

# POSITIVE TRIBE

THINK POSITIVE LIVE POSITIVE MAGAZINE

FEBRUARY 2018

**Giving the Gift  
of Positivity**

By Karen Mayfield

**The Power of  
Positive Thinking**

By Remez Sasson

**How to Actively  
Listen: 5 Steps for  
Creating Sensational  
Relationships**

By Duane Cummings

**Where to Find  
True Love**

By Alan Cohen



**Staying Positive in a Negative World**

# Positive Tribe Magazine

## Contributors

Duane Cummings  
Alan Cohen  
Remez Sasson  
Karen Mayfield  
Candi Parker  
Judee Light  
Richard Ingersoll  
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*From The Publisher*

# *Welcome!*

We are so happy and grateful that  
you are here!

Today choose to be positive!

Start listening to what you say. If you hear yourself using negative or limiting words, change them. Say what you mean and mean what you say.

Keep your clear, calm center in the midst of negative thoughts and feelings and be a generator of positive and loving thoughts and feelings. Then you will enhance, and not detract from, the experiences of those around you.

May your day be filled with wonder and love.  
And may you find the inspiration that you need in these pages!

In Joy,

*Candi Parker*

[Facebook.com/PositiveTribe](https://www.facebook.com/PositiveTribe)

## Be impeccable with your word.

*~ from the Four Agreements by Don Miguel Ruiz*

"Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love."

# The Power of Positive Thinking

By Remez Sasson

**Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results.**

A positive person anticipates happiness, health and success, and believes he or she can overcome any obstacle and difficulty.



**Remez Sasson**

*Remez Sasson is an author and blogger.*

*He is the founder of [SuccessConsciousness.com](http://SuccessConsciousness.com), a website and blog about self improvement and spiritual growth.*

*He is the author of several life transforming books with a wealth of information, advice and guidance.*

Positive thinking is not accepted by everyone. Some, consider it as nonsense, and scoff at people who follow it, but there is a growing number of people, who accept positive thinking as a fact, and believe in its effectiveness.

It seems that this subject is gaining popularity, as evidenced by the many books, lectures and courses about it.

To use it in your life, you need more than just to be aware of its existence. You need to adopt the attitude of positive thinking in everything you do.

## **How Positive Thinking Works**

The following story illustrates how this power works: Allan applied for a new job, but he didn't believe he would get it, since his self-esteem was low, and he considered himself as a failure and unworthy of success.

He had a negative attitude toward himself, and therefore, believed that the other applicants were better and more qualified than him. Allan's mind was occupied with negative thoughts and fears concerning the job, for the whole week preceding the job interview. He actually, anticipated failure.

On the day of the interview, he got up late, and to his horror he discovered that the shirt he planned to wear was dirty, and the other one needed ironing. As it was already too late, he went out wearing a wrinkled shirt and without eating breakfast.

During the interview, he was tense, negative, hungry and worried about his shirt. All this, distracted his mind and made it difficult for him to focus on the interview. His overall behavior made a bad impression, and consequently, he materialized his fear and did not get the job.

Jim applied for the same job too, but approached the matter in a different way. He was sure that he was going to get the job. During the week preceding the interview, he often visualized himself making a good impression and getting the job.

In the evening before the interview, he prepared the clothes he was going to wear, and went to sleep a little earlier. On day of the interview, he woke up earlier than usual, and had ample time to eat breakfast, and then to arrive to the interview before the scheduled time.

Jim made a good impression and got the job.

What do we learn from these two stories? Was there any magic used? No, everything happened in a natural way.

### **Positive Thinking Is a Way of Life**

With a positive attitude we experience pleasant and happy feelings. This brings brightness to the eyes, more energy, and happiness. Our whole being broadcasts good will, happiness and success.

Even our health is affected in a beneficial way. We walk tall, our voice is more powerful, and our body language shows the way we feel.

## **Positive and negative thinking are contagious.**

Use positive words in your inner dialogues, or when talking with others.

Smile a little more, as this helps to think positively.

Once a negative thought enters your mind, you have to be aware of it, and endeavor to replace it with a constructive one. If the negative thought returns, replace it again with a positive one. It is as if there are two pictures in front of you, and you have to choose to look at one of them, and disregard the other. Persistence will eventually teach your mind to think positively, and to ignore negative thoughts.

In case you experience inner resistance and difficulties when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.

It doesn't matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. If you persevere, you will transform the way your mind thinks. It might take some time for the changes to take place, but eventually they will.

Another useful technique is the repetition of affirmations. This technique is similar to creative visualization, and can be used together with it. We affect, and are affected by the people we meet, in one way or another. This happens instinctively and on a subconscious level, through words, thoughts and feelings, and through body language.

Is it any wonder that we want to be around positive people, and prefer to avoid negative ones?

People are more disposed to help us, if we are positive, and they dislike and avoid anyone broadcasting negativity.

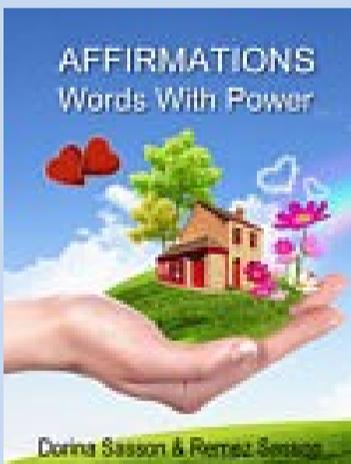
Negative thoughts, words and attitude, create negative and unhappy feelings, moods and behavior. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

## **Positive Thinking Practical Instructions**

In order to turn the mind toward the positive, some inner work is required, since attitude and thoughts do not change overnight.

1. Read about this subject, think about its benefits, and persuade yourself to try it. The power of your thoughts is a mighty power that is always shaping your life. This shaping is usually done subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange, give it a try. You have nothing to lose, but only to gain.
2. Ignore what other people say or think about you, if they discover that you are changing the way you think.
3. Use your imagination to visualize only favorable and beneficial situations.
4. Use positive words in your inner dialogues, or when talking with others.
5. Smile a little more, as this helps to think positively.
6. Once a negative thought enters your mind, you have to be aware of it, and endeavor to replace it with a constructive one. If the negative thought returns, replace it again with a positive one. It is as if there are two pictures in front of you, and you have to choose to look at one of them, and disregard the other. Persistence will eventually teach your mind to think positively, and to ignore negative thoughts.

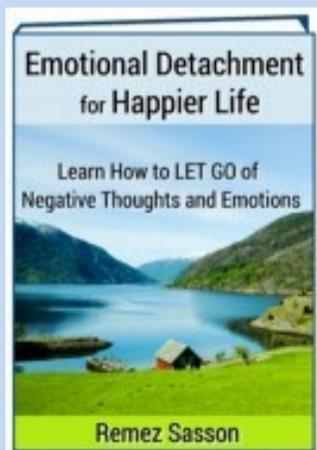
7. In case you experience inner resistance and difficulties when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.
8. It doesn't matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. If you persevere, you will transform the way your mind thinks. It might take some time for the changes to take place, but eventually they will.
9. Another useful technique is the repetition of affirmations. This technique is similar to creative visualization, and can be used together with it.



## **Affirmations - Words with Power** by Remez Sasson

Are you seeking to improve your life, earn more money, or develop new habits? Positive affirmations can help you. Here you will find all the information, advice and instructions you need to use this power.

[SuccessConsciousness.com](http://SuccessConsciousness.com).



Imagine how free, calm and happy you would be, if you could stop getting upset by what people say or do, let go of negative thoughts and emotions, and avoid taking things personally.

# Where to Find True Love

By Alan Cohen – From the Heart



**Alan Cohen**

*Alan brings a warm blend of wisdom, intimacy, humor, and vision to the path of personal, professional, and spiritual growth. He loves to extract lessons from the practical experiences of daily living, and find beauty in the seeming mundane. Many readers and seminar participants have reported that his teachings have brought them deep encouragement and empowerment, and inspired them to believe in themselves and achieve new levels of success in their personal and professional life.*

My coaching client Jodi has been in a Mormon marriage for nearly 30 years. For all those years she, her husband, and five children have participated avidly in the Mormon Church, rituals, and community.

A few years ago Jodi felt guided to explore other philosophies such as yoga, meditation, and alternative forms of spiritual expression—all no-no's according to traditional Mormonism, which shuns people who step out of line. So for Jodi to express her desire to delve into non-traditional pathways required a huge leap of faith.

Although Jodi's husband Don was initially distressed by her dabbling outside the church, he supported her to venture onto other paths of spiritual inquiry. Jodi stopped wearing traditional Mormon garments, took a life coaching course, read books by Paramahansa Yogananda, set up an altar including small statues of Buddha and the Hindu deity Ganesha, and took an unprecedented trip by herself to a residential meditation retreat. If Don had been stuck on their special relationship, he might have hit the ceiling and called in the church fathers to “deprogram” his wife. But, to his credit, he just kept loving Jodi, which endeared him to her all the more. His trust in her explorations did not dissolve their marriage, but strengthened it. When I last spoke to Jodi, she reported that she and Don were doing tantric sex practices. Both of them deserve huge credit for flowing with the changes in their relationship and co-creating a marriage based on love, not fear.

I have often pondered why so many of us have had so much pain in relationships. It's because we were trained to believe that we are empty or broken, and if we can just get someone to give us what we are missing, we would be happy. Then we must control our supposed source of good so that person will keep doing the things that make us feel loved. As it turns out, it's the other way around. The purpose of relationship is to source love within ourself and then extend it to our partner. When we genuinely love, the joy that passes through our heart to the other person blesses, uplifts, and heals us as it moves through us.

I used to teach about unconditional love, until my mother taught me what unconditional love really is. When I set out on my spiritual path, I was inspired by the teachings of Jesus. I studied the New Testament and I taped a small picture of Jesus on the dashboard of my car.

My Jewish mother was not exactly pleased as punch to ride with Jesus as co-pilot. When I picked her up to take her shopping, she made fun of the photo. "Were you cold out here last night, Jesus?" she mockingly asked the image, tapping it with her forefinger. "Would you like me to knit you a sweater?"

So out of respect for my mother (especially since she had paid for the car), I removed the photo from the dashboard and placed it in the glove box. The next time my mother sat in the car, she said nothing but she seemed happier, so I figured Jesus was secretly smiling under the dashboard.

A few weeks later when I went to visit my mother at her house, I saw something I had never seen before in my home or in any Jewish home. On the dining room table, propped up against a napkin holder, was a small picture of the Catholic Saint Veronica.

Astonished, I asked, "Mom, where do you get this?"

"I saw it at a garage sale," she answered nonchalantly. "I thought you would like it."

I was speechless. In order for my mother to get me that picture, she had to rise above her lifetime belief system and values as a Jew and a Jewish mother. In that moment I realized that unconditional love goes far beyond words. It is an energy we radiate, a principle we live.

Love is not about control, but connection. Not about demanding, but allowing. Not about getting, but overflowing and supporting. As we release fear-based models of love, we open to the gift we were born to receive by giving it.

February is Valentine's month, when we celebrate great love. If you are searching for love, it may be closer than you think. Kabir said, "I laugh when I hear that the fish in the water is thirsty." The love of your life might be right where you stand. Even if you are not with your ideal lover, you have friends and family who love you deeply. If you are with a partner who does not appear to be "The One," there might be more love available in that relationship than you know. Appreciate and celebrate what you have before asking for more. The gifts that you have been seeking have been laid at your door. When you find beauty and wonder in those around you, you open the door to find it in yourself. Let this month be the one in which you find true love, by discovering the happiness you seek right where you stand.

Alan Cohen is the author of the new groundbreaking book *A Course in Miracles Made Easy: Mastering the Journey from Fear to Love*. Join Alan and intuitive Dougall Fraser in Hawaii, February 21-26 for a life-changing retreat, *The Guru in You*. For more information about this program, Alan's Life Coach Training Program, free daily inspirational quotes, and weekly radio show, visit [www.AlanCohen.com](http://www.AlanCohen.com)

**They say love is blind. I disagree.  
Infatuation is blind. Love is  
all-seeing and accepting.**

**Love is seeing the flaws and  
blemishes and accepting them.  
Love is accepting the bad habits  
and mannerisms, and working  
around them. Love is recognizing  
all the fears and insecurities, and  
knowing your role is to comfort.  
Love is working through all the  
challenges and painful times.  
Infatuation is fragile and will  
shatter when life is not perfect.**

**Love is strong and it strengthens  
because it is real.**

**~ Author Unknown**

# How to Actively Listen: Five Steps for Creating Sensational Relationships

By Duane Cummings



**Duane Cummings**

*Duane Cummings is the founder of The Sensational Group.*

*He is a successful business owner and has been involved in sales and management coaching, mentoring and training for over 25 years.*

*Duane is also author of the new professional development book, **The Sensational Salesman.***

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Although humans are equipped with two ears and one mouth, we seldom listen twice as much as we speak. Take a moment to evaluate yourself and see if you fall into that category. If the answer is yes and you have a desire to enhance the way you personally communicate, Active Listening may be a solution. It's a skill that we should all master, but unfortunately very few even attempt to acquire. As humans, we speak for many reasons, but usually listen for only two, to gather information and learn. In order to be truly effective, an active listener must understand, interpret and evaluate what he or she hears. By doing these things effectively, one can improve relationships which lead to a reduction in conflicts, strengthens cooperation and fosters understanding. Active listening is a structured way of suspending one's own frame of reference, judgment and focusing solely on the speaker's message. The good news is Active Listening is a skill that almost anyone can learn.

The fact is most people are not good listeners. Do you ever get frustrated because you know your message is not getting across to the person you are talking to? Studies show we recall only about 50% of a message immediately after hearing it and only 25% two days later. Becoming better at this skill will allow us to help people feel appreciated, interesting and respected. By making active listening a habit, we can act as role models and may help others learn one of the core skills of effective communication. Some of the reported positive effects of

# How to Actively Listen: Five Steps for Creating Sensational Relationships continued

Active Listening are prevention of misunderstandings, closeness or greater intimacy and the building of self-esteem. Here are FIVE steps to becoming a Sensational Communicator through the implementation of Active Listening.

## **1.) Focus all of your attention on the speaker.**

Take the position that you are there to learn about what the speaker has to say, not the other way around. Be in the moment and don't worry about events to come later. Turn off external distractions like TV's, radios and phones and ask the speaker to do the same. Get within a comfortable distance, so you can see and hear them easily. This will also allow for picking up and sending non-verbal information and feedback. It is just as important to tune into someone's face and body language when listening as it is to the words that they say. Maintain the eye contact to a degree where you will both remain comfortable. Lastly, make sure you have taken care of needs like eating, drinking, or using the restroom. There is nothing worse than a loud grumbling stomach, or an unexpected need for a bathroom break right when the speaker is trying to make a key point.

## **2.) Your ONLY goal is to clearly receive the other person's message.**

Work on your concentration skills. If you will show empathy and walk in their shoes, it should help you better understand their starting point for the communication. Keep an open mind and don't make assumptions about what the speaker is thinking or going to say next. By focusing on each word as they come from the speaker, you can eliminate your internal distractions and keep your mind from wandering. If you are in a group, don't allow side conversations. If there is a long pause by the speaker, don't feel the need to fill it with your speech. Relax and focus on what the speaker wants you to understand.

## **3.) Provide verbal and non-verbal feedback.**

Ensure you let the speaker finish their thoughts and don't interrupt. IF it looks like you want to speak so badly you are going to burst, they will quickly become frustrated. Never interject to the point that it becomes a distraction to the speaker.

# How to Actively Listen: Five Steps for Creating Sensational Relationships

continued

whether you are nodding and allowing your emotions to show on your face, or responding appropriately with such words as, "really", "go on," or "what else happened?" timely acknowledgement is fundamental in good communication. One important tip though, only ask questions that help the speaker flesh out their thought and help you better understand. Don't derail them with constant and untimely interruptions. By sincerely engaging them with questions and being responsive, you will ensure you understand the message. Unless the speaker asks you a direct question, leave your past experiences and opinions out of the conversation.

#### ***4.) Paraphrase, reflect on and recap the speakers message.***

Once the speaker has finished certain lines of thought or the entire message, ask simple questions like, "What I am hearing is" or "I heard this, is that what you meant?" Re-state and summarize key points to reassure the speaker you heard them loud and clear. As the listener, you should be able to repeat in your own words what they said to THEIR satisfaction. It doesn't mean you agree with the message, simply that you heard and understand it. Many times by doing this, you will find you DIDN'T get the message they were trying to convey.

#### ***5.) Show the speaker appreciation for sharing their message.***

Thank the person for sharing their thoughts with you. This will usually build trust and promote further dialog. Most people want to be heard and understood. Do it well for others and perhaps they will become better listeners to you.

Good communication skills require a high level of self-awareness. By understanding your own style of communicating, you can improve how you communicate with others. Remember the "Golden Rule" works for communication too...treat the speaker, as you would like to be treated. Now get out there and " ACTIVELY LISTEN!"

# Giving the Gift of Positivity

By Karen Mayfield



*Karen Mayfield is a bestselling author, speaker, metaphysical minister, Spiritual Life Coach, and founder of Wake up Women.*

*Karen takes you into the world and brand of Wake up Women while guiding you through your process of waking up to your life of happiness, health & wealth, with Peace of mind to live the life you love. To learn more about Karen visit [www.wakeupwomen.us](http://www.wakeupwomen.us)*

As I walked into the restaurant, I heard a faint voice say, “Ma’am, could you spare a couple bucks, so a fella can have a burger?” I thought for a moment about just pretending I didn’t hear, but a voice inside me said, “Stop and respond,” so I did. As I turned in the direction of the voice, I saw a frail man step out from the side of the building. He immediately thanked me for stopping and held out his hand; but instead of handing him a couple of bucks I shook his hand, then invited him inside to join me for lunch. The look on his face was one of shock! Apparently, being homeless is not a very friendly world to live in.

He accepted my invitation and we walked into the restaurant together. Boy, did we get some looks...talk about turning some heads, and filling the air with whispers! Once we were seated and handed the menu, I watched as my lunch guest looked over the choices. After a moment, he sheepishly asked, “How much money are you comfortable with spending on lunch?”

I replied, “Order what you want, I have about forty-bucks on me.” He ordered steak, baked potato, salad, and iced tea for a grand total of \$17.96. When placing his order, he asked our waiter about the way the steak was cut and they got into a conversation about the proper way to cut beef. I was more than amused. There I was, having lunch with a guy who was houseless for twenty-two years and there he was, having a conversation now with the chef about the cut of beef.

Our conversation over lunch also included a similar chat about beef and the various cuts. The more we chatted

## Giving the Gift of Positivity continued

though he also revealed his story, probably being told for the first time in twenty-two years. About fifteen minutes into the story our food arrived. As we ate together, a little more of his story, one filled with heartache, hopelessness, and homelessness was being told. It is truly one of the saddest stories I have ever heard. The story began like a fairy tale and ended as a nightmare. When I asked him why he never talked about it, he said, “No one cares and everyone has a story. Life is kind of like one story after another unfolding, adding to the tapestry of people in the stories.” I could certainly understand that.

This is his story...

Twenty-two years prior, while on their way to work, he and his family were hit by a drunk driver who took the lives of his wife, their two children, and his in-laws. He was the only survivor. Being in a coma for months and enduring years of therapy is what he was left with. He woke from the coma only to discover that his entire family had been buried eight weeks earlier and the last thing he remembers is talking to his children about an upcoming event. Now, he will never see them again, all he has are the memories. Those memories have become a haunting that will hang over his head for years.

He also knew he was spared for some reason, but he just couldn't seem to find the reason. So, he spent the last twenty-two years making his home where ever he could lay his head down and with each step of his journey he made it a point to share a smile, a hello, or a conversation that would make a positive impact on another person's life. His bride always made it her mission to leave someone better than she found them, and to be a good news teller. In loving tribute to her this became his life work.

His life had been that of a master chef on a cruise line, (which explains his knowledge of beef) working on the ship with his bride, as he calls her. They had two young children and immigrant parents living with them. Each Thursday they made the journey as a family to the coast, to board the ship and head out to work a cruise. They returned each Monday morning and would all journey back, two hours away from the coast, to their home.

## Giving the Gift of Positivity continued

His hospital stays lasted for nearly a year, then he was houseless for twenty-two years. He just kept waiting for someone or something to come along and inspire him, like he tries to inspire others. Then he found himself sitting with a stranger who was kind enough to invite him to lunch and from that day forward his life began to change.

The conversation he and I had was not a story of everything he had lost, rather it was a story of hope. He did talk about the years he missed, not seeing his children grow up or him ever having a grandchild, and that he and his bride would never sit on the porch swinging to and fro as the world of yester year faded into a memory. I talked about all the children and young parents who had no father or grandfather and how much he could give and be there to receive, instead of shutting himself down with the guilt of being the sole survivor. He needed to be able to receive the positivity that comes to you through sharing it, but he felt undeserving and had shut down his ability to receive.

Our lunch turned into coffee and desert and an early dinner, all through which I was listening closely, developing a friendship, doing my part to be sure we left each other better than we were. I advised him to go to the shelter that I knew needed help with cooking Thanksgiving dinner the next day. We parted and went our separate ways back to our own lives.

Four months later I was having lunch at the diner downtown when I heard someone say my name. I looked up and there he was, working at the diner as their Chief Chef! He asked if I would come back after 5 p.m. so he could catch me up on all the “positive” happening in his life. I accepted his invitation and looked forward to catching up over coffee and dessert.

Later that day, during our conversation, I found out that he had followed my suggestion to help the shelter serve a bunch of people on Thanksgiving Day. It was actually the first time he had celebrated Thanksgiving in twenty-two years.

## Giving the Gift of Positivity continued

The man who runs the shelter also owns the diner. A position for head cook had recently become available and he had made such an impression the owner of the diner immediately offered him the job. Above the diner was a loft apartment that the previous Chef had left vacant. It appeared everything was working like magic, and the only thing he'd done differently was open himself up to receive positivity. He quit feeling sorry for himself and focusing on everything he'd lost; instead, he was focused on what he could offer and the difference he could make.

Every person who walked into the diner was greeted with nothing but positive words coming from behind the serving bar. The entire attitude of the diner had changed and people would come in just to get a "quick pick me up" of positive words and business was good. I would eat at that diner at least two times a week, amazed by how life was now going for him. He had let go of the guilt haunting him for all those years, shook off the dark energy and let the light in.

He changed his story, realizing that the new tapestry he was weaving and story he was writing was full of the possibilities life had for him, all he had to do was look at life in living color instead of black and white. His tapestry and story of memories that he was creating would become the story of his new life. He realized he had control of the pen, and he wrote... "I could have been sad until I took my last breath, then I let some positivity back in and discovered that the Gift of Positivity is positively priceless."

What's your story?

Touch someone's life today...  
One small gesture a day can eventually touch the  
lives of millions...it all starts with you!

# Learning to Love Living in the Mystery . . .

## A Walk of Faith - part 2

By Judee Light

(See Part 1 in the January issue)



**Judee Light**

*Judee Light is a speaker, teacher, author, editor, F.U.N. facilitator, and adventure lover with over 33 years' experience. She is a fourth generation Unity student and has been speaking and teaching at Unity churches for over 27 years. She is the author of the book, *When I Let Go and Let God*. You can find out more about her and what she is about at [FeelingUpliftedNow.com](http://FeelingUpliftedNow.com) (F.U.N.).*

Here are some suggestions for making it easier and even fun to love living in the mystery:

Be willing to have a beginner's mind. Be ye as a little child, full of wonder and curiosity and innocence.

**Be willing to go with the flow and trust the process of life.** Chuang Tzu, a 4<sup>th</sup> century BC Chinese philosopher said: "Go with the flow of things, and you will find yourself at one with the mysterious unity of the universe."ous unity of the Universe." ~ Chuang Tzu

If you feel anxious because you can't see what lies ahead, choose to trust that God within is directing the flow of your life. In the movie *The Secret*, Jack Canfield talks about when you drive down a highway at night, you can see only 100 or so feet in front of you, yet you keep driving as you know the next 100 feet will be revealed, then the next 100, etc.

Yet, in life, we often demand to see the whole "road" on our journey *now*. What if, just like when we drive down the highway at night, we trust that the next piece will be revealed to us if we just keep going?

Neale Donald Walsch said: "The unexpected is waiting for you. And it contains great good. Our next insight, our next opening, our next opportunity often comes when we least expect it. Never think for a moment that the game is over.

# Learning to Love Living in the Mystery . . . A Walk of Faith

continued

It is not. Just when all the chips are down, the chins should be up. So, *chin up*. This round may not have gone well, but I promise you, this is not the last word.”

Some people get quite dramatic when they are in resistance, believing that, without reactive displays of emotion, they would not feel true connection in life. What is good to bring to a challenging situation instead of drama is a calm steadfast faith and the power of prayer.

As you become more comfortable living in the mystery, you can more easily trust the seeming contradictions that are in your lives. You can more easily be comfortable with periods of chaos and confusion, knowing that these too shall pass, and that chaos is a natural part of the transformation process.

Learning to live in the mystery calls you to develop a deeper, stronger faith—one that allows you to know that things always work out.

It calls you to be more Self-aware, to take inspired action, to be of service, and to love yourself, others, and all that is more and more.

You are guided into the realization that it is all right not to know.

You learn to appreciate living in the mystery rather than wasting time and energy trying to understand it or figure it out.

Have you ever noticed that, when you read a mystery novel, you enjoy not knowing how it will turn out? And often, you don't want to get to the end of it yet as it is so exciting?

And why is it you don't want people to tell you how a movie ends if you haven't seen it, yet in your life, you have a need to know what's next and how a situation is going to turn out?

## Learning to Love Living in the Mystery . . . A Walk of Faith

continued

If we must know the whys and hows of everything, we are generally not very happy. We are bound by fear, anxiety, and insecurity.

Life and its happenings are beyond your capacity to know with certainty. So you might as well give it up, and enjoy the mystery!

If you think you're not good at living in the mystery, look at the mysteries you do live in and take for granted . . . how your body operates 24/7 without your being in control . . . how a new human is formed and grows in its mother's womb and appears in the world one day when the time is right. How nature unfolds and goes through its cycles. How the internet and smart phones and 3-D printers work. And on and on.

Osho, an Indian mystic and spiritual teacher, said: "The mystery never ends, it cannot end. That's why it is called a mystery, it cannot be known ever. It will never become knowledge, that's why it is called a mystery; something in it is eternally elusive. And that's the whole joy of life. The great splendor of life is that it keeps you eternally engaged, searching, exploring. Life is exploration. Life is adventure."

Ken Kesey, in *One Flew Over the Cuckoo's Nest*, said: "The answer is never the answer. What's really interesting is the mystery... I've never seen anybody really find the answer--they think they have, so they stop thinking. But the job is to seek mystery, evoke mystery, plant a garden in which strange plants grow and mysteries bloom. The need for mystery is greater than the need for an answer."

Albert Einstein said: "The most beautiful experience we can have is the mysterious. It is the fundamental emotion which stands at the cradle of all true art and science. Whoever does not know it and can no longer wonder, no longer marvel, is as good as dead, and his eyes are dimmed."

# Learning to Love Living in the Mystery . . . A Walk of Faith continued

I saw a post on social media recently: *To children there are not seven wonders of the world; there are seven million!* May we regain the wonder and marvel of a child.

May you be inspired to *love* living in the mystery! Then, living in faith, you are a model of possibility on the planet for stepping into the wonder of it all, for marveling in gratitude, for going forth and embracing the mystery of life.

And as you do this, you move through the stages from “mustery” into “mystery” . . . and finally . . . into “mastery”.



# Attracting Positive People into Your Life

By Richard Ingersoll



Richard Ingersoll

*Richard Ingersoll has over thirty years in the computer support industry, 4 years in the military, a diligent student of self improvement – and still was searching for the missing link to achieving what he would call success! Back in 1967, after returning from four years in the military, he borrowed a Nightingale Conant cassette program (some of you will remember cassettes!) called “Lead the Field,” narrated by Earl Nightingale himself. That program led him on a search that brought him here, sharing his findings with you... to hopefully shorten your road to success.*  
<http://applying-the-law-of-attraction.com>

According to the law of attraction we’re *always* transmitting positive or negative energy. Others pick up on this and respond likewise.

When you attract like-minded positive people, together you can focus on obtaining your desires. Positive people will encourage and support you. On the other hand, negative people will tell you that you can’t achieve your goals, and that they’re too hard or unreachable.

If you’re continually bombarded with negative phrases in your thinking, such as *“I just can’t make ends meet,”* *“There’s never enough,”* or *“I just can’t seem to get ahead,”* then you’re attracting more negativity into your life.

***The universe will always respond to your song,*** so make *your* song harmonious with your desires, not your frustrations!

If you find yourself focusing on your small paycheck, physical ailments or unfulfilling relationships, it’s time to make a change. Maybe your parents were role models of criticism instead of encouragement, or maybe you’ve always surrounded yourself with negative friends.

***Whatever the reason, it’s time to break this cycle of negativity.*** Consider raising your standard of expectation. Find people to associate with who emit positive energy. When seeking other positive people, think of people you admire and identify their traits you especially enjoy. You’ll be generally attracted to people who have a similar sense of humor or who hold the same set of values.

# Attracting Positive People into Your Life

Continued

**Here are some ways to attract positive people and create more positive energy in your life:**

- 1. Look for positive qualities in other people.** It's far easier to see someone's faults before seeing their goodness. Challenge yourself to look only for a person's good qualities.
- 2. Be aware of your own finest qualities** and project these qualities to the world. This contributes to your self-awareness and increases your self-esteem.
- 3. Exercise compassion toward everyone, including yourself.** Negative energy obsesses about unattainable goals. However, positive energy allows us to realize when we're doing the best we can.
- 4. Value others' opinions.** Positive energy is open-minded. Listen to all points of view and do your best to understand them, regardless of how different from your own they are.  
Trying to change someone's mind is usually futile, so, *even if you're right*, save your energy, understand their opinion, and move on.
- 5. Refrain from judging.** Give others the benefit of the doubt. Negative energy is critical in judging others and loves finding fault. Judging produces negative energy and attracts more of the same back to you.
- 6. Be honest.** Express your true self in thoughts, words, and actions.
- 7. Don't be afraid to admit to having occasional negative thoughts and emotions.** We're all human, and negative thoughts are a part of human nature. The key is not to dwell on them.
- 8. Celebrate the success and happiness of others.** Negative energy is jealous, but positive people are thrilled when others succeed. Use someone else's success as a motivator to make you a better person.
- 9. Balance fulfillment and serving others.** If you spend your life trying to please others, you may find yourself ignoring your *own* needs. Positive energy is balanced.

# Attracting Positive People into Your Life

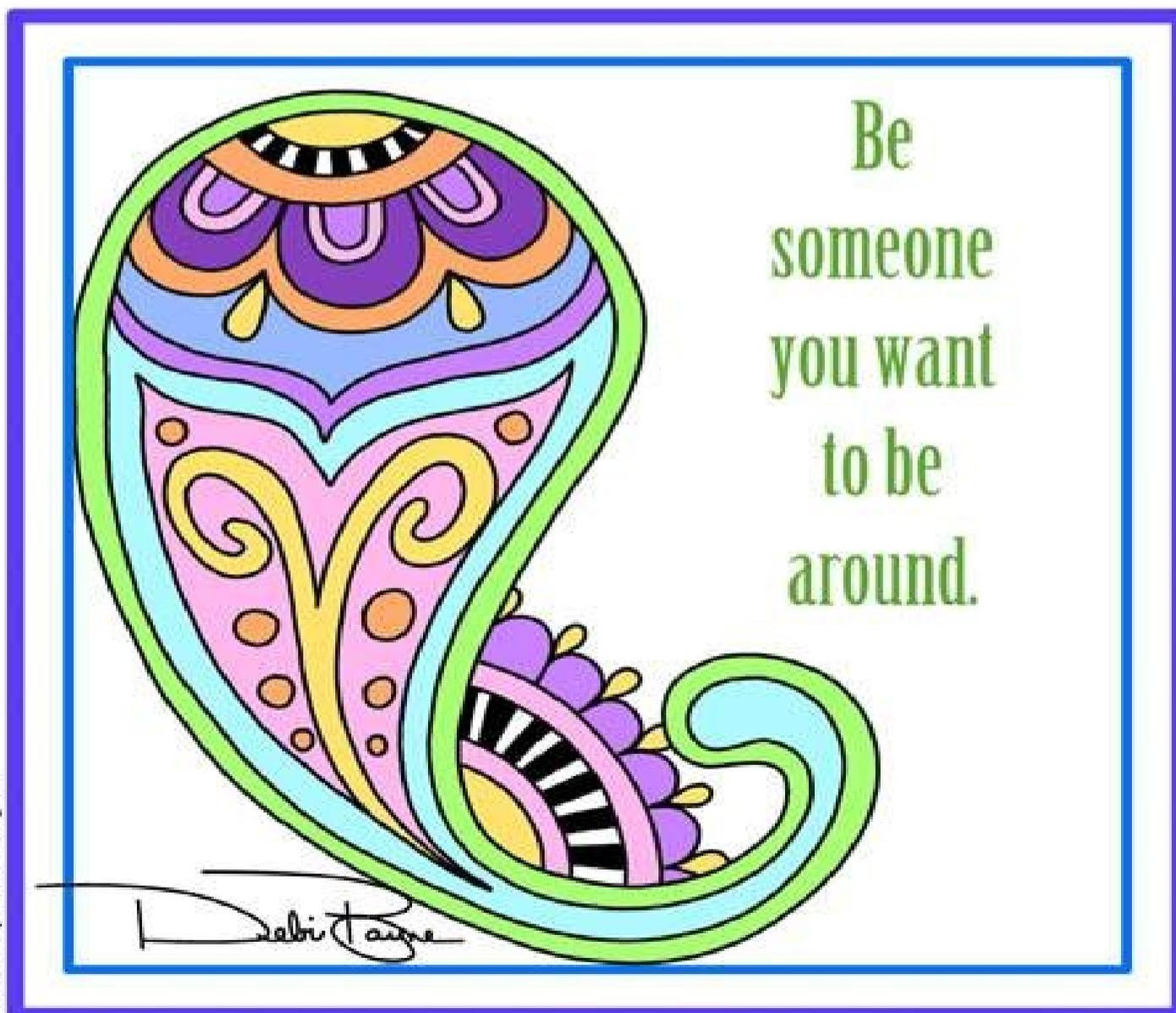
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**10. Persevere in spite of fear or defeat.** We all experience defeat and disappointment! Rather than bemoaning a setback, use it as a chance to learn something new and prepare for your next challenge.

**11. Follow your dreams and desires.** Embrace your joy every step of the way as you achieve your goals.

People with positive energy approach the world with an open heart and a sense of humor. They refuse to be colored by cynicism and bitterness. They strive to see the best in the world around them, revel in the success of others, and diligently pursue their own goals.

***Becoming a positive person today will help you attract more positive people into your life tomorrow.*** The more positive people that surround you, the more you'll feel joy, contentment, and fulfillment in your own life!



# Practice Gratitude – It Will Shift Your Attitude

By Teresa Velardi

***“Gratitude makes sense of the past, brings peace for today and creates a vision for tomorrow.” ~Melody Beattie***



**Teresa Velardi**

*Teresa Velardi is an Author, Editor, Speaker, Potter and Transformational Life Coach. She helps to bring out the greatness within you as you discover that you already have the ability to shift every aspect of your life into high gear! Uncover the Dynamic person within and wake up to your most powerful, prosperous and passionate life. Learn more about Teresa at [www.teresavelardi.com](http://www.teresavelardi.com) email her at [teresavelardi@gmail.com](mailto:teresavelardi@gmail.com)*

Are you someone who has gone through program after program with the hope that somewhere along the line you will be able to let go of the things you consider to be “wreckage” or “havoc,” yet every time you “try,” those things seem to multiply or grow larger than you remembered them to be? Although I don’t really like to admit it, I was one of those people. There was a time in my life when I felt like I was the most negative song on a broken record. It kept playing repeatedly, drowning me in sorry, pain and despair and I had no idea how to shut the darn thing off! I was also wrapped up in what was going on around me instead of tending to what was going on within me.

I’m not exactly sure when or where it was, but I overheard someone ask another person, who was obviously in distress, a very simple question. “Is there something that is good in your life that you can hold onto in this moment? Something that you are grateful for?”

Could it really be that simple? If I take the focus off what’s causing me all this pain and find something good to focus on...something to be grateful for, I’ll feel better? I had to try it for myself. I had to stop feeling as if I was always wearing cement shoes and constantly being held down. I was wrapped up in what was going on in someone else’s misery and taking ownership of something that didn’t belong to me. Aha! Right then, I knew it was indeed a matter of focus. I had been focusing on misery, so that’s what I was experiencing. It was time to make a change! I was done being dragged down and being lost in someone else’s story and looking at all that was missing.

My afternoons on my days off consisted of soap operas and Oprah. It was what I did to escape the insanity in my head. One day I heard her say:

***“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”***

Well, alrighty then! I would take on the practice of keeping a “gratitude journal” that was suggested. Every day, write down three things you are grateful for. So, I did. I still do, and the daily list gets longer.

Recognizing the good in your life; the people, places and things you are grateful for not only shifts your attitude, it creates abundance in your life. You’ll always feel like you have enough. For me, I feel like I am being flooded with blessings when I keep my mind on all things positive and what I’m grateful for.

It’s now a New Year... a time to take a look at what can be done differently this year to make your life better. Last year is over. The only time you really *need* to look back on the happenings of last year is when you do your tax returns, and that’s it! Keep your head and your heart where your feet are. Find things and people in your life you are genuinely grateful for in the now... moment by moment, your attitude and your life will change. You’ll even be able to see your future differently.

So, are you up for the challenge of starting a gratitude journal? Will you list at least three things... people, places, or things that you are truly grateful for? One of the most important parts is that you must feel the gratitude, not just write the words. Practice writing down what or who you are grateful for and why. That will evoke the feeling of gratitude. Every day will be easier. It’s like going to the gym and lifting weights to build muscle. Gratitude is a muscle you build, and with practice, it gets easier and more enjoyable. Go ahead, give it a try... you’ll be grateful you read this and will be thanking me later.

# The More You Give, the More You Receive!

By Lynn Schmaltz



**Lynn Schmaltz**

*Lynn Schmaltz is co-founder of Plasma Energy Solution and brings information to people through her blogs about the benefits of plasma energy for people, plants and pets. Lynn and her husband, Paul, collaborate on the many plasma energy solutions found on their website. [www.plasmaenergy.com](http://www.plasmaenergy.com)*

How do you stay away from a sense of lack or deprivation when you are trying to build up a new business and balance the giving and the receiving? How do you stay on the positive side and out of “is there going to be enough to sustain this business” kind of thinking? *The more you give, the more you receive.*

I had a real demonstration of that recently. I was taking care of a batch of orders and inadvertently printed out one that had already been sent. I realized my mistake when the recipient emailed me and said he already had his order and did I charge his card again? I responded that he had not been charged again and to just refuse the package when it arrived. Then I thought about *the more you give, the more you receive.*

So here's what I wrote to him: *I have a better idea about the extra order coming your way. Every few weeks I do a 'pay it forward' and give someone a set of vials for our Never Ending Plasma Energy Station. If you would like I will let you choose to whom you would give the 'pay it forward' station and the extra plasma energy vial I sent for my monthly 'pay it forward.'* If you don't wish to do that, then *just refuse the package and return to sender. Thanks!*

He wrote back to me immediately: *“That's very kind of you, & I do have two people in mind that this could benefit, would this meet with your blessings??”* And of course I responded, *“Yes very much so and thank you! Blessings accepted and then more sent your way!”* And then do you know what happened? I no sooner finished sending my answer to him and I had an order come in for more than the amount of the mistaken order I'd sent to him! *The more you give, the more you receive.*

## The More You Give, the More You Receive! Continued

So why did my husband Paul and I, supposedly retired in our seventies convince ourselves it was time to start a small cottage industry? Paul retired from veterinary medicine after he got kidney failure and just didn't have the stamina to keep up the surgery pace and management of his veterinary clinics. He had always been interested in what I call, "*What else is out there?*" In the mid-1970s he was one of the first veterinarians to practice acupuncture in the U.S. as alternatives interested him. In the early 2000's he was studying orgone energy and making cloud busters and orgone energy blankets. He did get a kidney transplant after eight years on dialysis. So when he had an opportunity to learn about plasma energy technology in 2015 it was a 'natural' for him.

But Paul had one problem. He had difficulty following the foreign English spoken by the teacher. So I started doing a synopsis of all the weekly workshops. And soon I was sharing that information with others. And along the way I got to learn more about the plasma technology Paul was studying. *The more you give, the more you receive.* Then we started exploring different ideas together that were presented and said, "*What about trying this?*" So Paul started developing some plasma energy solutions.

The idea of our energy station is that it contains the plasma energy of food, herbs, vitamins, homeopathic remedies, essential oils, minerals, metals and can supply many forms of relief during a time of disaster or crisis. We tested the food plasma energy part of it by only drinking the plasma energy station water several times a day in place of meals for ten days. We did have three 'dish' meals during that time, one due to an invitation to dinner. We were satisfied that our plasma energy could provide plasma energy of food, combinations of plasma energy for first aid, and the plasma energy to purify water. Neither of us had a loss of energy while we did our ten day 'test' and continued to do our daily walks. Paul continued reading, studying and developing different types of plasma energy. And I kept up with my synopses which generally took from 20 to 30 hours a week for just one of the workshops.

We did a workshop that some of our friends and acquaintances attended (First Montana Workshop on our website under videos). I made up several hundred energy patches and gave them away to people. Some embraced them and some stuck them in a pocket or on a shelf never to be utilized. And, we just kept on.

## The More You Give, the More You Receive! Continued

We gave one of the plasma energy stations we had developed to a friend. A visiting friend of his used it and ended up with one. She talked us into sharing our information on a call with some people who were interested in alternative products.

From that call we had a few people who purchased our plasma energy stations and started telling a few other people about it. People started sending us their testimonials on their use of the plasma energy water. Then we had an opportunity to attend a conference a couple of hours away and we decided to go as 'vendors.' We scrambled for the next few weeks. Our son, Luke, the family wordsmith and musician, put together a website. Our friends Gene and Tracy who had filmed our First Montana Workshop helped us put together business cards, hand outs, a banner and then really stepped up and helped us develop our website even more.

By giving special pricing for people on our products we raised the money for our cottage industry 'formal' startup and enough to cover our expenses at the conference. *The more you give, the more you receive.* We went to the conference and were delighted to find that our vendor table was inside the speakers' hall. I got three minutes to present what our Plasma Energy Solution was about in front of the conference attendees along with the other vendors. We had a sign up opportunity for people to win a drawing for some of our products. *The more you give, the more you receive.*

We had a lot of people at our table during the breaks and ended up getting an invitation from online radio host John B Wells to be interviewed on his Caravan 2 Midnight a few weeks after the conference. When the interview was set up we were told we would have an hour interview. When the interview started with John He told us if he thought it was all baloney,

he would cut it short. We ended up having a 2 ½ hour interview with him! That was a real 'shot in the arm' for a small fledgling enterprise! *The more you give, the more you receive.*

## The More You Give, the More You Receive! Continued

As we have continued building our website and our cottage industry we have continued with a 'pay it forward' policy and the 'pay back' is terrific, and just continues for us. We have many testimonials from people around the country who are using our plasma energy stations.

For me the giving is important and especially giving without a sense of deprivation, this is the nature of the plasma energy in the universe. It is the giving and taking of the magnetic and gravitational energy throughout the universe as well as throughout our bodies. Paul did a short video called *What is Plasma Energy* to explain the magnetic-gravitational energy and we put it on our website under videos. When we make energy patches for various conditions, we make one side three times the thickness of the other side. What is the reason for that? The greater side will give to the lesser side to balance it and in that process everything between is also balanced. It's the perfect demonstration of *the more you give, the more you receive*.

Are people perplexed by what we are doing? Yes! They are just like the people who were perplexed when Paul said in the 1970's that he was doing acupuncture on animals because they didn't understand it. They scoffed and said it was all in his head. He answered them that he was treating horses! The first summer he worked on horses he had one of the top derby winners and one of the top futurity winners that he had done acupuncture on all summer. Now acupuncture is common place so now we can give people something new to be perplexed about. Being scoffed at and doubted doesn't slow us down a bit because we are encountering incredible people with what we are learning and doing with plasma energy and our cottage industry! And we know *the more you give, the more you receive!*

<https://plasmaenergysolution.com>



# Water Angels

By Debby Montgomery Johnson



Debby Montgomery Johnson

*Debby Montgomery Johnson, #1 Best Selling Author, International Speaker, Radio host and businesswoman, is a woman on a mission. In her book, "The Woman Behind the Smile" she shares her personal experience with a love that turned into betrayal and financial disaster and she removes the mask of shame and shows others how do to the same. She is available for speaking engagements. Contact Debby at [Debby@TheWomanBehindTheSmile.Com](mailto:Debby@TheWomanBehindTheSmile.Com).*

There is nothing as relaxing as waving your arms and legs in and out like an angel! I grew up first doing this in the snow as we made snow angels in the cold, wet snow in Vermont. But these days, I prefer the warm water in South Florida! I'm not sure if swimming is a control thing for me or just a form of self-care. It is probably both. When I make the commitment to swim, either laps or participation in my water aerobics class, I do it regularly lest I feel like I let myself down. When I make a goal for myself, I want to complete it fully...give it my all and when a rainy day comes along and the pool is closed, that's a great distracter and gets me off my game. Then I feel bad, physically and mentally, put off going for another day or two and that's not my plan. I have to stick to my plan!

Once I was asked if swimming was a compulsion for me. I didn't think so at the time, but I found right after my husband and best friend, Lou, died that swimming gave me a control over my thoughts and actions. I went to the YMCA pool each day at the same time and did the same things. I went into the ladies' locker room and put my clothes in the same locker and used the same combination lock that I had used for over a year. If the lock wasn't in the same pocket of the bag that I used every day I'd get a little frantic (just a little as this wasn't a really big deal) but I needed the lock to secure my purse and "street clothes!" I went to the same lane in the lap pool – heaven forbid someone else had that lane- as it was in the middle of the pool and I had a good view of the water pipes used for the fire system in the ceiling. I could use the pipes to guide me in a straight line when I was swimming on my back...I used them just as I used the lines painted on the pool floor when I was swimming breast stroke or freestyle.

# Water Angels Continued

I swam the same routine each day. It was easy to keep count of the laps when I did 10 breaststrokes, 10 freestyle, 10 backstrokes, 10 sidestrokes and then a variety of kicks... 10 laps of each. My goal was to do a half mile each day and that would take me between 20-25 minutes. I used this time to “chat with Lou” or “chat with God,” whatever you might call it. I also used this time to figure out how I was going to handle work and life when I got home. Swimming was a routine that I had to do to help me mentally “de-stress.” It really worked, as my physical state got better my mental state improved and I could find joy in my life.

Back to water angels...I find that even today I enjoy making angels in the water. This weekend I was swimming outside and I looked up at the clear blue sky and I felt like I could see into eternity. I had ear plugs in and the silence was calming... peaceful... serene. For a few moments it was me as the water angel...arms and legs slowly going in and out as I floated in the warm water. I didn't care about the stresses going on in my life. I didn't care about the financial responsibilities I had or the family obligations others were expecting from me. It was just me and the water, the blue sky, and the occasion fluffy cloud shaped like a moose! For almost an hour I did my laps...in the same order as I always do them, and then I just floated. I offered up my gratitude for all of the wonderful things I been given in my life and I count many of my trials and challenges as blessings, for the most part!

I find that when I am in the middle of a stressful time that if I look outside of myself and see the event as an “opportunity for growth” and one that I can share with someone else one day then it's easier to get through. I truly believe that we are given things in life not to make us unhappy but to help us learn compassion and empathy. I have had the “opportunity” to experience miscarriages, job loss, infidelity, death of a spouse, and personal financial scam and I've chosen to learn from each of those experiences. We are not here to go through life alone unless we choose to separate ourselves from others. Ideally we are here with our family and friends and if you think about it, a stranger could just be a friend we haven't met yet!

# Water Angels Continued

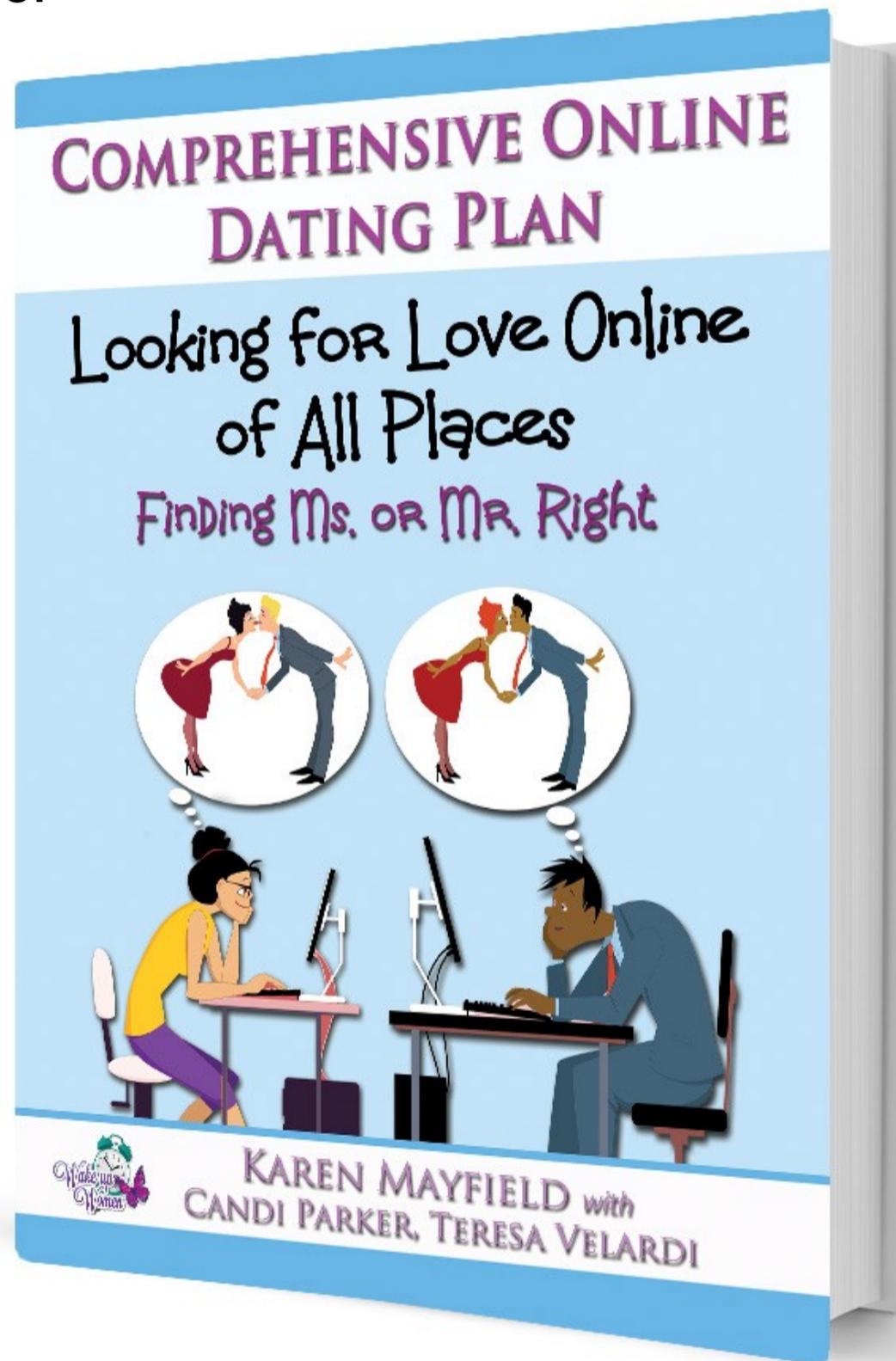
People come into our lives for a reason and for a season. I've met some of the most wonderful people when I've been in the middle of what I thought was an insurmountable event. I've learned to let people vent their frustrations to me...at me...with me and in time those people became part of my circle of love and for that, I am grateful.

Take time out to make your own water angels, or snow angels, or just write about your angels. They are all around you and will guide you as you listen.



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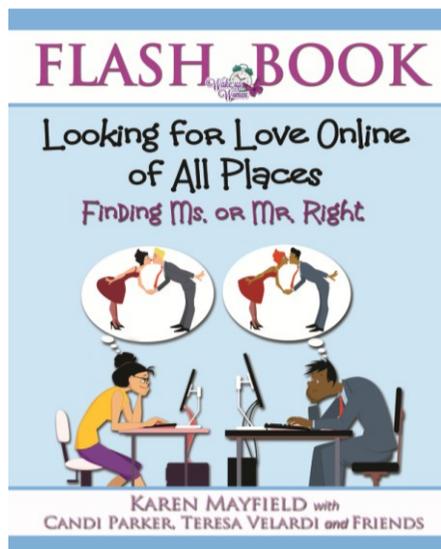
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# Positive Tribe Gift Exchange

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