

# Practical Tips for Decision-Making

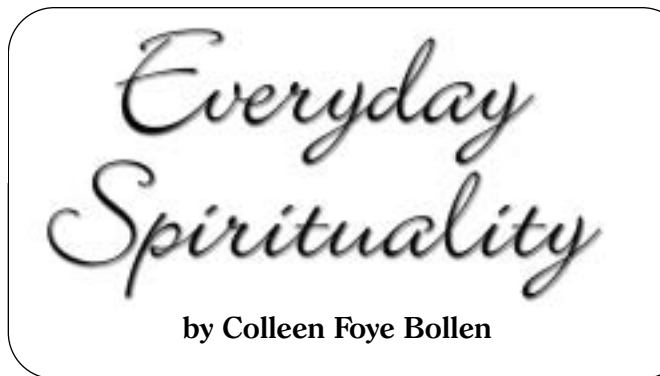
*Eeny, meeny, miny, moe  
Catch a tiger by the toe  
If he hollers let him go,  
Eeny, meeny, miny, moe.*

Sometimes life feels like an unending series of decisions, which gobble up valuable time. From morning to night, we are choosing between options, from which outfit to wear to what to fix for dinner. For instance, think about the time it takes to decide which can of tomatoes to buy. After choosing between whole, crushed, diced or stewed tomatoes, you still need to make up your mind about organic, non-organic, low-sodium or added spices. If you stop to read the labels, add more time. This vast array of choices is a blessing and a curse; you can buy exactly what you

want, if you aren't immobilized by the choices. What can we do to make decision making easier?

According to a study done by lead researcher Ap Dijksterhuis and his colleagues at the University of Amsterdam in the Netherlands, it depends of the type of decision you are making. If you are making a simple decision, such as purchasing an inexpensive item or picking out a restaurant, it is best to clarify what you want, gather all relevant facts, spend time consciously thinking about your options, then make a decision.

Complex decisions, which involve the purchase of expensive items or life changing decisions such as choosing a place to live, deciding to marry or picking



a career path, require a different process. For these decisions it is best to make a list of your requirements, research all relevant facts, then put your choices aside. Instead of consciously thinking about your choices, let your subconscious take over. Get mentally involved in another activity. In a few hours, or preferably a day, come back to your choices, and without deliberating, make a decision.

Drawing on information gathered through experiments in laboratories with

volunteer students and with real-life shoppers, the researchers found reasons why conscious deliberation doesn't work when making major decisions. When we are engaged in conscious deliberation our brains automatically limit the amount of information being processed. Instead of looking at the whole picture, we consider only a fraction of the relevant information. To complicate matters even more, the conscious mind can exaggerate the importance of some aspects at the expense of others.

In contrast, unconscious thought allows people to process large amounts of pertinent information without prioritizing or deleting any relevant facts. While we are sleeping, daydreaming or occupied with other unrelated activities, our brains can work with the volume of

information involved in making a complex decision and pick the best option. The old adage, "sleep on it," turns out to be good advice.

One disconcerting scenario the study leaves out is when you wake up and instead of having clarity, you hear multiple answers. What can you do then?

If you are feeling confused, the best thing to do is to stop, take a few deep breaths, quiet your mind, then reconsider your options. Be patient. If you are mentally thrashing around you won't hear a clear answer. You need to be calm and receptive. Try this technique and the most appropriate course of action should become obvious.

However, if you are still uncertain, look for the solution that has the most magnetism. Picture yourself choosing one option, then

the next. How does your body respond? Do any of the choices elicit positive or negative physical sensations in your body? Take the course of action that feels most trustworthy.

Practice this decision making process on minor decisions, such as which movie to see or new outfit to buy, before you use it to make major decisions. Take time a week or two after you've made a minor decision to review the outcome. Are you pleased or do you wish you had chosen a different option? If you are generally happy with the outcomes of your decisions, start using it for decisions that are more momentous. Once you have fine tuned a process that works for you, decisions making should be easier and the results more satisfying.

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## Meditation for Information

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in the United States this year?

No, there will not be, Tom.  
• What about 2008?

Yes, there will be an attempt but it will be thwarted before there is loss of life.

• You told me recently that Muslims would eventually learn where the religions came from. What did you mean by that?

*That all three religions — Muslim, Judaism, and Christianity — all originated at the same time in the same place, and that this occurred not by happenstance, but by design. That's very important to realize, that it was by divine design that your creator wanted to learn more about itself by exploring different beliefs and how they would relate to each other. This was all part of divine design.*

• Theo, is a guardian angel a piece of a soul like me or a whole soul like Gaia, the soul of the earth?

*I am a whole soul like Gaia. I have chosen to assist your soul fragments as you call them. It is my work and*

*I greatly enjoy it you see.*

• Besides my line of lives are you the guardian angel for other lines of lives too?

*Yes, of course. As I said before, it is easy to multi-task, as it is called these days. I am able to handle overseeing the lives of a number of other soul fragments.*

• So there's no shortage of guardian angels, or is there only a finite number?

*No there is no shortage, but those of us who volunteered for this job in the beginning are allowed to oversee as many individual lives as we wish. As that word "benevolent" that you mentioned says in its definition, we take great joy in doing this work and we love all of you that have chosen to add more knowledge for the creator and yourselves.*

• Why couldn't an oversoul act as my guardian angel? What is the difference between the two of you?

*There is a great difference, Tom. Your soul is involved with thousands — if not millions — of lives at one time across the uni-*

*verse. Earth is an exceptional place in comparison to any of these other worlds because it a place of is free choice. It was felt that each individual on earth needs individual attention because of the great challenges you have here in comparison to these other worlds.*

*Therefore they asked for volunteers on a soul or spirit level and I was one of those souls who volunteered to assist you and many other people in many different lives. Your oversoul is just much too busy to do what we do on a daily basis.*

As you can see from the above, this is just a sample of the thousands of questions you may wish to ask. Give it a try. It's fun and very informative!

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## Meditation As Preventive Medicine

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perspective on life opened up to me. John's seemingly unending flow of knowledge that became accessible to him through meditation was an additional factor in my education, and I became his student for the next 30 years, until recently when he retired from teaching. However, he leaves an enormous library of information on meditation and self-growth, including two books and a set of guided meditations on CDs.

The idea is simply to sit down to meditate once or twice a day, for maybe 15-20 minutes at a time. The class in guided meditation started out with the instructions to sit straight in the chair, your feet flat on the floor, your palms facing either up or down on your lap. After we quieted down the mind and body, we were instructed to take three deep breaths, allowing ourselves to relax deeper and deeper. "Relaxation and rejuvenation are upon your mind," John would say.

We were then instructed to focus upon our toes and relax them, then the feet, the

lower legs, and different areas as we moved up the body. We were told to "talk" to each body part, to relax deeper and deeper. At each area we were given the instruction, "Know that you are rejuvenating yourself. Put it in your mind. Know the power of your mind. All the stress and tension is dissipating, and in its place there is soothing, relaxing, comforting energy. How fantastic that makes you feel."

Our minds traveled to the different parts of the main trunk of the body, and then up to the shoulders and arms. Then we went to the spine and up to the top of the head, and around to the forehead, eyes, ears, nose, and jaw. We were ultimately returned to the heart center, where we were instructed to send out love and white light to friends and family, humanity, and the earth plane.

There was then a 20-minute silence, after which we were returned to our normal state with these words, "You will now return to your normal state slowly. You can do so just by changing your breath pattern and saying to yourself, I wish to come back

slowly, while retaining all the beauty, balance, and compassion within my mind and body. Everything is functioning properly within my body. You should have a nice smile on your face because you should be feeling absolutely fantastic."

The guided meditation allowed us to experience a deeper relaxation of all of the parts of the body and to become aware of areas that held tension or discomfort. We became aware of our thought processes. We learned to dissect problems from daily life and utilize statements in meditation to change self. Meditation is a tool that rejuvenates the parts of the body, balances the mind and body, then moves us into a deeper state of consciousness so that we begin to make changes and become a better person. Some people often say, "I don't have the time to meditate!" John's answer is, "You do not have the time not to."

*Marcia Nelken is the editor of River Press. For further information on the work of John Gaudio, please visit www.johngaudio.com.*

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