

Are You Listening?

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**Are You Listening?**

**By Helaine Iris**

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"At any moment, you have a choice, that either leads you closer to your spirit or further away from it."  
Thich Nhat Hahn

Last summer my husband and I went away for our anniversary. We went to the White Mountains of New Hampshire for some camping and hiking. Mind you, my husband has hiked the Appalachian Trail and his idea of a hike is far different than my idea of a hike.

He wanted to climb Moat Mountain, a two-mile climb with an elevation of 2800 feet. It was a ninety-degree day in August with about ninety percent humidity, otherwise a perfect day for a hike.

What the heck I thought. Not my idea of a walk in the park, yet I wanted to be with him. Part of my intention for our anniversary weekend was to do things he liked to do. I began to climb. Very soon into the hike it was clear that I was not having a good time. I was exhausted and it was dangerously hot. He kept asking me if I wanted to turn back and I stubbornly continued.

On and on I hiked. I told him he could go on ahead and I would take it slow. I crawled under bushes to catch any glimpse of shade I could find to catch my breath. I was determined to make it to the top to prove to him and myself I could do it. Big mistake. A quarter of a mile from the top my body would go no further. I limped my way down the mountain and wound up with heat stroke and spent the rest of our vacation recovering.

What this powerful experience taught me is to listen. Listen to my inner wisdom; listen to the messages of my body and pay attention to what's really happening. I knew there was no way I could make it up that mountain in ninety-degree heat and furthermore I really didn't want to. I wanted to prove something and I disregarded my own inner wisdom.

## Are You Listening?

Have you ever wondered why you don't listen?

It is easy to get caught up in the frenzy and fullness of life and stop listening. How often do you push through a busy schedule, aware of the stress and ignore a message you get from your body? How many times have you heard the voice of your inner knowing clearly giving you a message that you don't stop and listen to?

Do you want to wait until you're dangerously close to an edge before you listen? Here are some suggestions to help you exercise listening to your inner wisdom.

1. Know yourself. What do you really want and need? Are you willing to stand up for your own life?
2. Practice. Listening is like a muscle that needs strengthening. You can listen with more than just your ears; you can listen with your heart as well. Slow down, close your eyes for a minute. What do you hear or feel?
3. Learn to trust your own inner voice. When you start trusting yourself you will experience more flow and fulfillment.
4. Watch for the confirmations life sends you. This will help to reinforce the value of listening and encourage you to keep sharpening the skill. It's also delightful to witness the amazing learning possible when you are listening.

When I don't listen it's usually because there's something I don't want to hear. That day on the mountain I needed to ask myself a hard question, "why was I willing to risk my health or life to prove to my husband that I could do the things he liked to do?" It was because I didn't want to feel left out. Yet, by NOT listening, I left myself out.

When I listen my life flows more easily. I am guided toward the things that work for me as well as for others. I'm more honest and I'm more me.

Now, when my husband asks me to hike with him, I am delighted to go or not, walk as far as I want and know we're both having a better time because we are both following our heart.

I'm listening now.

It's YOUR life...imagine the possibilities!

Helaine Iris is a certified Life Coach, writer and teacher. She works with individuals, entrepreneurs, and professionals, who want to integrate their life purpose with their personal and professional life to create a life that's joyful, fulfilling and successful. Are you ready to take a step that could change your life? For a complimentary session visit her website <http://www.pathofpurpose.com> or call her 603-357-8546 or email her [helaine@pathofpurpose.com](mailto:helaine@pathofpurpose.com)

## **The Old Fashioned Books Vs. Free Audio Books**

**By Paton Jackson**

In the last two decades a new concept has arisen – The concept of listening to a book instead of reading the book. The audio book technology is still developing but audio books are getting more and more popular. However, the old fashioned book is still the much more common than any other method. In this article we will elaborate on the differences between these two book methods:

1. **Size and Weight** - The audio book does not have the limitation of the the size and the amount of the printing words. The advance in technology imposes the size of the audio book. The newest audio books could be stored as an audio file in mobile electronic devices as Ipod or Palm pilot.
2. **Convenience** – The audio book has the limitation of listening only from certain predefined points or from the exact point one stopped listening the last time. Reading an old fashioned book is much more flexible of course. If you only want to go through a book without reading it from start to end, do not even consider having an audio book.
3. **Listening to an audio book could be done anywhere anytime** - while exercising in the gym, driving through the heavy traffic to work etc. It helps you make the most of your time. Reading the old fashioned book requires certain conditions like concentration and quiet and relaxed surroundings.
4. **Price** - Surprisingly, in general the old fashioned books costs less than audio books. Depending on the different titles and different methods of audio books it can vary. Among the audio books, audio books on MP3 files are the less expensive ones.
5. **The experience** - the experience of reading a book is unique and can not be the same as listening to audio books. In addition, audio books do not have paintings in them like some of the old fashioned books.

Summing up, we believe that audio books and the old fashioned books could exist together one besides the other and not one instead of the other.

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