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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!**

**The Korwa Clock**

**By Janet Ilacqua**

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Positive and Negative Intentions: The Korwa Clock

The Korwa Clock is an important tool for understanding the effects of good and bad intentions, as well as a powerful tool for attacking bad intentions. Korwa is a Tibetan word meaning "cycle." An intention goes through a four-phase cycle represented by the numbers on the clock. At 3:00 (Motivation Stage), intentions are formulated; at 6:00 (Action Stage), action is taken on intentions; at 9:00, the consequences of action taken on one's intentions start to develop and unfold (Maturation Stage); and at 12:00 (Results Stage), one's intentions are fully realized. Of course, the results of one's intention may be very different from what one expected. At 9:00 and 12:00, the results of one's actions are inevitable.

Another metaphor used for the four-phase cycle is the planting cycle. At 6:00, seeds are planted; at 9:00, the seeds sprout, mature, and are nourished. At 12:00, the plant is in full bloom and bears fruit. It may be better to plant new positive seeds than to try to pull out mature plants that have sprouted from bad seeds. It is better to try to weed out bad seeds at the Motivation stage by periodic reflection every day on how one is living out the Eightfold Path. For example, to counteract anger one must plant seeds of compassion.

Think of your life like a garden. What types of plants are coming up: flower or weeds. Are you spending a lot of time pulling up mature weeds, ones that should have been pulled up when you first saw them? Are you watering the seeds of success or are you letting them languish?

h a profound dislocation elicits different responses in different workers. Some individuals will respond by trying to find another job in their own or closely allied field. There is comfort and security in pursuing a familiar course of action. However, we need to realize that by working in the field, we are committing ourselves to repeat the same Korwa cycle that lead to our unemployment in the first place. We will continue to experience the negative feelings of alienation, powerlessness, and fear.

However, if you instead try to plant a good seed in response to the event, for example, looking into a different career, the Korwa clock will work in your favor and will, in many cases, result in an exponential increase in your prosperity.

. Look for and be aware of the long-term consequences of the seeds you plant. This is the only way that you will attain prosperity in the coming age.

Bio: Janet K. Ilacqua is a freelance writer based in Tracy, California. She specializes in academic

writing and ghostwriting of books and manuals for individuals and small businesses. For more information about her services, check her website at <http://www.writeupondemand.com>

## **An Alarm Clock Will Help You Start The Day Right**

**By Mike Yeager**

If you have been wondering about the problem of time alerts, an alarm clock is the answer. It's a common story - "I was so tired yesterday that I overslept." Then there are those appointments that we cannot keep sometimes, and wish that someone or something could alert us to the fact that it is time. In this day and age we have an answer to this never ending concern. The answer is – Alarm Clocks. Getting one, and setting it, is an almost instant solution to being on time.

Choosing an appropriate alarm clock is an intricate process. Most clocks today come equipped with an alarm clock, but if you are sensitive like some people – you might really want to think about your options. If you are the kind of person who moves around a lot, you might want to think about a travel alarm clock. These are small in size and can be tucked away somewhere.

With the coming of the 20th century one can convert a computer in to a computer alarm clock. Some people don't like being stunned awake, suddenly. A Sunrise alarm clock would probably be what this person is looking for. It simulates a sunrise to help with the transition from sleep to being awake. Isn't that nice? If you are into meditation a zen alarm clock might be your thing. Whoever you are, there are alarm clocks out there just for you!

Mike Yeager  
Publisher

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**Tired Of Your Traditional Alarm Clock? Try A Zen Alarm Clock!**  
**Cuckoo Clocks!**  
**How To Take Care Of Your Cuckoo Clock**  
**Clocks For Your Home And Your Lifestyle**

**How To Overcome Snoring and Sleep Apnea**  
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