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We Need New Tools To Build The Good Life

By Diane Hausler

Everybody wants to make real the life we create in our daydreams. So few seem to know where to

begin. If we know what this "good life" looks like, why can't we just slide over to that space? It's not that we lack the desire. You probably know more depressed and or frustrated people now than ever before — and the odds are that you are one of them. Years of thwarted yearning can do that to a person. Here's the problem as I see it: we've each inherited a toolbox full of lovely, old, obsolete tools with which to build our lives. It's a rusty toolbox. You know, the one our parents automatically handed down to us, as their parents did to them. How much freedom and joy did your parents find using those antiquated tools?

It's not that powerful new tools aren't available — they are. So why do most of us prefer instead to redouble our efforts using the old, outdated ones? First, we tend to choose pain repeatedly because conflict makes us feel stronger by giving our mind a position to side with. Second, we don't much like change. Mixed together, these two traits are kryptonite to human potential and personal happiness.

The first step for anyone who wants the life they daydream about is not to take that money management course you've been considering. It's impossible to change much by tinkering with the outside of your life, because all our power is on the inside. We have been given limitless power to transform. The catch is, we have the power to transform only one thing — our consciousness. That means the key to creating the life we want is learning to see everything differently.

Therefore, Tool #1 is: Allow Yourself to Open to Every Thought You Have — good, evil, whiny, et cetera. Only in so doing will you begin to see the patterns in your life, for it is our thoughts that create these patterns. Tool #2 is a corollary to this: Notice the Cycles of Thinking That Repeat On a Daily Basis. And they do repeat. We have a great deal fewer new thoughts daily than we tend to believe, so it can be a humbling experience to monitor our thoughts in every situation throughout the day.

A teacher of mine once said, "We are our responses." If that is so, then be prepared to find out more than you ever wanted to know about who you've been playing at being until now. We tend to think of people who don't know who they are as "troubled" or at least "deficient" in some way. But can you say that as you move through all the various situations that comprise your day you are authentically

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yourself?

There is a scene in the film "I Heart Huckabee's" in which Jude Law asks, "How am I not myself?" without realizing the existential nature of the question. It's worth pondering.

For now, the focus is on observing your thoughts and how they seem to clump together to form the beliefs that you carry around. These determine our responses when our buttons get pushed. Therefore it is absolutely necessary to use Tool #2 in a non-judgmental fashion. As you do so you will be taken gently by the hand and led into the deepest recesses of your true self. That may feel scary at first, but it does take a certain amount of courage to look yourself in the eye and say, "Okay, this is who I've been pretending to be so far, and I'm beginning to see that blaming (my friends, family, you fill in the blank) for my unhappiness isn't the deepest truth. I am now going to start taking responsibility for my own happiness, even if that means I have to work pretty hard for awhile at not judging other people, as well as myself." Cool it with the never-ending self-blame, if that particular shoe fits.

This may sound difficult to put into practice, but it will be eased considerably by Tool #3, which is Take Time to Go Within every day. This is not only a great stress reducer but your strongest ally in your efforts to live the good life. It's been said that prayer is when you talk to God and meditation is when God talks to you. I don't care if you believe in a "God," but if you allow yourself to sit and listen to whatever moves through you as your body and mind quiet down, you will at some point hear and/or feel the presence of something greater than your personality self. It is that connection we are all seeking, regardless of our awareness that this is so.

This is our inner guidance system kicking in, and it is hardwired into each of us from birth. We just don't know that because we're taught from childhood to ignore it and allow only left-brain, logical thinking to drive the car. Unfortunately this has resulted in a planet full of people crashing into each other, sometimes acting as a nation.

The key to the universal library of wisdom has been in our pockets all along, but we never use it because we've always believed the message that it's worthless. Every single piece of "common wisdom" we live by is meant to be questioned, people. That's what waking up and finding ourselves requires. Until I discover for myself what really holds true and what just doesn't work for me, I'm just mimicking being alive.

A simple breathing or mantra meditation daily, even if for only 10 minutes at first will send the message to your spirit that you are ready to get off your ego trip and at least open to hear the freeing possibilities that have always whispered their loving invitations quietly into your ear.

As long as we keep running all day the only voice we hear is the ego voice, because it's loud and demands to be heard, often through threats, "shoulds" and fearful predictions about our future. Only when we are determined to say STOP to that reality and claim a quiet corner somewhere do we have a chance to hear our inner guidance system.

Tool #4: Act on What You Hear (or Feel) When You Go Within. Those who continue to choose the world's noise over their inner wisdom are finding that the rate of change is now accelerating so rapidly

they are starting to think they may never live the life they really want. It doesn't have to be that way, if we remember to use our new tools.

Holistic healing by Diane Hausler provides you with alternative healing methods to help you find your inner-self. Learn more here:

<http://www.thesoulgarage.com/>

Woodworking Tools – A Detailed Guide

By Ciara McNamara

Woodworking is a popular and relaxing hobby. When you get started, you will need a variety of woodworking tools. You don't need to spend a fortune to get started. By purchasing what you can use and shopping for discount tools you can build your collection without spending a fortune.

Chisels: Look for high quality, durable chisels, as these will get a lot of use. Rockler woodworking chisels are durable and affordable. You will need a variety of chisels in sizes from ¼ to 2 inches wide, depending on the project. Chisels can be used by hand or you can tap them with a wood mallet.

Clamps are needed for gluing projects together. A wide variety of sizes are available. These are generally inexpensive, so pick them up whenever you find them. These can often be found used in good condition. Pick them up whenever you find them cheap to build your collection.

Squares are important for accurate measuring. You will need a framing square or a carpenter square. A try square is often used in furniture making. These come in sizes from three to twelve inches. Look for squares that are marked in inches and metric. A combination square has two pieces: a head on a steel blade. These are a great tool for measuring 45 or 90 degree angles.

Drills come in corded or cordless models. Corded drills work well and are less expensive. Great features to look for include reverse, variable speed controls and attachments for a drill press. If you want a cordless drill, look for high voltage batteries to be sure it will have adequate power. Look for a model with two batteries, so one can be charging while you work with the other. You will need a variety of drill bits for woodworking projects.

Hand planes are made of steel or wood and are used for a variety of purposes. A jack plane is used for rough shaping and comes in twelve to fifteen inch sizes. A block plane is used for trimming. Smoothing planes are good for fine cuts and are eight or nine inches long. Other tools you will need include:

o 16 ounce claw hammer o wrenches o screwdrivers o tape measure o safety glasses o sand paper o level o hack saw o pliers o hand saw
Finding Woodworking Tools Don't rush out to buy the cheapest tools you can find to supply your workshop. Wait until you can afford quality items that will last. Buying cheap tools is a decision you could well live to regret. A good set will last for years, unlike cheap tools which will have to be replaced many times over the same time period.

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The internet is a good place to search for discount woodworking tools. Look for well known names, such as Rockwell tools, Sears tools, Hitachi tools and Ridgid tools. Rockler woodworking tools are well known for quality. By purchasing major brands that are known for quality, you are more likely to end up with a product that will give you years of dependable use.

One way to find quality tools at an affordable price is to buy them used. These can be found at flea markets, yard sales, antique auctions or your local classifieds. Tools are often in good shape, particularly if they got little use. Hand tools are almost always a good bet when purchased used.

Be careful when purchasing used power tools. They are generally good if they were gently or rarely used. Check them out thoroughly and try them to be sure they are in good condition. Ask about how

often they were used and when they were first purchased to get a better idea of the overall condition.

Ciara McNamara publishes many articles for

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<http://www.inside-woodworking.com/woodworking/woodworking-tools.html>

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