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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Self Suppression

By Robert Elias Najemy

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Situation & Lessons No.1

Anna does whatever she is asked to do even when she doesn't want to do it.

Feeling mistreated, she grumbles, complains and bursts out in anger every so often because of her accumulated resentment. Although she feels suppressed, she finds it impossible to say "No".

She is afraid people will not love her anymore, that they will reject her if she refuses to do what they request of her. She believes their "love" for her is based solely on the prerequisite that she comply with their every wish.

Her family members have gotten used to seeing Anna in this role, and now take it for granted that she will do anything they ask of her. Even though she complains, plays the role of the victim, and frequently declares she will do no more, they do not hear this because her actions never follow her words.

She has often threatened to stop doing whatever they ask, but has never once refused. She does not know how. She is afraid she will lose their love. Also, she receives feelings of self-worth from being the "victim," the "martyr," the "good person" who is done injustice to, who has no time for her own personal needs.

Her husband and children could easily love her even if she didn't do all she does, but they have simply gotten used to this situation and have found the easy solution is to let Anna do everything, especially in the home. The truth is that in spite of all her complaints and threats, she has never confronted them with this matter in a clear and effective manner.

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Until one day...

Then one day she thinks, "What kind of love is this which depends on whether I suppress myself, have no needs and do whatever they ask of me? This is not love but bartering. I barter my freedom, needs and self-respect for their acceptance and ?love?. I will start expressing my needs and will say ?Yes? only when I really feel it. Whoever really loves me will continue to do so."

At first, Anna was not comfortable with saying "no" and found herself saying it rather defensively and aggressively. Also, she had suppressed herself for so many years, that she now wanted to do very little of what was asked of her. She perceived each request as an infringement on her freedom.

She had now moved into another extreme of behavior. She was defensive and uncooperative.

Gradually, Anna will realize that real freedom is found in giving out of love and not out of fear. When we give out of fear of rejection, we are not really giving but actually bartering whatever we are giving in exchange for the others? acceptance.

Real giving occurs when we know we are free not to give, but chose to give out of love for the others.

She will probably then say "Yes" about the same number of times she did in the past, but now she will be saying "Yes" out of freedom and not out of fear, and she will feel no pressure and will be happy.

How can she manage that? What could her lesson be?

Does she need to realize that she is lovable just as she is even when she cannot respond to what others ask of her?

Or does she need to learn to give as she does now, but out of love and not out of fear of rejection?

Does she need to learn to let others be responsible for their reality?

Or perhaps does she need to realize that she is worthy and lovable and good even when she is not a victim and attends to her own needs?

In this book, we will look into how we can determine what lessons Anna and many others might have to learn, how we can learn them, and how we can communicate more effectively.

(Adapted from the forthcoming "Relationships of Conscious Love" by Robert Elias Najemy. His book "The Psychology of Happiness" (ISBN 0-9710116-0-5) is available at <http://www.amazon.com> and <http://www.HolisticHarmony.com>. His writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.

Robert Elias Najemy is the author of over 600 articles, 400 lecture cassettes on Human Harmony and 20 books, which have sold over 100,000 copies. He is the Founder and director of the Center for Harmonious Living in Greece with 3700 members. His book The Psychology of Happiness; ISBN

0-9710116-0-5 is available at www.amazon.com and <http://www.HolisticHarmony.com>. where you can view and download FREE articles and e-books.

High Performance Doesn't Mean High Price

By FR Penn

When comparing high performance vs. standard replacement parts, it is of extreme importance to weigh performance and durability against value and cost. Long term costs of replacing OEM items with low-priced "budget" items or after-market replacement parts can, in many cases lead to higher consumer long-term costs. It can also lead to irreversible damage to primary and connected related systems. Obviously, if a replacement part is of lower quality and of shorter durability, it will need to be replaced more often. There are costs associated with the labor to replace these parts more often, as well as time lost for actually doing the work of replacing an automotive component. There are other "hidden" costs as well associated with this practice. They may not be costs in cold, hard cash out of pocket, but they are costly, nonetheless.

A good example of this is simply shopping around for spark plug wires for my old Buick. I got in the habit of replacing the wires at least once a year, sometimes more if a problem arose. I go to the Internet and find several varieties of options online and I read the descriptions of what my choices are. They look like this:

Description: Taylor Cable 69.95

8mm Street, Ignition Wire Set, Custom Fit, SST, Blue, Tin Coated Copper Braid, Non RFI, Blue Double Spring Locking Spark Plug Boots, High Temperature Rated To 550 Degrees, Competition Looks, GROUND SHIPPING ONLY

Description: OEM 37.41

Premium Wire Set, Spark Plug Wire Set, OEM Fit And Quality 37.41

Description: Taylor Cable 29.95

8mm High Energy, Ignition Wire Set, Custom Fit, Blue, High Temperature, Oil Resistant, RFI Suppression, 100% Silicone Boot Ends, Double Spring Locks At Plugs, GROUND SHIPPING ONLY

The first thing I notice is the huge difference in price, and like any good spendthrift, I am drawn to the cheapest spark plug wires available. Ignoring the statements about temperature ratings and RFI, I immediately think to myself, without any further research, I may want to buy the bargain set of wires. But then I think I want good wires, and the OEM brand is only eight dollars more. These are the spark plug wires that came with my vehicle, so they must be what I need. I buy them online for \$37.41, have them shipped to my house and install them on my vehicle.

I take my old car for a ride, to see how much better it is going to run with the new wires on it. I notice it doesn't run any better, as a matter of fact, it now has a slight miss in the engine. So I turn off the engine, get out of the vehicle and make sure everything is connected properly. The miss isn't there anymore when I start the vehicle back up, so I am happy. I turn the radio on to listen to some tunes on

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the way back to the house, and I can hear the sound of my engine "running" on the radio, like a whining sound, drowning out a portion of the music.

I get back to the house and look at the old wires I took off in favor of the new "original equipment" wires. They don't look the same. The old ones look heavier and bigger. The next day, I start the car up and the "miss" is back, and the engine "whine" is still on the radio. Frustrated, I put the old wires back

on the car and the problems go away. So I go back to my computer and look at custom and high performance plug wires for my old Buick, and here's what I see:

Spark Plug Wires

Brand: Taylor Cable \$108.95

8mm Street, Ignition Wire Set, Custom Fit, Full Metal Jacket, Black, RFI Suppression, Braided Stainless Covering To Polished Aluminum Covers Over Silicone Plug Boots, High Performance, Custom Appearance

Spark Plug Wires

Brand: Taylor Cable \$25.95

8mm High Energy, Ignition Wire Set, Custom Fit, Blue, High Temperature, Oil Resistant, RFI Suppression, 100% Silicone Boot Ends, Double Spring Locks At Plugs

Spark Plug Wires

Brand: Accel \$99.57

Custom Fit 300+ Race, Stainless Spark Plug Terminals, Complete EMI/RFI Suppression, 600F Temperature Resistance, More Spark Energy, More Power, Spark Plug Wire Set, 8.8mm, Wires Routed Over Valve Cover, Black

This time, I do a little research to find out what I do not understand about the sales descriptions offered. Here is what I find out about the difference in spark plug wires:

OEM wires generally rely on carbon conduction and are also used in the majority of stock replacement wires. This form of ignition wire is cheap to manufacture and generally provides adequate initial suppression for both RFI (radio frequency interference) and EMI (electromagnetic interference). The conduction portion is generally made of fiberglass or kevlar over which resistance conductive latex or sometimes silicone is layered over top. This reduces spark current to provide suppression. This works well while the conductor lasts, but it has a limited life. This type of conductor quickly fails if a high-powered ignition system is used. Temperature resistance is generally in the 550 degree F range.

I also find out that EMI from OEM spark plug wires can cause incorrect signals to be sent to engine management systems and on-board electronic devices. This is why suppression is so important. It works the same way that RFI can cause unwanted signals to be heard on my radio receiver. Engine running problems like intermittent misses to a major loss in power loss can be the result. I also find out that the problem can get worse with age due to corrosion of the sensors and connectors. Also, high performance wires can protect in temperatures as high as 1000 degrees F.

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I went back to my Buick and looked at the ignition system. It had not been replaced by a high-powered ignition system. I ordered the Taylor custom 8.8-mm wires with RFI suppression for \$25.57. \$11.84 less than I paid for the OEM ignition wires. I installed them a few days later when they arrived and have had no problems at all. In fact, my gas mileage has increased and my responsive acceleration increased. I have had them on my Buick for two years now and they still perform as well as the day I put them on.

Replacing with high performance automotive parts are generally considered upgrades and higher costs are associated with better quality and higher performance. As this exercise taught me, this is not always the case. Higher performance means value-added in the long-term. This relates to better customer satisfaction, better performance and durability, sometimes even less expense, but always a

better value and a lot less hassle.

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