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**Alice and the Journey of Life**

**By Mark Susnow**

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Alice and Life's Journey

May 2003 Letters on Life #8

"I can't believe that!" said Alice.

"Can't you?" the Queen said in a pitying tone. "Try again: draw a long breath, and shut your eyes."

Alice laughed. "There's no use trying," she said. "One can't believe impossible things."

"I daresay you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why sometimes I've believed as many as six impossible things before breakfast."

Carroll, Lewis, "Alice in Wonderland"

What are "impossible things?" Are there really "impossible things" out there? Of course there are, but there's also a line at which we stop and give up because we think "that's impossible." Perhaps what we really mean is that something is extremely difficult. The Queen said she practiced believing impossible things— talk about stretching your concept of reality! Maybe the Queen was really dreaming of a reality that was beyond her reach. By dreaming, she was sculpting the life she wanted.

It didn't occur to me before, but the dialogue between Alice and the Queen which was written over sixty years ago is a model for any discussion about goal setting. The essence of any such discussion is to visualize what you want and experience it as already happening. Do this when in a quiet state— the alpha state— and make your visualization as real as possible. Experience it from as many aspects as possible. When you are in touch with your goal, think about how you're feeling, what you're saying and what it looks like. I sometimes imagine a big smile on my face. The more you can make it seem like a real experience, the greater likelihood of it becoming a reality. Just sitting quietly experiencing your dream fully for a minute is powerful. The Queen did it for half an hour.

The subconscious mind cannot distinguish a real experience from an imaginary one. As the visualization becomes more vivid, the likelihood increases that the subconscious mind will act on the dominant message bringing you closer to your dream. The corollary to remember is that when you worry, the dominant message becomes the imaginary experience you fear.

Let's be very pragmatic about this. If you have goals there's no guarantee that you will achieve them,

but most likely you will be headed in the right direction. And many times you will achieve your goals and exceed them. I know how much better I feel when I have goals and dreams. Oh yes, it's great to have a dream. Imagine who you can become in going for your dream— more adventurous, more positive and more determined. What a dreamer the Queen was. What is your dream?

Many of my dreams have become motivators. Early on, my dream was to get out of school and have a real life. And then I dreamed of finding my soul mate and having a family. I'm fully immersed in this one. Achieving abundance was a dream and I often visualized this happening. And then I dreamed of finding my life's work. I'm doing it now with my coaching and writing.

It's now time for you to own your dream! And, after creating it, you can go to the next one and the next one. That makes life exciting. Go and declare who you are.

Let me know what your dream is. I love receiving your many responses and feedback. Thank you and

keep them coming. Feel free to pass on this letter to the friends in your circle and let them know about the advantages of being on the journey.

Speak with you soon,

Mark

Mark Susnow, formerly a trial attorney for 30 years, is a coach, speaker, musician, and group facilitator who motivates and empowers others to live the life they want and deserve. To learn more about the benefits of coaching and other programs Mark facilitates, visit his website. [www.inspirepossibility.com](http://www.inspirepossibility.com)  
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Mark has always been curious as to why some people have a life full of success and opportunity and others don't. What makes the difference? His life's quest is to learn the secrets to living the secrets to living a successful life. Mark was a trial attorney for 30 years and musician involved in meditation and yoga.

## **Two Choices That can Make Next Year The Best Year of Your Life**

**By Margaret Paul, Ph.D.**

What if there were just two choices you could make to insure that next year would be wonderful? There actually are, and these choices are quite simple in concept, yet not easy to do. They are not things you do on the outside, such as exercising your body (which is always a good thing to do!) but ways of thinking and being on the inside. These have to do with your attitude and your intent.

### **GRATITUDE**

I'm sure you've all heard of the "attitude of gratitude." Studies show that the happiest and most successful people in the world are those who consistently live their lives with an attitude of gratitude, who see their cup as half full rather than half empty. Let's take an example.

Alan and Martin are both firemen. They are both married with children, but this is where the similarities stop. Alan's life seems to always be filled with joy and success, while Martin's life always seems to be in turmoil. What is the difference?

Alan is a very upbeat person who always sees the good in everything and is always in gratitude for what he has. He is thankful for his work, his health, his family and his friends. When difficulties arise, he faces them head-on with an attitude of gratitude for the opportunity to learn and to help others. He believes he is spiritually guided and accepts challenges as opportunities for learning and serving. As a result of his openness and caring, people trust him and have come to him with opportunities to invest his money in ways that have created a passive income for his family. He continues to work because he likes it, not because he has to financially.

Martin, on the other hand, is a person who is constantly complaining about everything. Nothing is ever good enough for him. He blames others for his circumstances, takes no responsibility for his own feelings, and has no belief that he is being spiritually guided. He feels like a victim most of the time. As a result of the stress he causes himself due to his negative thinking, he is often ill, and experiences many family problems. He plods along in his work, resentful that he even has to work. He often feels like life is passing him by.

### INTENT TO LEARN

God has given us the free will to choose our intention, to choose is what is most important to us in any given moment. In our relationship with ourselves and others, we have only two intentions to choose from:

- 1) The intent to learn, with our spiritual Guidance, about what is most loving to ourselves and others;
- 2) The intent to protect against the pain of rejection, abandonment, engulfment, or failure through some form of controlling behavior.

Our intent to learn or protect determines our experience in any given moment.

Hilary and Alice are both married with children. Both women work as nurses, but, as with Alan and Martin, this is where the similarity ends. Hilary and Alice have similar life challenges in both work and family, yet to look at Hilary you would think she doesn't have a care in the world.

Hilary embraces all of life's challenges from a solid knowing that she is on a spiritual journey of the soul - a journey of learning to be the most loving person she can be, both with herself and with others. She accepts responsibility for her own feelings and behavior, and opens to learning with Spirit and others when conflict occurs. Rather than shying away from conflict, she welcomes it as an opportunity for learning about herself and for healing any blocks to being a pure instrument of God's work upon the planet. Hilary feels much peace and joy in her life.

Alice, on the other hand, is locked into the earthly journey of control. Instead of learning from conflicts, she avoids them with giving herself up or getting angry to have control over the outcome. Rather than taking responsibility for her own feelings, she often numbs out with food and wine. Control is her God.

## Alice and the Journey of Life

Alice is often anxious and depressed as a result of her intent to protect, and is on medication to deal with the resulting anxiety and depression.

It is not life's circumstances that are causing Alan and Hilary to have so much more peace and joy than Alice and Martin. Choosing gratitude and the intent to learn, as opposed to complaining and the intent to protect makes all the difference in the world.

Make this coming year the best year of your life by making these two choices - gratitude and the intent to learn.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?" She is the co-creator of the powerful Inner Bonding healing process. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course:

or

. Phone sessions available.

Two Choices That can Make Next Year The Best Year of Your Life

WHERE DO YOU WANT TO GO?

Alice Parris: the Soulgasm CD Review

Extended Family Relationships: Staying Friends with Former Lovers and Spouses

The Journey

How To FINALLY Stop Smoking...Once and For All!

Insider Secrets to Flea Market Profits

How to become a Chef!

Profitable Crafts Vol 2

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