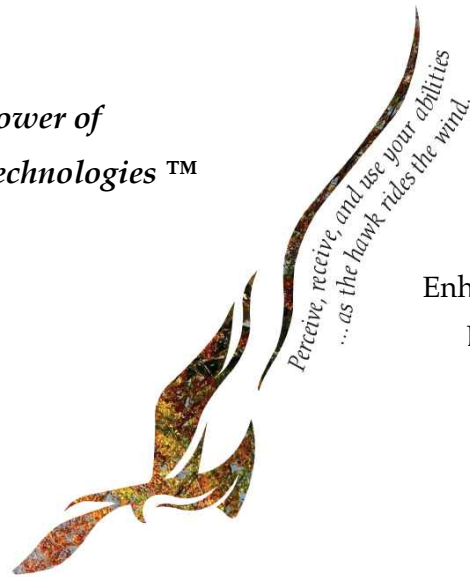


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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
March 2013

Welcome...

Here is your *Beyond Mastery Newsletter* for March 2013. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neurolinguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

Additional copies of this newsletter may be downloaded at the following link:

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This month the featured articles are “Another New Beginning,” by Debra; and “What’s Next?” by Joel.

Another New Beginning

Over and over, we begin again.

~ **Banana Yoshimoto**

On the refrigerator hangs a magnet with the image of a woman reclining on a sliver of a moon. The caption reads, “I am in another of my phases.” In some ways, spring is nature’s way of giving us permission for yet another new beginning.

Perhaps if we were isolated, rather than interrelated (see last month’s newsletter) it would be easier for us to be consistent. However, our relationships are complex and meaningful in ways we sometimes forget to consider. I would guess this was set into play within our family of origin, especially for those of us who have siblings.

I remember a great book on how to prevent sibling rivalry. The presupposition is that it is not the new baby that creates the tension for the older child, but the sudden change in routine that results from having an infant added to the middle of the family. The suggestions include anticipating the changes that will result and making those adjustments now. When the new baby comes along, it enters into the stream of family life seamlessly.

I have been thinking about this a lot as I am continuing to recover from surgery (and all the emotional/mental patterns that were part of the dis-ease and healing) while in South Florida. Here we have one TV, rather than four. We also only have one car. Cooperation and consideration and planning and patience are very much a part of

Island life. Recently, I saw this quotation on one of those “Thought for the Day” email messages:

A sensible person knows it is a waste of time and energy to get angry. Effort will then have to be made to reconstruct that relationship. It is much more useful to breathe deeply, pay attention to your attitude and answer without rushing. In this way, improve and strengthen your relationships with others. Create trust and your mistakes will be forgiven. When difficult situations come your way, instead of becoming disturbed or confused, observe all the situations just as you would observe a game or watch a play.

This way of being is, for many, the means to another new beginning. If we are not able to forgive one another, our relationship truly is at a dead end. Likewise, it is necessary to forgive ourselves both for things we did, and for things undone.

A few days ago I noticed an old, familiar pattern had crept into our daily lives here. I did the laundry. I did the paying of the bills. I did the planning of the meals. I did the cooking. I did the cleaning. As soon as I noticed that, I began to feel not only a sense of resentment, but also a sense of doom. I was having an experience now, and I was anticipating what it would be like if this pattern continued into our retirement.

As soon as the patterns come into awareness, you know you are at choice as to what you truly want. The emotion is an invitation! I simply said to my husband, “I have noticed a pattern that probably started when you were going to school full time and working two jobs and I was at home all the time. I have been paying the bills, doing the cleaning, planning the meals, doing the cooking, and cleaning up the kitchen. I realized it made me dread our retirement in the future.”

The following day he chose our lunch option and did the preparation and cleanup. Afterwards, he asked if I had anything planned for dinner. I had not, so he made a suggestion for that, and later we did preparation and cleaned up together. We often forget that more than doers, we are deciders.... The following is excerpted from the book, *The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships*, by Jerry and Esther Hicks:

Flawed premises that you have picked up along your physical trail can fall by the wayside, one by one, and you can return to the understanding that is at the core of that which you are. (But in order to discover or understand a false or flawed premise, you have to stand back far enough and reconnect with who-you-really-are before you can see it.) If you were to hear a false premise again and again, until you yourself began to believe and repeat it, now your own activation of the contradictory Vibration would interfere with your own sense of intelligence, and you would begin to attract evidence of your lack of intelligence, in effect proving the false premise to be true. And so, it becomes increasingly hard for you to call this a “false” premise when the evidence seems to be telling you that it is true, for over time you come to believe it is true.

I wonder how much and how quickly and easily things can change in our personal and professional lives simply because we are now recognizing that the patterns were fueled by *our* flawed premises. We will only know for certain as we routinely ferret out those false premises when faced with great F.E.A.R. (false *evidence* appearing real).

The relationships that can be healed by another new beginning include our

relationship with the planet. Imagine the mess we would be in if Mother Earth had the same type of relationship with us we have had with one another. Spring would not come again because we did not appreciate it last year. Winter would last forever as punishment. Rains might start and never stop, or stop and never come again. We are waking up to the truth as spoken by Mother Teresa: "If we have no peace, it is because we have forgotten that we belong to each other."

It seems important that we become willing to relearn ways to begin again with those we love. One resource you might find helpful is *Conscious Loving The Journey to Co-Commitment: A Way to Be Fully Together Without Giving Up Yourself*, by Kathlyn Hendricks, Ph.D., and Gay Hendricks, Ph.D. Their presupposition about relationships is that the only problem we ever need to address is the flawed premise of our association between pleasure and pain. The term they use is "upper limits," and they say that "in a co-committed relationship, you trade all your former problems in for this one: **how to let yourself expand continuously into more positive energy.**"

When you get close to someone, the positive energy is multiplied beyond what each of you has attained on your own. Due to past conditioning, we all have a limit on how much positive energy we can tolerate. Go past this limit and an alarm goes off. If you do not rest at this point, allowing yourself time to integrate the energy, your unconscious mind will find a way to stop the flow of positive energy. Its strategies can be very primitive: arguments, illness, accidents. It is far better to become adept at noticing when your limit has been exceeded, so that you can consciously find a way to integrate the energy rather than leave the task to your unconscious. It is also to your advantage to find ways of raising the limit daily so you can tolerate more and more positive energy. (p. 53)

One simple trick that they say will help you raise your upper limits is to ask yourself a series of questions, not so much to find an answer, but more so you are able to let go of thinking you know *the* answer. "How do I feel? What do I want? How is my past coloring my present? What am I getting out of staying stuck? What do I need to say? What agreements have I broken? How can I be of service?"

LOVE

There is no difficulty that enough love will not conquer;
No disease that enough love will not heal;
No door that enough love will not open;
No gulf that enough love will not bridge;
No wall that enough love will not throw down;
No sin that enough love will not redeem.

It makes no difference
How deeply seated may be the trouble,
How hopeless the outlook,
How muddled the tangle,
How great the mistake.
A sufficient realization of love will dissolve it all.

If only you could love enough, you would be the happiest
and most powerful being in the world.
~ Emmet Fox

One thing is for sure, March is a time of spring, and since it is right around the corner, this is a perfect time for newness. Let me know what else happens as you come to be in more of a state of consciousness of more joy and pleasure, one that is ever ready for yet another new beginning!

What's Next?

In a classic nineteenth-century novel, *Sartor Resartus*, author Thomas Carlyle has a character go from a negative state, “the Everlasting No,” through a “Center of Indifference,” and finally into a state he calls “the Everlasting Yea.” I had found Carlyle’s ideas interesting but only recently discovered that he and I were both born on the 4th of December. I don’t know whether that gives us any astrological resonance, but from the time I first read Carlyle’s book, I have been drawn to the idea of moving—evolving—from a negative state, through a center of indifference, and eventually into a positive state.

The character in *Sartor Resartus* goes through the process of transformation once. I am not sure that once is enough for most people. I seem to cycle through the sequence with regularity. That means, of course, that “Everlasting” isn’t really everlasting, even if it seems that way. The attitude or feeling associated with the phases is a perceptual frame, and perceptual frames can and do change. While you have a particular perceptual frame, however, you can only “see” or experience what is included in that frame.

If you are depressed in the present, when you look back at the events from your past, your focus will be on those times in the past when you were depressed. When you look to the future, you will anticipate more depression for the future. On the other hand, if you are happy in the present, when you look back, you will recall times in the past when you were happy; and when you look to the future, you will see yourself as happy in the future as well. The present moment becomes your perceptual filter for all your life experiences.

Your current perceptual filter has a powerful effect not only on what you see as your past, but also on what you see as your future. This is the reason depression, sadness, or grief often becomes what seems to be an *Everlasting No*. From that perspective, the *Center of Indifference* is an improvement. It is too big a leap to move directly from the *Everlasting No* to the *Everlasting Yea*.

One of the nice things about the position Carlyle called the *Center of Indifference* is that it affords a neutral position from which to view both past and present. You can, in fact, tell when you are in the *Center of Indifference* when you can remember both the happy and sad times in your past. From the *Center of Indifference*, you can also see that the future will probably contain both good, happy times and times tinged with sadness.

You may be thinking that the ideal is to move into the *Everlasting Yea* and just stay there, being joyful all the time. And while I agree that would be better than being stuck in the *Everlasting No*, having the perpetual perspective of the *Everlasting Yea* does not allow for emotional, mental, or spiritual growth. Just as muscles and bones increase in strength with exercise, we need to experience the full range of thoughts and feelings

about where we have been in life and where we are going. To grow, we need both range and depth of experience.

From the perspective of the *Center of Indifference*, you can look back on all the experiences of your life so far and see how the times of sadness, disappointment, and even despair contributed as much—and perhaps more—to your depth of character and understanding of life as did the times of joy and celebration. From that perspective, you can easily see that life is what might be called a conspiracy designed to help you grow in all the ways that count.

Another nineteenth-century writer, the poet John Keats, in a letter to his brother and sister-in-law, said that we are wrong when we think of life as a vale of tears, that we should consider it a “vale of soul-making,” because the purpose of “a World of Pains and troubles is to school an Intelligence and make it a Soul...” (For the full text and context, see <http://www.mrbauld.com/keatsva.html>.)

So, whatever you are experiencing at the moment, the question isn't *why*. It's how. How is your current experience schooling (educating) your intelligence, and how is it preparing you for what's next?

Language Tips and More

For the current Language Tip and more, be sure to see scs-matters.com. You'll find the link to the language tip on the left side of the home page along with links to Debra's “Wellness Tips” and our blogs. Our new website also allows you to stay current with SCS in a convenient and more timely way than our month-to-month comments in the newsletter. You can subscribe to all our posts by clicking on the “Posts” link at the top right side of any of the pages.

You can also stay in touch with us by Facebook, LinkedIn, Twitter, or Skype. You can also text or send a quick email message: debra@scs-matters.com or joel@scs-matters.com, and within the continental U.S., you can call Debra at (269) 921-2217.

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