

Multitasking, goal-setting, time management

by Toni Petrinovich, Ph.D.

Multitasking. Goal setting. Time management. Each of these catch words connotes a new and often troubling set of feelings in your psyche when you realize how far you believe you fall short in fulfilling their definitions. And, after all, isn't that what we are taught to value?

From childhood on, we are asked what we want to "become" when we "grow up." We are praised for our ability to manage our time well to achieve the lofty goals that our schooling, parents, religions, and society literally command us to embrace. When we turn to look around us for, perhaps, a better way, we see our peer group incorporating these selfsame ambitions into their frame of reference for what life is all about. And, so, in

the desire to be accepted and to "succeed" in life, we teach ourselves to multitask, taking on much more than we can competently accomplish in one day and fall exhausted into bed each night.

Often, this lifestyle leads us to the dis-ease that we term as illness rather than realizing how much we have been taught to be ill at ease with our own biology.

Yet, where are we to go? How are we to know the truth of our own desires when so much of what we believe, speak, and do is conditioned by the very environment around us? No matter our belief system regarding how we got here, we hope there must be something that is foolproof, that has the answers for the questions of how to live with ease, joy, and prosperity. And there is!

In the center of the human body, connected to the brain which multitasks naturally, is the organ of personal truth: the heart. This is not a romantic notion nor is it a spiritual theory based on the warm fuzzies. It is scientific, proven, and is being used in a round of institutions, schools of thought, and class-

es throughout the world. It simply is not something that hits the daily press with any regularity.

The heart's magnetic field is 5,000 times greater and the electrical field 60 times greater in strength than the field generated by the brain. It has the ability to entrain all organs of the body to its vibrational frequency including the DNA and genes. The brain relies on the wavelengths emitted by the heart to create cortical facilitation that allows the cortex of the brain to evaluate experiences and promote the appropriate responses. When the rhythms of the heart are jagged or irregular, the brain experiences cortical inhibition and cannot perceive, think, and consequently act in a desirable manner. Vibrational entrainment with the heart's frequency is optimal to creating a coherent frequency wavelength.

What does this mean? It means that concentration on the heart, really paying attention to what the heart is saying to be, to do, to think, and to speak, creates entrainment of your entire experience. Entrainment is defined as the act of drawing along with oneself.

When the body (including its DNA, the foundation for life) and the brain (processing the thoughts of the mind) are entrained with the heart (the strongest electro-

magnetic organ in the body), a state of inner peace is achieved. The brain is able to think more clearly (cortical facilitation). A coherent frequency wavelength is reached within your whole experience of your day; that is, all is in the flow of your desires, the true urging of your heart and the Universal Law of Attraction (like attracts like) is accommodated in the most perfect way for you.

Feelings and e-motion (energy in motion) go hand-in-hand. E-motion is neutral (neither good nor bad), and contains only the positive or negative significance you assign to it. The brain/mind may look for that which is familiar and attempt to place all unfamiliar interactions into a more comfortable context through the energy of emotion.

Emotion is personal and relative to the person experiencing it. There is no definition of "no" in the universe. If attention is placed upon an interaction, more of the same will be created until the focus is shifted. This is the basis of the Law of Attraction and it is within this framework that the universe, as we know it, works.

What are your daily thoughts and feelings? Where is your attention placed? Do you know that you can actually change the focus of your DNA by your daily thought patterns? Do you realize that your belief system literally rules what



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you experience everyday in every way?

All of these questions and their answers are available to you through listening to the yearnings of your heart, doing a bit of personal research and, most applicably, living your life as you feel it is to be lived rather than how you have been trained it should be lived. Trust your heart. Assign your thought patterns to it. Find a sense of appreciation for everything you experience and watch

that awareness make you more aware of your ability to truly create your life. Exactly as you want it to be.

Toni Petrinovich, Ph.D., is a spiritual counselor, healer and author. She facilitates workshops internationally on the power of living from the heart, the zero point energy field of quantum physics, and recognizing your soul. She may be reached through www.sacredspaceswa.com or at (360) 293-2853.

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Christian Mysticism

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emotions, and drop her consciousness deep inside.

As the student heals and works with light directly, it expands and begins to fill her being. The clouds covering the soul clear and she feels more alive than ever. Peace, balance, joy, and love become a reality. Eventually, the teacher will bring the student into the second initiation, the illumination, where even more light is called into her body and sealed there. Afterwards, it is much brighter inside and she can begin following the light to its source. The process becomes awesomely powerful.

When the student is ready, the teacher will part the veil that separates the soul from God within, and the student will have full access to God's presence, finding pasture in

the one great love. This third initiation is known as self-realization. Many have acknowledged it as the purpose of life. But this is only half of it. The rest is what we do once we arrive there.

This is the work that mystics have done for centuries. Typically, it was reserved for those willing to leave outer-lives to enter cloistered/monastic living. And until recently, such inner paths were not acknowledged as even existing in America.

As more Americans are learning about the possibilities of mysticism, this is changing. There are now opportunities to become a practicing mystic, finding daily ecstatic union with God, while working full time and/or raising a family. For those seeking such possibilities, little is needed except for a strong desire

and a one-pointed focus on fulfilling it.

As the Christian scriptures say, "Seek, and ye shall find. Knock, and the door shall be opened unto you." Mystics know the truth of this scripture, because they have experienced its reality.

Reverend David Corvini is an ordained priest, Christian mystic and the director of the New Haven Center of Light, a school for spiritual training and development. He is also a licensed and practicing physician with specialty training in both Internal Medicine and Emergency Medicine. The Center of Light also has centers in Atlanta, Boston, Dallas, Denver/Dolores, Kansas City, Milwaukee, Minneapolis, Oakland and Seattle. Visit www.CentersOfLight.org for more information or contact Rev Simone Locke at rev_simone@yahoo.com or (206) 525-8488.