunked them it would all be over (or so I thought)!

I remember looking at those doors to the entrance and wondering how I was going to make it through the next 24 hours. *Guess what?* I made it through the exams and did well enough to get into a course. It had not been the one I would have chosen, but something interesting happened after that. I discovered a new way to approach studying, with the help of a

couple of guys that I tutored on the course. I did really well. I gave up smoking too...*eventually!*

I could never have envisaged that it would turn out the way it did, while staring worriedly at those doors, on the first day of my exams. But it did. In fact, in my experience, that is how things can always work out for themselves.

You can go into situations with a lot of worry and stress, but once you are in the situation, if you are anything like me, you actually deal with the situation much better than you could have ever imagined yourself doing.

Stop and think about it for a moment.

You are actually unsinkable.

Just like boats are designed in such a way that they might tip over, but can right themselves, so it is for humans too. I've told my exam story at the talks that I have given, while asking the audience to do an exercise where they explore a situation like mine, to see how it turned out for them. They always agree with my findings. Things

do work out without the need for worry and stress.

Okay, so you might say that boats actually do sink at times and it is true that they do. Quite often, in those cases, it is because the captain takes the boat into situations that are more than any boat can handle. Even the Titanic, the boat designed to be unsinkable, went down because the man in charge, wanted to break the record for an Atlantic crossing on its maiden voyage, ignoring the actual conditions. If only he would have listened to common sense and followed his innate wisdom, there might have been a different outcome.

The same is true for all of us. When you don't follow your deeper feelings of certainty, you are putting yourself at risk. In my opinion, and I've only got my own evidence for this, if you push too far and ignore your feelings long enough, physical symptoms may start to give you stronger warnings. Our inner guidance can become a warning system to correct us.

Often, we have gotten it wrong. Very wrong. People go to their doctors to

get antidepressants, Beta blockers, and more to feel better. I have been amazed when I meet people that are taking these types of pills. It turns out, the medication is only dealing with the physical symptoms of stress or depression. It does not manage the actual cause.

You don't need to live with depression, stress, and worse in your life. Listen to *your* guidance system and trust it. If you do, everything will be okay, even if it does not turn out how you planned.

There are certain situations in life when you do get knocked flat... with terminal cancer, a heart attack, a plane crash, or a major motor accident. If we spent our whole life worrying about what *might* happen to us such that we avoid living, what would life be like? We would barricade ourselves into our homes and never come out! (A bit like Howard Hughes). I would rather live my life on the basis that life is good and will work out. Don't you?

We all can gain a new perspective, a Knowing, at any time. With that new

view on life, next steps come to us, and we can just *know* they are right. This can become easy and natural with practice.

We all have a built-in guidance system. If the going looks rough, we can trust that we are going to get through it. We always have so far, haven't we? I hope you agree, that these innate powers and abilities are pretty amazing. I would say that is a pretty good start.

You really can know with ABSOLUTE CERTAINTY, what to do in *any* situation. Listen for the *knowing*.

Now you have some new ideas about how you could do things a little differently by trusting your instincts. Life is just an amusing game that we are all playing. By trusting your innate wisdom, you can have a head start on how to play the game differently.



Image Bridge on Lake by absfreepic, CC0. Image of Julian Freeman used with permission.



Julian Freeman

In 2010, I found a new way of looking at life, through an alternative psychology called the Three Principles. I hesitate to call it a psychology, because for me it is a way of understanding and navigating life with more naturally with ease and contentment.

Navigating life in a new way opened up new ways of living. Lots of things seemed to change in my life after that without me having to try. Life started to become much more of an adventure. I never imagined that I would write and publish a book, but in 2013, I published [Life Beyond Money](#). I loved writing it and I know that it has helped a number of people on their journey. I love that!

In 2010, I picked up a video camera, bought in an airport duty free. It was the best one in the shop. I started filming and in 2014, I realised that filming was what I loved best. That was me following my own guidance system, allowing that 'Do nothing' factor to come in and open up the opportunity to be a creative. Having an engineering background, I hadn't seen myself as a creative person, but I was wrong.

I followed that passion and studied camerawork, editing, interviewing, and really enjoyed the journey of creating great films. Nowadays, when I make a film it almost feels like I am watching it all happen in front of me. I am the instrument and something else is doing the creating. It's a special feeling and being part of something bigger like this, is open to us all. You can see my films on [Youtube](#). I hope you'll find something there, that will help you to tune back into yourself, and help you on your next adventure in life.

Musings

By Gavin Long

After Rilke

And to think that I too
Would have been a poet like this
If I could have lived
Somewhere, anywhere,
In this world
In one of the many
Old abandoned country houses
The light room in the attic
Is where I would stay
With all my old things
Family portraits and books
A box of paints
And an armchair too
With flowers and dogs
And a guitar to play
I'd swim in the lakes
Breathe the fresh mountain air
Walk the stony paths
Through the forest and light
And nothing else beside





Just a book
Bound in leather
With an old
Flowered design
On it's faded
End paper
And in its' pages
I would have written
And written a lot
For I'd have had
Many thoughts
And many memories
Of many people
And places
Present and past
Nay forgotten
Nor lost

Time

'Tis the space
Between thoughts
Where the real magic lies
The crack in it all
As Rumi once cried
We think we have time
Yet we have none at all
Nothing more transient
Or immediate than now
Never to wait
And never too late
Be still keep moving
Step up to the plate
Always on time
Always aligned
The beat of
Your own drum
Is the only true rhyme



The Forest



November streets
Took a toll on me
Tripping me up
Trying to take me down
Rain on my face
Cold in my heart
Caught my reflection
But failed to see
Returned to the forest
The light and the lake
I'm under her skies
Treading light
Feeling deep
She speaks to my heart
Whispers my name
And touches my gypsy soul

Flawed

Not quite whole
Not quite round
A little edged
Not quite found
Don't quite follow
If you know what I
mean
A little tortured
Is how I seem
A little broken
A little bound
A little amiss
Of that carefree
Sound
I'm boxed in clever
Beating me up
From the inside out-
I'm in for a penny and out for a pound
Show me lost and I'll give you found





Gavin Long is a PGA Golf professional, instructor, teacher and coach. A certified Yoga teacher and Yoga for Golf Instructor, he is also a certified Sports psychologist & Zen mental game coach. The passion for travel, growth and self-discovery shall never cease.

Gavin is available for consultations and online sessions via Zoom or Skype and can be contacted by mail gavinlong@hotmail.com or on [LinkedIn](#).



Reflection

Young, old soul
staring in the mirror.
Trying to scare myself.
Failing,
but noticing that spark
of otherness in my eyes.





Is it my shadow?

My animus?

I do not have the words for them then,
but my mind knows what they are.

It knows their guise.

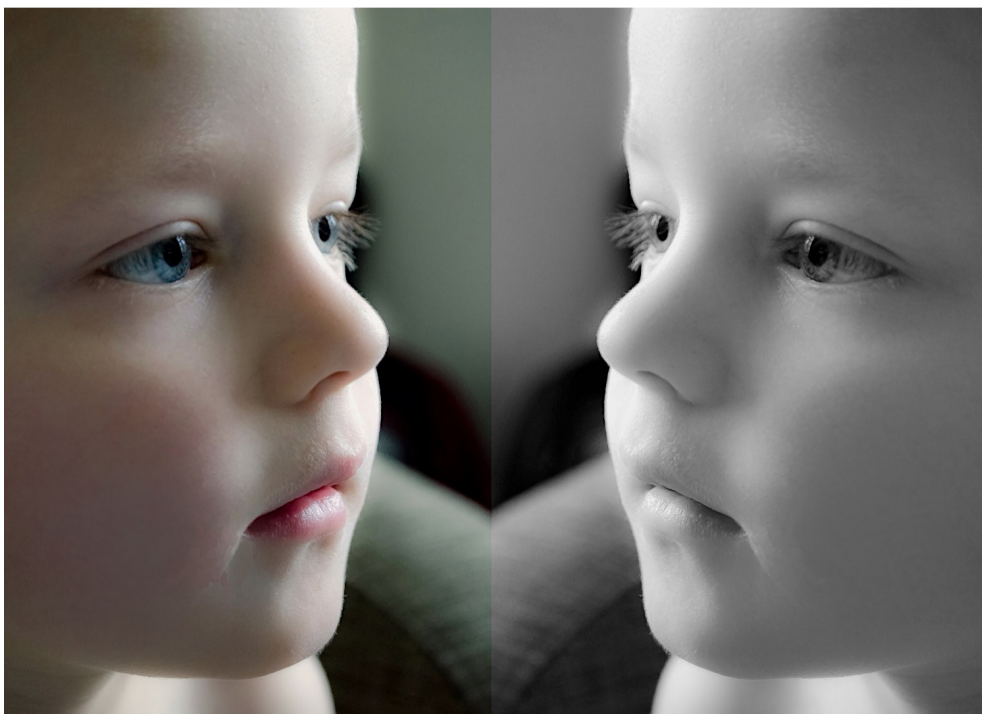
Is it a demon?

They tried to scare me with the devil
but I know in my heart he only exists
in my imaginary realm.

I ignore him mostly,
but if I stare long enough
he may appear in my reflection.

He hasn't yet.

Well, maybe once in a dream.



Staring in the mirror,
Six years old with a young heart

and an old soul,

I sense you.

I know you are there.

Waiting.

Waiting for me to grow.

Maybe you're an alien.

An angel.

A being from the other side.

But you're a friend, not a foe.

You know me better than anyone else.
You take me flying in my dreams.
You see the beauty in my ugliness.
You love my lightness and my darkness.
You feel my shame.
And when I know you're there,
The shame neutralises.
Loses its power.



I wonder if you look in the mirror
and you see me staring back at you too.

For you are me, and I am you.

Written by Leanne Webber, 2017





Leanne Webber is a writer and poet, whose original work can be found on Facebook and Instagram.

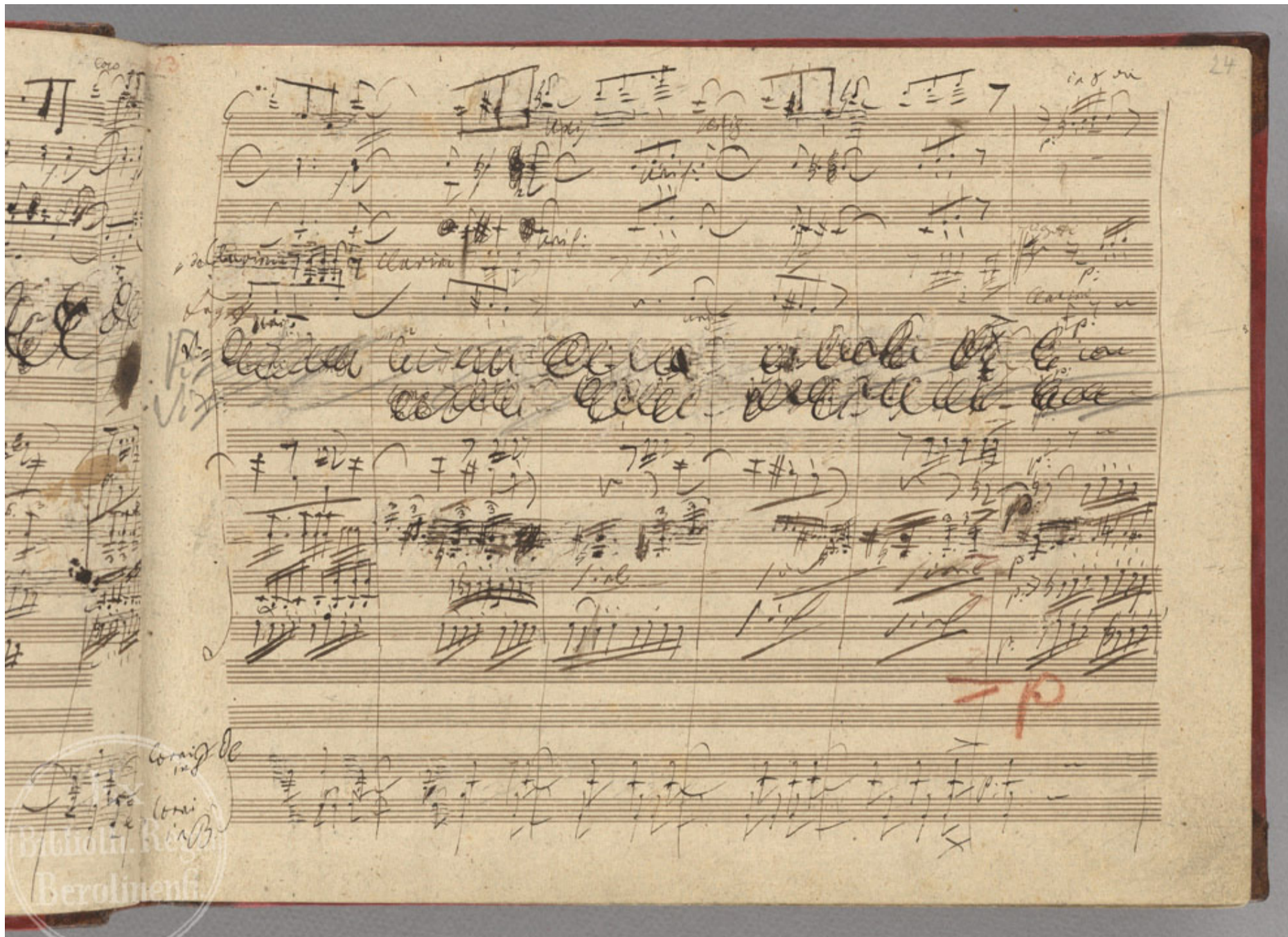
About: Woven words of a weird, witchy Welsh woman, channelling the collective unconscious, and transmuting darkness into light.

Facebook Poetry Page: [@ElennaBewber](#)

Instagram: [@purple_persephone_](#)

Youtube: [@themysticalpoetess](#)

Images by absfreepic, CC0, with images of Ms. Webber, used with permission.



The Music Within

~Nick Bottini

I've finally reached the conclusion that music is life and that life is love and that there is something innately divine about the whole process.

What do I mean?

I mean that within each of us is a simple, honest desire to create. A desire to do. To make. To express. It's not about a talent

for music per se, or a predilection. It's about being human. It's just something that is there.

Music is simple - it's sound made by life itself. Whatever sounds take our fancy. But what I didn't realise for many years was that the only place that music is actually made is on the inside. Not within the body, but within the mind. You could

even say - within the soul. We create, compose, experience and perform music from the inside-out.

Let's take a famous example. In 1824, Beethoven was so deaf that a singer had to let him know that the audience was applauding when his famous ninth symphony, 'The Choral', was premiered, by touching him on the shoulder. When I used to tell students about the circumstances that Beethoven had written the symphony under, many of them were flabbergasted. 'How did he do that?', they would always ask. I'd tell them that he struggled with depression that he contemplated suicide because of his deafness. But that for some reason, he decided to live. Something within him had to come out, and deafness or depression couldn't stop it.

The truth is that though Beethoven's hearing apparatus, in the mechanical sense, failed him, like every other musician, the creative process only ever took place within. He heard melodies, had ideas, found inspiration, made decisions to noodle at the piano, but all on the inside. The symphony came into being in his inner world, and, from the

inner world, a world of infinite potential, the formless took form. The nothing turned into something. And the something got jotted down on paper. What a truly magical process --- the process of creation --- taking place continually within the mind.

So stop and think about it for a moment. Is music (or any experience for that matter) ever truly created any other way, other than internally?

*Can you ever experience
music *outside* of Thought?*

An idea might become an action. A feeling might become a movement. Inspiration might prompt a conversation. All made out of pure nothingness. What prompts it all - the spiritual energy of Thought.

*Where does inspiration come
from?*

Who could say, but I do know that it's worth following its lead.

The world wants to hear the music of your soul, so when it taps you on the shoulder and invites you to sing, be brave. *Do it!*



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Nick Bottini

I'm a multi-instrumentalist, consultant and performance coach. I studied at Leeds University, the Franz Liszt Hochschule Für Musik in Weimar, and the Royal Northern College of Music in Manchester. I have worked as a freelance musician, as well as Head of Music London schools. As a coach, consultant and public speaker I have helped musicians, international sportspeople, business people and many others. For over ten years I have worked at various levels of the music industry (from school children and adult beginners, to child prodigies, competition winners, music college students and top professionals). I help people discover their full potential by understanding the mind.



[Book - Just Play](#)

[Website](#)

[Contact](#)



Honoring the Life of Artist Steven D Lyons

~ Elizabeth M. Lykins

We all make a series of friendships throughout our lifetime. Friends come and go, often no longer maintaining a presence in our lives for no other reason than we leave school, a job, or move to a new city. This is the cycle of life. If we are very fortunate, we will maintain lifelong

friendships with less than a dozen people; people we can always count on or turn to; when we need to hear a familiar, welcoming voice, that connects and anchors us to who we really are; reminding us of pivotal moments in our shared past.

Steven D. Lyons was one of those lifelong friends that I could always connect with on a deeper level, even though years may go by without speaking with one another. We would always pick up where we left off. Our conversations were a wonderful bridge, connecting our past with our present life circumstances. I never stopped seeing him in my mind's eye as the bright, talented blond-haired boy, who lived on the other end of Linden Avenue, who was never afraid to stand



up for social justice or to speak out against hatred in its many forms. We shared those same qualities, both born with the moon in Cancer, that created a

bond between us in intangible ways. He was someone that one could always count on to tell it to you straight. He would also readily open up his heart, to the plight of those who were less fortunate, to help in any way he could.

Steve came from humble beginnings, not all that different from my own in many ways. We met shortly after our family moved to Portsmouth, Ohio, when I was still in grade school. His brother Rickey and I were in the same grade and shared classes in school. Steve was a year behind us. He was always outspoken and opinionated about things that mattered, but in a way that was just and in defense of others. A talented artist even as a young child, he won his first art competition at the age of eight. He later directed his attention to journalistic endeavors as we approached high school.

We shared a creative writing class in high school. I usually sat beside or behind him, and was able to observe closely his talent for writing and the subject matter that he chose. My recollection of him in that class, is that his style of writing was compelling and way beyond his years. I

had a sense even then, that he would make important contributions to a much larger audience, than that of our little small town of 20,000 residents, in the foothills of Appalachia, nestled along the Ohio River.

Steve's humble beginnings never left him. As we were growing up, the economy was taking a major downturn in southern Ohio. The once thriving economy that centered around factories, steel mills, and chemical plants, had begun the slow death spiral that has left the area today, in abject poverty. Steve's family was profoundly affected by this. My parents were still employed at the time, while his father was left with little work to sustain their family of seven.

Steve was one of 5 children. He knew intimately the pangs of hunger and of not being able to attend many of the school functions and local entertainment that so many of his friends were often able to attend (at least once in awhile). This molded his character in a way that he could not have understood, in his younger days. He turned these experiences into a force for good. He became a champion of impoverished

children as his career blossomed. One of the qualities that I admired most about Steve, was his compassion and generosity, resulting in giving his time and money to many, who were less fortunate.

He never forgot, the often forgotten.

After high school, Steve attended Eastern Kentucky University, where he earned a Bachelor of Arts, followed by a Master of Arts from Louisiana State University in journalism, with a minor in art. He was also a Walter Hitesman scholarship recipient.

After college, he spent much of his adult life, working as a corporate writer. After college, he moved to New York and did PR work for films and TV. While in New York, he served as critic Judith Crist's assistant. He continued to paint, but had chosen journalism as his career, no doubt remembering the sting of poverty and not wishing to revisit that position again, if selling his art could not sustain him financially. Subjugating his desire to become a full time artist in deference to working in the corporate world as a

journalist, would haunt him for a number of years. The desire to create art, would continue calling to him from the shadows.

Steve left New York to accept a role as a corporate writer for a mutual fund, in Cape Cod. He bought a home in New Haven and would host casual art shows of his work there. He had some success in these casual shows featuring his work, but he was not quite ready to leave his corporate job and the security it offered. But he could no longer keep the burning embers of creativity subjugated.

In 2010, he wrote and directed a short film, *The Hunted*, which is about a husband who becomes unhinged after witnessing one too many of his wife's summer affairs.



In 2013, after a home remodel leaving him with extra lumber, he had a brilliant idea to create paintings on his back porch, using the abundant wood scraps. They were later known as “Momento Paintings”.

He displayed the paintings on his front porch, with a sign that asked anyone who was interested in purchasing a painting, to leave \$40 or \$50 dollars in a jar next to the paintings. He sold 400 paintings that summer which inspired him to take a leap of faith, to pursue his dream of creating art full time.

“I know I’m one of the lucky ones.” - Steve Lyons



Steve's first marketing director, Kristie Utzler, promoted Steve's work until developing breast cancer, in 2017. Steve was now steadily gaining notoriety and becoming a rising star in the world of fine arts. It was not too long, before he was able to realize his dream of opening the Steve Lyons Gallery on Main Street in Chatham, with his long-time friend Peter Demers, who became his business and life partner. The gallery became a working studio, where Steve welcomed interacting with visitors. His success as an artist and gallerist, soon became meteoric.



Kristie recalls, *"In 2015, Steve and I went to La Paz, Mexico and put on an exhibition, for which the proceeds went to a local orphanage. But it wasn't Steve's*



nature to just contribute the money, so we spent a day at the orphanage, speaking with the kids about creativity and passion. Steve even spent the afternoon playing basketball under the 110° Mexican sun, laughing and giggling all the way with the children. After seeing the circumstances of the children, Steve asked me to buy a complete set of art supplies for each one of the kids. This is the moment that I will remember most, because that was the essence of Steve's heart."

I first met Kristie through another of Steve's acts of kindness. I had relocated along with my pre-teen daughter, to start a consulting position, which abruptly ended only three months into the job, and just 3 days before Thanksgiving. The company who had recruited me, had

decided that they could not afford my services after all, without any prior warning. It was a tough blow. I was in a new city without any friends, no income, and an 11 year old daughter.

In an attempt to recover from this unexpected financial downturn, I decided to start a coaching business. I reached out to Steve to ask him for the name of his marketing director, to see if I could hire her, as I could see that he was becoming quite successful with her marketing efforts. Steve responded by offering her services, with a generous amount of hours of consulting, as a gift to me. I was so deeply touched. She not only assisted me in improving my website and other marketing tips, but has since become a good friend, as a direct result of Steve's generosity and kindness. It was in Steve's nature to surround himself with people that shared the same values as he did.

Tragedy struck in Steve's life in 2016, when his only sister and closest sibling in age, suddenly passed away. Steve was devastated at the loss of his sister Beth, but once again, he turned his grief into something meaningful. He donated some

of his paintings to an auction for the benefit of the [Steven A. Hunter Hope Fund](#), a charity operating in our hometown of Portsmouth, Ohio. This amazing charity works tirelessly to provide meals and services, including a weekend food pack, for the many impoverished and food insecure children in the area, including several surrounding counties. His donation extended beyond the gift of a check to the founders, Mark and Virgie Hunter, who started the charity after the sudden loss of their son, Steven. Knowing the pain of food insecurity and poverty himself, Steve went a step further and offered a donation in perpetuity.

"I've made it part of my estate plan that the Steven A. Hunter Hope Fund will have access to 8-10 prints, every 18 to 20 months," [said Lyons.](#)





Steve reached significant acclaim and became a prolific painter, utilizing the “impasto” technique, which produces a sculptural quality (a 3D appearance) to his paintings. In 2016, he was named one of the “Top 5 Expressionist Artists in the World” by the American Art Awards and the following year they named him second in the world for Abstract Expressionism. In 2018, Art Tour International Magazine listed him as one of the “Top 15 Artists in the World to Watch.”

*“We live in a culture that too often only admires ‘the big’ and ‘the splashy.’”
~Steve Lyons*



He has exhibited extensively throughout the world, including Freising (Munich), Berlin, Paris, Madrid, Sitges (Spain), La Paz (Mexico), and Poznan (Poland), and in the U.S., in New Haven and Greenwich, CT, Boston, New York, Canton, Ohio, and many other venues in Europe and the US. He has also been



featured in numerous publications, including the *Huffington Post*, *Du Jour Magazine*, and *Art of the Times*, as well as the award winning television show, *Chronicle*. His work is included in private and institutional collections both domestically and abroad.

In 2017, I had what I would call a lightning bolt moment, in which my inner voice began whispering very softly to me, instructing me to write an inspirational art book, using numerous quotes from well-known philosophers, while writing my reflections on the quotes. That thought was followed by a strong feeling, to ask Steve to contribute images of his paintings, to include in the book. The idea was to feature his art exclusively.

The first time I heard this little voice, I was in the kitchen preparing dinner. I thought that it was an interesting idea, but



I quickly dismissed it from my mind. The same message came to me again and again, in a progressively louder voice, accompanied by an increasingly compelling feeling, to take action. I pondered even more on the concept, ultimately deciding to reach out to Steve, to see if he would even be interested.

He of course, agreed to provide however many paintings that I wanted to include in the book, granting me unlimited access to his vast library of images.

He additionally tasked a couple of members of his gallery staff, to assist me in choosing the appropriate images to match the text in the

initial draft.

After three years of revisions, edits, finding a publisher, and even more edits, [*Reflections on Transcendence*](#) was published on October, 2020. After signing



the contract with the publisher, neither of us had any inkling of what was to come.

*“But small accomplishments of creativity are powerful forces. one small light ignites many others.”
~ Steve Lyons*

Steve collaborated with me once again in March, 2020, to contribute an article, entitled *The Power of Creativity*, in the first issue of my newly published, quarterly digital magazine, *Magnificent Metamorphosis Magazine - Inspiration for Positive Change*, newly available by subscription in the App Store and Google Play. Steve wrote the article personally

and selected several of his paintings, to accompany the article.

During this same time-frame, he continued to gain more and more success as a painter, opening an additional gallery, in Westport, Connecticut: *Bankside Contemporary*. Steve’s life was exactly where he wanted it to be; creating art and sharing his vision of igniting creativity, with a large audience of people. Little did he know, that his world as he knew it, was about to dramatically change, and not in a way that he could have ever imagined.

*“Art is not just a painting on the wall. It’s a force that comes to life - by each and every one of us, sometimes in small ways, sometimes in exhibitions. They are all important and they all create a better place for us to live, internally - and in the world at large.”
~ Steve Lyons*



Tragedy would strike once again in Steve's life, with the nearly simultaneous arrival of the global Covid 19 pandemic and a surprise diagnosis of *glioblastoma* (an aggressive form of brain cancer). As a medical provider, my heart sank with the stark realization of what this would ultimately mean for Steve. It was only then, that I understood the overwhelming persistence of my inner voice, to urgently complete the book with Steve.

My inner spirit knew what my conscious self could not have accepted - *time was not on our side*. It seemed inconceivable that Steve might not remain with us much longer in this mortal world.

Steve fought valiantly throughout his year long battle with cancer, in spite of a progressively worsening condition. His partner, Peter, traveled with him to Los Angeles, to undergo some experimental treatments, with the hope of improving his length of survival.

Unfortunately, in the height of the pandemic and ever surging covid cases in Los Angeles, both Peter and Steve contracted covid. While Steve was in the hospital recovering from his latest, significant treatment complications, Peter lost his own fierce battle with covid, leaving Steve to battle both covid and cancer in isolation in Los Angeles, being shuttled back and forth between the hospital and rehab centers, in the wake of the pandemic and deadly virus that took his partner's life. Suffering in isolation is a big part of the reality of covid 19.

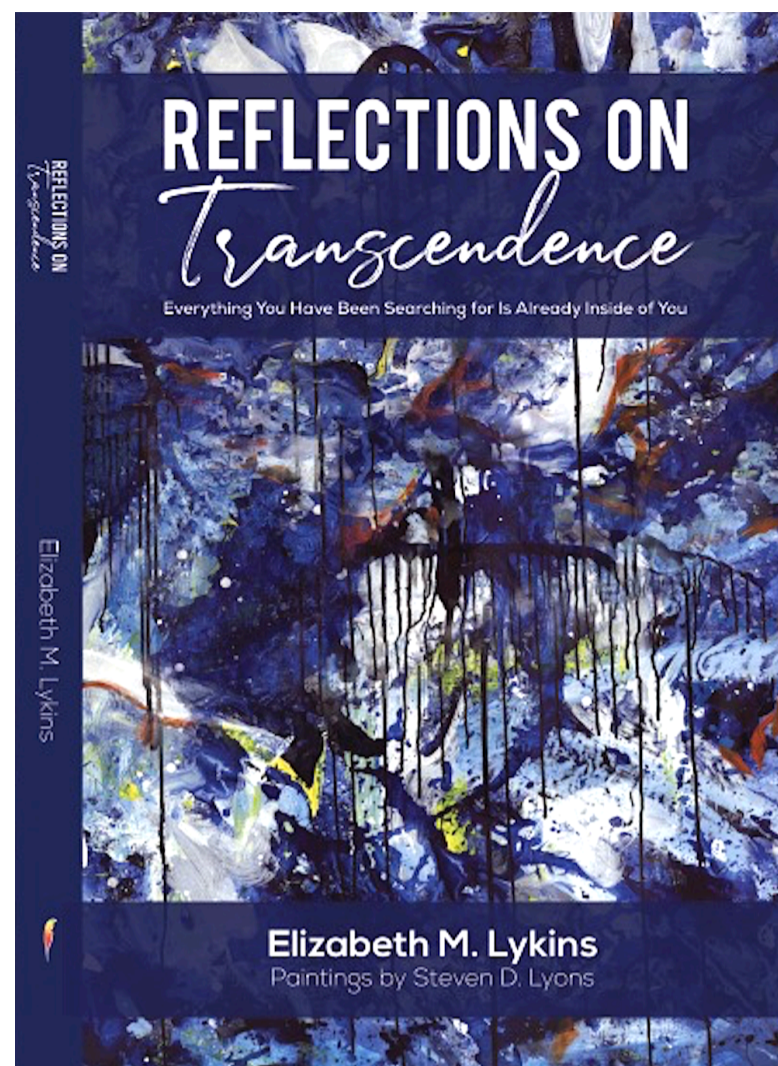
Two months later, once medically stable to fly, Steve returned to Chatham, with a medical transport team. Surrounded by his son Eli, brothers Rickey and Jeff, his local friends, and his beloved paintings, Steve peacefully passed away in his Cape Cod home, on March 21, 2021, exactly three weeks after returning home.

“At the end of the day and ultimately at the end of my life, I hope people see me as an example of a person who used whatever degree of talent he possessed to help to push art along, to help others become creative, ignite passion for art, understand and honor creativity in all its forms... Being creative is good for one’s soul — and for the souls around you.” ~ Steve Lyons



In honor of the amazing life of Steve Lyons and to continue his legacy of giving to those who are less fortunate, here are some ways that you too can have a powerful impact:

- Donate to the [Steven A. Hunter Hope Fund](#) in memory of Steve Lyons. Even a small donation, will feed many food insecure children.
- Purchase a copy of [Reflections on Transcendence](#), and be inspired by Steve's thought-provoking paintings, to get out of your head, and into a more reflective space. Then, grab another copy to donate to someone you love.
- Visit [Steve Lyons Gallery](#) and consider purchasing one of his original paintings, a reproduction, or a gicleé print, to adorn your home and nurture your soul.
- *Ignite your passion to create...* whether it is taking classes in painting, drawing, sculpting, blowing glass, learning to play an instrument, performing live music, writing, poetry, photography, videography, dancing, acting, or any other creative endeavor that you have longed to release; tucked away inside of you until now.



You are never more aligned with your spiritual essence, than when you are creating, from the inside out.

Steven D. Lyons

July 9, 1958 - March 21, 2021



Video - The Hunted by Steve Lyons, copyright 2010.

Interview - Doc off Clock with Kat Gilek- Seibert.

Images Courtesy of Kristie Utzler, Elizabeth Lykins, and Steve Lyons.

Paintings by Steve Lyons.



SIMPLE ACTIONS: BIG RESULTS

KEEPING OURSELVES AND OUR EARTH HEALTHY

~Lonna Larsh, MD

I hope by this time you are on board with the fact that climate change is real. While there are a few prominent politicians who have doubted the truth of our changing planet and the role of humanity in that change, virtually every serious scientist recognizes the sobering truth that the planet is not doing great and it's our fault. Yes, Pogo was right: *We have met the enemy and he is us!* (<https://library.osu.edu/site/40stories/2020/01/05/we-have-met-the-enemy/>) If you have any doubts, NASA

has a great site covering all the data: (<https://climate.nasa.gov/evidence/>)

While there are many opinions about climate change and how best to live our lives, or to prosper and care for the environment, no one can argue we have seen an increase in wildfires, hurricanes and wacky weather. While it may be time consuming and depressing to sift through all the information out there, here are some things we know, along with ideas

for keeping our planet, and ourselves, healthy.

You might have heard about the Earth's tipping points or "boundaries" in our planet's natural systems. A team of 28 internationally renowned scientists identified how breaches to these boundaries are leading to irreversible changes, threatening the quality and sustainability of the resources we depend upon for food, water, and the life-sustaining air we breathe.

To date, four of the nine planetary boundaries have been crossed: climate change, biodiversity, land-system change, and the global nitrogen cycle (the other five are ozone depletion, ocean acidification, chemical pollution, freshwater consumption threshold, and atmospheric aerosol loading). The evidence for these breaches is seen in changes taking place in the air, land, and water systems:

- Changes to, and loss of, animal and plant biodiversity and extinction
- Soil, air and water pollution creating undrinkable water in populated areas

- Polar ice cap melting, creating changes in land-masses, sea level and air temperature, resulting in a trickle-down effect on how we farm, pest insurgency, food availability and sustainability
- Failure to meet food and energy needs due to inadequate or ineffective development of water and land resources

How do these changes affect human health?

- Increases in food and waterborne disease
- Increases in disease carried by wildlife
- Movement of wildlife, bringing disease into populated areas
- Widespread food insecurity and increased cases of malnutrition
- Rising rates of cancer, heart disease, respiratory illness, and diabetes
- Shifts in weather patterns, leading to natural disasters

All that is a downer, but every day, we have opportunities to make Earth-friendly choices. Here are some ideas:

Go Green When You Clean!

Choose eco-friendly cleaning agents.

From dish detergent to laundry detergent and the soap you use to wash your car, many brands offer “green” alternatives to their standard cleaning products. Consider learning how to make your own eco-friendly products. Find greener products with the help of EWG.org (<https://www.ewg.org/guides/cleaners/content/findings/>).

Use Renewable Energy. Solar power and water power – if you live in an area where these are available, there’s likely a tax benefit to installing sources of renewable energy.

Shorten Your Shower. Take showers instead of baths to prevent water waste. Set a timer for a shorter shower.

Weatherize Your Home. Be sure your home has proper insulation. Check for leaks around doors and windows, which will drive up energy use and costs. See if your power provider offers a household “energy audit.”

Grow Your Own Food. Growing food helps save money, reduces the environmental cost of factory farming, and gives the whole family an “agri-education.” No yard? Container gardens are great for herbs, berries, some varieties of tomato and pepper. Many urban communities offer a community garden plot for lease and the cost is often less than what you would pay for produce for a season or two.

Eat Organic, Seasonally & Locally. When you can, choose organic and in-season foods from local farms (Community Supported Agriculture-CSA) to support your local economy.

Go Meatless on Mondays. Just one day a week, decrease meat consumption by using a plant-based recipe.

Reduce your Food-print. When grocery shopping, opt for products with the least packaging. This may mean buying off-brand. Also, buy products that come in reusable glass jars. Bring your own

reusable bags or containers to the store, including for use at the bulk food bins. Reuse leftover food in next-day meals.

A simple Google search on easy ways to reduce your impact on global warming will introduce you to dozens of ideas and resources. Also, check with your local energy companies for resources and programs they offer. Healing the planet, and sustaining our resources is a global effort that starts in our own homes and communities. Together, we can do more.

Resources:

1. CDC.gov [“Climate Effects on Health.”](#)
2. StockholmResilience.org. [“The Nine Planetary Boundaries.”](#)
3. [“Four of The Nine Planetary Boundaries Now Crossed.”](#) Stockholm University: Sustainability Science for Biosphere Stewardship. Accessed on 14 June 2020.
4. Bridgewater, Peter, Régnier, M. & Wang, Z. Healthy Planet, Healthy People - A Guide To Human Health And Biodiversity (2012). Secretariat Of The Convention On Biological Diversity, Montreal.
5. Berger, John J. Climate Peril: The Intelligent Reader’s Guide to Understanding the Climate Crisis (2014) Northbrae Books.
6. Rider, K. [“Wake-up Eco Zombie.”](#) Om Times magazine, online.

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LONNA LARSH, MD

Lonna Larsh is a Medical Doctor with a passion for helping to identify and treat the root causes of illness. She has been practicing family medicine in Santa Cruz for over 25 years. After a decade of working for Santa Cruz Medical Center (now PAMF), she grew frustrated with the corporate structure and demands to see more patients in less time. With a commitment to be more accessible to her patients and take the time needed to deeply listen, she left that practice in 2007 to start her own solo practice. Her interest in the roots of illness led her to complete a 10 year certification process through

the Institute of Functional Medicine. She is now board certified in Functional Medicine, Integrative Medicine, and has maintained her Board Certification in Family Medicine. Along the way she has discovered that the deepest healing takes place when people are guided by a knowledgeable doctor to play an active role in their own health.

She founded Roots of Health in 2018 with the goal to educate people using holistic modalities and to offer the team support needed to help them attain optimal levels of health. She wants you to know that, with a proper diagnosis, a clear path forward, and a commitment to do what it takes to get well, you can enjoy better health not just in your time working together, but for the rest of your life. She lives in Santa Cruz with her husband, daughters, parents, two dogs, and a cat.

[Roots of Health Website](#)



Tarte Tartin with Chayote Squash (instead of Apples)

~ Elizabeth M. Lykins

Filling:

3 medium chayote squash

½ cup erythritol

½ cup xylitol

2 Tablespoons Torani sugar-free syrup, Caramel flavor (or 1/2 teaspoon sugar free caramel extract)

½ teaspoon sea salt

1 Tablespoon cinnamon

1 teaspoon vanilla

1 teaspoon pumpkin spice

½ stick of butter

1. Rinse and peel chayote squash. Cut each into 8 pieces (lengthwise).

2. Melt $\frac{1}{2}$ stick of butter in frying pan over medium heat.
3. Add remaining ingredients (except for the chayote squash) of the filling to melted butter and stir.
4. Add slices of chayote squash layered nicely in frying pan over the butter mixture.
5. Spoon melted butter mixture over the chayote until covered. Repeat every few minutes.
6. Cook squash until brown and beginning to soften. (They will need to cook a little longer than apples would).
7. Remove from heat and place chayote mixture into a deep dish pie tin or baking dish. Set aside for now.

Crust:

1 cup almond meal (blanched type appears off-white, unblanched contains some skins and will be brown)

$\frac{1}{4}$ cup chickpea flour

1 Tablespoon coconut flour

$\frac{1}{2}$ stick butter

$\frac{1}{4}$ cup coconut oil

$\frac{1}{2}$ teaspoon sea salt

1 egg

1. Cut $\frac{1}{2}$ stick of butter into small cubes and place in large mixing bowl. Add coconut oil into same mixing bowl.
2. Add almond meal, chickpea flour, coconut flour, and sea salt to mixing bowl and “cut” dry ingredients into butter/coconut oil with a pastry or with your fingers.
3. Once mixture appears crumbly, add the egg (beaten) and work egg into mixture. Roll into a ball.
4. Place dough ball onto parchment paper or waxed paper about the size of a cookie sheet. Flatten with your hand and cover the top of the dough with another parchment sheet or waxed paper.

5. Roll out with roller to about 1/8 -1/4 inches in thickness.
6. Remove the top piece of waxed paper and carefully turn over, placing the crust on top of the chayote mixture. Trim excess crust off.
7. Bake in preheated oven at 400 degrees for 15 minutes.
8. Turn down heat to 350 degrees and bake for another 10-15 minutes or until crust is light brown.
9. Remove from oven and allow to cool for about 30 minutes.
10. Place another same sized baking dish over top of the baked tart. Carefully flip over the joined dishes and remove the top dish. The crust will now be on the bottom of the second pan with the caramelized chayote now on top.
11. Allow to cool and slice into 16 slices.
12. Serve with a dollop of whipped cream. YUM!

Nutritional information: Serves 8. Serving size 1 slice.

*Calories= 65, Total Fat= 5.8 grams, Protein= 0.1 grams, **Net carbs = 3.3 grams***

[Reprint from A Simple Low Carb Life](#)





Embracing the Gap

~Anke Herrmann

“I wish I could do what you’ve done - just throw everything in and start again, doing something different, somewhere different, something I’m passionate about,” an ex-colleague said to me.

He’d watched me quit my software developer job in London, to move to Spain and start a sewing business for flamenco artists, with mixed feelings - the excitement of getting a glimpse of what

might be possible, dampened by some plain old jealousy. He stopped enjoying his work years ago. Each week, he counts the hours till Friday, looking forward to short weekends dedicated to his music, with no light at the end of that tunnel.

“Why can’t you do something different?” I asked.

“It’s too late for me to start from scratch. I’ve got responsibilities. I can’t just leave the life I’ve built.”

“Why not? I didn’t have anything you don’t have. In fact, you’re younger than I was when I moved to Spain, you spent longer in a well-paid job, you probably have more money saved up than I had. Are you looking forward to another 20+ years of doing the same? What’s stopping you from making a change?”

“I know .. the thought of another 20 years of hating Mondays sucks the soul out of me. But I’ve invested so many years of my life into building the career I have. I can’t just throw all of this away.”

Really?

Growing up in East Germany helped.

What helped, wasn’t living and growing up behind that wall, but getting out of East Germany *before* it was officially knocked over.

When people hear that I quit my job and moved to Spain to start a business I knew nothing about, the most common reaction

is along the lines of, "Oh, that's so courageous! Weren't you scared? ... I'd love to move, start over, but I could never do that."

Jumping into the unknown, leaving behind everything familiar can feel scary, or it can feel exciting, depending on whether you see threat or opportunity on the other side of what you know. In most cases, both exist, but which one will you choose to focus on?

For me, moving to Spain simply felt like something I didn't want to later regret not having given a go, in a "let's see what happens" kind of way, and there seemed to be nothing at stake.

I’d been to Spain on holidays, but of course, I had no idea what it would be like to live and build a business there. But what was the worst thing that could happen?

- I might not like living in Spain. The “mañana attitude” I find so relaxing when on holiday might drive me crazy when I try to get something done.

- Getting a business off the ground in a new country might turn out to be difficult or impossible.
- I might achieve what I set out to do, but find it isn't what I thought it'd be.

In any case, if things didn't work out, I knew I could just pack my bags and move back or go somewhere else to start again.

Compared to leaving East Germany before the Wall came down, there really was *nothing* at stake. Getting out of East Germany before 1989, involved "burning your bridges."

Whatever avenue you chose - trying to climb over the wall or any other part of the border that was secured by armed security forces, who were ready and prepared to shoot to kill, or the safer but slow and unsure path of a paper war - it meant giving up on any future there, without knowing if and when you'd ever make it to the other side. And there was no way back - once out, you would never be able to come back, not even for a visit. A true 1-way ticket into the unknown.

What if you didn't like West Germany? There was no way of knowing for sure what it would be like. West German TV and the occasional story told by a visitor from the West were the only pieces you'd have to make up your picture of the West, and it's what you'd base your irreversible decision on.

For those of us who said yes to that journey, the opportunities we saw for a better life in the West by far outweighed the risks. For us, jumping into the unknown, seemed like a small price to pay for getting out of a small life in a small country, on a boring, predictable, predefined path. Even if life "over there" would be tough, we'd still be better off than slowly withering away and wasting our potential behind that wall. That may or may not have been true, but it's how we looked at the situation. Through that lens, even when embarking on the adventure of getting out of East Germany, there wasn't much to lose and everything to gain.

What is really at stake?

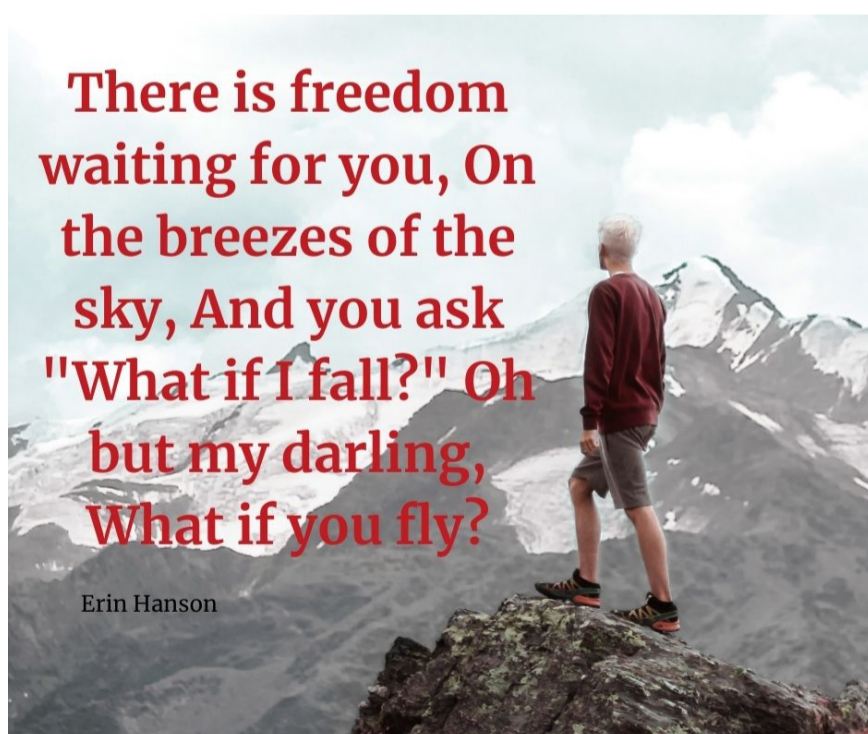
Think of walking along a white line on the ground. Easy.

Now imagine being a gymnast and doing the same on a high beam. Not quite as easy?

Now imagine yourself on a high rope ... you see where I'm going with this...

When we forget our innate resilience, our capacity to learn, adapt, create, and reinvent ourselves, any challenge feels like we're on a high rope.

But what's at stake, really? Where in your life do you feel like you're on a high rope when it's really just a line on the ground?



<https://fb.watch/5eIIrGaYUv/>

Momentarily Risk Being Nothing

“To transition, we must enter a state in which we are no longer what we once were, and yet we are not who we must become. We have to be willing to stand in the open gap and momentarily risk being nothing,” Steve Chandler writes.

Momentarily risking being nothing is uncomfortable. It's messy, it's scary, it feels momentarily, only in hindsight.

But what if we looked at changing careers, starting a business, or whatever you feel inspired to create, like an artist?

What if it's about painting, not the finished artwork; about making music, not just the song?

What if a transition into a new career or business was about the journey, not just the destination?

What if it's about who you'll become in the process?

You never really start from scratch...

What if starting something new didn't mean throwing away everything you've done so far?

What if every part of the journey up to now, turned out to be a stepping stone you need for the next phase of your life's adventure?

What if you never really *started* from scratch?

In the mid nineties I left my career as a translator after a few stressful, badly paid years, in order to immerse myself in the world of software development.

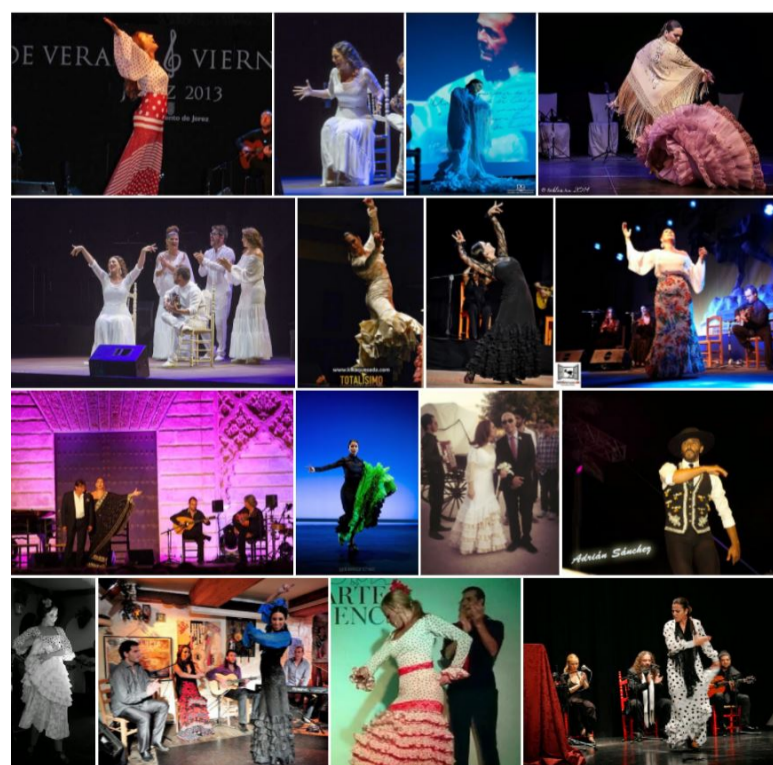
I worried I might have wasted too many years at university studying something I was no longer going to use. I worried I might have too much to catch up on to make it in the new career.

Turns out, my background in linguistics helped me understand programming languages in a deeper way. And it helped me communicate with clients better than most "traditional" programmers could.

Being a translator turned programmer was a feature, not a bug.

When I decided to leave the software industry behind to start my own business, I soon realized that apart from being able to build my own websites, online courses, online shops, and an app to help me manage my orders more efficiently, the experience of working on software projects taught me how to work with clients to get to the heart of their requirements, but now to manage and deliver a project with a deadline.

As a tech mentor and coach, apart from the skills and experience gained in the software industry, the lessons learned while building a sewing business from nothing but a wild idea, have proven invaluable for clients.



If you look for lessons, for transferable skills, for the ways your path has made you who you are today, you WILL find that nothing has ever been a waste of time or energy, neither will be the next part of your journey.

So ...

What would you do if you did not mind the “Gap”?

PS: My ex-colleague, recently posted on social media, that he’s started to work on a passion project in the music industry, with the intention for it to replace his job in the near future.

Anke Herrmann

Business Coach & Tech Monster Whisperer, Author, Podcaster, Dog Lover. In 2004 she quit her IT job in the UK to start her own business in Spain. Today she helps passionate but tech-frustrated authors, creatives, coaches & educators UNDERSTAND & IMPLEMENT the ONLINE TECH needed to turn their BIG VISION into a flourishing BUSINESS.

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