



The First Fruits

*Empowerment, Personal-Growth and
Creating a Better World*

The First 12 Issues of Inspiration Newsletter

By Nisandeh and Vered Neta



Inspiration Newsletter is designed to empower and motivate people to create a better world.

Our purpose is to make a difference.

To quote Michael Jackson:
“Heal the world. Make it a better place.
For you and for me and the entire human race.”

Inspiration2go and Inspiration Newsletter are © 2000, 2001 Open Circles
All rights reserved worldwide.
ISSN 1569-1357

You are encouraged to share this book in printed or electronic form with as many other people as possible, as long as no changes are made and no fee is charged.

Feel free to publish our articles in e-zines, printed newsletters and web sites.

However, each article must carry the author's name and info lines that follow.

Any substantial editorial changes must be approved before publication.

Please send us a copy of the publication in which the article or articles appear.



Open Circles

Wethouder Driessenstraat 157
1107 XJ, Amsterdam
The Netherlands

info@inspiration2go.com
<http://www.inspiration2go.com>

Dedication and Acknowledgement

We wish to thank Andrew Blackett for all his love and care in making our work readable each month in the little hours of the night. Thank you, Andrew, for being so patient and compassionate with us and for teaching us a lesson in the creation of win-win situations.

We also wish to thank all our Newsletter readers that took the time and effort to let us know how their life was bettered (even the tiniest of improvements), as a result of their reading our words.

Thank you for sharing your life with us.

This book contains 24,868 words.

*This book is dedicated to all of you,
who would be open enough to let even one of these words touch your mind,
your heart, your soul.
May these words grow into action that makes a difference...*

Feel free to publish our articles in online and offline magazines,
printed newsletters and websites.
However, each article must carry the author's name and info lines that follow.
Any substantial editorial change must be approved by us before publication.
Please send us a copy of the publication in which the article(s) appear.

Table of Contents

Introduction	6
Chapter 1: Making a Difference	14
Article: Making a difference - it is up to you!	
Poetic Text: The weight of a snowflake	
Article: Making a difference in the workplace	
Practice: 10 simple steps to make a difference – now	
Chapter 2: Transformation	23
Article: Transformation - It is all about questions	
Poetic Text: Today	
Article: The Magic of Transformation	
Practice: 10 simple steps to invite a transformation	
Chapter 3: Magic in Daily Life	31
Article: Hocus Pocus - Magic Does Exist!	
Poetic Text: Does This Path Have a Heart?	
Article: The Power of Rituals	
Practice: Samhain Ritual	
Chapter 4: Working From the Heart	40
Article: Loving the Work That You Do	
Humor: Guess What's My Profession	
Article: Doing the Work That You Love	
Practice: How to Find Your Passionate Work	
Chapter 5: Resolution for the New Year	47
Article: A Resolution Method That Works	
Poetic Text: God's Job	
Article: The lighter side of New Year's resolutions	
Practice: Instructions for Life	
Chapter 6: Creating Your Own Reality	54
Article: Manifesting - Create Your Own Reality	
Poetic Text: We Create Our Reality	
Practice: 30-day verbal transformation program	

Chapter 7: **There's More to Life** 61
 Article: Get a Life!
 Poetic Text: The Road of Life
 Practice: 10 Little Reminders To Living Life

Chapter 8: **Acknowledgements** 67
 Article: Acknowledgement - a tool for transformation
 Poetic Text: You are blessed if...
 Practice: The Acknowledgement Game

Chapter 9: **Being in the Flow** 73
 Article: Synchronicity - a doorway into the flow
 Poetic Text: Slow Down
 Practice: A Vacation Every Day

Chapter 10: **Service and Support** 79
 Article: Asking for support - challenge and reward
 Poetic Text: No Charge
 Article: The quality that goes beyond time
 Practice: 10 Ways to create simple pleasures

Chapter 11: **Enlightened Parenthood** 87
 Article: You are the child, you are the parent
 Poetic Text: Lessons from Children
 Article: Enlightened Parenthood is all about giving
 Practice: 19 Somethings to Say to Children

Chapter 12: **Take Time for Yourself** 96
 Article: Take a break, before it's too late...
 Poetic Text: Balance
 Article: Give yourself a break - take a vacation
 Practice: 10 ways to take time for yourself

About the Authors 104

What Do You Think? 111

More Products and Services 113

Note: This book is designed to be printed out, and the page numbers above are correct for that version.
 When viewing online, Acrobat uses a different system. To read onscreen, click in the Table of Contents on any chapter above to go there.

Introduction

Words alone are powerless.
Only actions can make a difference.

And yet, at this moment, our only tool available is these words.
The function of these words is to inspire you to think, and then to act and make a difference.

As a species we have evolved to a level of consciousness, whereby we are no longer able to avoid our responsibility as creators. Reclaiming our power is essential to both our individual survival and the healing of our planet.

Our aim is to motivate, inspire, empower and uplift you to make a difference in your life, thus create a better world for you, as well as for others.

This digital book you are now reading, is a collection of our first year's Inspiration Newsletter (monthly issues from August 2000 – July 2001).

Inspiration Newsletter is one of the vehicles by which we transport our vision, **empowering people for a better world**, to the world.

Each month we e-mail a new issue to thousands of readers from 53 countries. Each issue contains original content written by us, as well as inspiring poetic text written by others.

However, most importantly, each issue contains a practical application – a suggestion for action.
The words are there to inspire you to create some time and... from that point, take action.

If you want to make a difference in your life, act upon that practical suggestion!

It's not complicated and at times may even seem too easy, simplistic, childish or stupid to be of any real value.

Our mind enjoys difficulty, complication, and sophistication, as our ego likes the challenge.

However, to create a better life, a better world... is in reality, very simple.

All the practices that we've included come directly out from our personal experience.

They were successful.

The results, both on the physical level, as well as the mental and spiritual levels, surpassed our wildest expectations. The improvement of both our mood and our levels of energy and aliveness were far better than we could have first imagined.

Allow these exercises a fair trial, and you'll be positively surprised... guaranteed!

If you're not yet subscribed to Inspiration Newsletter, you can do so now by visiting <http://www.inspiration2go.com> or by sending a blank e-mail to subscribe@inspiration2go.com

Wanna peek behind the scenes?

Allow me to take you behind the scenes of the creation of a monthly issue of Inspiration.

Let's have a look...

Place: residence of family Neta.

Time: the afternoon of the day the issue has to be sent for editing.

Vered has completed her article approximately a week ago, so she is busy doing her own thing. Reading, relaxing, cooking dinner or...

When she sees me making a quick sandwich, she reminds me, for the 16th time that week, that I have to write my article.

"I'm going to do it now. I'll finish it by dinner time" I answer her impatiently.

Climbing the stairs to our home office, something starts bothering me.

I retrace my steps,

"What's this month's issue about, honey?"

"Working from the heart", she replies.

“Ah!”

I climb the stairs once more, and a minute later I’ve returned.

“What a ridiculous theme – I can’t write about it!”

“Well, darling, it was your idea...” is her calm reply.

“... My idea?!”

Well then, it’s must be a wonderful theme!

I must have had a great idea at the time when I proposed it around 6 months ago.

... I just wish I could remember what it was...

I grab my sandwich and collapse in front of my empty computer screen.

Wanna join me?

It’s quite messy up here... at least my side of the office.

The room is overcrowded with our desks, the computers, the books shelves, the filing cabinets and the overwhelming presence of a four-year-old fairy... no, princess... sorry, Barbie... sorry, ballerina... well it all changes too rapidly for me to observe...

In any case it’s our daughter, Thom, that is running around, dancing, singing or talking constantly whilst changing her costumes every 15 seconds.

At one point I’ve arrived at the borders of my patience and I reroute her in the direction of her mother to assist with making dinner, watering the plants, feeding the dolls, whatever...

A few minutes of relative silence follow and I manage to write the first few sentences:

“Loving The Work That You Do”.

By Nisandeh Neta.

“Daddy”, my angel has returned, “ can you make me horns?”

“What horns honey?”

“Like Ferdinand the bull. I’m Ferdinand now”, she explains, “can’t you see?”

“Sure I see”

I take some colored paper, and after cutting, bending, gluing, stapling... a creation of sorts.

“Here are your horns Ferdinand, now go downstairs and help mummy”
“Mummy is a fat cow,” she giggles.
“I’m not sure mummy is going to appreciate you’re calling her that, Thommy”
“I’m NOT Thommy! I’m Ferdinand the bull and my mother is a fat cow!”
“Alright honey”, I surrender, “go and play with the other bulls”

“Don’t want to”, she says, “I want to play with you”
“But daddy is working now, honey”
“I wanna work with you too”
“But I am writing a VERY important article”
“I wanna write too!”
“But you can’t write”
“Yes I can!!!”
“Alright honey, but very short”.

She looks at me, raises 3 fingers and says, “only 3 times”.

Then she types THOM THOM THOM THOM THOM

“That’s five times”, I protest.

She looks at the screen, a few clicks with the mouse and then types again:

THOM THOM THOM

“Alright, now go and play somewhere else”

“I wanna sit on your lap” she says, and looks at me with those big brown angel eyes.

Resistance is not possible.

An hour or so later, just as Vered calls us for dinner, I type the final word – DONE!

After dinner I take Ferdinand to the bath, Vered puts her to sleep, reads her a bedtime story and disconnect her batteries.

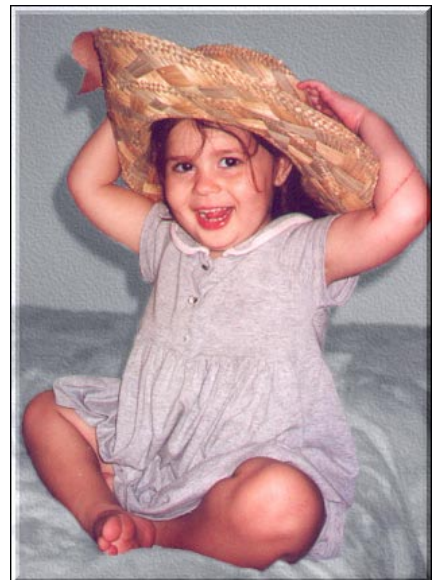
Silence descends on the house for the first time today.

We go upstairs to complete the issue.

I glance at my computer screen as it says: DONE DONE DONE

THOM THOM THOM

Vered goes over my article, makes a few comments, I make some corrections and



it's done.

Now she asks me "what do you think about my article?"

Oops!

I forgot to read it.

I suggest we'll do it on the run.

I print a copy and start reading.

After a few sentences I state, "This is bullshit, you cannot write this way. You'll have to do it all over again", my voice is at least one octave too high.

"W H A T ? ? ?"

"You're going to alienate all our readers and we're going to have a stream of unsubscribe messages all month long"

"Why?"

"Well, you cannot write 20 lines about your parents" I say whilst trying to sound reasonable. "Nobody cares about them"

"But their story is important for the rest of the article"

"Hhm, let me read it further".

A few minutes later I say "OK, now it's right" and I read her my version of her article

"But the only thing you changed was the construction of two sentences and you changed mother and father into parents"

"And it sure looks better this way" I answer unconvincingly.

A few minutes later "YOU SEE" I shout, "You ALWAYS do that! I told you a thousand times you cannot repeat yourself all the time"

"Discover your heart desires, your passion", I read back to her.

"Choose. Either heart desires OR passion"

"Why?"

"You'll bore the readers..."

... So it goes for a while.

Our tones of voice start building so that around 22:00 we decide to divorce.

The only problem is that I never agreed to marry her, which makes divorce a difficult option...

We compromise on having sex instead...

It appears to be the best solution, as from that moment the process becomes quicker and smoother.

23:30 – We're done.

The final read and we're ready to e-mail the issue to Andrew, our Australian friend that took on the task of correcting our English, styling and polishing it, whilst deleting all of my jokes.

Vered presses, "send", and we go to bed.

One day later, almost midnight.

I'm sitting in front of the computer and 'you have a new message' pops up on the screen.

It's Andrew. So quick? I think to myself.
I open the mail:

Dear friends,
I worked all evening on your Inspiration.
A few minutes ago I tried to save the document, but my
computer ate it and would not spit it back.
Have to start all over again, after I'll finish killing my
computer.
Cheers, Andrew

I reply suggesting Andrew to go to bed, get some sleep and start again tomorrow.

I also recommend that both he and his computer see a therapist concerning their hostility...

Two nights later, after midnight.

Andrew e-mails the final version.
Sure enough, my jokes are gone...
It's better that way; they were not that funny.

“Honey” I ask, “what the f*** is commence?” (Andrew loves this word)

“I have no idea, darling”, she responds.

We check the dictionary and it seems to fit.

For the rest, we’re happily ready to start the mailing process.

A new Inspiration is born...

The proud parents are going to bed...

Goodnight,



Well, if you think this book was done differently - think again.

Nisandeh was away for a 10-day meditation retreat.

It was Sunday noon when he returned.

He comes in the door, hugs Thom, kisses me and says “Guess what, I had this wonderful idea...”

“Oh boy” I think to myself, “here it comes again”

He plays for a while with Thom and during lunch he tells me about his idea for the digital book which you’re now reading.

For the following hours, we’re all in the office...

Writing, printing, retrieving, reading, proofing, editing, scanning pictures, and in between a pink fairy is turning us every few second into a frog and a lion and a turtle and....

Oh well, it’s almost midnight. The fairy is finally asleep. We’re done.

I open my e-mail program and type:

To: Andrew

Subject: Inspiration2go – First Fruits – final draft

I click “send”.

It is almost Monday now.
The whole project started just 8 hours ago.

I'm tired now... but... not THAT tired...
The night is young.
Nisandeh is in the shower and we did not see each other for 10 days....

Goodnight and thank you for reading,

Vered

Well, here it is.

We hope you'll enjoy it.

If you find our texts a bit dogmatic, we have only our enthusiasm to blame.
Ignore our words – read the message between the lines...
This is a product of our love.

Feel free to distribute this book in any way you wish.
You are welcome to send this book to your friends.
You can publish our articles anywhere it is appropriate, free of charge.
Just keep our copyright information intact.

Make best use of these ideas and may your life be filled with joy, happiness and light.

See you somewhere along the path,

Nisandeh and *Vered*

Chapter 1

Making a Difference

Making a difference - it is up to you!

By Nisandeh Neta

“I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.”

Those powerful words are part of a speech given by Martin Luther King in August 1963.

Those are the words of a man who was persecuted and then murdered for preaching non-violent civil disobedience whilst fighting for black peoples civil rights in the United States during the turbulent early sixties.

His dream was manifested a year later, when President Lyndon Johnson signed the Civil Rights Act, which (also) guaranteed blacks the right to vote. In that same year, at age 35, King was awarded the Nobel Peace Prize.

We all have a dream.

Or more accurately, we all had a dream.

As children, not preoccupied with what is possible, sensible or logical, we all dreamt of making a difference.

I remember myself dreaming of being the best brain surgeon in the world, saving people - making a difference.

At the age of 15 I become a vegetarian, determined not to kill anymore.

We all had a dream!

It involves ‘growing up’, some falling down and too much listening to those who never made a difference to arrive at the ‘conclusion’: “I cannot make a difference.”

Think for a moment, how the world would be if all people had chosen not to strive for their dreams and make a difference. People like Martin Luther King, John Kennedy, Mohandas Gandhi, Nelson Mandela, Mother Theresa...

You may look at these names and feel somewhat intimidated and be tempted to ask : “Can I really make a difference? Is it worth the price I would have to pay?”

It is easier to live a compromised, mediocre life, hoping that someone else

makes a difference, while you read about it.

However, if that was your choice, you wouldn't be reading this article now.

Now is a time for action.

As Barbara Streisand said, "Remember, one voice can save Mother Nature. It can help bring about peace. Even one voice... this one voice... can make the difference."

It is time to confront our upbringing, conditioning and circumstances. We all had and have people in our life, telling us that dreams are for children, encouraging us to 'grow-up'.

It is time to share with them the old Chinese proverb, "Man who says it cannot be done, should not interrupt man doing it."

Making a difference is like throwing a pebble in a pool. The ripples spread from the center to larger and larger circles of influence. It begins within you.

Find your dream again. Shake off the dust. Put it before you and say, "Hello, I'm back! " Get reacquainted!

Feel the energy, excitement, enthusiasm, fire and passion, overflowing within, calling you to movement and action.

Take a stance! Let people know what you think and what you believe in, remembering the old phrase: "Stand for something or fall for anything" - Words are not enough - let your actions talk. Making a difference challenges you to think and act differently. To be different!

It requires daring. Being different is rarely considered a quality.

It requires commitment. Commitment both to yourself and to your integrity. It requires persistence. As Winston Churchill said, "Never, never, never, never give up!"

If you're not sure yet, why you should make a difference, let me put it simply: It stretches you to fulfill your potential.

It gives a meaning to your life.

It lights your being and actions; and It encourages others with their dreams so that they can make a difference too.

If more of us would make a small difference, this planet is bound to become a better place.

Article by **Nisandeh Neta** - trainer, success coach and healer.
Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on his site
<http://www.inspiration2go.com>
Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

The weight of a snowflake

by Kurt Kauter

"Tell me the weight of a snowflake," a coal-mouse asked a wild dove.

"Nothing more than nothing," was the answer.

"In that case, I must tell you a marvelous story," the coal-mouse said. "I sat on a branch of a fir, close to its trunk, when it began to snow - not heavily, not in a raging blizzard - no, just like in a dream, without a wound and without any violence.

Since I did not have anything better to do, I counted the snowflakes setting on the twigs and needles of my branch.

Their number was exactly 3,741,952.

When the 3,741,953rd dropped onto the branch - nothing more than nothing, as you say - the branch broke off."

Having said that the coal-mouse flew away.

The dove, since Noah's time, an authority on the matter, thought about the story for a while and finally said to herself, "Perhaps there is only one person's voice lacking for peace to come to the world."



Making a difference in the workplace

By Vered (Tanmayo) Neta

Have you been lately into a local supermarket?

Have you noticed how many brands of breakfast cereals are on the shelves? How many different brands of breakfast cereals are you actually eating? Few! If so, why do we need all this variety? The truth is - we don't!

Our society is absorbed in a mad race after...MORE!

More breakfast cereals, more car brands, more money, more influence, more, more, more...

The reasons? Competition, power, survival and consumption.

These are only few of the characteristics of (in what I call), the Male Energy mentality.

We can find those characteristics everywhere. In business, politics, organized religions, social organizations and even families.

If you take a break for a moment from the rat race you'll notice that today, humanity has arrived at saturation point.

The price we pay is everywhere to be seen. Wars and conflict dot the globe, huge economic and social differences exist between the West and the impoverished third world. The wealthy abide in magnificent mansions in every metropolis, whilst thousands exist without homes. Workaholism, and a frightening incidence of suicides, scar our nations.

Which leads naturally to the question, is there any other way?

I believe there is. I call it, the Female Energy approach.

Instead of competition as a means to success, using cooperation;
Instead of a 'me first, fuck you', an approach of service and win-win solutions;
Instead of criticism, the use of acknowledgements;
Instead of indulgence - preservation; and so on...

As the number of choices in our life grows, we are seeking for a balance in our lives between our inner and outer worlds; between the demands of our jobs

and those of our families; between our focus on material affluence and our quest for spiritual meaning; between our preoccupation with our individual dilemmas and our awareness of the challenges facing society at large.

So how can we create this balance?

It starts with bringing Female Energy into our workplace.

In the workplace we can see two types of leaders: The leader (Female Energy) and the Boss (Male Energy).

This has nothing to do with gender!

Most authorities in our business world are operating, mostly automatically, within structure of the Male Energy approach as we adopted our society's values of high achievements, discipline, performances, order, competition, aggressiveness, etc.

Lets take a look at a few real-life situations:

The project is stuck. The Boss looks for someone to blame and to punish.

Alternatively, the leader, aware of his part, acknowledges the efforts that were made, and focuses on solutions.

Staff meeting. The Boss issues orders.

The Leader states the vision, and brainstorms the process, with the staff.

You ask to work part-time from home. The Boss demands your presence in the office, according to company rules and regulations.

The leader supplies you with computer and connection to the office, thanking you for releasing some space.

Low-performance of the team. The Boss calls a meeting and tells everybody, "Here is what we are going to do."

The leader calls a meeting and asks, "How can I support you?"

Handling change. The Boss tries to control and direct the change.

The leader understands that change is the only constant phenomenon and goes with it.

Marketing. The Boss declares the competitor as the enemy.

The leader looks for joint ventures.

Problem solving. The Boss knows all the answers.

The leader asks the right questions.

My question is: what are you going to choose?

Article by **Vered Neta** - trainer, success coach and lecturer.
Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on her site
<http://www.inspiration2go.com>
Send a blank e-mail to subscribe@inspiration2go.com to get her newsletter and receive a **BONUS** - inspirational digital book.

10 simple steps to make a difference - now

1. *Give 3 hugs a day.*
2. *Buy your boss/secretary/colleague a coffee and tell them what you appreciate about them.*
3. *Go out and fall in love.*
4. *Drive within the speed limit giving the right of way to pedestrians and other drivers.*
5. *Breathe.*
6. *Call your parents and thank them for giving you the gift of life.*
7. *For a whole day, choose not to complain. Find the good in everything and be grateful.*
8. *Give yourself something special and convince yourself that you are worthy of it.*
9. *Go for a walk with someone, holding hands.*

Chapter 2

Transformation

Transformation - It is all about questions

By Nisandeh Neta

Have you ever noticed that the older you get, the fewer friends you have, the fewer new things you experience, and the fewer risks you take?

The result? Less ecstasy!

In actuality, it doesn't make sense. Instead of expanding as you grow, you shrink. When you can relate to this scenario, it is high time for personal transformation.

Unless, of course you like the way it is!

“Don't talk to strangers!”

Most of us who grew up in the city, have heard this sentence before. Our parents wanted to protect us, and planted into our consciousness the fear of strangers.

Let us fast forward to “the now”.

You might be in your twenties, thirties, forties or older.

Do you find it difficult to create new friendships, new relationships? If so, do you realize that you are still afraid of strangers?

An old belief that was necessary for your survival many years ago became a major hindrance to your joy, fulfillment and growth today.

Once in a while you probably buy a new pair of shoes. After a while, even the best shoes wear out. What do you do? You throw away the old shoes and buy a new pair.

But what do you do when your beliefs, opinions and points of view, wear off and do not support you anymore? You hold them closer to your heart and do your best to defend them thus keeping them alive.

This unreasonable attitude is called righteousness.

There is a simple equation in human psychology, which states that the more righteous you are the more you suffer.

Now choose!

Transformation happens when you choose to question your beliefs, opinions and point of view.

It is that simple!

Most of us grew up with an immense assortment of rigid, inflexible, and permanent concepts. We learned them at home, in school, and within our society and culture.

We were taught that maintaining strong beliefs, opinions and points of view makes one a powerful, reliable, grounded, serious, and intelligent person.

Well, is that so?

Let's imagine that you have to cross a river. You look everywhere, until finally you find a boat. Happily you row the boat to the other shore. There, you find a desert, which you need to cross, in order to get to your destination. You put the boat on your shoulders and start crossing the desert.

Smart ha?

As funny as it sound, this is how we regularly deal with issues in our lives. We find a belief, a concept, a principal that works for us in a certain situation.

and then we try to forcefully apply it to any other situation coming our way.

Then it doesn't work, therefore becoming a burden on our shoulders, we don't even question it. Instead, we blame the desert, the sun or the government, but we never question our need of the boat.

One of our limiting beliefs is that it takes time to change, or that it is a process.

Let's get clear about it.

Change is gradual (growing old). Transformation happens in an instant (growing up).

Change is local and temporary (losing weight). Transformation is wider and permanent (becoming healthy).

Change is in the outside circumstances (avoiding fearful situations).

Transformation is in the inner world, which creates the outer circumstances (transforming fear into excitement).

You cannot create transformation, only the conditions for it to occur.

You need to question your concepts and be open to the answers.

Allow whatever answer that comes, to be there.

On the surface it appears that there is no risk in questioning your old beliefs, opinions and points of view.

If after questioning them, they seem to support you, then reclaim them. This time they are yours (not your parents', teachers', society's, church's, etc...)

If they are not supporting you then dropping them becomes an enormous advantage. A gift to yourself.

But if it is that simple, why is it that we usually need a major crisis (heart attack, divorce, accident) in order to do it?

There is one risk!

The risk of discovering that for a longer or shorter while, we held onto concepts that were false. Meaning, we made a mistake. Which we translate as 'I am stupid.' And we don't like to admit that? Do we?

For some people this realization comes with the old monopoly metaphor: "it is like going back to square number one!"

My reply? "It is better than spending the rest of your life in jail!"

Article by **Nisandeh Neta** - trainer, success coach and healer.

Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on his site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

Today

Author Unknown

Today

I woke up early, excited over all I get to do before the clock strikes midnight.

I have responsibilities to fulfill today.

My job is to choose what kind of day I will have today.

Today

I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today

I can feel sad that I don't have more money or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today

I can grumble about my health or I can rejoice that I am alive.

Today

I can lament over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

Today

I can cry because roses have thorns or I can celebrate that thorns have roses.

Today

I can mourn my lack of friends or I can excitedly embark upon a quest to discover new relationships.

Today

I can whine because I have to go to work or I can shout for joy because I have a job to do.

Today

I can complain because I have to go to school or eagerly open my mind and fill it with rich new tidbits of knowledge.

Today

I can murmur dejectedly because I have to do housework or I can feel honored because the Lord has provided shelter for my body, mind and soul.

Today

stretches ahead of me, waiting to be shaped.

And here I am, the sculptor who gets to do the shaping.

What today will be like is up to me.

I get to choose what kind of day I will have!

Have a Great Day unless you have other plans.

The Magic of Transformation

By Vered (Tanmayo) Neta

When I was a kid, my mother took me to a beautiful Walt Disney's movie: 'The Awakening Desert'. One of the scenes showed a huge cactus suddenly transformed into a flowering phenomena. I never forgot how, within seconds, all the buds emerged and turned into colorful, open flowers.

What I did not know, at that time, was that the scene was photographed in slow motion and was shown in fast motion.

For me it still symbolizes how quickly something that represents rigidity and pain can be transformed into beauty.

For years I've tried to catch the moment when a flower opens and it's petals start to bloom, only to miss the exact moment again and again. It was suddenly there.

The same thing happens with human transformation.

You can never pinpoint the exact moment when it occurs. You might remember what happened before or after it, but never the moment of transformation itself.

As you walk down the corridor at work, somebody says: "Wow, you look so open and gentle" after years of hearing that you are cold and distant.

Or an event happens, that for years used to create fear and anxiety within, and suddenly you realize, you're almost not bothered with it.

Transformation happens in an instant. It is not a process.

As it happens in the NOW we can never track it down. Therefore it is magic. Contrary to change, transformation is easy; as there is no effort involved; it just happens. Like the tree letting go of the dry leaf or the fruit ripening without struggle.

Transformation doesn't take anything from you. It just gives you another point of view.

When you look different, you see what is already there, which you haven't seen before.

It is, therefore, effortless.

Being a trainer and a coach and working with thousands of people, I had

numerous opportunities to see what happens when people are willing to look at things in a different way, beyond conventional thinking and society conditioning.

A woman shared with me her pain as her husband was sleeping with her best friend. You could feel her pain of losing both a husband and a friend. She felt manipulated and victimized. She shared that her husband tells her that he loves her, and doesn't want to leave her and that her only complaint, before the affair, was that he always wanted sex more often than she did.

I asked her if she was burdened with overload from both home and work, would she have asked her friend to help her? "Of course" she said. "Then maybe your friend is doing you a favor, helping you to reduce the overload of work with your husband."

As I said it the woman burst out in laughter and said: "that's an interesting way of looking at it." As she said those words a relaxed smile replaced the painful expression on her face.

A man shared his fear of making mistakes and his need to prove that 'he knows it all.' Recalling how it started he said: "I feel that I still have to prove to my teacher that I am not stupid."

"At that time, whose job was it to make sure that you know the right answers?" I asked him.

"Her job", came the answer.

"And if after her lesson, you still didn't know the right answers, who actually failed?"

He hesitated for a moment, struggling with the picture in his mind: "She did!"

"So how come you are the stupid one?"

The man looked up, smiled and it seemed as if he got a little bit taller.

If you have a life-issue that you would like to transform, e-mail to me and I'll do my best to give you a fresh point of view in one of the coming issues of Inspiration.

Article by **Vered Neta** - trainer, success coach and lecturer.

Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on her site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get her newsletter and receive a **BONUS** - inspirational digital book.

10 simple steps to invite a transformation

1. *For 30 days commit yourself to stop one of your addictive behaviors (smoking, drinking, chewing, internet surfing, watching TV, etc.)
If you break your commitment in the middle, just smile, forgive yourself, and start over for another 30 days.*
2. *Spend more time listening and less time talking.*
3. *Spend half an hour everyday - meditating, walking in nature or dancing passionately...*
4. *Get some things that you were postponing for a long while - done!*
5. *If you need support for step number 4 - get it!
Get a housekeeper, a bookkeeper, a gardener, and at least have your car washed!*
6. *Clean your physical space.
Get rid of some old clutter and create space for something new to enter your life.*
7. *Clean your relationships.
If you have an intimate partner with whom you need to spend more time, schedule it tonight.
Stay on good terms with those you can, and end those relationships that are never going to support you.*
8. *Laugh a lot.
Do you know why angels can fly? Because they take themselves lightly...*
9. *Do something you believe you cannot do.
Science has declared that a bumblebee cannot fly, due to its physical structure.
Do you know why a bumblebee can fly? Because it doesn't read the scientific literature...*
10. *Give something from your heart to a total stranger.
A flower, a smile, a drawing, a chance...*

Chapter 3

Magic in Daily Life

Hocus Pocus - Magic Does Exist!

By Nisandeh Neta

Lately, our little daughter has been afraid of dragons.



Some witches and the neighbor's black dog have also been causing her concern.

We taught her the magic spell: 'Jimalaya...Jim!' and since she's been using it, the dragons, witches and even the big black dog, aren't bothering her anymore. How come? It's magic!

When we cannot comprehend how something works or happens - we call it magic.

Our lives are full of magic.

As kids we live in a constant state of wonder.

As 'mature adults' we're constantly seeking explanations or proof, thus killing magic.

In this article I offer you a few magic tricks for grownups.

They work!

Just lift your magic wand, postpone your judgments and let mystery prevail:

The magic of INTENTION

Intention is a way to focus, and bring your mind energy and power to work for you in the physical universe.

Your intention can be, to be joyful, to gain clarity, to solve a problem, to bring a new relationship into your life, to be financially independent, etc...

The procedure or "how to" intent is not important. You can go within and think about your intention. You can visualize it or meditate on it. Any method that brings your focus and attention to your intention is sufficient.

To reinforce your intention you can create or use a physical representation of that intention (write it on a paper, select a card for it, use a picture, etc.) or you can sing it aloud repeatedly.

The magic of NOURISHING YOURSELF

When you give to yourself, the universe receives the message that you are worthy and as such, begins to treat you in that way, in fact giving you more.

The essential ingredient is persistence. Don't give to yourself only once, because it is your birthday.

Nourish yourself on a regular basis and the results will be beyond your wildest expectations.

Tip: most of us lack physical and emotional nourishment, silence and contact with nature.

The magic of GRATITUDE

The bottle of life is at all times both half full and half empty.

We've become accustomed to focusing on the empty half.

One of the fundamental universal laws is that you manifest in your life what you're preoccupied with.

Thus, the more you concentrate on the empty half, the more of it you create.

Let's conduct an experiment, with the aim to create a different experience.

For 24 hours choose to be only grateful. Find reasons to appreciate everything, and experience what miracles occur.

It's a beautiful day - THANK YOU WEATHER.

Dinner wasn't appetizing - HURRAY! - I can maintain my diet.

The kids are healthy - WOW!

I'm stuck in traffic - GREAT! - I have time to organize my nourishment plan.

Two little magic tricks for FINANCIAL ABUNDANCE

We all like to receive money. Most of us don't like to give it away.

However, money is simply energy. All that is attached to it is our own interpretations and values.

One of the universal laws is that energy needs to flow. Energy circulates, as does money.

If you want to have money (as well as anything else in your life) you should invite it in and let it go in the same gracefulness.

Here are two small rituals that can help familiarize you with this flow.

When you receive money:

Hold the cash, check, or bank slip in both hands, go within and say (in your mind or aloud): “Thank you for this money that came to me. May this money come back to the one who gave it to me a thousands times. May this money, when I spend it, come back to me a thousand times. Thank you.”

And really allow the meaning of the words to permeate you, filling you with a sense of abundance and worthiness.

When you give money away:

Give it with a smile, joyfully, easily (even if it is your phone bill or taxes that you are paying), and say to yourself (with a convincing inner voice): “May this money I spend help with creating good in this world, and may this money come back to me a thousand times to create good in my life. Thank you.”

Life is a wonder cruise. Don't miss the ride.

Article by **Nisandeh Neta** - trainer, success coach and healer.
Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on his site
<http://www.inspiration2go.com>
Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

Does This Path Have a Heart?

Don Juan

*Each path is only one of a million paths.
Therefore, you must always keep in mind that a path is only a path.
If you feel that you must now follow it, you need not stay with it under any circumstances.*

*Any path is only a path.
There is no affront to oneself or others in dropping it if that is what your heart tells you to do. But your decision to keep on the path must be free of fear or ambition.
I warn you: look at every path closely and deliberately.*

Try it as many times as you think necessary. Then ask yourself and yourself alone one question. It is this: Does this path have a heart?

*All paths are the same. They lead nowhere.
There are paths going through the brush or into the brush or under the brush.
Does this path have a heart is the only question.
If it does, then the path is good.
If doesn't, it is of no use.*



The Power of Rituals

By Vered (Tanmayo) Neta

As evening falls, a child stands at her bedroom window searching the sky for the first star to wish upon.

Thousands of miles away, a Shaman doctor blesses herbs thrown into the fire in a ceremony to attract spirit.

What do these seemingly unconnected individuals have in common? They are both practicing magic and rituals.

Magic and rituals have long been connected.

There is magic in any ceremony that we do, whether it of a routine nature, such as making a wish on our birthday, or whether it is a sophisticated ritual involving all kinds of movements, lights and music.

In both cases we are using the power of the ritual in order to create magic in our life.

An actual definition of magic is difficult.

However, as Scott Cunningham states: "Magic is the projection of natural energies to produce needed effects."

In other words, every time that we consciously connect to the universal energy in order to direct it to a specific result that we wish to manifest in our life, we are utilizing magic.

In the same way, a child, focused on the light of the candle whilst making a wish, then blows it, thus releasing that energy into the universe.

From that point it is manifested later as a physical object.

Magic, therefore, is not an unnatural incidence; it is actually utilizing and therefore harnessing the power of nature.

Rituals are the tools by which we do so.

The purpose of rituals is to demonstrate this connection between nature and its laws.

Rituals are a reminder to us that we are an intricate part of this vast universe.

Ritual is the form and structure that enables our spirit to fly free. It is the safe space that allows us to open to the deepest part of ourselves.

Ritual is the magic that you do for yourself.

Ritual is transformational. You commence a ritual in one state of being and end in another. The result is major or minor shift of consciousness.

Ritual contributes to your wholeness by allowing enough safety and freedom for all the parts of yourself to be expressed.

Rituals are important in our daily life, because they allow us:

1. to be as creative as we wish;
2. to enjoy ourselves and have fun;
3. to experience beauty and pleasure in our life.

As rituals are connected to nature, they are also connected to the changing of seasons, and the wheel of the year. 31st of October is the day that has been marked for thousands of years as the beginning of winter. It was called "Samhain". Winter was interpreted as a "small death", when the land is so visibly barren, the trees naked, and the animals in hibernation.

Therefore it is associated with death and dying. However from that "death" life will re-emerge in the spring. This period was worshiped as a time of "going within" and contemplation, as in preparation for a new birth.

In many of the ancient traditions, Samhain was also a day in which the veil between this physical world and the world of the dead is the thinnest, and therefore a time associated with insights and ancient wisdom, a time to honor our ancestors and our loved ones that passed away.

Today's Practice offers you a ritual to celebrate this date, this Sabbath called Samhain. This ritual is only a suggestion; you can use it as a framework and put in it all your creativity and joy, put your pleasure and fun, so it will become your magical ritual.

Have Fun with it.

Article by **Vered Neta** - trainer, success coach and lecturer.

Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on her site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get her newsletter and receive a **BONUS** - inspirational digital book.

Samhain Ritual

1. *Prepare the Room.*
Clean and purify your room with incense or sage. Decorate the room in the colors of autumn - red, orange, brown.
Create an altar and put on it four red candles in the different directions of the wind (east, south, west and north). Include the four elements - a center candle for fire, a chalice with water for the water element, a crystal for the earth element and wind chimes for the air element.
Decorate it with falling leaves and fruits such as apples, pomegranates, and any fruits of this season.
2. *Start with silent meditation - focus on the year that has passed and your achievements in it.*
3. *Say a prayer or chant the following words to your own creative melody:*
Come with me.
As daylight ends,
the sun sinks low.
Black night descends,
into a world of sleep and dream.
Moon and star shine
and lamplight steam.
Enter now and join the dance,
of creeping shadow
and midnight trance.
This is the dark kingdom,
where colors change,
streets grow longer,
and mystery reigns.
Enter now and join the dance.
4. *Tell a story about one of your ancestors.*
After everybody has told a story, go out with a plate and a piece of cake and a candle to be left out in memory of the dead.
5. *Go through the house and find something physical that you do not need anymore. Then sit and write those emotional and mental things that you do not need anymore in your life. Then go out and throw the physical to the garbage outside. To let go of the emotional and mental garbage, tear the paper and throw it to the wind, and as you do it, visualize those issues leaving your life.*

6. *Write down your fears that you wish to transform into strength. After you have written them down, burn the paper, and as you watch the paper being burned, see those fears transforming into the new qualities of strength.*
7. *Cut an apple or a pomegranate and for each part say out loud new things that you invite into your life.*
8. *End with a silent meditation.*
9. *Have a feast made of pumpkins, apples, cauliflower, yams and carrots.*



Chapter 4

Working From the Heart

Loving the Work That You Do

By Nisandeh Neta

I must complete this article.

I've been pre-occupied with it for a couple of weeks now and tonight, is the deadline.

I have to make it.

My stress level is rising, and I have become impatient, irritated and angry.

A while ago I chose to add this monthly writing task to my job description. At that time, it was exciting, challenging and fun. Yet, all of a sudden it became stressful, demanding and burdensome.

We can all relate to similar situations. When this is an occasional occurrence, we can somehow handle it.

However, when we experience this on a regular basis, we become increasingly negative toward our work, until it manifests in our professional results as well as our emotional, mental and physical health.

We tend then to blame everybody and everything else.

"My partner doesn't contribute enough."

"These are unachievable standards."

"There is not enough space for me to express myself."

"The weather is depressing."

Anything... but me.

Unfortunately, it rarely improves the situation. It usually makes it worse.

I receive less support from my partner.

The quality of my work declines.

I feel increasingly constrained.

And the weather... is even worse.

So, after struggling with myself (and everybody else) for a few days, I chose to do a 'reality check' by asking some real questions:

Who chose this work? - I did.

Who set the deadline (or at least agreed to it)? - I did.

Who set the standards? - Me again.

I also chose my partner, created my working environment and bought this damn computer that keeps making spelling mistakes.

It seems that the weather is the only factor I didn't create, but it doesn't seem to bother my daughter, who is dancing happily in the rain wearing her new boots.

Now, I couldn't remain in my victim role.

I know I have another choice. In actuality, more than one.

I could stop with this article and let somebody else write it.

I could ask some friends to brainstorm with me.

I could share my impasse with my partner and receive her support.

I could choose for another job, another partner, another computer.

I could go out and skip in the puddles with my daughter.

I reclaimed the personal responsibility for my own situation.

If I choose now to stay stuck, at least I know there are other possibilities.

It is my choice - no reason to complain, to blame or to feel guilty.

If you find yourself in a similar situation, why don't you try this method?

First do a reality check. Realize that in the end you are ultimately responsible for your situation. Either for the results in your life (now and in the past) or for your reactions to these results.

The next step is to realize that if you have created your past and present situations, you also have the power to create your future situation.

Make a choice in the present to create your future results and actions.

For the rest, it is as simple as the current NIKE slogan: JUST DO IT!!!

I've reread what I have written up until now, and I like it.

It's really changed. Or actually I've really changed.

When I put my heart into what I do, when I cease with my victim role every time something goes wrong, and when I really concentrate on what it actually is that I'm creating - then the process is always exciting and challenging and the result, satisfying, uplifting and fun.

Everything I ever wanted in my work...

Article by **Nisandeh Neta** - trainer, success coach and healer.

Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on his site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

Guess What's My Profession

Author Unknown

One day a Shepherd was tending his sheep on the edge of a deserted road.

Suddenly a brand new Jeep Cherokee screeched to a halt next to him.

The driver, a young man dressed in a top of the line business suit, expensive shoes, Ray-Ban glasses, and a YSL tie gets out and asks the shepherd: "If I guess how many sheep you have, will you give me one of them?"

The shepherd looks at the young man, then looks at the sheep, which are grazing and says: "All right."

The young man parks the car, connects the notebook and the mobile, enters a NASA site, scans the ground using his GPS, opens a data base and 60 Excel tables filled with algorithms, then prints a 150-pages report on his high-tech mini-printer.

He then turns to the shepherd and says: "You have exactly 1586 sheep here."

The shepherd answers: "That's correct, you can have your sheep."

The young man takes the sheep and puts it in the back of his jeep.

The shepherd looks at him and asks: "If I guess your profession, will you return my sheep to me?"

The young man answers: "Yes, why not."

The shepherd says: "You are a consultant!"

"How did you know?" asks the young man.

"Very simple", answers the shepherd: "First, you come here without being called.

Second, you charge me one sheep to tell me something I already knew.

Third, you do not understand anything about what I do, because you took my dog!"



Doing the Work That You Love

By Vered (Tanmayo) Neta

As a child, I remember my father, sitting in his room, surrounded by his books, writing.

His work was his love. Later in his life, when most people have retired, he was up early in the morning, busy with his work. It gave him, both a meaning to life and kept him young.

My mother never liked her teaching job, although she was very successful. She retired early and kept searching for satisfaction, without success. She became bitter and sad.

Until today I cherish the lesson I learned from them:
"Find a job that is your hobby, your art."

As children we all wanted to be somebody. A fireman, a pilot, an artist.

As we grew up, we realized that our job must also pay our financial and social bills.

So we sold our passion and love for stability and security.

We rationalize by saying that 'work is work', and pleasure will come later.
But does it?

When was the last time you found the time and energy to do the things that you really care for?

What if your work could follow your heart's desire? What if you could really do what you love to do?

Finding it might be difficult, as we have lost touch with what we enjoy most.
It has been too long since we have given ourselves the chance to connect to it.

So, how about taking some time off and instead of complaining about your job, start searching what it is that you love doing.

Find out what is it that you are good at, where your talents lie and what comes both naturally and easily to you.

Recall childhood activities that you once loved.
Become aware of the situations that bring out the best in you.

Discover what values are important to you and what you would like to see manifested in your work.

Once you have created a framework for those activities, talents and abilities, in which you excel (as well as those values that you wish to express in your work), start investigating what sort of work expresses them to their fullest potential.

Allow yourself to be creative; don't dwell in the area of "sensibilities".

Allow yourself to be open; as opposed to reasoning everything.

Communicate to the world the type of work you wish to have. You will be surprised at how much support you will receive, once you clarify your wishes.

When you do the work you love, it becomes easy and effortless, because work becomes a source of energy rather than a drain. You continuously grow and develop while creating for yourself a space of love and friendship. You tap into your creativity therefore remaining young and alive.

So how about making your hobby your work?!

Article by **Vered Neta** - trainer, success coach and lecturer.
Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on her site
<http://www.inspiration2go.com>
Send a blank e-mail to subscribe@inspiration2go.com to get her newsletter and receive a **BONUS** - inspirational digital book.

How to Find Your Passionate Work

Following are some exercises to help you finding what is your passion in life and how can you develop it.

- 1. Go through magazines, brochures and newspapers and cut out any images, photos and words that inspire you. Make a collage, and see what main subjects are reflected.*
- 2. In a middle of an empty page write the most important value for you in your work. Write other values that excite you and connect them to the ones listed thus far. Once you have finished, look at the relationships between the words and discover the message in relation to your vision.*
- 3. Ask yourself the following questions:*
 - a. What do you do that is natural, easy and effortless?*
 - b. What activities put you in 'the flow', that place where you get energized and lose track of time and space?*
 - c. How would you complete this sentence: "I love it when I know my day will include:..."*

Once you have completed these three steps you hold a 'map' for your heart's desires. You've found what excites you, the values that are important for you as well as your strengths and talents.

Now sit down and make a list of all the possible jobs that can include the contents of this map. Be creative and even invent new positions, or new jobs. Don't limit yourself to reasonable solutions.

Allow yourself to dream and pursue the unknown, all that lies beyond your comfort zone and limitations.

Take as much time as you need and have fun with it.

Chapter 5

Resolution for the New Year

A Resolution Method That Works

By Nisandeh Neta

At the end of each year, it is traditional to make a New Year's Resolution.

With such "agreements", we commit ourselves to resolving personal issues, yet more often than not, fail to keep these commitments.

The concept in itself is a good one: to make an assessment of our lives, to contemplate what we wish to modify during the following twelve months, and then making a commitment to that change.

What therefore, can we do to enhance the probability of successful attainment of our resolutions?

Although it seems a complex and mystifying issue, 'consciously creating' involves simple tools and techniques that do not require your belief or understanding in order for them to work for you.

The following are a few of the main points you need to remember in order to manifest successfully, what your heart desires:

1. Commit your resolutions to paper.
Contemplation, in itself is not enough.
2. Keep your list short.
A list of 10 resolutions is big enough to create a 'critical mass' of energy through which to 'get your message across' and is short enough to be remembered and therefore practical.
3. Keep your resolutions simple, clear and detailed.
Instead of "I make a lot of money" use "I earn xxx during 2001"
4. Create a clear picture of your resolutions in present time as if they were already realized.
Involve all your senses in this picture (see it, smell it, touch it,...)
Bring to the picture positive emotions such as excitement, joy and fun.
5. Repeat the thought and visualization process of your resolutions twice a day. It takes about 20-25 minutes a day, and is worth the investment of time.

6. Communicate your resolutions to others.
In this way you strengthen your commitment, creating for yourself a support group.
7. Make a step every day towards realizing your resolutions, no matter how small.
This step can even be of a mental nature.
However, a daily step towards each resolution is going to make realization faster than you can imagine.
8. Acknowledge yourself for any step you complete on the way to realizing your resolution.
9. When one of your resolutions is realized ensure that you celebrate the personal success and treat yourself.
10. After realizing any of your resolutions, cross it off your list and replace it with another.
Maintain your list of 10 resolutions, throughout the year, thus keeping them alive.

REMEMBER: a fish is born to swim, a bird is born to fly and a human being is born to create...

Article by **Nisandeh Neta** - trainer, success coach and healer.
Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on his site
<http://www.inspiration2go.com>
Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

God's Job

from Chicken Soup for the Soul

An eight year old wrote this for his third-grade Sunday school teacher, who asked her students to explain God: One of God's main jobs is making people. He makes these to put in the place of the ones who die so there will be enough people to take care of things here on earth.

He doesn't make grownups, he just makes babies. I think because they are smaller and easier to make.

That way he doesn't have to take up his valuable time teaching them to walk and talk. He can just leave that up to the mothers and fathers.

I think it works out pretty good.

God's second most important job is listening to prayers.

An awful lot of this goes on, 'cause some people, like preachers and things, pray other times besides bedtimes, and Grandpa and Grandma pray every time they eat, except for snacks.

God doesn't have time to listen to the radio and watch TV on account of this. 'Cause God hears everything, there must be a terrible lot of noise in his ears unless he has thought of a way to turn it down.

God sees and hears everything and is everywhere, which keeps him pretty busy. So you shouldn't go wasting his time asking for things that aren't important, or go over parents' heads and ask for something they said you couldn't have. It doesn't work anyway.

The lighter side of New Year's resolutions

By Vered (Tanmayo) Neta

Here it comes again, that time of year when we plan our resolutions for the coming year, looking forward to a fresh start.

Here is our chance to start again, to do it right this time, to have another shot at success... at glory...

Tradition states that you make resolutions on New Year's day to become a better person.

Statistics say that by February, you will have broken more than 90 percent of the resolutions you made.

Our resolutions are so quickly broken, because we take ourselves too seriously. Seriousness alone is disease-oriented; because it creates burden, and the accompanying feeling of heaviness.

When we take ourselves less seriously and make our conditions and surroundings lighter, we will enjoy resolving our resolutions. Therefore, by June there is a more realistic chance that our commitments still remain intact.

In order to give you some ideas how to make it lighter, here are some of my resolutions for the coming year.

1. I will honor my body.
Each time I am frustrated with the way I look, I will remind myself that there are only eight top models in the world and all the rest of us are not that "perfect". Thus majority wins.
2. I will listen to my body...
especially when it screams, "that's enough!" while stretching my hand to the fourth piece of chocolate cake.
3. I will be honest...
even when telling a lie, I will be honest with myself and say - "what a great story teller I am."
4. I will develop my creativity...
even if it is finding 1001 ways to do nothing.

5. I will show my love to my partner and family more...
by sending them on a vacation without me.
6. I will drink more water...
in my coffee, Coca-Cola and whiskey.
7. I will pay my bills on time...
my time!
8. I will be more considerate.
I will make sure to put back the top on the toothpaste.
9. I will never smoke again...
Of course, I never did.
10. I will get in shape...
Any shape...

To support this process I'd like to share with you a little prayer I've heard:

Dear God

So far today I have done all right.

I have not gossiped.

I have not lost my temper.

I have not been greedy, grumpy, nasty, selfish, proud or overindulgent.

I am very thankful for that...

But in a few minutes, God, I am going to get out of bed...

Article by **Vered Neta** - trainer, success coach and lecturer.

Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on her site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get her newsletter and receive a **BONUS** - inspirational digital book.

Instructions for Life from the Dalai Lama

1. *Take into account that great love and great achievements involve great risk.*
2. *When you lose, don't lose the lesson.*
3. *Follow the three Rs: Respect for self, Respect for others, and Responsibility for all your actions.*
4. *Remember that not getting what you want is sometimes a wonderful stroke of luck.*
5. *Learn the rules so you know how to break them properly.*
6. *Don't let a little dispute injure a great friendship.*
7. *When you realize you've made a mistake, take immediate steps to correct it.*
8. *Spend some time alone every day.*
9. *Open your arms to change, but don't let go of your values.*
10. *Remember that silence is sometimes the best answer.*
11. *Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.*
12. *A loving atmosphere in your home is the foundation for your life.*
13. *In disagreements with loved ones, deal only with the current situation. Don't bring up the past.*
14. *Share your knowledge. It's a way to achieve immortality.*
15. *Be gentle with the earth.*
16. *Once a year, go someplace you've never been before.*
17. *Remember that the best relationship is one in which your love for each other exceeds your need for each other.*
18. *Judge your success by what you had to give up in order to get it.*
19. *Approach love and cooking with reckless abandon.*

Chapter 6

Creating Your Own Reality

Manifesting - Create Your Own Reality

By Nisandeh Neta (based on text by Richard Mark-Coates)

I've experimented with conscious manifesting techniques for 13 years now.

For 5 years I have taught others the tools that I myself have learned in a course called 'Manifesting Results'.

Some people come to the course with a preconception that I'm going to teach them how to manifest.

The bad news is that I'm not going to do that.

The good news is that you already DO manifest everything in your life. You always have.

Since we all already create our own realities, what we do in the course is slow down the creative process and learn how this is done, in order to understand the principals behind and in so doing adjust things and create something different.

We create our reality from our Thoughts, Feelings, Choices and Beliefs. Lets explore each of these:

THOUGHTS

Your unconscious mind works in the same manner as a refrigerator.

A refrigerator cannot tell the truth from a lie, has no sense of humor, always works in present time, always accepts what comes in and simply agrees and says, "YES". Throughout your life your fridge has been faithfully storing information.

Whenever any of your senses picked up a message that you are a good person or a loveable person, your fridge opened its door, said, "YES" and stored it away.

Of course, any time that you picked up that you were a bad person, unworthy or unlovable, your fridge just says, "YES" and stores it away. You therefore have, a lot of stored data, and your self-image as well as your self-esteem are based on this information.

Studies show that 80% of all the input we receive as kids is negative ("don't do this", "that is bad"). Remembering that a child is like a sponge and he or she receives and believes anything that is said to him or her, there's little wonder why we end up in a society of people who's belief systems are made up of "I am not

good enough”, “I don’t deserve”, “I’ll fuck it up”, etc...

So, what to do?

How about balancing some of the negative information, with something positive?

How about utilizing positive affirmations?

I know that for many, affirmations work, whilst others just get bored with them. There is a way however, to use them with powerful results, as long as we employ the power of our feelings.

But before jumping to our feelings, we need to remember a few basics:

1. Repeat the thought over and over again.
You have spent years filling up your fridge with garbage. Do you really expect that a few days of positive affirmations would balance it out?
2. Use present tense.
”I will earn a million next year” doesn’t work.
Tomorrow never comes.
3. Use positive terms.
”I quit overeating” puts the weight on the overeating.
Make it instead: “I eat only what my body needs”

FEELINGS

It has been said: “Thoughts create and feelings bring alive.”

It is as if your thoughts are the plan on paper and your feelings bring it into 3-dimensional reality.

If you really want something in your life, let your excitement be there. Tell the world. You deserve it.

Fear is the same energy as excitement.

If you lean away from something, you get fear.

If you lean towards it, you get excitement.

If you stand in front of your mirror every morning whispering shyly to yourself “I am beautiful, loveable, successful human being” it might take forever until you believe it.

Instead, sing it loudly to yourself or shout it while driving the car (making sure that your windows are closed).

CHOICES OR DECISIONS

Many people don't manifest what they want, because they are not willing to choose. They are so scared to make a mistake that they never move.

"What should I be - a doctor or a lawyer?"

"Shall I marry him/her or shall I not?"

Sound familiar?

The universe responds to your moves.

When you make a choice and move, the universe either responds in "BRAVO" or in "OOPS, TRY AGAIN". But if you don't make a move, you'll never know.

Life is pretty much like driving a car.

When you're driving you make decisions all the time, you get feedback all the time and you make new decisions based on that feedback. You go round a curve too fast, the tires scream, oh boy, too fast, slow down...

As you drive to work in the morning, you have taken hundreds of risks and made hundreds of decisions, without thinking too much about it.

This is how powerful the gift of feedback is. We make decisions and then get the response.

An interesting fact about feedback is that when we receive it from others we don't like it. We feel criticized.

Life is an adventure.

If we had the map already written and memorized, what would be the point of taking the journey?

BELIEFS

Your beliefs determine your reality in much the same way as your thoughts do. However, their power is bigger as their source comes from the past and is well hidden in this fridge we call the unconscious mind.

When I began to really look at my beliefs, some of them were: "men are stupid", "I have to work hard for my money", "I'm lazy" and "I can't fly". And, of course, the one that kept all the others in place is: "I believe that my beliefs are difficult to change".

If I could just change this last one, then I could change the others quite easily.

BUT. There is safety in these beliefs. They are familiar.

Am I prepared to lose that safety?

Some of these beliefs are, I think, useful. Until I'm sure I can fly, I should avoid jumping off tall buildings.

I guess that's useful, but it is also worth examining once in a while.

Anyway, beliefs are important to us.

We spend a lot of energy proving them true.

Whenever I got overworked and stressed I would turn on the TV, zapping for hours, thus confirming, "I'm lazy".

Whenever a man became too close and offered his friendship, I always found something wrong with him to keep him away. Of course, "men are stupid".

We can create new, positive beliefs about ourselves.

Just reverse the belief you want to change and say it to yourself over and over again, using all your enthusiasm and excitement. Instead of "I'm a failure" use "I'm successful", instead of "I'm not good enough" use "I'm great".

These four topics, Thoughts, Feelings, Choices and Beliefs, are areas where you can really shift your ability to live life of joyful creativity.

Watch your thoughts - keep them positive.

Give your feelings space. Feelings are okay.
They add flavor to the soup of life.

Get used to making choices - take a chance.
We all make mistakes and we can all respond to the results.
Look at your beliefs. Are they unquestionable facts?
Or might it be useful to shift some of them?

Article by **Nisandeh Neta** - trainer, success coach and healer.

Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on his site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

We Create Our Reality

Author Unknown

The creator gathered together all of creation and said, "I want to hide something from the humans until they are ready for it. It is the realization that... they create their own reality."

*The eagle said, "Give it to me I will take it to the moon"
The Creator said, "No. One day they will go there and find it".*

*The salmon said, "I will take it to the bottom of the ocean."
"No they will go there too."*

*The buffalo said, "I will bury it on the great plains."
The Creator said, "They will cut into the skin of the earth and find it even there."*

Then the Grandmother mole, who lives in the breast of Mother Earth, and who has no physical eyes but sees with spiritual eyes, said, "Put it inside them."

And the Creator said, "It is done."

30-day verbal transformation program

Much of our communication is done in words.

We use words to communicate ourselves to ourselves, as well as to others. Empowering communication can create a shift in your belief system when practiced over a period of time.

To give it a try, make a commitment to yourself that for the next 30 days you will make the following changes in your communication:

- 1. Talk in I statements.
Use "I find you aggressive" instead of "you are aggressive".
Say, "I feel hurt" instead of "You hurt me".
It empowers you to express yourself instead of blaming others.*
- 2. Communicate 'what is' instead of 'what is not.'
Instead of "I feel unhappy" say, "I feel sad".
Instead of "I'm not fulfilling my potential" say, "I'm wasting my potential".*
- 3. Drop the word "can't" and change it to "won't".
There is never a "can't". You always have a choice.
If you say, "I can't come tonight because I'm babysitting" this is just not true.
You won't come tonight, because you choose to baby-sit.*
- 4. Drop the word "problem" from your vocabulary.
Use "challenge" or "opportunity" instead.
A problem means that you are a victim of the situation.
A challenge or an opportunity means that you choose to face the situation and grow beyond it.*
- 5. Drop the word "but".
Stop compromising your positive statements with a "but": I had a wonderful day, but..."*

In general, become aware of your own messages to your unconscious mind. If you catch yourself saying, "I must be crazy to do that", "It is just too much", "I'll never make it", etc., remember your fridge just says, "YES" and stores it away. It cannot tell truth from lies.

Chapter 7

There's More to Life

Get a Life!

By Nisandeh Neta (thanks to Anna Quindlen for the insight)

I work with people.

After years of hiding behind computer screens and management room doors, I realized that I fear closeness to other people. Through contact comes the risk of disappointment, hurt, or abandonment.

This made me realize that I'm actually afraid to be alive. So I left it all behind and commenced a "career" of working with people.

It is my work, and a big part of my life.

My real life is everything I experience. Everything I am.

I used to confuse the two, believing my life and my work were the same. Don't make the same mistake.

Work is only an aspect of your life.

Your life consists of more than simply sitting at your desk, in front of your computer or commuting to and from your workplace. Your life involves more than living through your head - it is living from your heart. Life is more than your bank account - it is your essence, your source, your soul. We don't really talk about our soul anymore.

It is so much easier to exchange our resumes instead of opening our heart to one another. But a resume won't fulfill you on a cold, lonely night. Or when you're sad, broke or lost.

This is my resume:

I am a good father to my daughter.
She's almost 4 years old and my best teacher so far.
We laugh a lot. We hug. We're moving ahead together.

I am a good partner to my life partner as I removed all the reasons and needs to be with her.

We laugh a lot. We hug. We're moving ahead together.

I am a good friend to my friends, doing my best to support them being all that they are.

We laugh a lot. We hug. We're moving ahead together.

I give my 100% every moment of my life; yet I know fully well that the next moment I can give even more.

I laugh about it. I hug myself. I move ahead.

I take risks and learn my lessons; yet I rarely make myself wrong anymore.

I laugh. I hug. I move ahead.

I no longer consider myself the center of the universe.

I laugh. I hug. I move ahead.

So here is what I wanted to say to you today: GET A LIFE!

A real life. Not the crazy chase of the next promotion, a bigger paycheck, the larger house. Do you really believe that you'd care so very much about those things if you have a heart attack or find a lump in your breast?

Get a life in which you notice the soft snowflakes touching the bare ground before melting to be one with the earth; a life whereby you stop and watch a spider spinning its web fully trusting in the universe's abundance or the way a baby watches in wonder as the web is spun by the spider.

GET A LIFE!

Pick up the phone. Send an e-mail. Write a letter.

Let someone know that you care about them.

Get a life where you FULLY participate.

A life that will never be boring or mundane.

Observe the beauty of budding flowers in spring.

Smell these flowers who share their essence for no reason at all, for nobody in particular. And realize that life is a magnificent gift, which should never be taken for granted. We have no right to do so!

I'm learning life for many years. More years than I can remember.

I learned to love the journey, not the destination.

I learned that there is no dress rehearsal, and that today is the only guarantee that we have.

I learned to look at all the good in the world and to try to make some contribution in return, because I believe in it wholly.

And I tried to do that, in part, by sharing with others what I had learned.

Think of life as a terminal illness because it will teach you how to live with joy and passion and immediacy - the way it ought to be lived.

And then when your day comes, you'll die with the same joy and passion looking forward to the following new adventure.

No man ever said on his deathbed, "I wish I had spent more time at the office."

In one of my workshops I bring the participants, through a guided visualization, to their deathbed - a chance to reflect back at their life.

After looking at the movie of their life, they look at the values they acquired, at their successes and regrets, at the people they spend too little time with and at the people they spent too long with.

They have a chance then to look at how would they like to spend their last hour and with whom.

I give them a break after this process.

And it seem that suddenly everyone is totally involved in life again.

People call their parents, their children, neglected friends and lovers.

Suddenly there's a new sense of urgency and passion in their eyes.

GET A LIFE!

And keep your eyes, ears and heart open, as life is the classroom, the lesson is continuous and the exam is at the very end.

So don't forget to laugh, to hug, and keep on moving ahead.

Enjoy...

Article by **Nisandeh Neta** - trainer, success coach and healer.
Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on his site
<http://www.inspiration2go.com>
Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

The Road of Life

Author Unknown

At first, I saw Spirit as my observer, my judge, keeping track of the things I did wrong, so as to know whether I merited heaven or hell when I die. He was out there sort of like a president, a judge, but I really didn't know Him.

But later on, when I really met and began to understand Spirit, it seemed as though life were rather like a bike ride, but it was a tandem bike, and I noticed that Spirit was in the back helping me pedal. I don't know just when it was that He suggested we change places and I agreed... and life has not been the same since.

When I had control, I knew the way. It was rather boring, but predictable... It was the shortest distance between two points. I always did things my way. But when He took the lead, He knew delightful long cuts, up mountains, and through rocky places at breakneck speeds; it was all I could do to hang on!

Even though it looked like madness, He said, "Pedal!" I worried and was anxious and asked, "Where are you taking me?" He laughed and didn't answer, and I started to learn to trust.

I forgot my boring life and entered into the adventure. And when I'd say, "I'm scared," He'd lean back and touch my hand. He took me to people with gifts that I needed, gifts of healing, acceptance and joy. They gave me gifts to take on my journey, Spirit's and mine. And we were off again.

He said, "Give the gifts away; they're extra baggage, too much weight." So I did, to the people we met, and I found that in giving I received, and still our burden was light.

I did not trust Him, at first, in control of my life. I thought He'd wreck it; but He knows bike secrets, knows how to make it bend to take sharp corners, knows how to jump to clear high rocks, knows how to fly to shorten scary passages. And I am learning to shut up and pedal in the strangest places, and I'm beginning to enjoy the view and the cool breeze on my face with my delightful constant companion, Spirit.

And when I'm sure I just can't do anymore, He just smiles and says... Pedal."

10 Little Reminders To Living Life

1. *Take nothing for granted. Everything is a wonder.
Experience water flow, flower blooms, leaves blow, your neighbor mows.*
2. *Notice the sun and the moon as they rise and set.
They are remarkable for their steady pattern of movement, not their speed.*
3. *Talk and play with children.
It will bring out the unhurried little person inside you.*
4. *Create a place in your home, at your work, in your heart, where you can
be quiet.
You deserve it.*
5. *Talk slower. Talk less. Don't talk.
Communication isn't measured by words.*
6. *When you find yourself rushing and anxious, stop!
Remember, this is not what life is all about.*
7. *Direct your life with purposeful choices, not with speed and efficiency.
The best musician is one who plays with expression and meaning, not the
one who finishes first.*
8. *Work with your hands.
It frees the mind.*
9. *Sit in the dark.
It will teach you to see, hear, taste, smell and sense.*
10. *Count your blessings one at a time and slowly.*

Chapter 8

Acknowledgements

Acknowledgement - a tool for transformation

By Nisandeh Neta

One Monday afternoon, whilst receiving a massage, I was laying on my back, listening to my masseuse.

Acutely aware, despite her young age she stated:

"Maybe you should look at what you have instead of what you don't have yet."

I opened one eye, carefully, "what point am I missing here?"

She continued: "you live in this beautiful house, in a quiet part of a magnificent city.

You awake late and can spend precious time with your daughter.

At noon when you rise, there's a knock on the door, as the masseuse arrives to treat you to a spoiling massage.

You have a loving, empowering and freeing relationship.

You have sufficient money for what is important to you.

You have good friends for hanging out and mutual support.

Evenings and weekends you teach people how to fulfill their potential, and follow their dreams.

And you're still not satisfied?!"

That conversation transformed my reality in an instant.

It was true and I knew it.

The only thing that kept me away from boundless enthusiasm and feeling good about myself was that I was forgetting to acknowledge what I have created so far in my life.

Her words were the wake-up call that I required!

I'm teaching acknowledgement for many years now, and never fail each time to discover a deeper level of this powerful tool of transformation.

In this article I'll introduce a few practical ways to utilize acknowledgements in your relationships with yourself and others.

Acknowledgment propels progress

Children, friends, spouses, employees, colleagues and superiors - all need acknowledgement.

It is easy to continually correct those around us, giving them feedback:

"This should have been done differently!"

"That was a mistake!"

That process is ok! We all need feedback.

In an analogy of a car, feedback is the steering wheel.

You ensure that the person takes the right action, and corrects the one that is in error. However, as a car cannot drive without fuel, a person cannot progress without acknowledgement.

Ensure that even the small and apparently mundane things that you usually take for granted, receive acknowledgement.

If you had a good sex last night, instead of asking, "was it good for you as it was good for me", how about showing appreciation by leaving a love note or a flower next to your lover's bed.

If your child sets the table or did his homework, acknowledging it will empower him do it again more willingly.

Discover your Yippee!

One powerful way to acknowledge the results in your life, is to really 'Yippee' them.

Something that can be learned from watching football players after they've scored a goal.

Each player has his own unique and creative way of Acknowledging himself and his team in front of the whole world.

Discover your own way!!

I once had a student in one of my courses who committed himself fully.

He was a young, very tall filmmaker, and used to jump high in the air and touch the ceiling while screaming 'Yippee'.

The energy surrounding him was infectious.

After four weeks of practicing his Yippee he received a large amount of money to create his first documentary, after being denied the same for three years.

A company I know use a big Tibetan gong to make sure the whole building knows when an order is coming in. It creates excitement and joy in all departments.

Find your own Yippee. It needs to feel good and exciting.

The more fun and energy you create for yourself and others, the stronger is its effect.

Acknowledge all results!!

As a child, you acknowledged everything you accomplished.

As you grow older and more sophisticated, you acknowledge only major accomplishments.

This analysis is a function of your conscious mind.

Your unconscious mind receives both minor and major accomplishments as the same when experienced at the same intensity of Yippee.

You create results all day long.

When consciously acknowledged, these results are available to impact your unconscious mind with the message, "I am a creator who manifests what I intend."

I know a girl who was born without her right hand.

She ties her shoes and spreads butter on her bread as efficiently as you and me. However, trying in vain to do it myself, taught me a big lesson about how fortunate I am, and how I should acknowledge all the 'small' things in my life. Acknowledging these 'small' and 'mundane' things makes them special, exciting and magical.

Do it for long enough and your life will become sparkled with grace and small miracles.

Constantly acknowledging all results is a strong, continuous message to your unconscious mind, which then supports you in creating major results more easily.

In Today's practice I describe the acknowledgement game.

Play it for 10 days.

Just acknowledge fully any result you create (as well as others in your life), and watch your life transform.

Article by **Nisandeh Neta** - trainer, success coach and healer.

Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on his site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

You are blessed if...

Author Unknown

*If you woke up this morning with more health than illness...
you are more blessed than the million who will not survive this week.*

*If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...
you are ahead of 500 million people in the world.*

*If you can attend a church meeting without fear of harassment, arrest, torture, or death...
you are more blessed than three billion people in the world.*

*If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...
you are richer than 75% of this world.*

*If you have money in the bank, in your wallet, and spare change in a dish someplace...
you are among the top 8% of the world's wealthy.*

*If your parents are still alive and still married...
you are very rare, even in the United States.*

*If you hold up your head with a smile on your face and are truly thankful...
you are blessed because the majority can, but most do not.*

*If you can hold someone's hand, hug them or even touch them on the shoulder...
you are blessed because you can offer healing touch.*

If you can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.

Have a good day, count your blessings, and pass this along to remind everyone else how blessed we all are!

The Acknowledgement Game

The Acknowledgement Game guarantees and increases the support of your unconscious mind by acknowledging accomplishments that are guaranteed. The Acknowledgement Game also allows you to experience the satisfaction of your accomplishments.

The game is simple but very powerful.

First, make a list of at least 10 people that you can acknowledge for supporting you in your life right now. It can be family members, co-workers, friends, teachers, writers...

And for the next 10 days follow the following steps:

- 1. Every morning create a to-do list containing 9 items.
The first 3 should be major items (e.g. making this important sales call, confronting your boss, go to your son's football game)
The next 3 should be minor items (e.g. having coffee with your neighbor, cleaning the bathroom, picking up your kids from school)
The last 3 items should be items you usually not acknowledge (e.g. eating breakfast, taking a shower before going to work, coming on time to the office)*
- 2. Whenever you accomplish one of these results YIPPEE it!
Make it big! Exaggerate it! Get excited!*
- 3. Every day meet or phone at least one of the people you wish to acknowledge for their contribution to your life, and take the time to acknowledge them.
Do not expect anything back.*
- 4. Every evening acknowledge yourself for your achievements during the day, and notice how you feel...*

Enjoy it...

Chapter 9

Being in the Flow

Synchronicity - a doorway into the flow

By Nisandeh Neta

After years of working with computers, I had had enough.

Together with my partner, I departed for India, in search of a new purpose in my life.

One night, I awoke on fire with the feeling that I had to work with people, yet at that moment I was not clear about what and how.

A few days later I completed an evening workshop that filled my heart with love, thus giving direction and clarity to what I had felt so strongly a few evenings before.

In that instant, I knew what I wanted to give to people.

This workshop I discovered, originated in Holland.

The choice was immediate. Destination: The Nederland.

Not knowing what to do from that point, we simply had to trust.

Soon afterwards, we returned home to sell the car, rent out the apartment and pack.

Within that same week, my partner received an offer to work in Holland, for her old employer, which included an advanced role, an increased salary, and a house in Amsterdam.

Officially, it takes a few years of preparation for the “qualifications” to lead the workshop I had done in India, yet within six months, I was leading my first group, with 40 grateful participants.

I don't have wings and a halo. But at that period, situations in my life “conspired” in both magical and amazing ways, and I felt totally connected to the universe's greater power.

This experience of connection is often referred to as being ‘in the flow’.

When we are in flow, (co)-incidences line up, events fall into place, and obstacles melt away.

Most of us have had experiences of being in the flow.

In those times, we know we're in the right place at the right time doing the right thing. We feel both excited and at peace, somehow connected to something, which is bigger than ourselves. Life becomes full of meaning, magic and purpose.

We feel alive, joyful and grateful.

But for most of us, it doesn't happen too often or for long enough.
We have glimpses of flow, and then we lose it again.

This doesn't have to be.

It is possible to learn how to consciously create the flow in your life. The means by which this is achieved is through synchronicity - those times when outside events, which appear not to have any connection, come together and connect us with something, which is larger than ourselves.

There are three basic types of synchronicities:

1. Meaningful coincidences - you thought about somebody, the phone rings, and your 'somebody' is on the line. It might not be meaningful for that individual, but it sure is for you.
2. Significantly related patterns of chance - you win the lottery or you are involved in an accident for the third time this year. In both cases the universe is trying to tell you something - you better listen!
3. A casual connecting principle - last week you had a fight with your partner, which is still bothering you. When you're in the car, you turn the radio on and the first song is 'it's hard for me to say I'm sorry'. A solution pops up without any apparent connection to the issue.

When synchronicity happens - follow it!

When you hear the song on the radio, pick up your mobile phone and tell your partner that you are sorry, no matter how difficult it may be.
See what happens.

Use synchronicity for guidance as well as confirmation.

A few years ago I was walking alone in the woods. At a certain point the path reached an intersection. I hesitated for a moment, realizing I was totally lost. I remembered reading somewhere that you must follow the path, which is more alive. So I looked up, and at a short distance on the path on the left side stood a deer. To cut a long story (and quite a long walk) short, I followed the deer, a rabbit, a crow and another rabbit, and I got back... to my car.
No coincidence really...

When I make an important decision or take an important step I always look to see what comes my way in the next hours or days. If the synchronicities in my life are 'positive', I assume that I have chosen correctly, and I continue further,

with greater confidence. If the immediate events (connected or not) are 'negative', I will slow down and re-examine my steps.

For a while our business didn't meet our expectations.

Something was stuck.

At one point we were having a spontaneous 'radical honesty' session. We said things to each other that we withheld for a while. It was both confronting and emotional, and towards the end - the phone rang. Picking up the call brought us an opportunity to create a unique in-company training.

The universe sent us a clear message that our clearing process was a step in the right direction.

I believe that synchronicity is a form of communication between the greater reality (call it god, the universe, higher self, spirit, whatever...) and you.

The purpose of this communication is to constantly support you being in the flow.

In order to enjoy more and more moments of flow, your first step is to listen.

Pay attention and notice all those small synchronicities that happen constantly around you.

Acknowledge them, and stop using the words: luck, coincidence, fortunate, unfortunate, etc...

The more you listen, the more you hear.

Your next step will be to act upon the synchronicities.

Maybe suddenly, in the middle of the day, you have an urge to go to the pub and have a beer.

And maybe you're not into pubs, or into beer or not the type to go to the pub and drink at this time of day.

Do yourself a favor. On this occasion, get out of the office, walk to the nearest pub and order that beer.

Maybe, your prince(cess) on the white stallion is sitting next to you, feeling lonely and... hating beer.

No coincidences really...

Article by **Nisandeh Neta** - trainer, success coach and healer.

Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on his site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

Slow Down

Author Unknown

About ten years ago, a young and very successful executive named Josh was traveling down a Chicago neighborhood street. He was going a bit too fast in his sleek, black, 12-cylinder Jaguar XKE, which was only two months old. He was watching for kids darting out from between parked cars and slowed down when he thought he saw something.

As his car passed, no child darted out, but a brick sailed out and — WHUMP! - it smashed into the Jag's shiny black side door! SCREECH...!!!! Brakes slammed! Gears ground into reverse, and tires madly spun the Jaguar back to the spot from where the brick had been thrown. Josh jumped out of the car, grabbed the kid and pushed him up against a parked car.

He shouted at the kid, "What was that all about and who are you? Just what the heck are you doing?!" Building up a head of steam, he went on. "That's my new Jag, that brick you threw is gonna cost you a lot of money. Why did you throw it?"

"Please, mister, please...I'm sorry! I didn't know what else to do!" pleaded the youngster. "I threw the brick because no one else would stop!" Tears were dripping down the boy's chin as he pointed around the parked car. "It's my brother, mister," he said. "He rolled off the curb and fell out of his wheelchair and I can't lift him up." Sobbing, the boy asked the executive, "Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me."

Moved beyond words, the young executive tried desperately to swallow the rapidly swelling lump in his throat. Straining, he lifted the young man back into the wheelchair and took out his handkerchief and wiped the scrapes and cuts, checking to see that everything was going to be OK. He then watched the younger brother push him down the sidewalk toward their home.

It was a long walk back to the sleek, black, shining, 12-cylinder Jaguar XKE - a long and slow walk.

Now, Josh never did fix the side door of his Jaguar.

He kept the dent to remind him not to go through life so fast that someone has to throw a brick at him to get his attention.

A Vacation Every Day

By Vered (Tanmayo) Neta

It is obviously easier to be in the flow when you are relaxed, without worries, responsibilities and commitments.

A month-long retreat would probably do it. Wouldn't it?

Cannot spare that period of time right now?

Here are five ways to indulge yourself in self-care that you can begin today.

TAKE A MINI RETREAT

Everyday take a short spiritual break. Sit outside and listen to the birds singing; or sit inside and listen to a piece of inspirational music; or close your eyes for a few minutes, focusing on your breathing. Inhaling and exhaling.

ENJOY YOUR PHYSICAL SENSES

You don't need a membership in the local gym to do this. What did you like to do when you were a kid? I love to dance. It makes my heart soar. I also love to go for long walks in the woods. These are my spirit-filled times. What's fun for you?

PAY ATTENTION TO YOUR ENERGY

Begin to focus on the things that you enjoy and bring you energy. That's one way that your intuition speaks to you. If a situation consistently drains you, find a way to shift your focus or take steps to move in a new direction.

KEEP A LONG TERM PERSPECTIVE

My grandmother used to say, 'every delay is for the best'. Do you want everything to happen immediately? Learn to enjoy and have fun in the process of achieving your goals. It will all happen when the time is right.

MAINTAIN A SENSE OF HUMOR

Life can get all too serious at times. Do you get discouraged easily? Learn to lighten up. There's something positively uplifting and downright spiritual about seeing a funny movie, reading an entertaining book or sharing a fun evening with friends. It can recharge your batteries and open you to a renewed life force. All things are possible with a newly fresh perspective!

And above all... celebrate!

Chapter 10

Service and Support

Asking for support - challenge and reward

By Nisandeh Neta

I was presenting a course about how we create our own reality.

During a break, I shared with one of the participants about my desire to paint our house.

The house is big and I hate painting!!!

In actuality, I have never painted before, but the thought of paint tins and plastic cover-alls, hard work and endless cleaning, wasn't my idea of fun.

He said that when he decided to paint his apartment some time ago, he had invited a few friends over, and within a weekend had completed the task, during which he supplied the sandwiches and beer.

I liked the idea, so I shared it later in the class.

The purpose was to demonstrate the role of brainstorming in creating solutions, as opposed to the limitations of habitual thinking.

That was the course.

However, within two days I applied this insight "practically" in my life in relation to my painting "problem".

A New Year's Painting Party.

Food, drinks, the ritual of New Year's Eve, color, atmosphere... everything.

All that was left to do was to communicate it!!!

Within 3 more days, I had more volunteers than was practical.

December 30th arrived. 8 grownups and 3 children with their painting clothes and funny hats arrived in my living room - ready for art.

And art it was.

Each couple took a room, and together with paint buckets, brushes and a free hand to do as they please, set about the task.

We used our fingers, old cloths, sponges and lots of imagination.

Just before the clock stroked midnight of the old year, the house was clean and painted and... very different.

As at this day, we cannot put any painting on the walls, as each wall in itself is a work of art.

Some people are a bit shocked as they enter the house for the first time.

Most people love it.

My friends feel at home in my house. They have their own wall.

As for me - it's the most beautiful house I have ever lived in.

It's not so easy to ask for support.

It might bring up all your low-self-esteem issues:

1. "I might get a 'NO'" - that's true! You might.
On the other hand - you might get a 'YES'.
2. "I might have to give something back" - probably.
How about a thank you, a smile, a hug...
3. "Why should they support me?" - Why not?
4. "I'm admitting that I can't do it on my own" - maybe you can, maybe you can't.
The point is - do you want to do it on your own?

As for me, this New Year's Painting Party was a big lesson:

1. I learned that I don't have to do everything on my own.
2. I learned that it's so much more fun to do things together.
3. I learned that any 'mission impossible' for me alone is a 'no sweat' for a bunch of friends.
4. I learned that when I ask, there is always somebody who is willing to help.
5. I learned that the result of a mutual project is much more than I could create on my own.
6. I noticed that the friends, who joined the party, came closer. A wonderful bonus!

I've just read what I wrote, and I will try it again.

There is something I need, that I cannot create on my own.

I really want this newsletter to have more readers.

We do it because it's our passion, our vision... our trip.

I would like to ask for your support.

If you know anyone who could enjoy this newsletter, would you mind recommending him or her using the following link: <http://www.opencircles.nl/recommend.htm>

It will take a minute of your time.

Your friends will get this newsletter preceded with a short introduction telling them that you've asked us to send it as a present of consciousness.

Your friends will get a gift from you;

We will have a chance to support more people; and

You - have a look how it feels to support... just because...

In the meanwhile, look at your life.

Find something you're longing to create, but can't or don't know how to by yourself.
Take a risk and ask a few people to support you.

Have fun fulfilling your dreams...

Article by **Nisandeh Neta** - trainer, success coach and healer.

Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on his site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

No Charge

Shirley Ceasar

My little boy came into the kitchen this evening while I was fixing supper. And he handed me a piece of paper he'd been writing on. So, after wiping my hands on my apron, I read it, and this is what it said:

*For mowing the grass, \$5
For making my own bed this week, \$1
For going to the store, \$0.50
For playing with baby brother while you went shopping, \$0.25
For taking out the trash, \$1
For getting a good report card, \$5
And for raking the yard, \$2*

Well, I looked at him standing there expectantly, and a thousand memories flashed through my mind.

So, I picked up the paper, and turning it over, this is what I wrote:

*For the nine months I carried you, growing inside me, No Charge.
For the nights I sat up with you, doctored you and prayed for you, No charge.
For the time and the tears, and the cost through the years, No Charge.
For the nights filled with dread, and the worries ahead, No Charge.
For advice and the knowledge, and the cost of your college, No Charge.
For the toys, food and clothes, and for wiping your nose, No Charge.*

Son, when you add it all up, the full cost of my love is No Charge.

*Well, when he finished reading, he had great big tears in his eyes.
And he looked up at me and he said, "Mama, I sure do love you."
Then he took the pen and in great big letters he wrote... PAID IN FULL.*

The quality that goes beyond time

By Vered (Tanmayo) Neta

It was 4:00 o'clock in the morning, and I was driving back from a great party in my 20-year-old mini-minor.

Suddenly I felt that my tire was flat.

There I was, sitting in the dark, complete with the knowledge that I did not have a spare.

What to do?

Who can I call in the middle of the night in this unknown neighborhood?

I felt lost.

Then I remembered that the person who told me about this party lived in the neighborhood.

I didn't know him very well but I thought he might still be awake.

So I phoned and told him my story.

Within 10 minutes the man was assessing the damage, and contemplating the next step.

Within 30 minutes I had a new tire and was on my way home.

This was Jimmy.

I will never forget Jimmy as he taught me the meaning and the importance of service.

We all have our own Jimmies.

Those people that gave us service without any expectation, and became imprinted on our hearts.

The first person that gave you service was your mother.

Your mother fed and bathed you, changed your cloths, took care when you were sick, made sure you'll receive your education, to name but a few.

This is why we can never get over our mother... (Remember that for the next Mother's Day...)

Other people who served you would be your father, your extended family, your teachers and your friends...

Many were there for you on your path...

Yet, at the end of your life, who will you remember?

You will remember those people that were there for you, when you needed them most.

People that came at 4:00 a.m. to change your wheel;
Those that came with chicken soup when you were sick;
Those that remained when you were in trouble;

For whom were you available?

Service is synonymous with support.
It is the giving of assistance or support to another with an absence of judgment.
Today, this term is used mostly in the business sense.
However, in relationship, it has a much more important role.

When you are in a relationship because of certain reasons, remember that these reasons will change with time.

Let's say that you entered a relationship because your partner is funny.

After a few years you heard all his/her jokes. Not so funny anymore...

The same goes for intelligence...

As for beauty - well, beauty fades away.

If it is money that you're after - money comes, money goes...

The only quality that transcends time is service.

Service is about taking care of each other.

We never forget those who served us and we'll always be touched by them.

Jimmies are rare but immortal.

How about becoming a Jimmy?

Article by **Vered Neta** - trainer, success coach and lecturer.

Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on her site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get her newsletter and receive a **BONUS** - inspirational digital book.

10 Ways to create simple pleasures

Steve Kendall

1. *If a child offers you a gift, no matter what it is, gladly accept it.*
2. *Pay the bridge toll for the car behind you.*
3. *Go to the park or beach empty-handed and come home with something. Before you leave, invest two minutes in picking up trash left by others.*
4. *Let someone in your lane.*
5. *Each week send a handwritten "thank-you" note to a person who has helped you in some way. It takes a few minutes to do and yet it says so much.*
6. *Share the gift of encouragement with others. Years later, when you least expect it, you will be thanked for it.*
7. *Do the honest thing. A store clerk handed me \$20.00 too much in change. It felt great to give it back even though the clerk thought I was some kind of nut.*
8. *Do an unexpected favor for someone.*
9. *On a piece of paper, list everything you can think of that you like about a certain person. Be creative and let your imagination fly. Then present it to that person. If you have kids, have each one create a list for their siblings.*
10. *Help out an elderly relative or neighbor. Bring him/her shopping, fix something that needs it or just visit for a while.*

*Make a difference in someone's life.
A slight effort and a unique way of thinking is all it takes.*

Chapter 11

Enlightened Parenthood

You are the child, you are the parent

By Nisandeh Neta

I always believed myself to be this open, enlightened father in relation to my daughter, Thom.

I was genuinely convinced that during the first 4-year period of her life, I had not made any significant errors that had adversely affected her growth and development.

She's a happy, bright and lovable kid and our relationship is wonderful.

Yet, the other day she was nagging me for something that I refused to give her. It wasn't significant, as even now I cannot recall what it was.

After a few exasperating moments of attempting to explain my refusal, I blurted: "Honey I'm sorry, but you cannot have it all!"

The words were still in the air, when I realized how disempowering the message I gave her was.

YOU ARE YOUR CHILD'S TEACHER

You must be extremely cautious as to what ideas you present to your child.

This requires a sense of "monitoring" of both your words and deeds.

Does each word spoken to your children demonstrate to them their uniqueness and glory as human beings?

Do you honor their unlimited power and strength with each comment?

Most importantly are you sending them the message of total acceptance and love?

YOUR CHILD IS YOUR TEACHER

There are many things we can learn from our children.

Children are natural in their very beings.

They have not yet developed all the shame and limiting beliefs we hold to be true.

Their self-esteem is not yet damaged by parental and societal conditioning.

They don't simply want a toy - they want the whole toy store!

They show us who we can be.

The magnificent beings, we truly are.

So, how is it that we learn from and teach each other?

THE MOST IMPORTANT KEY IS COMMUNICATION

I used to think it was impossible for me to really communicate with my parents.

So, for years, I never invested any energy in doing that.

Then at a certain point whilst far away in a foreign country, I've commenced a written communication.

I wrote long letters sharing who I was, who I am and who I'd like to become.

I also shared who they were in relation to me and what they meant for me.

I cried when I wrote the letters.

They cried as they read them.

Pain and joy, regrets and hopes, all blended together.

Family communication became possible, but only when love was first there.

Until I became a more feeling person - which meant feeling pain, anger, hurt, and disappointment sometimes, but also love, kindness, friendship, and generosity - I created an emotional wall that impeded any genuine communication.

My biggest lesson was to open my heart.

Pain and grief and anger spilled out - but so did love.

It was then that communicating began.

Waiting for someone else in your family to begin the communication process will not succeed.

If you wait for your children to initiate conversation about what is on their mind, they will most probably retain their fears, frustrations, and problems as a secret forever.

If you dream about your parents communicating their disagreements and arriving at some happy resolution - keep on dreaming. It will never become a reality.

If you have something on your mind but somehow never bring it up - dare and do it NOW!

In one of my training programs, participants clear a lot of their blockages in their relationships with their parents.

Many, actually dare and honestly communicate with their parents for the first time.

Later I receive feedback letters that read like this: "Dear Nisandeh, the One Experience training was so powerful! I've completed it and my father has totally changed...!"

Your parents, your children and you, have a duty to communicate.

However, somebody has to make a start. Accept the challenge.

Here are a few tips how to master loving communication:

1. Pay undivided attention: the other person is speaking to you.

2. Be more interested in what is being said than in figuring out what your reply is or to mentally “manage” the problem.
3. Ask yourself what is really going on.
Use your intuition and wisdom to ascertain what your child, mate, or parent is really saying.
When in doubt - ASK!
4. Take the time to listen, to consider what’s being said, to gain clarity, and to frame direct but loving responses.

Communication takes time - and deserves the time it takes.

On a spiritual level, you chose your parents and your children and they chose you. You all did it for a reason.

It is your golden opportunity to grow, to learn and to complete issues that hinder you on your journey in life.

Don’t miss this opportunity!

Article by **Nisandeh Neta** - trainer, success coach and healer.
Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on his site
<http://www.inspiration2go.com>
Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

Lessons from Children

Author Unknown

When I look at a patch of dandelions, I see a bunch of weeds that are going to take over my yard.

My kids see flowers for Mom and blowing white fluff, you can wish on.

When I look at an old drunk and he smiles at me, I see a smelly, dirty person who probably wants money and I look away.

My kids see someone smiling at them and they smile back.

When I hear music I love, I know I can't carry a tune and don't have much rhythm so I sit self-consciously and listen.

My kids feel the beat and move to it. They sing out the words. If they don't know them, they make up their own.

When I feel wind on my face, I brace myself against it. I feel it messing up my hair and pulling me back when I walk.

My kids close their eyes, spread their arms and fly with it, until they fall to the ground laughing.

When I pray, I say thee and thou and grant me this, give me that.

My kids say, "Hi God!!! Thanks for my toys and my friends.

Please keep the bad dreams away tonight. Sorry, I don't want to go to Heaven yet. I would miss my Mommy and Daddy."

When I see a mud puddle, I step around it. I see muddy shoes and clothes and dirty carpets.

My kids sit in it. They see dams to build, rivers to cross and worms to play with.

I wonder if we are given kids to teach or to be taught?

No wonder God loves the little children!!!

Enlightened parenthood is all about giving

By Vered (Tanmayo) Neta

For a long time I wished to write about parenting. However, every time I began I felt as though I was trespassing upon sacred ground. Then, the other night, whilst I was reading my daughter “The Giving Tree” from her favorite bedtime book, I found the right symbol for what enlightened parenthood is to me.

Parenthood is all about giving. It is giving what I have, so my child can grow and explore her world. It is being there for her when she needs me. My only wish is that she will share her world with me.

However, too many of us are trapped in a faulty belief system that dictates that as parents, we should educate our children and teach them how to live their life.

Come to think of it, how can we really teach our children how to live their life? What could we possibly know about the world our children will live in 20 years into the future?

When we come from that misguided angle, parenthood becomes simply a job description, which in turn, means that we are always overworked and underpaid.

As children, we rarely appreciate our parents for what they gave us, including the greatest gift of all - our life.

We are much more focused on where we perceive that our parents failed us and how they should have done it differently.

As a mother I am trapped, as the most powerful role models for how to be (or not to be) a parent - were in fact, my parents.

Although I know that model is outdated, I still find myself repeating the same sentences my parents used to say, or reacting in the same way they did.

The other day I found myself saying to my daughter: “No, you can’t wear this dress to school, this is a party dress and it will be unfortunate if it would get dirty”.

The minute I said it I realized it was my mother talking.

There is always the washing machine handy and somebody else does the ironing for me, so I don’t really care if she wears her party dresses to school.

Although as a young woman I vowed to never argue with my daughter on what she wears, I found myself repeating the same words my mother had (as well as my grandmother).

A sentence that was created when new cloths were heavy burden on the family finances, and washing was done by hand.

This is how deep our parental conditioning lies within us.

Enlightenment is to become free from all conditioning.

Enlightened parenthood is letting go of these limiting concepts and realizing that our children chose us as their parents. They chose us as their gate into this world. Therefore they are not ours. They are a deposit that we were given to take care of until they can do it themselves.

All we can and suppose to do for them is to give them what they need to grow and be there for them when they need us.

In the words of Khalil Gibran in his magical book 'The Prophet':

"Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth."

Article by **Vered Neta** - trainer, success coach and lecturer.

Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on her site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get her newsletter and receive a **BONUS** - inspirational digital book.

19 Somethings to Say to Children

1. *I love you!
There is nothing that will make me stop loving you.
Nothing you could do or say or think will ever change that.*
2. *You are amazing! I look at you with wonder!
Not just at what you can do, but who you are.
There is no one like you. No one!*
3. *It's all right to cry.
People cry for all kinds of reasons: when they are hurt, sad, glad, or
worried; when they are angry, afraid, or lonely.
Big people cry too. I do.*
4. *You've made a mistake. That was wrong.
People make mistakes. I do.
Is it something we can fix? What can we do?
It's all over. You can start fresh.
I know you are sorry. I forgive you.*
5. *You did the right thing. That was scary or hard.
Even though it wasn't easy, you did it.
I am proud of you; you should be too.*
6. *I'm sorry. Forgive me. I made a mistake.*
7. *You can change your mind.
It's good to decide, but it is also fine to change.*
8. *What a great idea! You were really thinking!
How did you come up with that?
Tell me more. You are so clever!*
9. *That was kind.
You did something helpful and thoughtful for that person. That must
make you feel good inside.
Thank you!*
10. *I have a surprise for you. It's not your birthday.
It's for no reason at all.
Just a surprise, a little one, but a surprise.*
11. *I can wait. We have time.
You don't have to hurry this time.*

12. *What would you like to do? It's your turn to pick.
You have great ideas.
It's important to follow your special interests.*
13. *Tell me about it. I'd like to hear more.
And then what happened? I'll listen.*
14. *I'm right here. I won't leave without saying good-bye.
I am watching you. I am listening to you.*
15. *Please and Thank You. These are important words.
If I forget to use them, will you remind me?*
16. *I missed you.
I think about you when we are not together!*
17. *Just try. A little bit. One taste, one step.
You might like it. Let's see.
I'll help you if you need it. I think you can do it.*
18. *I'll help you. I heard you call me, here I am.
How can I help you?
If we both work together, we can get this done.
I know you can do it by yourself, but I'm glad to help since you asked.*
19. *What do you wish for?
Even if it's not yet time for birthday candles and we don't have a
wishbone, it's still fun to hear about what you wish for, hope for, and
dream about.*

Chapter 12

Take Time for Yourself

Take a break, before it's too late...

By Nisandeh Neta

Hey, my friend. Got a minute?

Yeah, yeah I know.

You probably haven't had a spare minute since high school.

That's the subject I wish to explore today.

For many years, I used to be fanatically busy myself.

My preoccupation with endless activity was a large part of my act as 'Mr. Busy-Important'.

This frenzy kept me preoccupied, thus at a safe distance from some of the 'minor' issues in my life...

... Issues such as feeling angry, frustrated, and under nourished...

The people that play the same game are numerous.

Sadly, I discovered that it's more than a game - it's an addiction.

A socially accepted addiction to utilize, whenever you wish to avoid looking at the things in your life that are not working the way you wish them to work.

What happens when you keep running without pausing to ask, "where am I running" and "why am I running there?"

YOU BURNOUT!

Whether physical, mental, emotional, spiritual, or any combination thereof.

You don't need the official label of 'workaholic'.

Instead, you may be a busy full-time mother, an over stimulated pensioner, or an over worked college or university student.

Constantly, trying to balance your life between work, family and your own needs, can become an unconscious tactical maneuver.

As you rush from one task to another, juggling problems as you go, it becomes much easier to forget. Or, to be more accurate, difficult to remember that you are a human being, not a human doing.

If you find this scenario an uncomfortable reminder of your life, it's high time to do something good for yourself.

Better yet, do something bad - something naughty...

Spend a little more than you budgeted.
Eat something rich and assassinate your diet.
Pamper yourself with a visit to the sauna or spa.
Discover your inner self.
Then go ahead and leave it with the kids while you go and have some fun.

Only you control your destiny.
You make it happen, let it go or simply change it.
If you want something different in your life, what are you doing to achieve it?

Make time to take time...

Arrange your schedule with the realization that although your work may be important, it is not your whole life.
You are visiting this life for a while.
Don't wait until you retire to have a little fun and relaxation.
Remember that you have family and friends who care about you and would like to spend time with you.
Take time off for recreation and exercise, to be alone to evaluate your life, and to enjoy a quiet moment.

It's important for your mental, emotional, physical and spiritual health to take breaks.

I've just came back from two residential workshops I led back-to-back.
Usually, I would spend all my time being ('looking') busy.

I would lead the sessions, control all the things around, talk to everybody during the breaks, evaluate the last session, plan the next session, and if I wouldn't find anything important to do I'd be busy judging what I did wrong until now and worrying about what might go wrong next.

After a few days of working like this I'd be totally exhausted and need a few days to recuperate.

This time I chose to do it differently.

I led the sessions. I delegated the external tasks (food, cleaning, preparing, etc...) to others. I was available to whoever wished to talk with me, but didn't initiate it all the time. I took a nap break every now and then. And as a session was over, I made a short, objective evaluation, a quick plan for the next session and that was it.

For the rest I was 'busy' playing ball in the swimming pool, sweating in the sauna and acknowledging myself for what I've created.

The result?

I had so much fun.

I came home satisfied and tired, but not exhausted.

I met the participants on a much more personal level, as I dropped this seriousness mask that I used to wear when I was acting as 'Mr. Busy-Important'.

And the day after, I was jumping up-and-down all day feeling yippee.

It was a good lesson, as I discovered (again) that being effective doesn't mean I should get serious about it.

Seriousness alone is valueless and disease-oriented...

Take Time for Yourself. Have fun. Play around. Enjoy...

Maybe that's what life is all about...

Article by **Nisandeh Neta** - trainer, success coach and healer.

Learn how to achieve success, gain emotional freedom, increase self-confidence and transform stress and anxiety into positive energy on his site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get his newsletter and receive a **BONUS** - inspirational digital book.

Balance

by Brian Cavanaugh

Once the great Anthony of the Desert was relaxing with his disciples outside his hut when a hunter came by.

The hunter was surprised to see Anthony relaxing, and rebuffed him for taking it easy.

It was not his idea of what a holy monk should be doing.

*Anthony replied, "Bend your bow and shoot an arrow."
And the hunter did so.*

*"Bend it again and shoot another arrow," said Anthony.
The hunter did so, again and again.*

The hunter finally said, "Abba Anthony, if I keep my bow always stretched, it will break."

So it is with the monk," replied Anthony.

*"If we push ourselves beyond measure, we will break.
It is right from time to time to relax our efforts.*



Give yourself a break - take a vacation

By Vered (Tanmayo) Neta

I have a theory that once we complete high school, time begins to move faster. My sister, (with a PhD behind her), tends to agree with me on this. Her view is that it has something to do with the earth getting closer to the sun or something along those lines. As a result, there are only 40 minutes available in every hour...

I developed my theory when I noticed that as kids it used to take forever before the commencement of the summer vacation, and it seemed like forever, before we started the vacation again.

Nowadays, we have hardly had time to recover from the previous summer vacation before we find ourselves once again facing another one.

The summer vacation begins to resemble a kind of survival trip, between occupational war zones.

In essence, we have lost our ability to see the benefits and the importance of taking a break.

Once we finish our formal schooling, our professional commitments seem to keep us totally pre-occupied and 'busy', the whole year through.

There seems to be no more time to relax, play or just do nothing like we did when we were kids during school vacation.

Let's examine this concept of vacation.

Have you ever noticed that your best ideas come out when you are in the shower? Or that you become increasingly insightful as each day of the vacation passes by?

This concept has relation as to which function of our brain we use.

Normally we utilize our analytical functions, which assist us with analysis, memory and thought.

Because our culture is so overwhelmingly preoccupied with the exchange of information, the majority of time is spent in this analytical mode of operation, to the point of overdose whereby we actually live from our neck up.

Alternatively, we can use our creative, intuitive functions, which are made available to us when we let go, relax, and begin to live 'in the moment'.

Using these functions of our brain we become more creative and productive, invariably creating a better and more constructive frame of mind, which we refer to

as a 'good mood'.

It is easy for us to access these functions of our brain when we are in (and after) a relaxed period of time.

Quite simply stated - taking a break means taking care of your needs. And taking care of your needs does not mean neglecting the people around you. On the contrary, it allows you to give more to your loved ones, your customers, your employees, or to whom ever you come into contact with.

Self-care builds the foundation for a life balanced with productive work and fulfilling relationships.

Self-care leads you to attain your life's purpose.

While each of us needs to identify what our self-care entails, the most important shift is in your attitude.

You need to give yourself permission to focus on YOU first.

So, this time, when the kids have their school vacation, how about you, too, taking a break from everything.

Give yourself the permission to take time just for yourself.

I encourage you... I urge you... to take the time to practice EXTREME SELF CARE.

Take your summer vacation now!

See you when you're back...



Article by **Vered Neta** - trainer, success coach and lecturer.

Start living each day at a higher level of success, passion and fulfillment. **No Hocus Pocus!** Just awareness and open mind. Learn how, on her site

<http://www.inspiration2go.com>

Send a blank e-mail to subscribe@inspiration2go.com to get her newsletter and receive a **BONUS** - inspirational digital book.

10 ways to take time for yourself

1. *Be Creative - write, draw, paint, design, knit, sew, crochet, build, sing...*
2. *Exercise - swim, jog, walk, skip, bike, hike, roller blade...*
3. *Relax - lie in a hammock, take a nap, practice yoga, meditate... just BE...*
4. *Read - enjoy a great novel, get lost in a page-turner...*
5. *Enjoy - movies, plays, concerts...*
6. *Play - be a kid again... play games, be silly, have fun. Go sailing, go horseback riding, play golf, play tennis, sing and dance...*
7. *Spend more time - with the people you care about: significant others, family and friends; make new friends...*
8. *Travel - go someplace you have never been... somewhere you have always wanted to go.*
9. *Laugh - find ways to get more humor into your life: read funny stories, go to a comedy show, rent a comedy movie...*
10. *Sleep - catch up on your sleep; take naps...*



About the Authors

Feel free to publish our articles in online and offline magazines,
printed newsletters and websites.
However, each article must carry the author's name and info lines that follow.
Any substantial editorial change must be approved by us before publication.
Please send us a copy of the publication in which the article(s) appear.

Nisandeh Neta

At the age of nineteen, I founded my first software company, specializing in educational and entertainment products.

Within a few years, it became a leading company in its market sector.

I had it all. Money, travel, prestige and an enormous ego coupled with an arrogant attitude...

One evening, in a luxury hotel room, I saw myself for the first time – lonely and old, at twenty-five years of age. From that moment, **I commenced my search for the authentic me.**

A journey that continues to this day, and will do, probably, for the rest of my life.

A search that has lead me all over the world, both east and west.

A search that gave me the opportunity to learn from some of the most powerful, wise and profound teachers on earth.

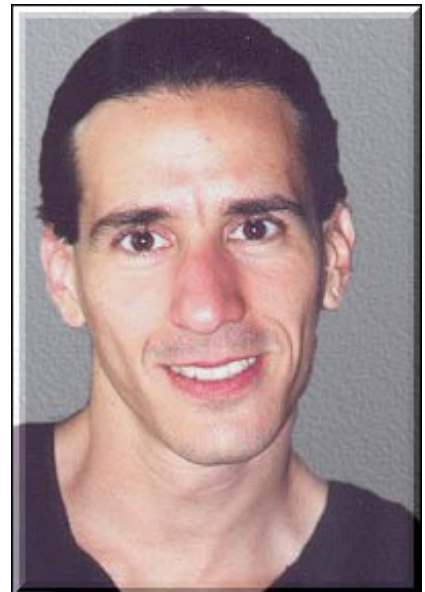
A search for true happiness – joy, freedom and inspiration.

I **chose** to work with people as my way to **get closer to myself.** I studied western psychotherapy and bodywork as well as many eastern and shamanic meditation and healing techniques.

What I found that worked for me I studied in depth, and much of this **I teach to others.**

I dedicate most of my time to leading groups, training programs, courses and workshops as well as the research and development of new material. For the last few years I write regularly about my knowledge and experiences.

Practicing writing helps me to sharpen my expression, as well as my awareness



and allows me to access (and therefore empower) more people than would be possible through the more personal setting of a group, counseling or healing session.

After teaching, I enjoy spending time with Vered, my daughter and my friends, as well as falling asleep in the garden on the few sunny days we have in Amsterdam.

I'm still in love with computers, especially designing our websites and surfing the web for good humor.

I'm addicted to the sauna, but too lazy for any exercising regime...

Vered (Tanmayo) Neta

When I was 21, I had my first real experience, of what it means to be totally ME. I **felt whole**.

At that time, I was living in the Sinai desert, in charge of the logistics of different archaeological excavations. For weeks I was alone - only the vast desert and me. I had time and space to see myself, as I am, how small I was compared to the universe and yet still having a role. **I loved myself**.

Later, I went to study in university and became very intellectual thus forgetting about that powerful experience.

At the age of 28, I had attained all the symbols of success available to me at that time. I was the youngest lecturer in the university, I worked as a head of a division of more than 200 people, built a museum and introduced a new concept "Museums for Youth", in addition to friends, an apartment... everything.

And then **I woke up...**

I realized that although completing all that was expected from me - I was not happy. I came to the decision that my dues to society had been paid and **it was now time for me...**

I began to initiate my own growth.

Within two years I commenced giving training programs in communication and leadership skills to managers.

I had discovered my passion – sharing my life experiences with others, thus enabling them to grow. This passion led me to search for more avenues of reaching people whilst going deeper within myself.

I traveled the world in order to experience as much as possible and subsequently learned from the most extraordinary and unique teachers.



After years of working with people, my first experience in the desert became clear. All we need in order to grow and be happy is actually to **love ourselves as we are**. The circle was closed.

In addition to teaching, I love reading, watching funny romantic movies, walking in nature, meditating, creating rituals following Mother Earth's seasons, and eating good healthy food.

I am delighted whenever I spend time with Nisandeh and my most rewarding time is spent with our daughter, Thom - dancing, singing, making funny faces opposite the mirror and making a fool of myself.

About Us

We have been together since 1993. For the last few years we have also worked together and both invest energy in the raising of our daughter, Thom. (Or maybe it is the other way around...?)

We enjoy each other's company and working together continues to be a rewarding and fun challenge, which of course, include the disagreements, the fights and the eventual reconciliations.

At one point in our intense lifestyle (which is not in the least bit boring), we have somehow created a equilibrium from both inside and out, which allows us to lead a happy life – full of joy, excitement, relaxation, passion, freedom and inspiration.

As a result, our work has become so easy and satisfying as we **teach what we live**.



Vered &
Nisandeh
Neta

Feel free to publish our articles in online and offline magazines,
printed newsletters and websites.
However, each article must carry the author's name and info lines that follow.
Any substantial editorial change must be approved by us before publication.
Please send us a copy of the publication in which the article(s) appear.



Open Circles

Open Circles is our international center for personal growth and leadership education, based in Amsterdam, the Netherlands.

We believe that each and every human being is unique and has immense capacity and potential to create a successful, satisfying and joyful life.

Most people never had the chance to learn the skills and tools necessary to achieve mastery in their life.

Many are obstructing their aliveness by reacting to present situations based on past experiences and conditioning.

Many are trapped within routines and habits that are non-supportive.

Our aim is to empower you to achieve success in your personal and professional life, whilst gaining emotional and financial freedom, increasing self-confidence, transforming stress and anxiety into positive energy and taking responsibility for your life.

You have the opportunity to reclaim your power, move beyond your limitations and fulfill your potential, through series of training programs, courses, seminars and retreats - all based on experiential learning.

You can practice and immediately utilize, all of the skills, tools and techniques you acquire in our programs. As a result, you will see improvement in your communication, relationships, physical and emotional health, self-esteem and creativity as well as a more relaxed and harmonious way of living.

What do you think?

What Do You Think?

We deeply hope that **Inspiration2go First Fruits** has motivated, inspired, empowered or uplifted you in any way.

Help us make the next issues of Inspiration Newsletter even better! If you feel that this collection has excelled in certain areas, we'd love to hear about it. If it has let you down in others, we'd really love to hear about it.

To thank you for your help, we'll send you a free copy of our next book, **Jump-Start Your Life – How to live a happy and inspired life.**

Just send us an e-mail to feedback@inspiration2go.com with your comments or ideas and we'll e-mail you a free copy of the book, as soon as we type the word DONE!

More Products and Services

More Products and Services

Digital Books

Our growing series of digital books wakes you up to your true potential. These books empower and motivate thousands of people to create an abundance of joy, freedom and inspiration, in their daily lives.

They will do the same **for you!**

What does it take to be happy?

It's really not complicated...

Create more balance in your life, maintain fulfilling relationships, make time for yourself and create beliefs, opinions and points of view that work for you, rather than against you.

Do that... and you'll gain the physical, emotional, mental and spiritual mastery that are your birthright.

Our books aim... to help you become the master of your life.

Check them out at <http://www.inspiration2go.com>

Free Inspiration Newsletter

Thousands are waiting every month for Inspiration Newsletter to pop in their e-mail inbox.

Because...

"I find your newsletter and all articles you include fantastic. I make prints of them and send copies to friends worldwide who do not have email or fax."

Rob, veenhuisen@vol.net.mt

"In the last few weeks I had a problem concerning my work. I decided to mail you about it; I could really use your light. Today I read your latest newsletter and see: it inspired me in making the decision I needed. Feels great! Thanks."

Theo Poel, theo.poel@planet.nl

"Thanks for your newsletters. They inspire me a lot. Today I read the article you wrote, about working from the heart: very beautiful! After that I read the new letter about acknowledgement: also very beautiful!"

Marianne Mosselman, m.mosselman@wxs.nl

Take an inspirational break. Time to revitalize your mind and soul.

If you're not yet receiving Inspiration – **subscribe now!**

Visit <http://www.inspiration2go.com/inspiration> or send a blank e-mail to subscribe@inspiration2go.com

You can also give this gift of consciousness to your friends... with a click...

Visit <http://www.inspiration2go.com/recommend.htm>

They'll be grateful...

Ask the Expert

Sometimes you may find that you're looking for a more personal, extended answer to **your situation, challenge or question.**

With the service we provide, you can find answers (usually around 500-700 words) to the most difficult questions without leaving your home, whenever you want, at very reasonable cost and totally anonymous.

Firstly you get a personalized answer to your question, which specifically addresses your concerns.

Secondly the answers come straight from us with loads of personal life experience as well as our professional qualifications.

Thirdly the answers you get will not only address the specific matter you ask about, but also how this may fit into a wider life consideration.

It's really simple.

You e-mail us your personal question and e-mail address (so we can reply).

Filling in your name is entirely optional if you wish to remain anonymous.

There is no need to write a whole essay, but we usually need more than one sentence.

The more specific your question is, the more specific the answer would be.

Let us walk with you for a while...

For more information visit <http://www.inspiration2go.com/counseling.htm>

Personal-Growth and Leadership Education

Take the opportunity to experience each day at a higher level of success, passion and fulfillment in your personal and professional life.

Check out our educational programs at <http://www.opencircles.nl>

We'll empower you to achieve success in your personal and professional life, while gaining emotional and financial freedom, increasing self-confidence, transforming stress and anxiety into positive energy and taking responsibility for your life.

You have the opportunity to reclaim your power, move beyond your limitations and fulfill your potential, through series of training programs, courses, seminars and retreats - **all based on experiential learning.**

You can practice and **use immediately** any of the skills, tools and techniques you acquire in our programs. As a result you would see improvement in your communication, relationships, physical and emotional health, self-esteem and creativity as well as a more relaxed and harmonious way of living.

Done!