

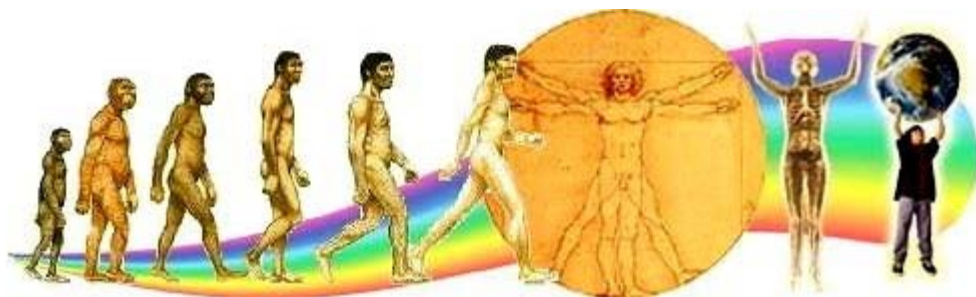


Self-Help Secrets Revealed

Self-Help Resources
for
Your Personal Growth
and
Spiritual Development

Maurice Turmel PhD

Trans4mind.com



Comprehensive resources for personal growth and transformation of body, mind and spirit. The site includes excellent free personal development plans, courses, books, articles, quotes and videos ... and our great collection of [free ebook downloads](#). Plus the paid Trans4mind courses and programs for those who want to go all the way!

Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

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Self-Help Secrets Revealed

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Self-Help / Psychology / Mental Health / Spirituality

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And Audio Programs, Please Visit the Website**

<http://www.mauriceturmel.com>

Self-Help Secrets Revealed

DEDICATED:

to

ALL OF YOU

ON THE PATH

toward

PERSONAL GROWTH AND DISCOVERY

Table of Contents

Forward	5
How to Get the Most out of This Ebook,,,...	11
1) Introduction	13
2) How to Assess Your Self-Help Needs	19
3) How to Become an Effective Self-Help User	24
4) Choice-Making	28
5) Dealing with Feelings,	34
6) Shyness	38
7) Creativity – Getting the Juices Flowing	40
8) Grieving Our Losses	43
9) Transformation – Shattered, Broken and Bleeding.....	46
10) Who Am I? and Why Am I Here?	50
11) Passion and Purpose	54
12) Spiritual Inspiration Music	57
Journaling	59
Resources	63
About The Author	67

Self-Help Secrets Revealed:

Forward

What is Self-Help?

Self-help is a process of meeting your needs for self-development, personal growth and problem solving, through your own efforts at uncovering resources and information relevant to those needs.

- You shop the Online Bookstores
- You shop the Online Web Resources
- You shop the Online Gurus

To see who has something for you that is relevant to your purposes:

- For Self-Esteem
- To Overcome Anxiety
- Grow Emotional Strength
- Discover New Sources of Creativity Within

This book will help you get there; that is, identify and locate the best resources that will serve your Growth Requirements at this moment in your life.

Remember, what you need today is not the same as what you needed last year. You keep growing and so does your appetite for Self-Help Resources!

As the Master of your ship, you need to stay focused on course.

That course may cause you to weave in and out of **Problem Areas**, such as dealing with anxiety or depression, and **Achievement Goals** such as growing self-esteem or setting new success goals.

You will always be moving toward some **new point** on the Horizon.

Your Goal is not simply to reach that point, but **Uncover Yourself** in the process.

This is “who you are” at any given moment in time, while you aim toward “what you want to become.”

“You are a PROCESS - Never a Finished Product !”

I've been beating the **Self-Help Resource** bushes for over 40 years. Along the way I have found many valuable resources. These change as I continue with my **Personal Evolution**.

Yes, many of these were helpful, in and of themselves, but only for part of a Very Complex Puzzle.

Many **Groups** and **Organizations** think that they have the exclusive answers.

The New Agers:

- Want you to live in Their World and study Astrology, Numerology, Meditation and other Esoteric Sciences.

The Psychologists:

- Want you to know about Freud, Adler, Jung, Maslow, Rollo May, Carl Rogers and so on until you come to the present and discover the current Dr. Laura or Dr. Phil!

Religious Fundamentalists:

- Want you to have Faith, and give yourself over to their simple recycled beliefs about the world and its mysteries. For example, they believe that the world is only 6,000 years old, despite all the scientific evidence to the contrary.

All of These Systems provide something, but none of them flesh out the Whole Picture.

The fact is that We, Humans, are a complex mixture of:

- **The Physical**
- **The Psychological**
- **The Intellectual**
- **The Emotional**
- **The Spiritual**

Yes, we are all of the above, and more. This Self-Help and Personal Development pursuit might seem like a daunting task indeed.

What Happens when you follow a Singular, Predefined Pattern and **Simplistic Approach to Unraveling what is **Our Complex Human Nature**?**

Simply stated – Experience that doesn't fit into their Narrow Definition is **Neglected** or **Repressed!**

FOR EXAMPLE:

Religion wants you to **Have Faith**. So, what do you do with Anxiety, Sadness, Guilt, Shame, Regret and Self-Doubt. Do you overcome them with Faith or do you pursue appropriate help?

They believe that the solutions to such problems lie outside of you, and can be solved by **Their Brand** of Faith. If you have enough Faith, you can . . .(fill in the blanks).

The Great Creator also wants you to have Faith, but would have no problem with you seeing an MD or Psychologist or Professional Counselor because they are the appropriate specialists.

Holistic Health Promoters have a Set of Regimens for you To Follow. For example, the right natural supplements or meditation practices or yoga exercises will solve your problems. Have faith in that.

So do **Psychologists**. Your problem is mental, definable and solvable through Insight. But what about your Spirituality, your connection with the Divine, your Intuition? Are these not valuable adjuncts to your self-help Recovery Process?

The same holds true for **New Agers**. Your answers lie in the Stars, the alignment of the Planets, changing your name, talking to the dead, or numerology. These are all interesting and valuable activities, but they won't take you to the root of the matter. Whereas, dealing with **Your Feelings will help you mend your Heart**.

They do want you to believe in **Goodness and Love which is fine. We need positive thinking in this day and age. This positive energy is essential to your well-being and personal empowerment**. All of these approaches have good things to offer, but they still expect you to look outside yourself for answers. Sending out love, for example is a waste it cannot be received. A big part of our learning is about Receiving.

When All You Want to Do is Live Your Life and Figure Out How to Get Through Today!

In this Ebook, we will **address** and **answer** such questions as:

- How do I deal with problems such as Anxiety, Depression or Low Self-Esteem?
- How do I set goals and build myself up so I can gain confidence be more successful in the areas that are important to me?

The **Perspective** I offer is that of a **Seeker**. Someone who has run the gamut from Therapy Client, to Psychology Trainee, to Therapist, to Spiritual Seeker.

We will glimpse into what it takes to:

- Become a fully functioning human being.
- What are the most valuable resources for you personally.
- And how to find our way using Our Heart as main instrument.

You can see that there is a significant Spiritual Component to this Process.

This is where we see God (All That Is, Inner Power, The Great Creator, Intuition) at work inside of us, reaching down for the tools we need to keep us marching toward our Conscious Evolution.

This is Your Part in the Equation. You need to get to know yourself, first and foremost.

You will see yourself Prosper from moment to moment.

Once you've reached a certain point, you will have the option to pass on what you have learned, to others who are seeking their way too. That's how we help each other.

I am in the position of being able to offer more than **40 Years** of **Self-Help Exploration and Professional Training** for you to use. I would ask that you do the same once you feel ready for it.



**Hand in hand we march toward that uncertain future guided by
That Energy that knows us better than anyone.**

Self-Help Secrets Revealed:

How to Get the Most Out of This Ebook

Read **Self-Help Secrets Revealed** through once to get a sense of the whole.

It is a basic **Road Map** after all, and you want to get a sense of the Journey ahead.

You will come back to this Road Map many times because, at certain points in your **“Growth Journey”**, key experiences will be revisited.

Life is cyclical. It brings us around again and again to certain experiences to ensure that a particular lesson has been learned.

Any good book that I've read, I have gone back to as many as 20 or 30 times because certain growth experiences required it.

Who Should Use this Self-Help Guide?

- Anyone who wants to learn about **Their Self**, and **Their Place in the World!**
- Anyone who would rather be **Happy**, than **Right!**
- Anyone who wants **To Grow**, to be more **Creative, Alive, On Fire**, and **Excited** about their Life!
- Anyone who wants more **Love, Prosperity, Self-Esteem, Personal growth, Relationship** Happiness, **Success** and **Freedom** to **express** themselves and all their Gifts.

- Anyone who **believes** they are here **for a Purpose** and wish to **live that Purpose!**
- Anyone who's goal is to **take charge of their Life** and master the **Circumstances** affecting them.
- Anyone who believes they **create their own Reality** and who wants to grow **into** the **Person** they are meant to be!
- Anyone who gets **Excited** when **Learning New Things, especially about their "Self" and Why They Are Here!**

"A little learning is a dangerous thing. Drink deeply or taste not the Pirean Spring. For there, shallow drafts shall intoxicate the brain. But drinking deeply sobers us again."

Alexander Pope.

1) Self-Help Secrets Revealed:

Introduction

What is this Ebook about?

How to **help yourself** in your Growth Journey and bring to yourself all the best resources you can muster to achieve your goals.

What Information do you need?

You need to understand basic self-help categories.

- Do you have **problems to solve** (e.g. anxiety, depression, low self-esteem)?
- Do you have **goals you wish to achieve** (e.g. confidence, career success, and wealth creation)?

Probably you will be **dealing with both**. That's the story for most of us. If you have Problems to Solve, these will inevitably affect Goals to Achieve.

Conversely, if you have Goals you want to Achieve, you will likely uncover Problems that need Solving along the way. In either case, dealing with one will positively affect the other.

Commit yourself to becoming the Best Person you can while having fun and enjoying your Life.

These are the Fundamentals to creating a Healthy Positive Attitude. It doesn't matter where you begin, as long as you have a goal. A self-improvement goal is easy to state, as we did above.

Committing yourself to becoming the Best Person you can could be considered an Umbrella Goal.

Under this Umbrella Goal there will be many sub goals. For example:

- Dealing with Anxiety
- Building Self-Esteem
- Going back to school
- Building or remodeling your home
- Establishing Career Success
- Finding a partner
- Creating Wealth and Abundance in Your Life

Each of these sub goals will have needs of their own.

For example:

Would increased Self-Esteem help in any of the above goals? Of course it would.

Would reducing anxiety levels help in the above goals? Of course it would.

Would “Thinking More Positively” help in the above goals?

Absolutely!

NOTE:

See how we move from the umbrella goal to sub goals belonging to Problems to be Solved or Categories of Achievement. These stepping stone goals, which are part of everyone’s process, are interrelated.

Have a problem with Anxiety? Then, you have a problem with Self-Esteem or Creating Wealth or Achieving Success.

Benefits of this Ebook

- Presents shortcuts to understanding yourself and problems to be solved.
- Helps to quickly identify your Umbrella Goal and any Sub Goals for problem solving and achievement.
- Helps you discover how to Manage your Anxiety.
- Learn how to grow Self-Esteem.
- Develop and establish Positive Thinking Habits.
- Make the most of your Talents and Past Successes.
- Find Strength and Courage in a history of Abuse or Neglect.
- Learn how to re-parent yourself as you deserved as a child.
- Turn any failure into a success by extracting its beneficial lessons and noting the strengths you developed.
- Learn to understand yourself better by identifying various adaptive patterns.
 - Did you become an Overachiever?
 - Are you excessively controlling, of yourself and others?
 - Did you become an underachiever?
 - Did you learn to rely on drugs, alcohol or medications?
 - Are you holding yourself back from Creativity and Success?
 - Did you “decide” that “you have no needs?”
 - Did you become Passive-Aggressive?
 - Do you have problems identifying and expressing your emotions?
 - Are you plagued by depression, anxiety and self-doubt?

A Human Being's Basic Bill of Rights:

- You have the right to have your needs met.
- You have needs that deserve your attention.
- You have Value, just as you are right now.
- You deserve to be loved and appreciated.
- Apologizing has redeeming value.
- You do not need to be perfect.
- You are not perfect. No one is.
- Healthy Self-Esteem is necessary fuel for Life.
- Self-Improvement can be fun.
- Your past is “what happened” to you, not “who you are”.
- Your survival and adaptive strategies are also about “what happened to you”, and not “who you are”.
- Survival patterns and adaptive strategies can be changed.
- You have the right “to improve your life” in whatever manner you prefer.
- Harming others will never advance your goal to improve yourself or your life circumstances.
- Positive self-esteem, joy, happiness, love, regret, loss, hurt, pain, success, failure and so on, are all part of life's experience.

Your Goal:

Your goal is to get where you want to be in terms of problems solved and achievement goals realized. This makes use of The Power of Intention and The Law of Attraction. What you focus on will come to you.

It would be a good idea to for you to STOP focusing on anything negative Right Now!

For Example:

I want to live my life in the fullest and healthiest way possible by growing self-esteem, reducing anxiety levels and building confidence within one year.

I want to grow my net worth by% within 2 years.

I want a Strong and Healthy Relationship in my life by the end of this year. . .

You want to achieve your Goals as safely and efficiently as possible.

The Road:

This road will be paved with Success, Failure, Strength, Defeat, Leaps Forward, Retreats, Heroic Days, Down Time, Friends, Foes – All part of the Process.

Ask Yourself This:

Can I still love myself after (fill in your greatest shame or perceived failure)?

The Ideal Human Being:

He or She is not perfect. He or she has Great Tools which they use to achieve their goals and grow in their best direction.

Self-Help Resources are Tools:

You adapt these tools to your needs and goals.

Experiment first, then use the ones that work best for you!

You will get to your goals with the right resources.

Customize Your Resources:

<u>Problems to Solve</u>		<u>Resources</u>
• Anxiety	-	Resource
• Depression	-	Resource
• Low Self-Esteem	-	Resource

<u>Goals to Achieve</u>		<u>Resources</u>
• Money	-	Resource
• Success	-	Resource
• Positive Thinking	-	Resource

2) Self-Help Secrets Revealed: How to Assess Your Self-Help Needs

Self Help is, itself, a broad category from which to choose resources for your personal benefit:

It is wise to assess yourself first, in terms of "needs", "goals" and "problems" to be solved. Because as you work through this process you will find that more than one Online Resource may fit the bill. Then you are in a good position to test a number of things to see what works best. That's why you read reviews and access "Inside the Book" (which Amazon features) to determine whether this is a good resource for you.

Your Inner Self Knows What You Need. Pay Attention to Your Gut Feelings about whatever Resource you are Testing.

As Martha Stewart would say: "This is a good thing".

Life, after all, is a sequence of trial and error, followed by trial and success. You're going to hit the jackpot more often than not. You will get what you need. Ideally, of course, you want to get your needs met regularly and reduce the experimenting involved in getting there.

Keep in mind that you are learning a very important lesson. You are learning to **TRUST YOURSELF**. And that is worth its weight in gold. **As you listen to yourself and hear those subtle responses to what you are examining, your heart and intuition are hard at work leading you to exactly where you need to go.** Each time you do this you are fine tuning your connection with your own best resource – **Your Inner Self!**

This brings us to our first important distinction in the assessment process.

To keep things simple, we are going to identify two broad categories you will pursue in terms of Self-Help. These we will call:

- 1) **Categories of Distress** which are **Problems to be Solved**; and
- 2) **Categories of Achievement** which are our **Goals to be Achieved**.

Under Problems to be solved, we may find symptom problems such as anxiety, depression, low self-esteem, negative thinking and so on.

These are the types of symptoms or problems that consistently have an adverse effect on your sense of well-being. We can sum these up as "Negatives we want to get away from and eliminate.

Under Goals to be achieved, we may find personal growth, self-improvement, positive thinking, goal setting, success conditioning and so on. All of these "goals" will have a positive effect on your sense of well-being. We can sum these up as Positives we want to embrace.

So our two broad categories are:

- 1) "Distress – Problems to be Solved" which we want to move away from and:
- 2) "Achievement – Goals to be Achieved" which we want to move toward.

This is our beginning point. Your problem areas or achievement goals will fall under one of these two.

Is it likely that you will have more than one problem area to deal with, or more than one achievement goal to pursue?

The answer, of course, is quite likely. Before you begin feeling overwhelmed, consider the following:

For example, under Categories of Distress, you may be experiencing anxiety and low self-esteem.

Which do you tackle first?

Or, do you tackle both of them at the same time?

The answer is: you tackle the one that troubles you the most, because the other one will be beneficially affected as well.

Think about this for a minute. If you learn to reduce your anxiety, you will likely experience an increase in self-esteem.

Conversely, if low self-esteem is the dominant issue, then improving your self-esteem will likely reduce your anxiety.

In either case, the lesser problem will be positively affected.

That doesn't mean it will not need focused attention of its own. But as the dominant problem recedes, the next one needing your attention will step into the queue. Remember, your ally in this is your Intuition and Feeling Centre.

This is what 25 years as a therapist and 40 years as a seeker have consistently shown me.

Let's move over to "Categories of Achievement" and see if this may be true here also.

Suppose our goals are to increase "Positive Thinking" and apply some "Success Conditioning" to our work attitude. We still make the same choice.

Which of these goals do we most desire at this particular time, given our current stage of development? You can be assured that whichever goal you choose, the other will be positively affected as well.

After which, that secondary goal may now press for attention, or some other as yet unseen goal could materialize. You can't see what's around the corner until you actually turn the corner. And you can't turn the corner until you get moving!

For some, this may seem rather straightforward; for others, this may be feel overwhelming.

It's time to make another important distinction. Just as we've identified two broad categories of Self-Help requirements, we must now distinguish between two broad categories of "Persons seeking Self-Help."

Category 1 will be those persons who have done some work on themselves and have a sense of what "problems" or "goals" they want to deal with next.

Category 2 belongs to your basic "Newbie" who has little or no experience in seeking self-help and/or doesn't trust their ability to make good choices for themselves.

We can readily see that these two groups are radically different, but only on the experience scale.

Their goals and/or problems to be solved are still part of their desire to improve their lives and their sense of effectiveness. On these points, they are the same as category One individuals, who also want to improve their lives.

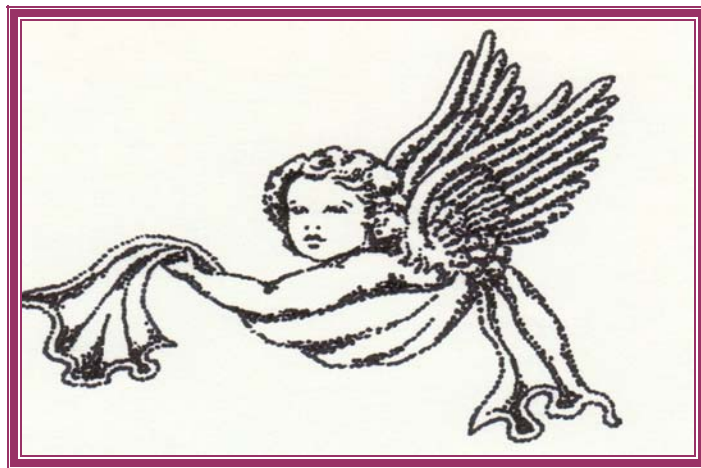
So the fundamental question for both groups is essentially the same:

"Where do I start?" And the answer for both groups is also the same: **"Start from where you are right now!"**

Let me explain. If you are a newbie, then look for resources and programs that are designed for the novice and address your current problem or goal.

For example, if you have an issue with anxiety, phobias, or low self-esteem then pick a program, book or audio course that addresses your dominant concern. On the other hand, if you've been engaged in personal development for a while, then trust that your **Intuition and Feeling Centre** will take you where you need to go next.

The most pressing need or desire, for persons in either of these groups, will make its way to the front of the line. That's just the way we are built!



3) Self-Help Secrets Revealed: How to Become an Effective Self-Help User

"Know Thyself" That is the essence of what this chapter is about.

You are a "self-help" seeker and user. You want resources to advance yourself in your life, to feel better, stronger and more successful. You're not satisfied with how things are. And you're not complacent about it. You're motivated. Therefore, you've come to the right place.

Here, we're going to get focused.

You have read the previous chapter on **Assessing Your Self-Help Needs**, where we made the distinction between **categories of distress and categories of achievement**. We use these definitions to help you differentiate between **goals to be achieved** and **problems to be solved**. This ensures that we are on the same page.

Let's identify a few symptom problems under categories of distress. We start with the big ones and work our way down.

Top of the list in Problems to be Solved (categories of distress) is Anxiety. Your number one source of pain and stress, anxiety permeates everything. It affects your sleep, how you feel about yourself and your circumstances in the World.

- **Do you feel Confident?**
- **Do you feel Effective?**
- **Are you feeling Lost or Unsure of Yourself?**

These questions take us back to anxiety, the root symptom underlying our Stress.

If we have anxiety as a problem, then Stress Management is a possible solution. We see that stress is first experienced as anxiety. It becomes stress after occupying space within us for any length of time. It is something we experience and live with everyday, and it colors our way of viewing the world.

Another disabling symptom category is Depression.

This is the second most common symptom in the range of disabling categories. It's amazing how many people are depressed today. You can see this for yourself when you walk into any bookstore and count the number of books devoted to Depression.

When I travel and wander through Airport bookstores I see more books on Depression and Anti-Depressant Medication than any other subject. And this is supposed to be the Age of Abundance and Leisure!

Why is Depression so common? And why is it so difficult to overcome?

Some forms of depression and anxiety are a function of chemistry and need to be assessed by a psychiatrist or psychologist. What we are talking about here is the stress of "acquiring more" and "making it" as a function of living in a competitive society. Yes, some stress is necessary, even desired, to bring out our best performance in work or other activities.

Being overwhelmed by Stress is all too common today.

Anxiety and depression walk hand in hand with those of us geared to the competitive lifestyle. Depression is the most commonly diagnosed mental illness today. Where there is depression, there is Anxiety. The pharmaceutical industry makes a fortune delivering new types of medications for two categories alone.

Yes, Depression and Anxiety are interlinked.

They show up whenever "Stress" is the assessed root problem.

Stress, Anxiety and Depression dominate our Era.

From the pressure to succeed and to raise our children perfectly, to the side effects of "The War on Terrorism", we are all subject to stress. Life comes with stress. Our purpose is to find a means of managing stress so we can move forward with our problems to solve and goals to achieve

We Have Learned that Categories of Distress are Global.

Anxiety, depression and stress occupy our minds and thoughts daily. They are a top priority in our consciousness and can trigger major physical illnesses.

Becoming happy is about becoming healthy, productive and at home with ourselves.

Anxiety - Stress - Depressive States are Global Tragedies!

What else can we feel when 200 Spaniards are killed by terrorist bombs on their way to work one morning? When everyday dozens of soldiers are killed or maimed while involved in some military action around the World.

Every day there is Stress; Kids, Jobs, Debt, Bad News, and so on. There's plenty of stress to go around.

Back to Categories of Distress

Anxiety, Depression, Stress are the top three!

Other symptom categories derive from these three.

Where can you find Relief?

HERE IS YOUR HOMEWORK!

[Click below and Search AMAZON.COM Books for titles on ANXIETY and DEPRESSION.](#)

http://www.amazon.com/Voice-Metaphor-Personal-Development/dp/0595354513/ref=sr_1_1?ie=UTF8&tag=theselfhelpad-20&s=books&qid=1220023398&sr=1-1

A box will appear in which you can select categories to explore. Choose “Books.” Then in the Keyword Slot type in **Anxiety Recovery** or **Depression Recovery** and the search is on. Titles will appear with descriptions for you to assess.

Do the same for any Keyword Phrase in the Self-Help realm, and a search will ensue. A list of titles will pop up. Take your time. Read the customer ratings and reviews. Search “Inside the Book” if that is available. Trust your Intuition and Feeling Centre to inform you if the title you are examining is a Good Fit for Your Needs.



4) Self-Help Secrets Revealed: Choice-Making

"Making Choices"

We all assume that making choices is a simple process. We see what's in front of us and we choose the best option. That's the way it goes in this choice-making process.

But what if it were not that simple? Let's face it, people make the wrong choices everyday. The wrong girlfriend! The wrong boyfriend! The wrong destination! The wrong colors, and so on.

Choice-making is not as simple as it may seem. Smokers continue to smoke. Drinkers continue to drink. Drug users continue to abuse. If making choices were so simple, then none of the above problems would exist.

Examine your own life for a few moments.

See if all your choices have been wise ones. Is there a repeating choice you are making that produces the same negative result? Why are you still making it? When it comes to Life Choices, we can see this process is not as simple as choosing the right candy or movie or other form of entertainment.

Authentic choice-making is based on Personal Characteristics, Prehistory and Personal Awareness.

How aware you are of your Prehistory will determine why you may be making the same faulty choices over and over. Why does a woman continue to choose the same type of abusive man? Why does a man continually succumb to the definitions and desires of others? There's no choice in such examples, only repeating patterns!

But the fact is: "There is choice!"

Choice-making still goes on, even if it's outside our conscious awareness. A part of us is making choices based on our prehistory, old patterns or a familiar expectation such as "I never get what I want" or something similar.

These are the common denominators of Prehistory.

As a child you react to your environment. You adopt the status quo; that is, how things work in your family of origin. You make unconscious choices based on survival value. For example, "If my dad always yells at me when I need something, then I won't 'need' and won't ask anymore".

You give up trying to get that need met. Examine how you have repeated this reactive process and see how many needs you have given up as a result. And worse, you convince yourself, "I don't really need it".

The more trauma and family dysfunction you experienced in your early years, the more Reactive and Unconscious your choices tend to be. This is the root of negative choices.

Very few people would consciously choose a situation or pattern with a guaranteed negative outcome. So called "common sense" is about hindsight and stating the obvious. The fact that so many choices are made at a subconscious level cancels any fruitful effects of common sense.

Patterns return and familiarity seems safe.

Making a choice for a better Life is tantamount to a crisis. It is a crisis for the Part of You that makes your unconscious choices! These survival strategies come from your protector/controller. **He, she or it has a big investment in maintaining control.**

So you "doze off" and "go numb" when an important critical choice has to be made. You are still making a choice, only you are "choosing not to choose". And the necessary choice is relegated to your Unconscious Self which will default to a favored and automatic survival strategy.

You "allow" this unconscious "protector/controller" to make the choice for you. Then, you see the Same old negative results. Once again, this confirms "I Am the Victim of Forces Beyond My Control". Such negative beliefs must be challenged head on, and you can only do that by **making them Conscious**.

What needs to happen on a conscious level for such a pattern to change?

Know Thyself, is the key phrase here. This is no small order. Even well trained psychologists can have a tyrannical unconscious self that needs to be confronted.

It is critical to get to the bottom of this. One has to see that those unconscious choices exist and no longer work. What once had survival value, during childhood, has now become a detriment to your healthy development and evolution as an adult.

We've all had occasion to say, "He's acting like a child again", or, "I fee like a child who needs her mother". These are common experiences to which we can relate.

THE PRIMARY SIGN OF TRUE ADULT DEVELOPMENT IS EMOTIONAL MATURITY.

This includes the ability to make choices based on the evidence at hand, and not the "programs" from one's prehistory. True freedom comes when one's past traumas are laid to rest.

Freedom comes when we take hold of ourselves and declare: "I'm making the decisions from now on, not my childhood self, not my abused and frightened self, not my victim self, or any part of me that came into being before I could make conscious choices".

In a safe environment we grow capable of making informed choices. We are allowed to be ourselves.

In Dysfunctional and Unhealthy Environments, Conscious Choice-making is Absent and Condemned.

We react. We resist. We counterattack. We can become passive-aggressive. We can identify ourselves as victims, because we feel victimized. And we can make limited, uninformed choices based on these stressful circumstances.

Here, there's no such thing as a Free Choice. Survival takes Precedence. "What do I need to survive this stress?" replaces "What choice would I like to make for my best interests?"

We come to believe that "We are what is happening to us", being victimized, abused or abandoned. When any of these become your unconscious Identity, they define the experiences you allow into your life.

These are factual results of various types of childhood tyranny. There are hundreds of self-help books addressing each one of these outcomes.

If this fits any part of your life, then do your Amazon Search using the Keyword Phrase "Dysfunctional Family".

How can you turn a Reactive Choice into a Free Choice?

You become aware of who you are and what happened to you in the past. Then can you determine what you need to correct. You find the right resources (Amazon.com) to help you achieve this.

You make a Conscious Choice to better your life. You seek out resources that will help you untie all these psychological and emotional knots. You choose to open yourself up to the person you are or could be had none of the above happened.

You choose to get in touch with your full potential and to clean out all the garbage that no longer belongs to you. You are choosing your Freedom!

This Could Be A Long Process.

What's your alternative? To live out your life in a pattern of prepackaged reactions that were triggered by others? Or to live your life as it could be, given what you now know about cleaning up psychological messes and ridding yourself of reactive patterns?

I made my commitment over 40 years ago, and I still work at it. It is not so hard anymore. I have had fun along the way. I have enjoyed untangling these knots and getting closer to who I really am.

As I needed certain things, they came along in one form or another, a good counselor, a friend, many great books, an inspiring movie and so on. As I learned to take responsibility and owned my feelings, my life improved. I improved. I got stronger. I benefited from every one of my conscious choices.

As I learned to overcome defeat and curtail negative self-references, I gained self-esteem. As I realized that a part of me (protector-controller) seemed programmed to hold me back and in fact, harm me, I took away its power and claimed it for myself.

This Is The Hero's Journey From Mythology.

We descend into our underworld we go, past our protector-controller to recover our essential self, our inner child in order to become all that we can be.

It is a long and difficult journey at times, but well worth it. I chose to believe that **I Am Worth It. And So Are You!** I wouldn't trade my journey for any other experience. That's the level of my commitment and the joyful rewards that come with it.

Whatever it takes, wherever you need to go . . . do it!
You are worth it. The Great Creator doesn't make mistakes. You are worth all the effort required to Realize Yourself.

Are You Ready to Commit to the Full Expression of your Being?



5) Self-Help Secrets Revealed: Dealing with Feelings

Ever wonder what it would be like to have a life without feelings?

Would it be possible to enjoy anything at all? Could one be happy or sad without being in touch with their feelings? I would have to say impossible!

Our feelings are our life blood. They fuel our creative energy. They tell us about our state of being, happiness or sadness, and everything in between. Our feelings are our life. They drive us. They unnerve us. They jostle us into action.

We are our feelings at every stage of our life.

We are sadness when we feel down, hope when we feel optimistic, and all those emotions that fall in between. Our feelings tell us who we are. They give meaning and value to our existence, our relationships, our dreams and aspirations. They tell us where we are, moment to moment, in that emotional cycle

However, we are not only our feelings as we experience them, but our understanding of our feelings.

We know, for example, that to lie will likely make us feel guilty. So we have a choice, to lie or not to lie, and then experience the consequences. But the truth, in some cases, brings its own pain. Is that a reason to lie? Of course not! Is that a reason to tell the truth? Maybe, maybe not! We would have to think it through, wouldn't we?

That's the way it is with feelings. They come! They go! They are ephemeral. Feelings are spontaneous. They tell us what's in our hearts and inviting us to participate in their meaning.

Feelings can take us up or down

They can move us into places we've never been simply by virtue of their invitation and our natural curiosity. **Curiosity, by itself, can take us places too.** But, without feelings, not so memorably. Feelings color memory. They make some events stand out and others fade away in the mists of time.

We have feeling adjectives like happy, sad, angry, hurt, elated, depressed, grumpy, churlish and more. We have descriptive language for our feelings which can be associated with physical displays.

Our face reveals feelings as does our body language. Language describes our state of being. Our body, vocal tone and other signs will reveal even more. Denial, for example, can be physically in evidence, despite language to the contrary. Our body will tell the truth, even when our words do not.

Can we run away from our feelings?

Of course we can, to a certain extent. This happens all the time. People grieving losses, remembering a bad time in their life, avoiding a reaction to a traumatic event, they can certainly block the flow of feeling energy from their inner core to mental awareness.

Some forms of repression can be quite crippling. This can happen when hurt, sorrow and similar forces push us to the edge of our capacity to accept pain and loss.

Our self, who experiences all of this, is the center of our feeling nature.

Feelings must be accepted and felt before they can be dealt with. In fact, identifying their nature and what they are trying to tell us is essential to understanding our current state of being.

Without that information, we can easily break the guidelines we usually apply to ourselves and **lash out at someone** who is not at fault for our feeling state. Feeling knowledge is essential to maintaining good relationships.

Feelings are information about whom and what we are, where we are standing in our personal evolution, and where we are going from this point forward. Recycling old feelings is a way of staying in the familiar and limiting ourselves. **Moving through our feelings** is what drives our growth. Accepting our feelings and working through their experience allows us to release them, to free them from their hold on our psyche by meeting their need **to be identified and expressed**.

A few lines on a journal page may be all that is required to release an emotional blockage.

It can certainly be a valuable beginning point if further action is required. Like children, feelings can cling to us until acknowledged and allowed to tell us their story. We release feelings only after we've embraced them and expressed them safely. Then the next feeling moving through us moves up in the queue.

FEELINGS ARE OUR ALLIES.

They tell us who we are by their energy and flow, and by their relationship to our current state of being. They relieve us of tension when accepted and understood. They propel us toward adventures we may not have thought of before. They help us grow and expand our vision of the world, and our place in it, by acting as a map to our interior life.

That part of us, the feeling part, holds us dear, tells us we are loved and informs us when we are wounded and need special care. At every juncture of life's experience, a feeling can say to you: **"You are important! You are valuable! You are worth listening to"**. We help children grow by validating their feelings. We can help ourselves flourish in the same manner.

Celebrate what you feel.

Even if it is pain, because this feeling will move through you. Once such a feeling is acknowledged, you will know you have survived a very difficult experience. When joy comes along, you will be able to soar with that as well.

Like all things in life, feelings are transient. They pass from one border of our experience to another, tell us a story and release us to fly again. To our feelings we must go often and without reservation, for there our lives are creative and creativity can make us happy.



6) Self-Help Secrets Revealed: Shyness

We Are All Born Shy.

When we see little children clinging to their parents, hiding behind Mom or Dad, we are reminded about the shyness of first coming into this world. At this early stage of our life, we are **not ready to be seen** just yet. We want to hide until it feels safe to come out and be visible.

Becoming Visible Relates to Personal Growth and Self-Empowerment

Revealing ourselves, showing ourselves or expressing our "inner self" are about becoming visible and declaring ourselves "Ready" to meet the world.

Much of the world certainly **seems to like the shy person**. People want that person to reveal themselves, to display their talents and capabilities. **The world can be generous in that way**, welcoming those who would sing, dance, recite poetry, play music or simply tell a story. Repression of these gifts would be in opposition to one's emotional evolution from the original shy state.

This is a good thing, when we encourage each other to come out and display our wealth of creativity. We are all enriched by these **contributions from our shyest members**.

We know, at some level, that we will benefit from their contributions. And, perhaps, they will teach us something about ourselves, since all of us have some **inherent shyness** built in.

Here's an interesting fact about shy people:

Many are Creative, very creative, as a matter of fact. A lot of actors and performers are admittedly shy. But they still choose to perform.

So why do shy, creative people show themselves?

Because the joy of giving, of displaying their special abilities far exceeds the limitations of staying hidden and allegedly safe. It's a contradiction of course, but it is true nevertheless. **Most** creative people would rather give of their talents than hold back.

Are you Shy? Are you Creative?

Then, perhaps, you are ready to give of yourself too! Wouldn't that be worth pursuing? If you see yourself as a "Shy" person then here's what you can do. You can hold yourself up to the light of day and declare, **"I am ready to meet the world"**.

And the world will respond. **"Welcome"**, it will say. "Yes indeed, we need your gifts". And all the shy people of the world will step forward and give of themselves unabashedly. **Wouldn't that be a big surprise?** To see all of us out there, dancing a jig, showing off our talents and abilities.

We can do it, we who are shy. We can show our stuff to the World. Time to come out from hiding, and take a peek around the world. The world is waiting for you to "Strut Your Stuff". **Don't be shy now!**



7) Self-Help Secrets Revealed: Creativity – Getting the Juices Flowing

When you reach inside yourself, what do you find?

A storehouse of creativity? “Is that so?” you say. “Well, my creativity has gone AWOL, I can’t find it anywhere. I’m lost without it. What do I do about it?”

It’s a hard road to travel, getting to that creative place. There are obstacles along the way; past traumas, feelings of hurt, lost loved ones, grievances, upsets and old wars brewing in the background. **All of these are distractions** to the creative elements within.

Children are Inherently Creative.

They scribble, they write, they color, they take things apart, they sing and dance. They are already there, in that internal world, where the creative mind is at play. And they play, because that’s how they create. Their imagination takes them here and there and they don’t edit what comes up for exploration. **They don’t judge, they just do it.**

That’s the essence of creativity – exploring, playing and creating. That is also the essence of our Inner Child, being our creative self.

Contrast that with, “I’ve got bills to pay! The kids are sick! My boss hates me! There’s too much suffering in the world”, and so on. There is no time or inclination to be creative when you are worried about a multitude of issues.

Lack of creativity is not so much an absence of ability as it is about distractions.

Solitude is essential to creativity. Just watch a young child at play. They are happily engaged in their own world and loving every minute

of it. Sooner or later, they will come out and **show you what they've created**. You will applaud, and they will go off and do more.

What you need is some applause to get you going.

You **applaud yourself** when you bake a cake or build a birdhouse, don't you? Creativity grows in the dark, much like a seedling before breaking through the earth. It needs warmth and the comfort of light to nurture it. As adults, **we need to be noticed and appreciated** just like children. Here's a tip. Try receiving for a change. Say **thank you** when you're complimented or appreciated for some gesture rather than just shrugging it off.

Where's your spark right now? Don't worry, it's there waiting for you, down in that chamber where you used to create as a child. You are going to recover that for yourself now that you've decided **you want your Inner Child back**. You can retrieve that lost part of you and fan it back into a full blown flame.

"How do I get there?"

"Cleanse yourself!" To do that, start writing, or, as I refer to it, **journaling**. This is not creative writing. This is **writing for the purpose** of cleaning out all those distractions. You write about every obstacle that jumps onto your path. You write about the kids, your spouse, the family, your boss, the church, and the government, **whatever is bothering you**.

This is journaling for a purpose. And that purpose is cleansing the Soul. A clean slate is the basic creative stance. It says "I'm ready, bring it on, I will create now. **Just watch me**".

Cleansing Yourself through Journaling is an Ongoing Process

I've been journaling for over 25 years and I still do it regularly, even daily sometimes. There is always something to clean out. I find it to be a very soothing and satisfying process. You will uncover all of those injunctions and negatives that have been bothering you. Now you can get them out of your way and your creativity will begin to flow again.

A little bit here, a little bit there, and pretty soon you're filling canvasses with images, cupboards with crafts, workshops with birdhouses and empty pages with stories. You're creative juices are flowing.

This is an Emotional and Spiritual Cleansing.

Get those nasty clogs out of the way and start creating again, just as you did in childhood. Our spiritual and emotional self needs that kind of cleansing on a regular basis.

We need to keep our creative flow running smoothly. Creativity is a process, it works best when we get the garbage out of the way, such as hurts and resentments. Then we can do what we came here for, CREATE. And your inner child will love you for it.



8) Self-Help Secrets Revealed: Grieving Our Losses

What is it about Grief & Loss that upsets us so much?

Is it the heavy duty emoting that we do to work through our suffering? Is it the fear we have about opening ourselves to this pain? Let's face it, it's difficult down there, in the land of grieving where all those emotions toss us around.

We understand that this is necessary, at a surface level, but how we are feeling is what really counts. In that place we call Grief & Loss is where pain dominates our life and where suffering is the paramount teacher. This is difficult. We know it all too well at times like these. We go there because we have to, but we try hard to escape as soon as possible.

What is necessary to get through this process?

Is it simply a matter of toughing it out or do we have to dredge and dig and pummel ourselves along the way? It's hard to be sure what we must do at such times.

All the Gurus that say "do it this way or that way", are they capable of handling it themselves? As a survivor, going through grief, I would want to know that. The essence of false advertising is "never having been there yourself". Absolutely, this we all know without a doubt.

So what do we require to move through the landscape of Grief & Loss?

We know that deep down where our sorrows dwell, there is an inescapable reality. We have to feel this. It is an ugly fact, but true nevertheless. We have to feel this pain in order to exorcise it from our bodies. We have to feel it so we can learn that this too we can survive. The most important thing in all such activities is to know where you are at in your own heart when you finally uncover the truth?

This truth is your truth. It is that feeling in your gut when you know you are right.

Since this is your truth, only you can determine its validity for yourself. No guru can do this for you. Deep down, this is your “house”, your well-spring of creative experience. What happens here will define your life. It will tell you who you are and what you have to experience at times of grief and loss.

It may seem sad to arrive in this “feeling” place where grief has brought you. Perhaps, it is a better thing than you imagined, this place where truth resides within. Perhaps, it is more than you ever bargained for. Grief brought you here, but what else goes on in this place of tender emotion? How about looking around, since you’re already here?

These are your life lessons, to have and to hold, until your truths can be borne.

How could you ever have a guru do that for you? No such luck! You have to do it yourself. But what a fantastic opportunity to get to know yourself better, to live deep inside your own heart and soul while this grieving process goes on around and within you.

Let me assure you that you will survive.

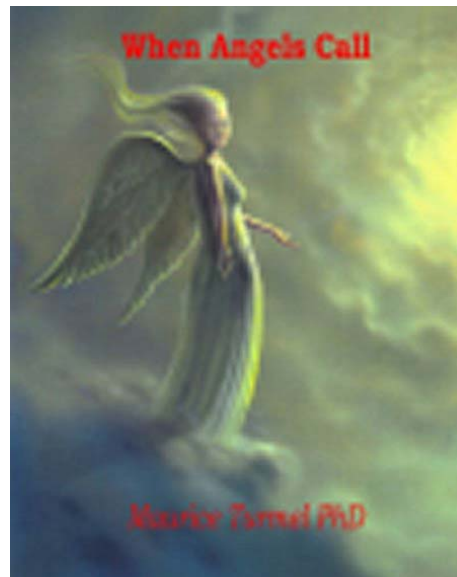
You will overcome these tragic effects. There is truth inside where you live. And that truth will take you somewhere important. This is Your Truth. Only you can assess, experience and benefit from the effects it will have upon you.

So Do It!

Allow yourself to descend to where it hurts and find out for yourself what this experience of grief and loss is, and what it can teach you that might correct your misperceptions about Life, Love & Purpose.

You have access to your truth, just as I do, just as we all do. As lessons arrive, they are yours for the taking. We all get them. Grief and Loss are one avenue to help us get to our very own Truth. The suffering will eventually pass, but the Truth – well, that's forever!

RESOURCE: <http://www.griefandlossrecovery.com>



9) Self-Help Secrets Revealed: Transformation – Shattered, Broken and Bleeding

When I feel emotionally crushed, I feel squashed all over. Every part of me feels shattered, broken and bleeding in every sense except the physical.

My body remains intact, but the psychological structures that support it are in tatters. This is the essence of emotional disintegration at the cellular level. I have been through this on a number of occasions during the course of my growth journey. And each time, I come back at a healthier and stronger place.

It's hard going through a process such as this. It is literally a shattering experience. Everything you've relied on feels broken and strewn across the floor of your life. Your ideas, your dreams, your hopes, all shattered and lying in a heap which can never be put back together again. Just like Humpty Dumpty!

There is a temptation to pick up those pieces and attempt a reintegration, but the damage is beyond repair. Only a new structure can replace this mess. When you feel shattered, broken and bleeding, there's nothing much to do but wait.

Because you will come back together in short order.

Don't worry about that. It's just part of the reconstruction process. The old has to come down before the new can fully develop. Your body, mind and spirit will come back together as they are very capable of doing. Journal about the anxiety and it will pass.

Remember, Journaling is Your Main Tool for Cleansing and Reconstruction. Use it Regularly!

At some level you are letting go of something you don't need anymore, like a snake shedding its old skin. The snake doesn't need the old skin because **a new one has been growing** underneath. Your spiritual and emotional growth practices have also been taking shape underneath and, now, **they are ready to be viewed**. A newer, fresher version of YOU has **come to the fore**.

Your Old Self won't like this. So get your Journal out and let those reactions pour out on the page. Cry if you need to, but keep moving!

You will be feeling vulnerable for a while.

That old skin kept you cozy with its familiarity and predictability. But, as with all things in nature, a new order wants to be established and the old has to come down to make room for it.

So we crawl **into the deep grass** with our anxiety and fear and wait for that old skin to come off. Once that is accomplished we may need to stay for a while because **we will feel naked and vulnerable** for some time. That's Okay. Take all the time you need. You will be ready to move forward soon enough.

Such is the nature of a transformation.

A certain point is reached where the old order has to crumble to make room for the new. Psychologists call it **Positive Disintegration**. It is the hope for our future as human beings. Too many people want to hang on at this point, fearing the disappearance of the familiar. But nature has her own agenda and will only wait so long before pushing you through to the next level. **You are better not to fight it** once you're aware of what's going on.

Where we go after the transformation depends on what we've been building underneath. Positive affirmations, creative endeavors, spiritual writing and growth workshops, whatever you've pursued to help you open up **have done their job**. **There's something new knocking at the door**.

There is no going back no matter how much you may want, or how hard you try. **The genie is out of the bottle.** You cannot unlearn what you've been learning. If you're willing to be honest, you'll realize that a part of you is **very excited** about this.

What lies just ahead is beautiful and will be even more than you expect in terms of new forms of being.

It's the excitement children feel with every growth step they take. Each step changes the way we relate to ourselves and the world around us. **This new self order** will be all of those things you've been working for and a few surprises, as well. We never fully know what we're building underneath until **it comes out to greet us.** That's the surprise and the joy of creation.

So where do we go from here with this emerging Self, this new being arising from within?

We've been building this for a long time. Taking courses, reading books, doing exercises, changing our rhythm and vibration, exploring new worlds and **opening ourselves** to ever expanding possibilities.

The Creative Force has been at work here with our active participation. This force has been behind the scenes all along, pushing and prodding, urging you to take chances. **"Try something different,** you know you want to!" Slowly but surely you open to that center where **that energy lives and guides you.**

This is no mere fancy. This is not about faith. This is simple yet palpable experience that you recognize as your own. The Great Creator is your Director, after all, and you recognize Him because **He is you.** You and I are simply an incarnate version of The Creator's curiosity, love and joy.

We are born to this purpose. Our personhood requires us to grow. Only growth matters in the grand scheme. The Great Creator wants to grow, mature and thrive, and wants us to join with Him.

This order for us **to shed our old skin** arrives in a timely fashion. It is the correct course for this moment in our evolution. Such events are rarely convenient, but necessary, nevertheless. **So let yourself shed that old skin.** Transformation is upon you. You will feel shattered, broken and bleeding for a little while, but that will pass because **a new you is set to emerge.** Let that be your gift to yourself and to the Great Creator. Time to come out now and see your new Self today.

You've got a brand new skin! How does it feel?



10) Self-Help Secrets Revealed: Who Am I and Why Am I Here?

"Now is the time for all good men to come to the aid of the party."
That was a familiar phrase back when I was learning to type and leads us to the following story:

Once upon a time there was a young man named Moe. He came into the World not knowing who he was or what his purpose was.

Moe struggled all his life to "get it", but he kept falling down again and again, as he had so many times before, because he wanted to know it all and he couldn't. This brought him to this juncture in Life to which you have just arrived. We are attempting to discover who we are and what our **Life Purpose is**.

Moe has been up and down this road many times and still has to learn that **he is okay** being just who he is. Who he is, in fact, is just perfect, thank you. He has a more to learn about that particular point.

So here we go again, traveling on this journey through time, trying to figure out who we are and looking for "it" out there, usually in our **accomplishments and achievements**.

If I said: "you are a person of great value," who would you believe? Me, as the person saying it or, you, as the person in denial?

"Who defines us?" you ask. "Well, I do," should be the answer. But clearly that is not the case.

For example, I define myself through my work? "Yes!" **Through my accomplishments?** "Yes!" And through my failures? "Why yes, that too!"

I define myself by how others see me and, I, myself adopt this external viewpoint. I validate certain experiences as **good**, and others as **shameful, unworthy, unacceptable**. Again, I use that same external reference point to determine who I am.

If I want to change who I am, I change the accomplishments column. I try on new things. I grow. I prosper. I may even thrive. **But in the end I am still me**, standing on the outside, looking at me from that external point of view.

How do I change this? I have to change my point of view. I need to adopt an **internal viewpoint** that describes me as I really am, through characteristics such as: kind, gentle, caring, open-minded, open-hearted, alert and giving. If these are **my characteristics**, then they define me better than any external circumstances could. Because I can change externals, new house, office, car or job. But I can't really change internal characteristics, can I?

Oh Yes, You Can!

What I am about to share with you is a Secret handed down through the ages and what the Sages knew for a fact. I am a Being of Light. I come to this Earth for a purpose. I live that purpose on a day to day basis. And I endeavor to bring forth who I am, while aiming at I would like to become.

I want to change things for the better. So I have to tweak the knobs somehow. These are the knobs that are only accessible through the process of Self-Discovery, through uncovering inherent talents and abilities, and demonstrating a willingness to begin anew each day. Yes, we are talking about innate characteristics. As you can see, we return regularly to this very point.

As a Being of Light I can change things that are mine to change, but can I ever change my Being?

Not surprisingly, the answer is No. That state was given to us by the Great Creator. He/She decreed you and I to be Beings of Light. Can't change that. I am what I am, and so are you!

So who am I then? God incarnate? Or am I something else altogether? Let's just pause for a moment and consider those questions again: "Who am I? and Why am I here?"

**Over and over, these questions continue to repeat themselves.
Listen closely!**

I am here for a purpose. Who's purpose is it? Is the Creator's purpose mine and mine alone? Do I define that purpose on my own, or do I ask: "Hey Lord, why am I here?"

"You are here for a reason," He would say.
"And that reason is what?" you counter.
"You have to discover that for yourself."

Be assured that you do have the answer.

There is a group of possibilities before you which you can activate. And those that are activated will determine who you are at this time.

We are here for a purpose.

Our God Self alleges that we can know that purpose, which has certain reference points that we can identify as our characteristics. As we move to the next stage of our evolution, we are required to express that Inner Self, which is our expression of The Great Creator within.

I have yet to find a loophole in any of this, try as I might. When our God Self says there is such a purpose - then it is so!

Discovering Who You Are is essentially that purpose.

That's the end game, frustrating as it may seem. We are here for a purpose. We are alive with such purpose and that purpose expresses itself through our **Being**.

If we want to know that purpose, we need to pay attention to how we express characteristics, such as kindness, caring, curiosity, open-mindedness and determination. Otherwise, we miss uncovering who we are at this characteristic level.

Let Your Purpose be that which you express, as yourself, your inner Being, your portion of the Light. The Great Creator is here to help shape, guide and push you along Your way.

This is very important. As you shall soon see, this mentoring capacity, coming from the inside, keeps us moving forward. And each of us has the capacity to carry this purpose forward in our communion with others, influencing their purpose as they do ours. This has been humanity's story since the dawn of time.



11) Self-Help Secrets Revealed:

Passion and Purpose

Who are we, standing on this planet, looking for our purpose and our place in this world?

Are we the **forgotten ones** from a time gone by, a piece of pre-history perhaps, that lets itself unfold through the pages of time? Are we here alone or **are we part of something bigger**, larger than we could imagine? We like children looking out into the Universe, wondering about this purpose of ours.

As children we had dozens of questions about who we are and why we are here.

We **wondered all the time** where we were from and why we were here while marveling about this place called Earth. There were grasshoppers, butterflies, leaping frogs, crawling snakes, annoying mosquitoes, dogs, cats and babies, all sorts of strange and wonderful things that we **uncovered** each and every day.

This was the period **of our discovering** this amazing world in which we were enveloped. We wondered often then, looking up at the clouds, with a blade of grass stuck in our mouths or a flower behind one of our ears: **“Who are we?”** and **“Why are we here?”**

We’re going to attempt an answer to this question.

We **require certain fundamentals** to feel truly alive and valuable. That is Passion and Purpose. Looking back at our respective childhoods, we can see the Passion in every day of our life, manifesting itself everywhere as we set out on **our path of discovery**.

We were young then, and **oh so passionate**. Somewhere along the line that “flame” became diminished, reduced to a small ember, which

we now need to fan to return to that **bright blue flame** we once were. Fires come and go. **Passion, that is forever.**

And what is Passion without Purpose?

A **car spinning its wheels** perhaps? An electric motor running out of control, with nowhere to go? Passion needs Purpose to be attached to it, to be drawn by, to be enlivened by and directed toward. If we have no purpose, then what do we do with our passion?

Even if it's **as simple** as collecting stamps, **we still need passion** to become motivated. In the morning, when we rise, what moves? Some will say "fear of getting fired" or "not making that next mortgage payment". **But passion is there** all the same, exciting us about the day ahead, the challenges we face, the successes to which we aspire.

There are times when we'd rather stay in bed. Fortunately, these are few and far between. **Even a lazy person can be passionate** about doing as little as possible. Maybe he and/or she is holding their breath for a new world record or to make a particular point. Does anyone remember John Lennon and Yoko Ono in the early 70's, staying in bed in a Montreal Hotel for several days to bring attention to some important issue they were concerned with? How can we know what anyone is about without **tapping into their passion or purpose?**

The passionate and purposeful life is a worthy life.

It is exciting, even breathtaking at times. We are so captivated by the things we love that we can run into walls while thinking about them. Just like the "siren call" to Ulysses, we are drawn toward this ever beckoning signal. Inevitably we will get there if we **learn to read the signs.**

In later life we notice these signs come from within. We call them "**intuition**" at times, "**inner self**" and even "**higher self**". These terms all

refer to the same living energy, that pulse that resides within and throbs for each of us to hear.

It's an exciting time when we finally hear it. It announces the birth of a new era.

We are less motivated by what goes on outside of us and more concerned with the inner life. This is where we know the Gold is. This is our best possibility for future success. Without this inner guidance, we are like a ship without a rudder. We have no direction. We have no purpose. And without purpose, where is our passion to be found?

Why, then, do we keep looking out into the world for this purpose, when all the wisdom seekers and prophets through history have told us repeatedly that it lies within. There, inside our hearts, that blue ember of passion smolders for each of us. It holds our unique purpose and our future. It is a letter that needs to be opened.

Like a piece of long overlooked Email, it waits for us to click on it. Open your mail, friend. Your Passion and Purpose waits for you too.

This is your time. Let it begin.



12) Self-Help Secrets Revealed: Spiritual and Inspirational Music in the New Age

Spiritual and Inspirational Music is about Love,

Growth, personal development and our relationship to the World are about opening up, being our Self, expressing that Self by allowing the **Great Creator to move through us.**

The songs come from that deep well of Spiritual Inspiration.

Spiritual and Inspiration Music, and Psychological Development can go hand in hand. They rely on each other to teach us new things. They involve us through the vibrations we feel at a cellular level. **These vibrations open us to ourselves** and let us feel ourselves at a deeper level. They help us identify what is ours to bear and to express.

Growth is all there is. Spiritual and Inspirational Music can help you to grow to your fullest potential. Music excites us. It **is a symbol of the Soul**, a **symbol of Love and Gratitude, of Expansion and Growth, of Daring and Persuasion.** It presents the opportunity of advancing ourselves through our passions and purpose.

When we speak of music's bliss, we speak of its power to help us open.

When we seek out such music, **we do so to align ourselves** with those higher vibrations. These turn us around to allow us to view ourselves from a different angle. **This view can be awesome, stupendous or outrageous.** For in this viewing, we see ourselves soar beyond limits imposed by others, including our society.

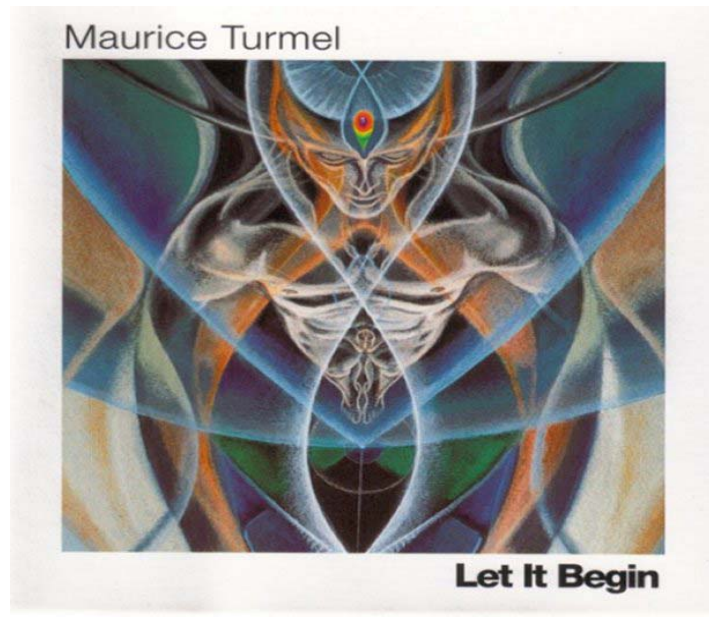
We see ourselves **"In Flight,"** confronting and overcoming our greatest obstacles, to the astonishment of our predecessors who

were are watching this show. **This is what the New Age is about** opening ourselves up to the **Great Creator**, to "All-That-Is," to **That Which Animates All Life**, including ours.

That is what Spiritual and Inspirational Music does, it helps us to open up! And, **so we Grow**.

What else is there to do here on this splendid planet?

Resources: <http://www.cdbaby.com/turmel>
<http://www.cdbaby.com/turmel2>



Self-Help Secrets Revealed:

Journaling

Journaling is about **empowerment through self-awareness**. It is a process by which you meet your needs for emotional and spiritual cleansing.

Journaling removes the cobwebs from your thought processes by recording the ideas, feelings and emotions that are currently distracting to you.

This process is about balance. Journaling gives you access to your inner thoughts and feelings, and removes them from the cluttered storehouse of your unconscious. Then, you can clearly see where you are going from day to day, what you are thinking and what you need to focus on as your growth unfolds.

The world opens up to you when you start journaling because your unconscious receives the message that you are ready to receive information from your inner world.

Self-empowerment through self-knowledge is about entering your world of unconscious activity where you have stored past traumas, hurt feelings and any un-examined life events. When you are open to this process, you will discover much about yourself that has heretofore remained hidden.

Journaling is not a short cut to creative writing, as some would have you believe. It is simply an access point to your inner life where valuable information about who and what you are can be uncovered.

Disregard any other ideas you may have about journaling, especially those that suggest you have to write creatively and with purpose. This is not the case. Journaling is about self-revelation. **You are bringing your unconscious self to conscious awareness.** Only by knowing what you believe in, and then acting on that information, can you make choices for the better.

The conditioning you received in your early years is still active, even if it no longer rises to conscious awareness. **That's what repeating patterns of behavior are all about.** We are being driven by some part of us that believes in unquestioned and outdated ideas. Once you see these patterns, and the ideas that drive them, you can interrupt your automatic responses and make new choices.

Prepare yourself for a rough ride, at times, as your unconscious protector-controller tries to steer you away from recognizing this inner activity. This part of you has a big investment in remaining hidden and will resist your pursuit of self-honesty and increased awareness.

In the end you will acquire what you want, because your submerged self wants to come forward and enjoy the same level of freedom you desire.

The old guard, the protector-controller, will put up resistance because it is about to lose its job. Successful journaling requires you listen to all the voices within, including this one. So when that part is active, put it on the page.

Your resistance will hiss and snarl at times of change, so let it do so in your journal. You will see this happen time and time again. It's a struggle, after all, for every part of you. When you choose to make a change for the better, it upsets the old inner balance. Let the resistance have its say in your journal. Only then can you set it aside and resume your forward motion.

Once you begin this process and engage in it regularly, your journaling will become self-activating. Whenever something inside you clamors for attention, you will find yourself reaching for the journal to let it out. Whatever needs attention, put it on the page – good, bad or indifferent. Do not edit or deny what is begging for attention. You will learn that these so-called “negative” parts of you are just scared. Once those feelings are out, you will immediately calm down.

Journaling is a very powerful process of self-communication. It will activate itself time and again as you become accustomed to using it.

Begin simply by recording your feelings. Let your inner self tell you what is going on inside. Ask yourself feeling questions, mainly, because we are all capable of rationalizing our thoughts and feelings rather than experiencing them.

When you ask feeling questions, listen for feeling answers and write them down. Your protector-controller will try and dissuade you from going too deep. Feeling questions help you sidetrack that resistance.

“How do I feel about . . . ?” will help you reach the center of any difficulty while bypassing the defenses to awareness of your interior life.

You will discover things about yourself that are truly amazing, secrets you've never revealed to anyone. You will uncover regrets you have had about past experiences, hopes you hold for your future and secret desires that you have never acknowledged. This is your chance to do all that adventurous excavating while clearing your emotional and feeling centre of psychological debris.

This will be a time of great learning accompanied by great frustration. It is all part of the package. **Journaling brings out everything and that is always to your benefit.**

Do not give up on your recording practices just because things have calmed down. Your journaling sessions will become smoother as time marches on, and you'll be better equipped, in terms of emotional and spiritual strength, to handle each and every crisis that comes your way.

Journaling takes you to the Well of Wisdom from where all answers emerge. Eventually, you will find yourself confronted with the deity that is you, your own holy soul. This encounter will reveal much about who you are and help you secure that connection with your Higher Self.

In time, you will trust that connection so completely that you will begin to access it often, especially when big decisions are at stake.

At this point, you will see yourself as a co-creator with your God Source and happily utilize that guidance for every aspect of your life. **That is the power of journaling.** It puts you in touch with your essential self, which puts you in touch with your Source. We are part of a Divine Matrix and we are all enriched by this connection.

Let Journaling be Your Friend from this point forward.



Self-Help Secrets Revealed:

Resources

Books are your first line of action when checking out resources. And Amazon.com is a great place to start your research.

As mentioned earlier, you pick an area on which you want to work. [Let's say it's Anxiety](#). You go to Amazon's Search Box, enter the word "Anxiety" and hit search.

The bestsellers will come up first. Not necessarily your best bet, but worth a look. Read the book description and [read the reviews](#). As previously mentioned, if something clicks for you, then this particular book will demand a closer look. [Trust your Intuition and Feeling Centre when making your purchase decisions](#).

Repeat this process with any topic area. You can do a general search on [Self-Help](#) and get a list of categories such as Depression, Anxiety or Personal Growth. Drill down until you reach your area of special interest. Remember, your Inner Self knows what you need. It brought you To This Book, didn't it! Sometimes we're led to things we didn't even know we needed until they appear before us.

There are No Coincidences. There is only Truth!

Here are some of my favorites for General Awareness and Personal Growth:

- 1) **"The Artist's Way"** by Julia Cameron – A great personal recovery book with exercises, spiritual and personal growth directions and references that teach what you need to unleash your Creativity.

http://www.amazon.com/Artists-Way-Spiritual-Creativity-Anniversary/dp/1585421464/ref=sr_1_1?ie=UTF8&tag=theselfhelpad-20&s=books&qid=1220022242&sr=1-1

2) **“Bradshaw On the Family”** by John Bradshaw, one of Oprah’s favorites during the 80s and 90s. What we know today about family dynamics stems from this period and this book continues to stand out as a premier resource.

<http://www.amazon.com/gp/product/1558744274?ie=UTF8&tag=theselfhelpad-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=1558744274>

3) **“Creating Money”** by Sanaya Roman – The best abundance and personal development book from the 80s. I’ve read it 20 times. Solid information! Great Exercises! Uplifting and Encouraging! This book just keeps on giving.

http://www.amazon.com/Creating-Money-Attracting-Abundance-Sanaya/dp/1932073221/ref=sr_1_1?ie=UTF8&tag=theselfhelpad-20&s=books&qid=1220022813&sr=1-1

4) **“The Voice – A Metaphor for Personal Development”** by Maurice Turmel PhD – A new millennium version of the Personal Growth Adventure. This book teaches you “how to connect with Your Source, Your Intuition, Your Voice and your Feeling Centre.” This book also presents you with the next step in our human journey – Conscious Evolution.

http://www.amazon.com/Voice-Metaphor-Personal-Development/dp/0595354513/ref=sr_1_1?ie=UTF8&tag=theselfhelpad-20&s=books&qid=1220023398&sr=1-1

5) **Harmonic Wealth** by James Arthur Ray – The best in the areas of Law of Attraction and Abundance Creation by this prolific writer and star of “The Secret”.

http://www.amazon.com/Harmonic-Wealth-Secret-Attracting-Life/dp/1401322646/ref=sr_1_1?ie=UTF8&tag=theselfhelpad-20&s=books&qid=1220022960&sr=1-1

6) **The Astonishing Power of Emotions** by *Esther Hicks* – A valuable look at our emotional and feeling life from one of America’s premier writers and channelers.

http://www.amazon.com/Astonishing-Power-Emotions-Feelings-Guide/dp/140191246X/ref=sr_1_1?ie=UTF8&tag=theselfhelpad-20&s=books&qid=1220023101&sr=1-1

7) **Mythical Times – Exploring Life, Love and Purpose** by *Maurice Turmel PhD*: Our first entry into writing and publishing. A great collection of stories, poetry and reflections on how to connect with your Soul and express yourself from the Inside Out.

http://www.amazon.com/Mythical-Times-Exploring-Life-Purpose/dp/1895292735/ref=sr_1_1?ie=UTF8&tag=theselfhelpad-20&s=books&qid=1220023255&sr=1-1

8) **When Angels Call- Spiritual and Emotional Recovery from Grief and Loss** by *Maurice Turmel PhD*: A book about grieving our losses, working through our emotions and coming to terms with who we are in the face of this great tragedy. All losses are an opportunity for Growth.

<http://www.griefandlossrecovery.com>

When you arrive at any book’s page at Amazon.com, you will see descriptions, reviews and other valuable information to help with your purchase decision. You will also see a list of book titles related to the subject at hand. That is how your research can expand, from one title to many, on the same or related subjects.

Audio Bonuses:

Check out our professionally developed podcasts and previously recorded radio shows produced over the past year. They are being broadcast on our 24/7 Radio Station (Rock My Soul Radio) at Live365.com.

<http://www.Live365.com/DrMauriceTurmel>

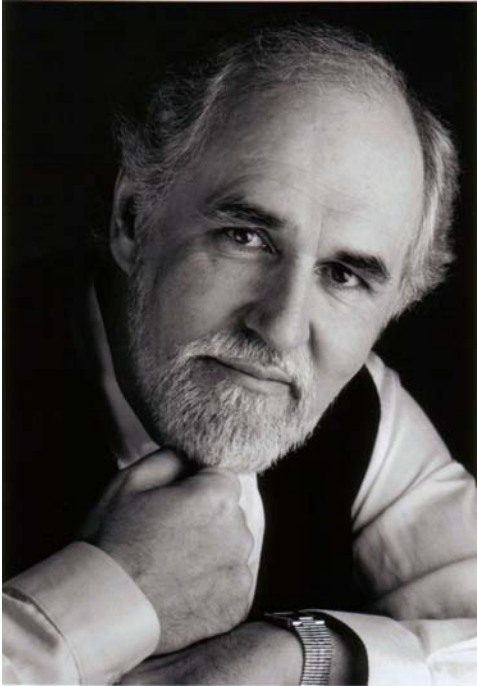
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About The Author

Maurice Turmel holds a PhD in Counseling Psychology, along with a Masters and Honors B.A. He was a practicing therapist for nearly 25 years providing counseling and therapy to individuals, groups, organizations and families.

Maurice (AKA Dr Moe) has led seminars in the areas of Creativity, Self-Development, Spiritual & Psychological Awareness, Self-Expression, Passion and Purpose, and Grief & Loss.

He is the author of *The Voice – A Metaphor for Personal Development*; *Mythical Times – Exploring Life, Love & Purpose*; and *When Angels Call – Spiritual and Emotional Recovery from Grief and Loss*. He has been a guest on numerous regional television and radio talk shows in support of his publications and seminar series.

From Able Seaman on an aircraft carrier in the 1960s through factory worker, electronics technician, TV repair specialist, high school audio/visual tech to university student to Practicing Therapist, along with being a father, husband and grand-father, Dr Moe has traveled a wide gamut of Earthly experiences in his 63 years, all leading to his current orientation as a Spiritual Psychological personal growth Practitioner and Teacher.

In addition, Dr Moe is a Performing Songwriter with over 120 songs and 4 demo CDs to his credit. In both his writing and music creations, he enjoys bringing messages of Hope, Inspiration, and Self-Awareness to individuals and audiences eager for something Life-Affirming and Uplifting in their lives.

Creativity, he believes, is everyone's potential, having learned this lesson himself as an Academic / Professional turned Artist. "For some of us", he acknowledges, "creativity is realized later in life. But what an opportunity to give of oneself, and further define that Self as we grow older. What better legacy is there to pass on to our children and grandchildren, than 'permission' to create, to express that unique Self that is our gift from the Creator to be grown into our gift to the World."