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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!**

**Well, Well, Well: A Deep Topic**

**By Sandi Lynn**

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Recently the facilitator in my classroom discussion group asked each person to describe the three greatest problems that troubled them. As we did this we became so depressed that we could not complete the assignment. We found that most of us were familiar, too familiar, with these troubles so sharing them made life increasingly disheartening. We concluded that the source of our suffering is the corruption found in contemporary society. It touches everything.

As we considered the source of our corruption one participant offered: "Aren't we like a frog living at the bottom of a well and thinking that the sky is a plate?"

We acknowledged that although the frog's error in judgement about the sky brings little harm to the frog, contemporary people believing the sky was a plate would obviously corrupt our thinking along with our relationships with the world and each other:

- Our explanation for where water and air came from would be wrong.
- The value of the wind, landscape and ocean would be unknown.
- Thoughts of Earth and Nature's beauty might be considered insane.
- We would hold a corrupt view of how the world worked and would relate to each other accordingly.
- Our life goal might be to train slaves to be strong enough to throw garbage out of the well so the slave owners could live better. Some group members said that sounded too familiar for comfort.

I share the frog metaphor here because it pertains. There is a similar but very real and destructive corruption in our culture. It erodes our every potential. It produces our justified lack of trust in our institutions and each other.

Fortunately there is an antidote for this corruption. A readily available process now exists that enables anybody to reverse the polluted thinking that contaminates most relationships today. Our presently deteriorating situation will vastly improve if some open-minded "frogs" simply support the process and its use. Is that something you might be willing to do?

An article: "Found: Nature's Hidden Voice? Good or Evil?" describes the Process and is posted on the internet. Many of us have witnessed the validity of the unique anti-corruption tools the Process offers. We personally experience and teach the Process and know its beneficial

effects. We have observed its contribution to correcting deteriorated individuals, relationships and natural areas. We have documented that this process helps people reduce a wide range of personal, social and environmental disorders.

The Process upsets some folks simply because it is free. That's part of our corruption. Selling Band Aids to injured people is a big industry, especially if you first aggravate their hurt through clever advertising.

The Process is "uplifting" in that it scientifically helps the frog raise itself from the bottom to the top of the well, to ground level. There, the integrity of the sky and landscape registers in the frog's perceptions, psyche and relationships. In bright sunlight the frog benefits and grows as one might expect. This is not fantasy. The "frog raising" process exists, works and is easily accessible.

All people deserve to enjoy the personal and environmental benefits described in the Article. Many of us deprive ourselves of them simply because we look askance at the frog raising Process. It threatens deeply rooted "plate sky" beliefs. One might think the article describes an illicit affair rather than a useful breakthrough. Sadly, it would be better received if it did.

Your challenge is to read the article with an open mind and heart. It is not much longer than this essay. You could share, publish, or network it with interested people. Perhaps there are other ways you could lend whatever support you feel will enable the public to benefit from the Process the article describes. That way, you could make a difference. Surely one is needed.

We must help each other cope with the extraordinary deceitfulness that presently erodes us and our world. Does it revolt you or have you,

like many others, mastered the art of shrugging?

A few years back, I was sick with feeling helpless to do something about our corruption. Just being able to let people know about this Article makes me feel better and more hopeful. As I use and teach the Process it describes, this feeling increases and for good reason. The process works beautifully.

The article is located at <http://www.peacewithearth.org/article.html>

Sandi Lynn The prize winning author of four books and numerous articles about educating and counseling with Nature, Dr. Michael Cohen serves as distance learning ecopsychology faculty at several Universities and an Institute that serves as an NGO consultant to the United Nations Economic and Social Council.

## **An Easy Wealth Exercise: Ten Steps To Wealth**

**By Silvia Hartmann**

Welcome to this simple, fun and easy exercise to improve your wealth consciousness, focus your mind and get behind yourself so that you can achieve wealth for real, and easily.

The following exercise is just one of 365 different daily "wealth gym" mini-workouts that you can do right there and then, in front of your computer, without even having to get up, and which doesn't take any more than 60 seconds to complete, from our "60 Second Wealth Creator Series".

This is a basic visualisation exercise which is very neat to do for real when you come down a flight of steps.

For now, imagine you're standing at the top of a flight of steps and for each step, we'll make a wealth affirmation.

10. I am ready for wealth!

Take a deep breath and step down to the next step.

9. Wealth is my birthright.

Take a deep breath and step down to the next step.

8. I achieve wealth easily.

Take a deep breath and step down to the next step.

7. Wealth comes to me readily.

Take a deep breath and step down to the next step.

6. I invite wealth to come into all I do.

Take a deep breath and step down to the next step.

5. Wealth is my partner and my friend.

Take a deep breath and step down to the next step.

4. Wealth is joyous and delightful.

Take a deep breath and step down to the next step.

3. Wealth enters into all and every aspect of my life.

Take a deep breath and step down to the next step.

2. I am on my way to wealth ...

Now take a deep breath and JUMP off the last step and onto the next level:

1. I AM WEALTHY!

Clap your hands and give yourself a round of applause!

If you enjoyed this exercise, by all means come along and sign up for the full course - it is entirely FREE and not only that, we have some fascinating bonuses too.

Think wealthy, FEEL wealthy and BECOME WEALTHY!

Silvia Hartmann

Silvia Hartmann is the author of MindMillion. To take part in the "60 Second Wealth Boosters" programme for free, go to



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