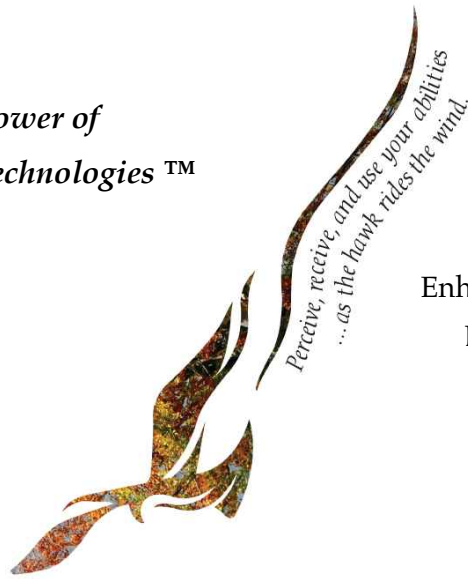


Discover the Power of
SCS Technologies™



Small Changes

Subtle Communication Systems

Infinite Results

Enhance your **M**otivation....

Become more **O**ptimistic....

Improve your **R**elationships....

Maximize your **E**njoyment in all ways....

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

Welcome...

Here is your *Beyond Mastery Newsletter* for October 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:
www.scs-matters.com/beyondmastery/Newsletter-Oct13.pdf

Archived newsletters are available at: <http://scs-matters.com/newsletter-archives/>.

This month the featured articles are “A Half-Baked Cake,” by Debra; and “Frost Is on the Pumpkin,” by Joel.

A Half-Baked Cake

God may feed the birds, but He doesn't throw the worms into the nest.

You have probably heard it said that an idea can be half-baked, but have you ever thought about the nasty reality of a half-baked cake? Some colleagues and I were sharing about the need for patience and trusting of the process of life/the universe/god. Mona said you can rush things and make things happen, but doing that can result in undesired consequences. The words popped out of my mouth “Like a half-baked cake.”

Upon closer reflection, think about all the right effort that can be wasted by impatience. You can buy all the highest quality ingredients, have an excellent recipe, take the utmost of care in measuring, have the oven at the perfect temperature. All of that is for naught unless you have the patience to cooperate with the timing.

Have you noticed the way life does its best to provide guidance for you? You try to make a phone call about something, but discover you do not have the right number. You go by to see someone, but that person is not there. If you let your imagination run a bit wild, you can probably see an angel wringing his or her hands with exasperation. I remember having seen an image of an angel with bent up wings and halo askew. The caption read, “Guardian Angel of a Teenager.” When it comes to receiving and recognizing the nonphysical support available to us, humans seem to be in our adolescence, don't we....

Unless a person is entirely delusional, there is always an access to his heart, but it takes enormous patience, love, and willingness to risk your own safety to open that

pathway of love. ~ Aaron

It is important not to mistake patience for acceptance of misbehavior. I am coming to a deep appreciation of the truth that it is neither kindness nor compassion to accept misbehavior. We must address behavior with directness fueled by patience and love. Risking our own safety comes as a result that we do not know how the other will respond. However, the unknowing of the outcome does not mean it is OK to accept disrespect or lack of integrity. We could add courage to our list....

A perfect lesson of patience and trust, coupled with persistence and hard work, is found in the growing of bamboo. Chinese bamboo is planted and carefully tended, but gives no sign of growth in the first year. Even the next year, you must care for the bamboo tree—watering, fertilizing—while it appears that still nothing happens. Not even a sprout is visible!

This continual tending for the bamboo goes on year after year after year—for four consecutive years. If you did not know there was a perfect plan unfolding, you could get discouraged. It could look as though you have nothing to show for your hard work. It might feel as though your effort had been wasted. After all, you have done everything you were supposed to do for all these years, yet you have nothing to show for it.

When the time is right, you get to see something absolutely amazing and incredible. Now your hard work seems to be paid off! On the fifth year that tree seed shoots up to more than 80 feet all in just one growing season!

We are in the business of co-creating with the divine intelligence that created us. We are given the job of planting seeds, and tending them. We are asked to remain dedicated and willing to continue to care for those seeds, even when it looks as though nothing is happening. Unlike with the Chinese bamboo, or the baking of a cake, we do not know the exact timing.

A man was sleeping at night in his cabin when suddenly his room filled with light, and God appeared. God told the man he had work for him to do, and showed him a large rock in front of his cabin. God explained that the man was to push against the rock with all his might.

This the man did, day after day. For many years he toiled from sun up to sun down, his shoulders set squarely against the cold, massive surface of the unmoving rock, pushing with all his might. Each night the man returned to his cabin sore, and worn out, feeling that his whole day had been spent in vain.

Since the man was showing signs of discouragement, his Ego decided to enter the picture by placing thoughts into the man's weary mind: "You have been pushing against that rock for a long time, and it hasn't budged. Why kill yourself over this? You are never going to move it."

Thus, giving the man the impression that the task was impossible and that he was a failure. These thoughts discouraged and disheartened the man. "Why kill myself over this?" he thought. "I'll just put in my time, giving just the minimum effort; and that will be good enough." And that is what he planned to do, until one day he decided to make it a matter of prayer and take his troubled thoughts to God.

"God," he said, "I have labored long and hard in your service, putting all my strength to do that which you have asked. Yet, after all this time, I have not even budged that rock by half a millimeter. What is wrong? Why am I failing?"

God responded compassionately, "My friend, when I asked you to serve me and you accepted, I told you that your task was to push against the rock with all your strength,

which you have done. Never once did I mention to you that I expected you to move it. Your task was to push. And now you come to me with your strength spent, thinking that you have failed. But is that really so? Look at yourself. Your arms are strong and muscled, your back is sinewy and brown, your hands are callused from constant pressure, and your legs have become massive and hard. Through opposition you have grown much, and your abilities now surpass that which you used to have. Yet you haven't moved the rock. But your calling was to be obedient and to push and to exercise your faith and trust in My wisdom. This you have done. I, my friend, will now move the rock."

When everything seems to go wrong—P.U.S.H.!

When the job gets you down—P.U.S.H.!

When people don't react the way you think they should—P.U.S.H.!

When your money looks "gone" and the bills are due—P.U.S.H.!

When people just don't understand you—P.U.S.H.

P.U.S.H—Pray Until Something Happens!

It is important to remember that the bamboo is not failing to grow, and the cake is not misbehaving by taking the time needed to finish baking. Things are happening in divine timing. It is ours to remember this is the truth.

At times, when we have an inspiration, a good idea, or a worthy goal, we have tended to use our own intellect to decipher what was to happen, when actually it was about developing ultimate faith in the process of life. It is ours to choose the best ingredients and to follow the best recipes. It is ours to choose the right sized pan, and to set the oven at the proper temperature.

It is ours to look back on our efforts and not waste them by getting in a hurry. It is ours to exercise the faith that moves mountains, but it is also ours to know that it is still God who moves the mountains. That way we avoid ending up with a half-baked cake....

Frost Is On the Pumpkin

In Michigan, as in most of Midwestern United States, October is traditionally considered the principal month of transition from summer to fall. In typical years, September contains sufficient summer-like weather that, in spite of the start of school and football, it's easy to think that winter is still a long way off. That hasn't been the case this year. This September, we've had weather both warmer (*hotter*) and cooler than usual, so it is hard to tell what we're likely to experience in October and the months to come.

Most humans—and especially those reading this newsletter—can control the temperature in their homes and dress appropriately for whatever is happening outside. If it is hot one day and cold the next, we can adjust the thermostat and change our clothes. Plants, animals, and insects don't have much in the way of options, however. They have evolved to thrive in certain environmental conditions, which include fairly regular seasons.

Most animals away from the equator, for example, have winter coats and summer coats. When the season changes, so do their coats. It is, of course, a lot harder for an animal to change from one coat to the other when the temperature changes quickly than it is to change a thermostat from air conditioning to heat and back again. Unlike the rest of the animal kingdom, humans can adapt fairly quickly and easily to changes in the external environment.

The challenge for humans faced with a changing environment, however, is internal. Our four-legged and feathered friends are quick to change their behavior when the environment changes. When the food disappears from an area, they go somewhere else. Birds migrate, sometimes thousands of miles to find what they need. The deer don't stand around whining saying, "Food was here yesterday. Food *should* be food here today; where is the food that is supposed to be here?" (The deer I know all speak English.)

Humans, however, tend to hang onto beliefs that no longer serve a purpose. Resentment, for example, has been described as "eating rat poison and expecting the rat to die." Other animals are focused primarily on the present moment. They learn from the past while recognizing that things change. Many increase their food intake in the fall because they know that less food will be available in winter. Some put on fat and then hibernate much of the winter. As far as we know, they do not create mythologies about what causes the weather to change. They just remember that it does. They focus on *what* is rather than creating myths about *why* it is.

As far as we know, humans are unique in creating mythologies. Every people since the "dawn of time," had myths about the creation of the universe, the planet, and the creatures that live on it. Kinship groups, tribes, and cultures had mythologies in common. Most of us living in the twenty-first century no longer think about mythologies as major behavioral influences, but they continue to influence our behavior nevertheless.

The chances are good that you were brought up in a family that shared beliefs, not only about religion and religious holidays, but also about financial well-being (or lack thereof), education, appropriate work, and relationships. An old story illustrates the way mythologies can influence relationships: A husband and wife decided that the fair thing to do was to rotate chores. The chore that caused the problem was mowing the lawn. Every Saturday, the couple argued about whose turn it was to mow the lawn. Each week, the argument got worse. One week, the husband blurted out, "In my family, the mother always mowed the lawn." The stunned wife replied, "In my family, the father always mowed the lawn."

As humans, we can't really escape the fact that we have belief systems. What we can do is have the courage and the willingness to examine the validity of our beliefs and change them when they no longer serve our purpose. At one time, for example, there were valid reasons to assign different tasks to men and women. Women, after all, were the ones who had babies and cared for them. Beliefs based on gender roles have old roots, and it isn't always easy to determine whether a particular belief is still valid.

Having a well-defined belief system provides a sense of security, and encountering an individual or a culture with different beliefs can create fear. That's the reason religious differences have caused (or provided excuses for) so many wars over the years. Think about the logic of "proving" that one's god is the one true god by killing those who believe in a different god.

In general, we do better when we bring our beliefs into alignment with what is real. From tornadoes to major forest fires to "super storms" to significant flooding, we've had very strange weather much of this year, and we may well have strange weather the rest of this fall and during the coming winter. If we do, will it signify "global climate change"? That's hard to say. We can, however, consider the evidence to determine the best course of action for now and into the future.

Whether we are thinking personally, locally, nationally, or internationally, some courses of action will produce better, more desirable outcomes than others. The future is ours to choose, so let's do what we can to choose wisely, especially now that the frost is on the pumpkin.

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 website also allows you to stay current with us 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 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.

Because subtle communication matters, and because everyone needs to do more with less these days, you need better tools to achieve better results. SCS can help....

See more...

Hear more...

Feel more...

Be more ... SCS

