

FOOD FOR THOUGHT

May, 2006

I hope this finds you doing well and enjoying the sights and sounds of Spring bursting out all over. Through a series of events out of my control, my website has been down for the past few weeks. I am happy to report things have been resolved and the website will be back up, in a new and improved format, in the next couple of weeks. For now, I am using the book website at www.lifeisado-over.com and you can contact me at cindyclemens@aol.com. Make sure to take a moment to read about my upcoming events, featured below. I'll be doing a new live workshop, *Your Life Compass*, and a new group teleclass focusing on eliminating the clutter from your life.

Follow-Up on How to Fire The Committee in Your Head

In the last newsletter, I shared with you my thoughts on how to fire the committee – the group of unruly voices competing for our attention, judging and criticizing our actions, and keeping us stuck in life. I received several e-mails from readers who had learned how to deal with their committees. I'd like to share their comments and insights with you.

One reader shared with me an important lesson she learned when doing her personal committee work – that hope is the name of the committee. She explained how she found herself hoping the committee would approve of what she was doing with her life. Her breakthrough came when she realized how useless that was, and how it set her up for an endless cycle of hurt and disappointment. Her ah-ha moment came when she accepted that she would need to find this approval away from the committee, primarily from herself and the loving, supportive community she was choosing for herself.

Another reader identified his challenges with the committee's judgment and disapproval, and how he took away their power when he finally understood that his true essence is separate and distinct from what the committee, or anyone else, say or think about him. This awareness allowed him to explore who he really is at the core of his being. He chose to ignore the lies and falsities being repeated by the committee, and to claim his true self – a talented, loving, and loveable person. When I read his comments, it reminded me of a passage in Eckhart Tolle's book, *Stillness Speaks*. "When you recognize that there is a voice in your head that pretends to be you and never stops talking, you are awaking out of your unconscious identification with the stream of thinking. When you notice that voice, you realize that who you are is not that voice – the thinker – but the one who is aware of it. Knowing yourself as the awareness behind the voice is freedom"

Finally, I want to share a technique I use to separate myself from the voices, the endless mental chatter, and the committee's critiques. This is the simple act of relaxed breathing, allowing ourselves to just be in the space between our breaths. In that space we seem to be free from the internal chatter, simply staying in the present moment. When we are taking in air or expelling our breath, our minds seem free to wander. But, something about the moments of stillness between the breaths disconnects us from our thoughts and allows us to experience freedom from the voices and our true selves, if only for a moment or two.

Inspiration Corner

Here is a wonderful affirmation I've found very useful for reminding us who we really are and how little power the fears, insecurities, and judgments of others have. I discovered this in a beautiful book, *Building Your Field of Dreams*, by Mary Manin Morrissey. She calls this the five steps for renewal. By spending just a few minutes a day with these five simple statements, you can adjust your attitude and reconnect with your heart and soul. (Although she uses the word "God", I have replaced that with the word "Source" as this resonates better with me. Feel free to choose whatever word – God, Love, Higher Power, or Universe – that connects you to your deepest self and spiritual power.)

Source Is...

Source is whole, complete, every present and ever loving.

I Am....

A part of source, with full access to the love and power of Source.

The Truth Is ...

There is nothing that I am dealing with that is bigger than Source.

Let Go ...

I let go of my worries, fears, doubts, and the judgments of others, and I am confident that Source has everything in wise and perfect order.

Thank you, Source ...

I am now in a state of peace and gratitude for my life and my loved ones, and I know that everything will proceed according to the highest and best good for everyone involved.

Recommended Resources

Many of you know that I am a big advocate of starving our fears and feeding our dreams. One of the easiest ways I know to spend a little time each day feeding our heartfelt dreams and desires is to ingest a daily dose of positive, uplifting ideas and thoughts. A great tool for this is to find a collection of short daily readings and devote five minutes in the morning or evening to reading and meditating on those words. You may have your own such collection. If not, here are three of my favorites:

Around the Year with Emmet Fox: A Book of Daily Readings – short daily portions of Emmet Fox's writings

Opening Doors Within: 365 Daily Meditations from Findhorn – Eileen Cady

The Daily Word – available on-line at www.dailyword.com (great pocket –sized collection of positive living readings)

Upcoming Events

Workshop – May 12th – St. George, Utah

Your Life Compass: Find and Follow Your True Path in Life

What: An evening of fun, interactive exercises designed to give you the focus and clarity you need to create and live your best life, including:

- Get clear on your priorities, passions, and gifts & talents by designing your own vision board
- Identify the people in your life who drain your energy and develop a concrete strategy for how to deal with each and every one
- Learn how to embrace the help and guidance that is available to make your life journey easier and much more enjoyable

When: Friday, May 12th from 4 – 9 p.m.

Where: The loft at Plantworld Nursery (1335 S. Dixie Drive, St. George)

Cost: \$75 (includes dinner and take-home materials including your vision board)

Friends Special – Sign-up with a friend and save \$10 each – only \$65 per person!

Space is limited to 20 people, so be sure to reserve your space by calling Cindy at 879-0264 or by sending an e-mail to cindy@cindyclemens.com