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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Let It Begin With Me

By Helaine Iris

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Helaine Iris
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"Adopting an attitude of universal responsibility is essentially a personal matter. The real test of compassion is not what we say in abstract discussions but how we conduct ourselves in daily life."
Dalai Lama

I was recently on a glorious vacation in Los Angeles. I took ten days off to play, rejuvenate and get some well-needed sunshine with my family. I was aware during my "time off" that the political crisis in Iraq was heating up.

I don't often feel directly vulnerable to the threat of terrorism. I live in a small rural city in New Hampshire; for the most part I have the luxury (or the illusion) of feeling safe in my physical environment.

During the days in LA I was inundated and saturated with newspapers and media. After all, there I was in the heart of a major possible terrorist target. I couldn't keep my eyes off of the LA Times, I was irresistibly drawn to the stories about bombs and chemical warfare and small pox horrors. I looked around at the hundreds of people on the streets and wondered what would happen if there was an emergency? The thought left me cold.

The day before we were scheduled to fly home the security rating went up a notch to high alert. I was starting to truly be concerned about getting on an airplane.

I wanted to quell my anxiety; I certainly didn't want my daughter to pick up on my fears and be worried about flying home.

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Then, it occurred to me. "They" were winning. I was experiencing terrorism. According to Webster's Dictionary, the definition of terrorism is "use of force or threats to demoralize or intimidate." And it was working.

In that moment I realized it was my choice to stay afraid or not. I became aware of the "game" that is being played and how easily I fell into it. Suddenly, I felt a calm and a resolve that I wouldn't let my life be dictated by fear. I became aware of the balance between staying informed and getting sucked in. The tide of fear was turning.

I began to realize whether there is peace in my life or not comes down to my responsibility. Said another way, my ability to respond begins with my thoughts and moves to my actions. It's all I have control over. Yes, it's my preference not to go to war with Iraq, and can I start by not going to war within myself?

How do you respond to fear in your life? Here are five suggestions for building the ability to respond to your world.

1. Your thoughts have power and can become manifest as your reality. Like attracts like. Are you aware of what you spend your time thinking about? You can't create peace if you are focused on being afraid. The more you resist what you don't agree with and argue with the reality of what is, the more you will contribute to what you don't want. Learn to witness your thoughts, see them as just your thoughts, not you.
2. Become conscious of how much you are watching the news and reading the newspapers. Media is designed to keep you afraid, disempowered and sucked in to reacting from fear in the name of keeping you informed. You chose what you feed your soul with. Is it based in love or fear?
3. Spend some time every day creating a "visionary reality" of what your world can look and feel like. Imagine a point in the future and paint in the details for yourself. Envision, not only your own personal environment, but also the whole world.
4. Create peace and compassion from within. What are the emotions that perpetuate a downward spiral of negativity directed both at you and at others? Is it blame, guilt, shame? What do you need to do, what kind of support do you need to handle this? Become a beacon of light radiant with peace.
5. Realize you make a difference. As Henry Ford said, "Whether you believe you can do a thing or not, you are right."

As you build your ability to respond, your whole life will change and flow and feel more peaceful. Others will feel it too. As Jesus said, "Let there be peace on earth and let it begin with me."

I let it begin with me; I got on that plane and felt at peace. I felt powerful that I had continued to live my life free of the terrorizing thoughts that threatened to not only ruin my vacation but also have control over my life.

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 love their lives, thrive and evolve. 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)

## **Disempowerment**

**By Sibyl McLendon**

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"Disempowerment". What does it mean? It is the act of you taking away your own personal power! You are actually the only person who can. When you use certain words and think certain thoughts you "DIS"-empower yourself and make everything harder than it needs to be in your life.

Every time you think, "I can't do this," you are creating your own reality, and that makes you exactly right. You can't! When you tell yourself that you don't deserve something then you don't. It really is as simple as that. What you tell yourself is true. It is your reality and you are making it a lot harder for yourself than it needs to be.

The truth is that people can't take away your empowerment unless you allow them to. You are the captain of your ship even if you can't see it and even if your ship is adrift. When you learn that you can pilot your ship in any direction that you choose, you begin to take back that empowerment and create a wonderful life for yourself. You create it through your beliefs about yourself and the words that you say to yourself. You can do anything that you believe you can. Disempowerment is when you tell yourself all the things that you CAN'T do.

Begin to listen to yourself, really listen to what you say to yourself and what you say to others about yourself. Learn that what you say is what creates your life. If you begin to see that the words that you use when you are talking about yourself are true, hopefully you will begin to change them in order to change your reality. This includes jokes that you make at your own expense! Putting yourself down using humor is like wearing a neon sign that says, "I have low self esteem! I will make fun of myself before you can make fun of me!" You may be the life of the party doing this, but you are never going to empower your life.

Stop "diss-ing" yourself! Change the disempowering words to empowering ones and create the reality that you deserve.

Sibyl McLendon, a Navajo woman living in the American Southwest, is a personal empowerment coach for Circle Of Grace. Get her new book, *The Garden Of The Free Spirit!*

[http://www.circle-of-grace.com/free\\_spirit.htm](http://www.circle-of-grace.com/free_spirit.htm)<http://www.circle-of-grace.com> Sibyl can be contacted at

sibyl@www.circle-of-grace.com



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