



C.D.P

STRESS MANAGEMENT FOR CSO'S TRAINING COURSE

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A Message of Love

P 1

Let your beautiful eyes close and let yourself be in touch with your breathing. And maybe in this moment even more than any moment previously, you'll think of your breath as your link to life. And therefore, give yourself permission to let your body be receptive and relaxed so that your breath reaches all parts of you; as though your body were a very willing receptor to every bit of your breath.

Your body's relaxation is under control. And it is made up of your awareness of how you allow your body to relax, and how you educate your body to relax... To first have thought, "I ask you, my body, to relax," and as you do, unite that with your physical experience of feeling the body relax; getting in touch with tension, which is easy to feel, if you allow yourself to do that. As you sense your tension, bless it, because it is telling you where it exists and is giving you an opportunity to allow it to relax. Listen for the signals of tension, feel for the signals of tension, and allow them to relax, letting them go out on an outgoing breath, and you can create a new receptive space for your breath.

And perhaps as you do that you can begin to feel, as you take in your breath, that it reaches way down to your abdomen, and very gently fills your whole body. You don't have to push it or pull it, just allow the receptivity of your body, and allow the breath to come in—that adds up to strength. Relaxation and your breathing help you to be strong. And it is strength in the sense of being centered.


And when you add to that, a conscious awareness and message to yourself that you love yourself, that message is a way of nurturing you—another way to add strength and wisdom to yourself. Let us hear, inside, your messages of love to you. Messages of value, of caring, of connectedness with yourself, to know that your body is always willing to hear your messages of love and contact.

For many of us, as we were growing up, our body was only something for us to keep clean. And now if you hadn't known it before, you have an opportunity to really become aware of this beautiful resource. Messages from your body are to you; you are its shepherd, your body will try to obey you at all cost, even toward helping you get sick. No one would consciously


give that message to one's self. However, if one is not in touch with one's breathing, is not living one's self, it could easily add up to that.

Now go inside and see if there are any tight places. If you find them, smile at them, this is another part of loving yourself—to be in touch with what's happening. And perhaps, you can make the connection...loving yourself adds to the nurturing of you, which adds to your strength. In your strength you can develop wisdom, health and centeredness.

Perhaps at this point we can again and become aware that our spirits are pure. Our essence is pure, and it is always ready to show us its purity if we are ready to listen. Despite all the messages to the contrary, of the past, perhaps we can at this time think of all those negative messages as comments on behavior and not comments on our worth. Or comments that issue from someone who is not in touch or is not centered and the effect was a negative one...this also being a comment on behavior and not on the essence of you. Now gradually bring yourself back to your room, to this day, this time and when you feel fully back, let your beautiful eyes open, and as they open if any sounds or movements want to come out, just let it happen.



ALLOW YOURSELF TO COME IN WITH FRESH EYES
AND AN ENTHUSIASM FOR YOUR EXPLORER'S HAT.
THE MORE YOU DISCOVER, THE LESS YOU JUDGE.
THE LESS YOU JUDGE, THE MORE SECURE YOU FEEL.



Our Resources and our Energy

Now let us move to that place deep inside where we keep the treasure that is called by our name, and when we visit there let us really look at and appreciate our resources:

Our eyes, think about them as more than just physical, think about them as camera lenses, taking in what they see and think about them as being connected with a whole set of interpretive information. Think of all things and all the ways your eyes have behaved on your behalf up to now, what they have accumulated, how they work.

Now go to your ears which take in sound and have very special equipment to take in that sound, and as they take in the sound, they are connected with a vast interpretive complex. What does that sound mean? When did I hear it before? This is the nature of the interpretive complex.

Skin is the largest sensory organ your body possesses. Your body is covered with skin which contains millions of small holes called pores; they take things in and give things out. Let us tarry a moment on the skin. When you came into the world, the hands of someone who was there to receive you were on your skin. Perhaps on your head, your shoulders, your buttocks, wherever. Hands washed us when we were little, held us, stopped us and maybe sometimes disciplined us. Be in touch with all the things that we can feel through touch. The feeling of warmth on our skin—talcum powder, sweet oil—a warm hand that came to pinch our cheeks sometime, or stroke our behind. We reached out to the little teddy bear; to the soft warm flesh of our mother's breast or cheek—feeling our own parts, putting our fingers in our mouth, stroking our self, playing with our toes, our genitals—soft. Cold things, warm things, soft things—things we feel through touch. Sometimes touch brought pain, and restriction; that's all part of it too. At this moment I'd like you to be in touch with what it feels like to simply be skin on skin, touch on touch, perhaps by putting your hands together. We've had so many experiences of touch.

And with this goes our smell, sometimes our taste—wonderful organs that we have, that relate us to the outside and then on the inside become the basis for our interpretation.

Feeling and thinking are part of our interpretive complex. We take in through our wonderful senses and then we interpret.

Now at this moment I wonder if you could give yourself permission to allow yourself to be more in touch with all the communication through your senses—what you see, what you hear, how it sounds, how it feels when you touch.

Then give yourself permission to use a very special resource that you have: your ability to choose; to be able to say YES to this and NO to that, because it fits.

Maybe you can let yourself know that as you make room for the new in your life, letting go of the old and honoring what you have, your vitality increases.

Now let us become in touch with the energy from the center of the earth, which is always there and remains only for us to become aware, that it is there for us, energy, that moves upward through our feet and legs into our torso, bringing with it the ability to be grounded: to be realistic, to be practical.

Be in touch with the energy from the heavens: which brings us our ability to be sensitive, intuitive, imaginative, and creative.

These two energies of creativity/intuition, meeting the energy of groundedness, create still a third energy—the energy to be connected to our fellow-beings, with energy moving out through our hands, arms, finger-tips to people outside of us. These three energies are like a three-legged stool: energies from connectedness, from intuition, from groundedness—energies which create a balance of you.

Perhaps at this moment it's important to remember, there is no sex or age to these energies, they are related to life. There is no nationalism to them, and no profession—only humanness.

Now again, with your mind relaxed and alert, your body relaxed, you are in touch with your senses and your ability to choose and the sources of your energy. Now give yourself a message of appreciation for you and permission to allow yourself to remember that you can be in touch with your resources and your energy at any time.

Our Resources and Our Energy

Our Wisdom Box Replenished

P. 1

Let yourself close your beautiful eyes. This morning, as you close those eyes, you become aware of the message you gave to your eyes and how quickly your eyes responded. You didn't scold them; you didn't promise them anything—you just sent a message for your eyelids to close and they did it beautifully. Could we be in such close connection with all the rest of our body that we could send and receive messages in the same, simple way? I think it is possible. We may not yet know how to do it fully but perhaps it may be wise and useful to give ourselves messages from time to time to be in touch with our breathing, to allow it to come more fully inside, to spread more fully throughout our body, and in the process of that to find where the tight places might be. We can do that at this moment, as we send our breath throughout our body. If we find tight places, we could pause and smile at the place that is tight, because it is telling us that it needs something, that it needs our attention. We could let this place relax and carry the attention outward on an outgoing breath.

We can feel now any tensions in our back, our thighs, and muscles, anywhere. If you feel any sense of tension, spot it, smile at it because it gives us information. Now, leave it, and let it go on an outgoing breath. Now you go deep inside in a body that is relaxed and a mind that is alert. It is a body that is also connected with the life force of breathing and you are managing it.

Go deep inside to the place where you keep the treasure that is called by your name. When you reach that place, deep inside, will you gaze upon and perhaps even gaze in awe of what you possess: your ability to see both inwardly and outwardly, to hear and touch and taste and smell, to feel and to think, to move and to speak and above all your ability to choose. To choose, at a moment in time out of all of that which we possess, out of all that we see, that we hear and touch and taste and smell and feel and think and say and do. At that moment, we choose that, which fits us well and we are able to allow all the rest at that moment to be.

Should it be that we find there are many things that do not fit and that we will probably never use again, we could smile at them for what they have given us and let them go. All

the idea we had that our Wisdom Box now tells us clearly no longer fits, that we built on inadequate information, we can now let go of. It was useful while we had it because it was the best we had, but now in the light of new information it no longer fits, so we can now say good bye and let it go.

There is an Expectation in our Wisdom Box that no longer fits because we have grown more. We have seen more, and that expectation was based on a time when we didn't see very much or hear very much. We can let it go and in its stead create a new one. We allow ourselves the freedom with everything we have. Whatever it is, it has done us service, even though, like some of the medicines we take, it does well for the disease but has side effects which create other problems. In the face of that understanding, you could let the old practice go, not because someone told you to, but because now you know yourself more fully and you can make the choice to let it go.

Perhaps you can also give yourself permission every day, as you move among your treasures and what they have gotten for you up to now. You sort out all that you have and what is timely for you now. Give yourself permission to create that, to develop that and to find that which you now need, but which you yet do not have. Perhaps you have found out that it is okay for you to allow yourself to know that you are angry. You still have to learn ways to tell yourself and others so that they hear and do not have to develop defences. That can be learned.

As you linger at your treasure chest, a place where you keep your own treasure, perhaps you become aware that already your eyes have seen so much; your ears have heard so much; your skin has felt so much; you have tasted so much and smelled so much; you have thought much; you have felt much; you have spoken much and you have done much. You have also chosen much and there are many more choices for you for the rest of your life.

You can give yourself permission, when you see that you can make new choices, to allow yourself that privilege, knowing full well that at the beginning to move from the familiar to the new always carries with it a little worry, a little apprehension: "I have not been there before, so how will I know how it is".

But as we move through the day, new pictures could develop. As we move to the heavens,

we note the energy that is always there. That energy moves down through our head and face and neck and arms and into our torso, bringing with it the energy of intuition, of imagination, of sensing, of our dreams, of our ability to be soft and sensual and sensitive. As that energy moves and greets and meets the energy of groundedness. Groundedness is our ability to stand on our own feet, our ability of imagination and intuition, to be able to give colour and life to our thoughts and feelings and to move ahead with our dreams and with our sensitiveness.

We make a marriage that creates a third energy: the energy that moves out through our hands, arms and hands and fingertips, and to the arms and hands and fingertips of our fellow beings. We grow these energies, for our groundedness and our ability to dream, and they become the basis for how we come to other beings and how we receive them.

Let yourself be in touch with your breathing again. I wonder if somewhere inside of you can you give yourself permission to really be in touch with the miracle that you are and that I am. If you can give yourself full permission to move ahead in ways that fit you and to allow yourself to be open to everything that comes your way. Taste it, but swallow only that which fits you well, only that which stands the test of your Wisdom Box. Even if I love you, even if you love me, I could be giving you something that for you would be nonsense, even though it would make sense for me. With each other we need to be able to have the freedom, and to give the freedom, no matter how much we love, that people take only that which fits them. Now we move to another place, to a greater manifestation of our uniqueness, of our treasurehood, of our ways of being with one another, of our ways of being with ourselves. We move to make some new possibilities.

When you are ready, let your beautiful eyes open. Do it slowly. They have been closed for a while and if any kinds of sounds or movement want to come out of that beautiful body of yours while you open your eyes let that happen.

Your Self Esteem Maintenance Kit

At this moment I'd like you again to let yourself become relaxed—perhaps more so than before. Let yourself be in touch with your breathing. Recognize that your breathing is your continual link to continuing life, and your breath defines how much you can grow because it is the basis of growth. Without breath, we cease.

Feel your treasure hood—the miracle that you are, not only because you're you, but because you are a manifestation of the universal laws of the world, and of the universe. We do not make ourselves; we are only co-creators of how we use our treasure hood.

Now, I'd like you to look at your self-esteem maintenance kit.

The first thing in your kit is a detective hat to put on immediately before you conclude anything—to look around, to examine, to explore, to question before you judge—to prevent categorizations, prejudice and other negative things. So your detective hat is one of your most important garments, which says to you, "I check, I explore, I question".

The next thing in your self-esteem maintenance kit is the wonderful medallion which is a key to your integrity. To say your real yes's and your real no's, remembering that both are honorable and both are love words. "Yes, I can. No, I can't."—In the context of "Thank you for noticing me." To wear this, to use this, is to go beyond the emotional lying that we were introduced to long, long ago—to say what we should instead of what we felt—to say 'yes' when we felt no or "no" when we felt yes. So this medallion reminds us that yes and no are words that help us evolve. They are, if you will—resources of nurturing when they are real.

Look further into the kit and find our empowering wand, our courage stick, and our wishing stick—whatever lovely name you want to give it. It is our willingness to empower ourselves to move from the known into the unknown. And recognizing that any time we go into the unknown, we have not been there before, so therefore, we will have a little anxiety—especially if we have a rule that everything should always be just fine. As we give ourselves permission and support to move toward the unknown—which is where our wishes lie, which is where new possibilities lie—we recognize that we will probably be dragging some fear behind—perhaps kicking a little, or spitting a little, or threatening a little, but we can know

that as only a shade of the past. What we're taking into our unknown is our abilities; to see and hear and touch and taste and smell; to move and to speak; to feel and to think and to choose. These are our allies that will take us everywhere—and we have them—they are our precious treasures. And so, replete with our wonderful resources and giving ourselves permission—empowering ourselves to move into the unknown—we move with our treasures. Any new step you want to take, you have what you need to go there. Your fears are only manifestations of familiarities of the past. They will kick and scream a little bit when you move, but that's all right. You will find very often as you move into the unknown that the fears have long since stopped kicking and the energy in the fear has become another ally to you.

Your self-esteem maintenance kit includes your golden key—the key which lets you into your sanctuary, the key which enables you to speak the unspeakable, to do the undoable, to look into previously stated 'off limits' places—to look, to let yourself receive what you see, and look at it in terms of its meaning now. Does it make any difference now, how your father treated your mother, as far as you're concerned? It does in the sense of pain, but does it have to continue to define your life in any way? Does any experience of the past have to continue to define your life right now? I don't think so!

We use our golden key to open up to the new possibilities; some of which were encased in secrets; some of which were encased in fear, and we're able to look. We can also see that our golden key is another way to strengthen ourselves because we can trade fuzzy information for clarity.

When we can truly see, it's like the difference between having a windshield that's all mud-splattered and a windshield that is perfectly clean. You can probably still drive with a mud-splattered windshield, but it's very hard and you won't see what you need to see except the large objects in front of you. You will strain. And what if you don't know that your windshield is just muddy? You'll think that is the way windshields always are—unless one day it rains, or someone washes your windshield—and the same scene you've looked upon for years now seems entirely different. Strive for clarity—look at old scenes with new eyes—be able, because the windshield is clean, to see things not seen before in the here and now. The key is very important. We all can use our sense, our awareness of what fits and we

can look at a windshield and say "It is dirty". We no longer have to behave as though that is how it must be.

And now we come to another very, very important part of the kit—which unites us to all life: our wisdom box. It is located two inches behind the navel, halfway up to the heart. It will never be found on an operating table, but neither will thoughts or feelings. We believe in thoughts and feelings, but nobody has ever taken a picture of them, because they are not in that form, and no one will ever be able to take a picture of our wisdom box; it is not in that form. It is there, connecting all of us—all life: human, animal, plant, astrological, galactical, planetary—as one life-force. It contains all the wisdom of the universe which can flow through us when we allow it to happen, and this is the wisdom of the truth of the value of life. It has to do with how you feel about yourself and how you can gather what you need. How you can get the nurturing for the wonderful bud that you are to flower—it's the source of your wisdom.

We all have a wisdom box inside and we all know it. If it did not exist in every human being, none of us could teach anyone anything or learn anything new. Our wisdom box is that which allows us to move forward. There is no way that I, or anyone else, will put anything into you. We can only wake up what you have, to help you wake yourself up to what is there, to move through the old emotional rules, the internal dialogue which is negative, the inhibitions, covering up the wonder of your wisdom box.

Your self-esteem maintenance kit is a treasure, a treasure which grows day-by-day with your use. It will often mean that you will feel out of sync with other people. The drum sounds different when the drummer maintains self-esteem and stands on firm ground.

Now at this moment, I'd like you again to go into your body and if there is any special tension or any special message from your body—any part of it—listen to it. Give yourself permission to develop this dialogue between you and your body so that you can become better informed, and so that you can learn what you can do for your body.

When you feel like it, gently let your eyes open. Perhaps now, as you open your eyes you can feel all the decisions that your body is making so that your eyes can open. And look gently around, and allow yourself, when you can, to gently get to your feet, looking around again, and if there are any movements or sounds that want to come out, let them happen.

Shine Your Light to Help Others p. 1

Become aware that when anything is available for choosing in your conscious mind, you are very likely to make a good choice. You will choose for life instead of death; you will choose for evolvment rather than shutting down, because negative decisions are made only when we have not allowed what is there to come to consciousness. At this moment we can renew the faith, out of our experience, that as we become more conscious and allow our choices to become more conscious, we will always move in the direction of growth; and remember that we have great help from the universe.

As beings in this universe we are privileged always to be connected with the energy from the center of the earth which moves upward through our feet and legs, bringing with it the energy of groundedness, so we can be logical, so we can be cognitive. And the energy that comes from the heavens moves down through our head and face and neck and arms, bringing with it the energy of intuition, of imagination, of sensing. Those wonderful abilities—we might in some way even talk about right and left hemispheres in our brain—we can think of them as feeling and thought; what we need to have come together; male and female might also fit into this.

Recognizing that this integration needs to happen in each of us, we can develop a third energy, which allows us to move from the inside out, to a partner, to a child, to a parent, to a friend, to new friends. That energy enables us to move from the inside to the outside and connect with those on the outside who are ready. Through their eyes, their ears, their skin, their thoughts, their feelings—ready to receive us—receptors outside of us when we are willing to do sending. By the same token, people outside of us will welcome sending to us; and if we are open to that particular message, like a frequency on a radio band, we will hear each other. This comes from readiness, not from force or duty. We can also become aware that for those outside of us who are not ready we can just shine our light. We do not have to have them in places where they are not. But the chances are very good, if we shine our light, it will help them to become more aware.

Could we also apply the same thing to our own body, to our own self, the communication,

let us say, between our thoughts and our feelings? Is our body receptive to our thoughts? Is our mind receptive to our feeling? If not, can we treat it in the same way by giving light and love and not force?

Let yourself become aware of how far you have come: what new things have developed that you didn't even dream about? What old things come up for new possibilities? What old things seem to be stuck? Just have an awareness of what is happening, without any effort to judge it, as good or bad. Rather, think of yourself more as being on a journey in a car, seeing new roads you never saw before, getting stuck in this ditch or slipping off the road over there or—whatever is happening. Each of these gives us an opportunity to practice our abilities to cope. Just be aware of being in process.

And now go fully into yourself—that wonderful being that you are, a manifestation of life full of all kinds of possibilities with many of them already actualized. Be in touch with your breathing, and know what it feels like to make yourself totally the center of your own existence at this moment. And could you do this now, recognizing that this is a way of centering yourself, not a way of separating yourself from others? And with your awareness of being able to be with you, can you now imagine yourself noting where someone else might be? Because you see better and hear better and think better and act more appropriately when you are centered, others are bound to get more from you, and you are bound to be more creative in your response to them. Become aware of the fact that you started your life as an infant, and what you learned fit for the best you knew.

And as we come now with our eyes more open to look at old situations, we are apt to see things we couldn't have noticed before. Let us allow that to happen, and give ourselves gold stars for growing and noticing and changing.

The Breath of Life

Let your beautiful eyes close. Just let yourself be in touch for a moment with what it feels like to go from where your eyes are open to where your eyes are closed. Sometimes this means we are not seeing. But now it simply means that we facilitate the ability to be inside. We can recognize and experience communication between our thought and usefulness. Now, let yourself be in touch with your breathing. Again become aware that you can accept your breath easily. It can be a passive experience, but once inside you are the one who controls the effect of your breath on how you relax your body and how you give energy to your breath. It is no longer a passive experience but an active one. You allow the breath to go in to a body prepared through relaxation, through a mind that is willing to direct breath all over your body. You are someone who knows that breath can move in all parts of the body.

Our fullest kind of breathing is from the abdomen. We join now awareness with knowledge, and that manifests itself in the experience of feeling our body fully nurtured by our breath. We make possible through our relaxed bodies. Check the relaxation of your body which creates the receptivity of your breath. Check on it, and if you feel any little tight places anywhere, let them loosen. It's the loosened places that will make it possible for that part to be nourished by your breath.

Now let yourself cognitively put together that the taking of breath into a relaxed body creates a new strength. Whenever in the future you were to feel weak, the way you could help yourself is to be consciously in awareness of your breathing, making the body consciously relaxed. Strength will follow. The strength may have a physical face—it will certainly have a psychological face. Enjoy what you have at this moment and how you can enlarge and expand what you have through your breath. Feel at that moment your relationship to your leadership of your own power

Now to go to the next place, giving yourself a message of appreciation. At this point in your life, with all that you've been; recognize that you have been learning over the years. Perhaps at this moment the feeling of consciously giving you a message of appreciation is

one which has voices arguing against it, such as “how could you have done that?”, when your thoughts are not always pure. Those are old voices. Perhaps at this time you are aware that you are open to, equal to, getting messages of value and appreciation from you, the owner of this self.

Now let yourself go to that place deep inside where you keep your resources. Those resources are our guides to what we take in. They are perceptions—how to see, how to hear, how to touch, how to feel, how to think, how to choose. These seem to be the questions and the expectations. We have these resources in wonderful, wonderful ways. We will look at different uses of them.

Let us focus on choice at this moment. We have used all of these resources millions of times, and even with all these times that we’ve used them, they may not at this moment provide for us a way we can use them for what we want. We can learn it now.

Another very important thing is that, our psychological closet needs cleaning, restructuring, and re-ordering daily. However, it will flow much better when we look at what we have and notice that which we no longer need and let it go with a blessing. Let it go with a wonderful psychological good will. No one will want to use what we are giving away, but the energy contained in it could be helpful for someone. We no longer need that something—whatever it is that once was present, now is no longer fitting. We notice that we are willing to give it away because it no longer fits, not because we hate it, or because we love it, but simply because it just doesn’t fit anymore. We may notice there’s room beside that which fits us well that we haven’t been using in new and wonderful ways. The room that is left by that which has departed which we have now sorted out becomes available for us to develop new things, new ways of looking and using what we know. It becomes new ways of spotting that which is present, but may not yet be manifest. We give ourselves permission to continue this practice of letting go of that which no longer fits to honor that which we have that fits well. We are finding new ways to develop that, to add that which we need but which we yet do not have. Let us linger on this for a moment: letting go of things which no longer fit, honoring those things we have which fit well and giving ourselves permission to add that which we yet do not have. At this moment, we know that our resources are there for us to use, because it

will be only through new sights, new sounds, new touches, new feelings, new thoughts, new actions, that we will be given what we need for the future.

Knowing how we sustain our energy, we are receptors of energy through the center of the earth. This gives us our ability to be cognitive, to talk intellectually, and to talk concepts. The energy from the heavens allows us to use our imagination, our intuition, our inspiration. This truly gives us the basis upon which we go into new ground. We sense it, we intuit it, and we try it out. This energy, together with the energy of cognition, forms a bridge to two vast reservoirs of resources for our use: that which comes intellectually and that which comes intuitively.

Those two together, as they contribute and blend, add a third power to ourselves, which allows us to move from the inside to the outside, for those who are ready—who have their receptors available to that which we are extending. In those cases it will always be easy. For those who are not yet ready, we may have to help them get ready. We may also not be in the right time for that. It may not be ready to open itself—we could then just let our light shine and give ourselves permission to actively wait. We wait without pushing to go where the reception is clear, without risking where we do not yet know. We can take that risk to try, but then mostly to see in what stage is the body. We can leave our love behind and move on, giving ourselves permission to come back another day.

At this point, let yourself become aware that we have opened a new part that will help us refine and refocus to benefit ourselves. Now breathing comfortably, let yourself come fully here. Open your beautiful eyes and if any sounds or movement want to come out let that happen.

The Magnificence of Being Human

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Give yourself permission to listen to your own voice giving yourself directions, as you prepare for this moment in which you are solely and completely attending to you. My voice is merely a way to guide some new possibilities for you, or to allow for you to come more fully in touch with some things that are already going on in you.

Make your body comfortable. Move into your body and find any places that seem to have a tension. Smile at that tension and let the tension go out on an outgoing breath. Go far out: to your toes, to your thumbs, to the top of your head, to other places—to find where tension is held. Become aware that as you are doing this, you are already breathing. Now could you move your attention to your breathing? Having relaxed your body let your breath come in and fill all those places within. Perhaps you can give your breath a color and you can watch it as it moves throughout your body: to all your organs; to all your limbs; your eyes, your hair, everywhere—precious breath, which carries oxygen to nourish you.

Be aware that as you put your attention on your receptivity, which means your relaxation—making space for your breath, you develop strength. It is both psychological and physical strength. You can now become aware that you can also think of your strength as being centered. You are all in one piece psychologically. You always are physically, but it sometimes doesn't feel that way. Breathing and relaxation are the way you work toward your centeredness.

As you allow your body to become relaxed and the breath to come in, you enable yourself to use all your senses and your resources more fully, more accurately and more appropriately because you come from a full place.

As you have relaxed your body so it can receive your breath, what I'd now like you to do is place your hand or finger on the pulse of your other hand and very gently get in touch with the feeling of your heart beat. You don't usually look for this, but it's there. Now just let yourself find your heartbeat with your finger tips and feel the pulsing of your heart. As you do, let yourself become aware that this is going on all the time, like your breath. Just now,

we are making ourselves aware of it. We feel the ebb and flow of the life-force within, which is nurtured by breath and received by us. It is going on all the time, but we forget.

It's your heart that is pumping the blood that gives another manifestation of life-force—like your breathing. Perhaps you know how your blood purifies and develops all kinds of other nurturing things for your body. Now give yourself permission that at any time when you feel alone or scared, you can do two things—connect with your pulse and your breathing.

Very gently let your hands come apart and place your hands somewhere on your body that feels comfortable. You might even want to place your hands somewhere where a part of your body is yearning for your own touch: your neck, or your shoulders, or your knees, or your thighs, or your stomach—whatever. If that yearning is not apparent to you, perhaps you want to give your body a love message from you through your hands. Get in touch with the feeling of feeling yourself through your own hands. Maybe you could see what it feels like to touch your face with your hands, and feel the skin and whatever images or feeling come up as you touch that wonderful skin that covers your whole body: skin is the biggest sense organ that we have. Being in touch with your breathing, having been in touch with your pulse, having felt your own skin—your own self, literally—give yourself a message of appreciation for you.

And perhaps this morning you can go much beyond any consideration of your behavior, which is important and to focus instead on the magnificence of you—the magnificence of being human. At the same time, become aware that there is so much more to know; that we are at the edge of opening up so many secrets of how the body, mind and emotions work. We're at the beginning.

Now let yourself go back to your breathing in a conscious way and see what is happening. You're breathing, and if you would like to relax to give your breath a better opportunity, do that now. And maybe you could give yourself permission to make this a habit; to keep checking in from time to time on your breathing.

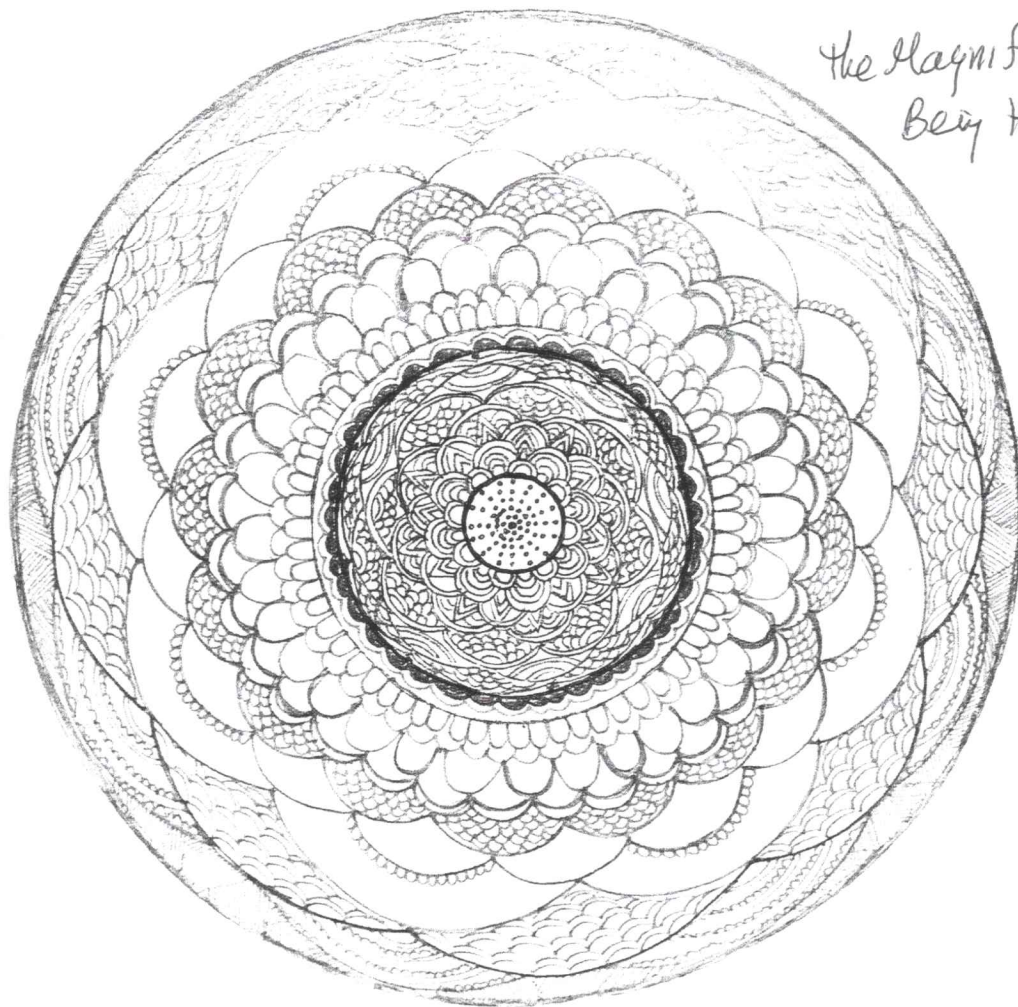
Let yourself be in touch with your wonderful resources: your eyes, your ears, your nose, your mouth, the pores, all of which take in, all of which take out. We call them senses, but

they are the means by which we take in and give out—take in the outside world and give out from our insides. It is the dance, between what we give out and what we take in, that is the repository—is the laboratory—is the resource—for how we connect inner and outer.

Now gradually bring yourself back to your room, to this day, this time and when you feel fully back, let your beautiful eyes open. As they open, if any sounds or movements want to come out, just let it happen.

P. 3

The Magnificence of
Being Human



The Unity in Diversity and Sameness

P. 1

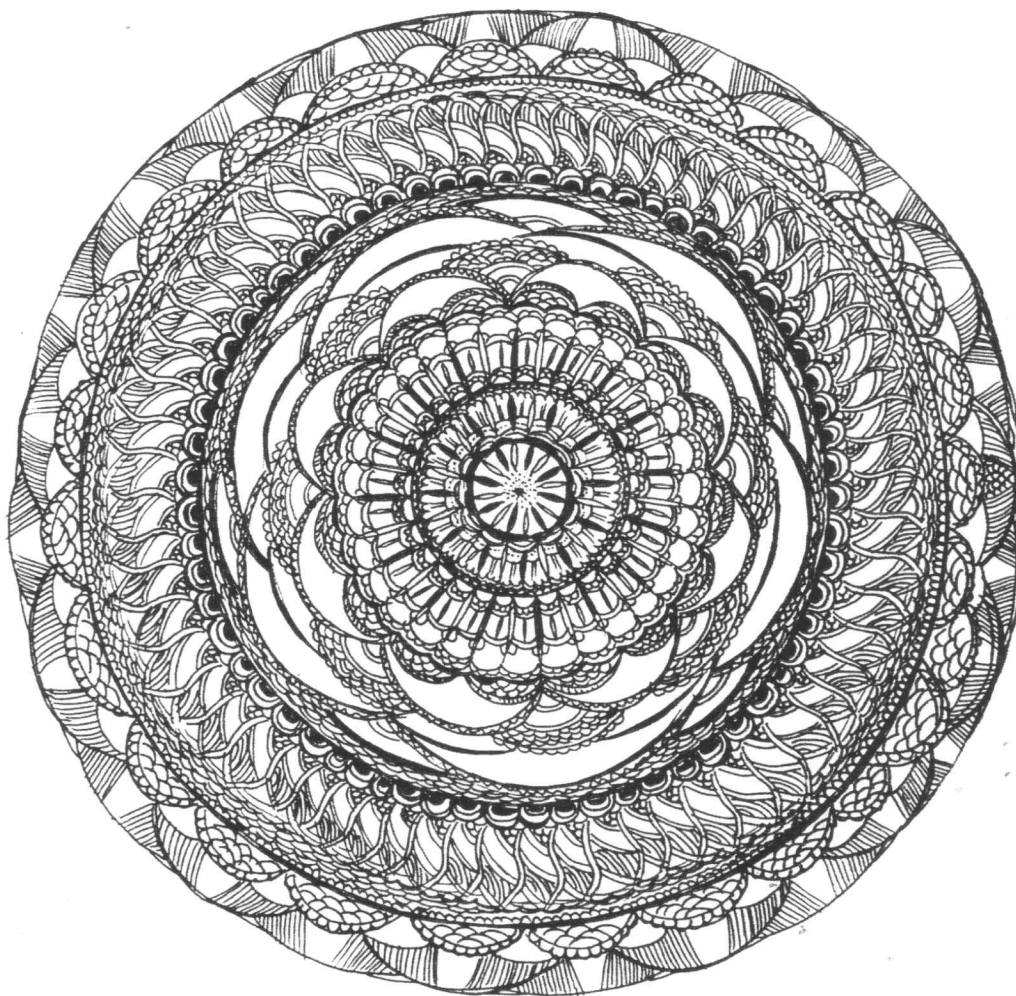
And at this moment, again become aware of the wonderful things we have in our self-esteem maintenance kit: our ability to look—to be a detective to ourselves and others, to figure out the puzzles—to do that and leave the judging way to the last; to be able to honor and develop our integrity by being clear with our 'yes's' and 'no's' and know they are about fit and not about the value of a person; and to be able to take that wishing stick, that courage stick, in our hands and move towards that which we want and need and which feels right to us, letting any fear drag behind; and allowing ourselves the privilege and opportunity to create the ways in which we can use our golden key—questions about this and that, looking into this and that, opening this or that; and then that wonderful wisdom box we have that gives us our internal signals about what fits. As it's connected to the intelligence of the universe and to all that we have, we can use it.

Let us become aware that we are all creatures of the cosmos, of the universe and as such, simply because we exist, we can have a connection to the energy from the center of the earth which brings us our sense of groundedness, our ability to be intelligent, to be cognitive, to measure and count things and to be logical. We need that very much. And let us be in touch with the energy from the heavens which adds color and texture to our lives—our ability to sense, to be intuitive, to be creative. Both are our birthright. And we can know that these two energies have the capacity like a sperm and egg to create a third energy which allows us to move from the inside to the outside to those outside of us who are ready to receive us through their eyes, through their words, through their arms, through their ideas, through their activities.

At the same time, know that there are people there who are not yet ready, and so we simply shine our light, noticing they are not ready and move on. And that could be any of our relatives, our parents, our children, our spouses, our friends.

Now again, being in touch with our breathing, could we, going deep inside, give ourselves a message of appreciation? Appreciation for us, for the beings that we are. There's no duplicate of us anywhere in the world, yet we have a commonality to all other living beings.

At the same time, we are different from each one, in some small or big way. And it is this commonality and this differentness which leads to our uniqueness—the unity of diversity and sameness which binds us in a good way to all other human beings. And maybe now, in this state, you can feel relaxed and at the same time alert—sensing the power of yourself as a human being.



The Treasure that is called by Your Name 3.1

What I would like us to all do this moment is to close our eyes and as we do that perhaps we can become aware of how quickly our eyelids followed our wish and they closed. We didn't promise them anything. We didn't scold them, just had the thought. Is it possible that we can be on that kind of communication with all the rest of our body? That it could react in the same way, possibly.

Here you are, your eyes are closed, now let yourself become aware of being in ^{you} that chair, you have been in almost all day. And just be in touch with the feeling of your body being supported, your feet, your bottom and your back in that chair. And then let yourself become aware of your body comfort. Is there some little part you want to move, a knee, or a toe or elbow—whatever—and move it if you hear the message from your body. Now let your tension go to your breathing—something you do all the time—but now to do it in awareness. And as you become aware of the breath coming into your body, become aware of this fine machinery that you have that takes in the air, filters it, and sends it to all many places. As you feel that air coming in, let yourself let it flow throughout your whole body from the tips of your toes to the top of your head; to let your body consciously have the experience of being filled with your breath. Now go to that place deep inside where you keep the treasure that is called by your name.

As you move inside to the place where you keep the treasure that is called by your name, look at the resources that are there, your ability to see, to hear and touch taste and smell to feel and to think, to move and to speak and above all to choose. To choose out of all of that which you have at this moment that which fits you well for this now. Allowing all the rest to be there, comfortable but not in use, and if you were to find that there are many things you that learned that you know you no longer have use for, could you allow yourself to choose to let them go with your blessing, because once they served you well but now are no longer necessary. Could you look at what you have now that fits you well, honor it, and give yourself permission to add that to yourself that which you need or want which at this time you still do not have.

As you allow yourself to look again at these resources, become even more fully aware that these resources are there for your constant use. You are the one who not only selects out of all of these what you will use, but you will select how you use them. And could you, while you are doing this, also give yourself permission to let go of everything except the experience which you can use for learning that will make your present illuminated? Again be in touch with your breathing,

Now let yourself go with your attention to the center of the earth where the energies flow constantly and move your attention up to your feet, ankles, legs and into your torso, bringing with it the energy of groundedness... Your ability to be related to your reality... To be relevant to things and people around us, and to those whose groundedness and inspiration have made a marriage. You can take that and give it to others, like a three legged stool: our feeling of worth, our presence in this planet, and our ability to be grounded, inspired and connected. Give yourself permission to whatever comes your way. To learn from it all you can, to taste of it but to swallow only that which fits.

We build our ability to make connections instead of freezing ourselves—separate, so separate from people. We allow ourselves to explore our near world that we can build on.

Now again being in touch with your breathing. Allow yourself to become fully present with the knowledge that soon you will make steps in another direction of your life, living through with a joy, awareness, whatever happens. When you feel like it, let your beautiful eyes open, feel yourself. Looking around comfortably, gently, letting yourself get ready to take that new step for now.

A NEW PRESENT

It is the human situation to meet the present with interpretations of the past.

The meaning of the present is to allow us to leave the past and see the Now in its own right.

Experience will soon become your past and a foundation for a new present and future.



*E*NERGY AND FREEDOM

Energy is for support
of
the human soul
as
it moves toward its freedom.

Freedom and its manifestation
is
the kind of perfection
we
are all destined to have.



YOUR CONTROL TOWER

Let yourself be aware of the miracle! You just wish, you just think, and those beautiful eyelids close. Could you be in just such an intimate relationship with the rest of your body? Now let yourself become aware of your breathing, just aware of it, feeling it coming in, knowing that it brings healthy oxygen to your body . . . feeling all those parts of yourself that are especially designed to give the air a way to get to all of your body. Perhaps today you can give it some gentle encouragement to move throughout your body, and if in this journey the oxygen comes to some little tight places, acknowledge them, release them and bless them, especially for letting you know that they were uncomfortable.

Now, at this moment, feel yourself centered. Your body on the chair, your feet on the floor, your back against the chair. Extend the feeling of centeredness throughout the room, the building, the city or town, the surrounding countryside, the nation, the North American

continent, the Western Hemisphere . . . cross both oceans and encompass all the countries on the planet, still centered here, you in the center of the universe. As you do that, let yourself become aware that we are all manifestations of life-force.

Perhaps we can get into the shoes of astronaut Ed Mitchell who, when he was in outer space, hid the whole planet behind his thumb. He has said that was the moment when he knew that all life was the same and that our planet was small and fragile, but that it represented the universe. He could see the planet in that perspective and at the same time remember himself being in a certain space (like you are now) aware of only what was around him. It would be easy to forget that the other perspective was there. I call that outer-space position, the airport control-tower position. From there we can view the whole, and at the same time appreciate the specific, while knowing we are all alike, only in varying forms.



CONNECTEDNESS

Very gently, with your eyes closed, explore your skin and all the parts where you can touch. For example feel around the top of your hands, around your fingers, your palms, and your neck. Just explore. As you do this, make little mental notes as to whether you find wetness or dryness, hardness or softness, or whatever is there. Just let yourself explore.

As you are exploring, let yourself be aware of any thoughts or feelings that might dance through your head or your stomach. Now, deepen your touch by letting yourself feel *under* the skin. This brings you in touch with the flow of your blood and, deeper down, the movement of your muscles. It's as if you add a little power to the movement and are saying, "This is what's under skin. The ability to move, to support, to hang on, to lift, to pleasure." Let yourself know what you are thinking and feeling as this goes on.

Very gently and very slowly, find your pulse. It can be located in your fingertips. If you can't find it there, look for it in your wrist. Now you are in touch with your heartbeat. As you become aware of your heartbeat, let yourself feel the rhythm, the ebb and flow. At the point when you can definitely feel this rhythm, let your breathing be in the same rhythm. Breathe in the same rhythm that your heart is beating for a few breaths. As you are in touch with your breathing and your heartbeat, let yourself be in touch with your own feelings of yourself.

Could you also let yourself know that you are supporting yourself with your own body? Mostly you are using your

bottom, or your back, or your feet. You are supporting you. You are in touch with you. Let yourself know what you are feeling about that. Let yourself know that you can feel this way at any time; you don't need someone to do this for you. You carry you with you at all times.

Slowly move your hands apart and rest your chin in them, so that the palms of your hands are under your chin and your fingers hug your cheeks. Let you rest in you. Let yourself be aware that your hands are holding you. What does it feel like to have this exquisite, alive support and connection? Letting your hands take all of the weight, see if your hands can really support your head. Once again, let yourself be in touch with your breathing. You can support you. You can contact you. You can nurture you.

Let your hands, very gently and slowly, reach the skin and have a meeting, a contact. Whatever your hands can find, your lips, your forehead, make a meeting with your skin. As you are doing this, pick a time when you can do this with your whole body. Very slowly and very gently, let your hands come to rest somewhere on you. Perhaps, at this time, you can allow yourself the thought, "I am in touch with my feelings and being. My most precious possession is mine. I can love it. I can guide it. I can improve it. I can hear it. I can see it. I can change it and I can own it. It's the only thing in the world I can fully own. It's always available to me. I'm never without it." Now, just let yourself be in touch with what feelings flow as these thoughts come to your awareness.



BEING GROUNDED

Go deep inside yourself
Find that treasure that
is known by your name.

Look at this treasure
Look at the resources
that are universal.
You have them all.

You can see
think
hear
feel
taste
smell
choose
move
sort

To *sort*—the ability to
let go of that which once fit
but no longer does, and
see clearly what
fits now.

Now say to yourself,
“I am able,
I can do this.
I have the energy through my
groundedness, my relationship to the heavens,
and my interconnectedness with others.
I am able.”



THE LIVING YOU

Be aware that you have energy to use for yourself.
This energy comes from
the center of the earth,
it moves through your feet and legs and
grounds you.

Imagine a color you like and
give it to this energy and
see it move,
floating and swirling in
beautiful circles.

Also be in touch with the energy that comes from
the heavens as it
moves down through your head bringing
inspiration, imagination and visions
of what can be.

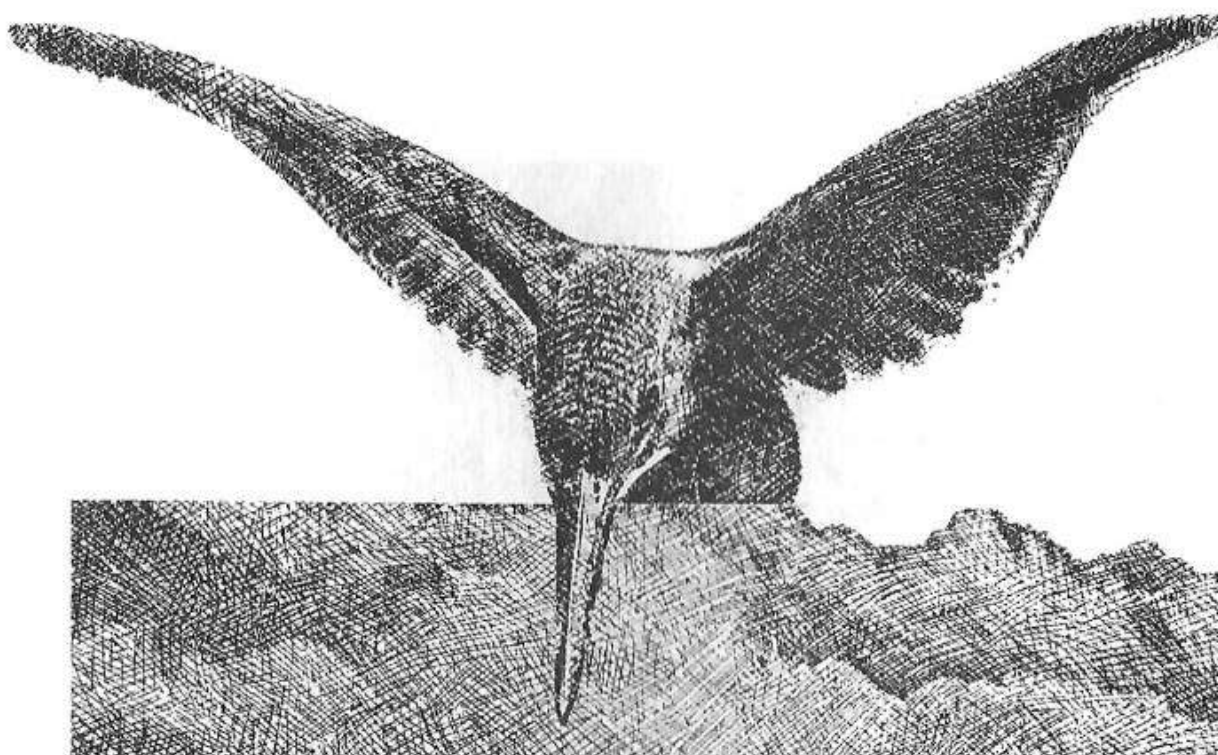
As these two energies meet, see them
nurturing each other and
creating a third energy,
the energy of connectedness between
yourself and other beings on this earth.

See this energy moving out
through your arms and hands,
connecting with others when
you hug.

See its color.

Now, see these three colors as
they mingle,
sometimes shading each other,
sometimes adding new dimensions.
Always there, always a fresh supply.

Come in touch with yourself as a
miracle.
There is no one exactly like you
on
the face of the earth.



Go to that place deep within yourself where
you keep that treasure that is called by your name and
as you approach lovingly, gently, excitedly, notice
your resources, your ability to
see, hear, touch, taste, smell, feel, think, move and choose.

Look at what you have now and look forward to
that which you would like to further bring to yourself.
You can do this by allowing your self to
taste all that comes along but
swallow only what fits.



LIVING YOUR DREAMS

Come in touch with being a child of the universe. To know you are the beneficiary of all the universe has to offer, you need only be able to contact it. To begin, go to that place deep inside yourself where you keep the treasure that is called by your name. Notice all your treasure. Also notice what else you need that you still do not have, and give yourself permission to acquire it.

Dreams and wishes belong together. Dreams and wishes can be manifested. Use the power of a golden wishing wand to make it happen.

Picture your own golden wishing wand in your hand. Endow that wand with the ability to remove your fear of risk-taking. Give it your willingness to go through struggle, to go into something new, to invent that which you need. The golden wand gives you the power to go beyond your own taboos and see new places.

Tarry a moment and look at the golden wishing wand you have created. Feel the texture, look at the form. It's yours, for the rest of your life, to use in whatever way you want.

Greet each day with this nurturing wand.



BREATHING

Let yourself come in touch with your breathing. Be aware that it's been going on all the time. Let yourself become aware that the air that goes into your breath is full of oxygen, something your body needs to nurture you. Perhaps now, as you are in touch with your breathing, you can also be in touch with the way your body is taking in breath.

Does it stop at your chest?

Does it go to your abdomen?

Can you feel it in all parts of your body?

Be aware of your breathing. If you feel it is stopping in your chest, give it a gently, loving message and encourage it to go further in your body.

As you get in touch with your breathing and make a closer connection in your awareness between your breath, the nurturing of your body and your heartbeat . . . be aware of how all of your life goes on within you . . . and how you are in charge of making that life in your body more harmonious, richer, and more nurturing. Perhaps now you can allow yourself to be in touch with a part of you that you have not yet acknowledged, like your fingertips or your toes.

Once again be in touch with your breathing. As you breath in, I wonder if you would allow yourself to say the words: "I breath in that which nurtures my beautiful self. I honor the rare person that I am. I give myself full permission to be a whole being. I take on myself the responsibility to enjoy and fulfill my life. When I breath in, I know deep inside of me that my ability to love others, to build with others, to be real with others, to say no or yes, will be enhanced."



YOU HAVE MADE IT

Let yourself become relaxed. Still feeling alert, become aware that, whatever your “trip” has been since you popped out of the womb, *you have made it*. When you are fully aware of that, you can begin to see evidence of it.

Begin now to notice some of the things you learned that may be very helpful to you, some of the things that may be in your way, and some of the things you need but haven’t yet learned.

Let your hands come together. Recognize that we all come from the same life-force, equipped with the potential for helping ourselves to become fully evolved. We can all make connections with other people that enrich our lives and enrich theirs, while at the same time honoring our own realities. Using our resources, we deal with whatever comes our way.

Feel the life-force that floats . . .

Let yourself become aware that you are a decision-maker. *You are the one who acts* on the resources you have—your experiences, your hopes, your wishes, your bugs, your worries, your warm fuzzies . . . and no one, but no one else, can be responsible for what you choose to use.

Take a moment to commune with yourself and with the life-force as it floats through your body. Allow yourself a new space to let things unfold. See that you can make decisions about opening and closing at your own request.

Then, very slowly, let your eyes open.



A MESSAGE OF APPRECIATION

Close your eyes and be centered.
Listen to your breathing—
normal, comfortable.
Release the tensions within you.
Just let them escape
on the outgoing breath.
Feel your support, and give yourself
a message of appreciation.
You are a manifestation of life-force—
growing, struggling, sorting, adding.
You can taste everything, but
accept only what fits.

*Tune in, focus and
be ready.*



READY FOR LEARNING

Begin now to be in touch with your breathing. Adjust your body so it feels comfortable. Let yourself become prepared. Ask the part of yourself that takes in information and new experiences to allow you to be relaxed and open. Remember, as you hear and see, to let things come in. Taste them and allow them to be swallowed when your inside says they fit.

At this moment, could you allow yourself to *remember that you have lived successfully so far*? The way is open for you to add to yourself. Could you allow yourself to be aware that there is so much about a human being, and about human beings together on this planet in the universe, from which we can learn?

We can learn what we need in abundance, and to be happy, productive, respected human beings. That we may not be fully there does not mean we don't have the ability, only that we haven't found it and learned how to use it yet. Everyone has this human potential.

Give a message of love to your left brain. Make it a strong message of love, because your left hemisphere doesn't know yet that your right hemisphere will help you in your learnings.

Allow yourself now, with your eyes open, to feel that body of yours—that gorgeous temple, that magnificent miracle. Ease into your seat in a balanced way, making sure both feet are on the floor. If there are any little tight places as you take in your breath, send the breath through your body. Stop to smile when you find a tight place and let the tensions leave on an outgoing breath.

Notice that, whether you are aware of it or not, your breath is coming and going. As you sit there, getting ready for some new learning, you may want to give your breath an inspiring color. This color could then move to all parts of your body, filling it. Smiling as it goes in, this color fills and nurtures you.

Let yourself come in touch with your breathing, and feel your self-nurturing through your breath . . .

Now go to that place deep inside yourself and give yourself a message of appreciation. Maybe now you can give yourself permission to let go of all those things you have carried around that are no longer of use. Bid them a fond farewell. Let them go, and be in touch with things you have that fit you well right now. Give yourself permission to add that which you need.

With your message of appreciation to yourself, you can now be ready for whatever you are going to learn today.

