

How To
Change
Other People
3

Five Things To
Look For In Your
Lover's Face
4

Wild Birds
and
Winter
8

Winter:
A Time For
Socializing
10

Finding Love
Through
The Heart
13

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FREE

Be stronger, brighter, more resilient: Empower Your Life An Interview with Dr. Judith Orloff

By Judith Campanaro

Do you think that each day presents opportunities for you to be a hero in your own life: to turn away from negativity, react constructively, and seize command of any situation?

Judith Orloff, M.D., says you can do this. She is a medical intuitive, psychiatrist in private practice and assistant clinical professor of psychiatry at UCLA. In her latest book *Emotional Freedom*, Dr. Orloff offers a roadmap for those who are stressed, discouraged, or overwhelmed; and for those who are in a good emotional place but want to feel better. We spoke with her to learn more.

JC: Many people experience emotional regrets and insecurities that sometimes keep us from

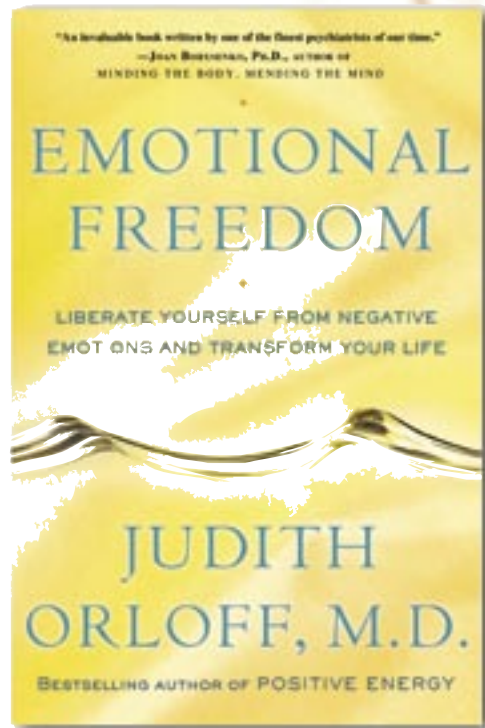
liking ourselves. How does one learn to do things in life so we won't have regrets?

Judith Orloff: Part of the job description of the spiritual path is to be able to witness so that you're not just on automatic. It requires a strategy to work with the "monkey mind." You have to notice what it is saying and begin to work on some of the negativity that is there. Also being able to take a breath, center and shift to states of awareness out of it rather than just giving it free reign. The basis for emotional freedom is to have this whole discovery come from the heart and from the most loving place within you work on your own issues so you don't project a lot of negativity on other people. Be as clear and as intuitively in touch and as spiritually open as you can be and that's about all any of us can do. I remember I asked that question of my spiritual teacher who is a Taoist and his response was "just do the best you can."

JC: One of the things that stood out to me in the book was when you said "Remember to set your intentions to feed what's best and most beautiful within you." But how can you do that when things go wrong?

Judith Orloff: From a spiritual point your path is totally enough and perfect. Whether you like it or not, this is what you are given. It is a blessing, even the really tough parts. Life has integrity. It's hard sometimes and my linear mind doesn't always like it but whatever we're given in life these are the great jewels of the journey.

Emotional freedom and working with yourself gets you in the best possible place so you can create a positive outcome. Negative emotions have such a loud charge. They are so much more seductive and mesmerizing than positive emotions and so attention goes directly to them. They seduce us. We have to realize that they are louder and more flashy. Take a breath and go in a different direction because



with emotional freedom we have the choice to do that. Spiritual progress is when you beat yourself up a little bit less everyday.

Why do we have frustrations in our life? Are they just meant to irritate us? I don't think so. I think they're for us to develop patience which is a deeply spiritual beautifying act. Patience makes you more beautiful physically and spiritually. When you do yoga, for instance, you have to be patient. You can't

rush through a stretch.

JC: That's true, but in this fast-paced world we live in a lot of people use busyness as a distraction for facing what's really bothering them.

Judith Orloff: You can't rush and push through life without paying a price over the years. When you learn how to develop inner calm instead of anxiety or learn how to develop patience instead of frustration, your whole being radiates more freedom. The idea is to be more expansive and to work with the negative emotions not to air brush them or block them out. Look at your purpose at transforming them. That's the point of the book: to look at every negative emotion. Your purpose is to transform that into something greater. That's the spiritual journey; that's the soul expansion.

JC: So part of transforming those emotions is taking the time to listen to your self and go within and taking the time to be good to yourself?

Judith Orloff: Definitely; and listening to the intuition or the still small voice that will tell you the truth about

In her latest book *Emotional Freedom*, Dr. Judith Orloff offers a roadmap for those who are stressed, discouraged, or overwhelmed; and for those who are in a good emotional place but want to feel better. She says, "When you learn how to develop inner calm instead of anxiety or learn how to develop patience instead of frustration, your whole being radiates more freedom."

things. Rather than just letting your mind rule you, go deep inside and listen to what is most true. That will help you get to the bottom of negative emotions and get to the origins of them. Then have mercy on yourself as you are transforming them. I feel so strongly about little things and baby steps.

I've had it with epiphanies, those big white light moments that happen occasionally. They're okay, but to everyday life the really life-bearing moments are the small moments where you can say, "All right, I'm not going to beat myself up in this moment. I'm going to do something different." By doing something different you're liberating yourself.

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Continued on Page 2