

Inner Transformation Requires Outer Action

by Karen Louise RN

For the millions of us looking for the miracle fix, the title of this article is a bitter pill to swallow. We want our pain to magically disappear, our weight to melt off, and our addictions to quickly and quietly disappear. And we want all of this to happen with little effort, action or pain. Right?

During a housecleaning rampage, as I was purging books from my overflowing

library, the realization that change takes action finally hit home. I began to look at the subject matter of the countless books I had amassed. More than 125 books were of the self-help/self-improvement variety. I pondered this.

Over a period of several years I had purchased and read all 125 books, attended many New Age conferences, listened to countless hours of audio tapes and CDs, and filled several journals. Oh, and then there was the psy-

chotherapy I tossed in as well.

What kind of return did I get on this investment of time and money? Very little; I was still depressed, lonely, and angry. Why?

While sitting on my living room floor, surrounded by my books, the answer came, clear and unambiguous. Change requires action and effort, sustained action and effort. Without action, effort and persistence, all that reading, writing, listening to gurus and therapy were for

naught. I did not want to hear this. My dream bubble burst wide open as I grasped this seemingly obvious truth. I realized I was going to have to break a sweat and stop waiting for all my head knowledge to translate into personal transformation.

I understood, but most importantly, I accepted, that I would never achieve my dearly held goals without taking action. I understood and accepted that there is not a book, a motivational speaker, a god, buddha, a magic pill, or a bullet that will give me what I want without my active participation in my own transformation.

The self help/improvement movement is a multi-billion dollar industry. Part of its success is due to our wish for a panacea, a miracle cure for all our ills and our failure to find it. We move from one book, guru, or seminar to another, each time sure that this time we will find the answer.

Is it that the ideas presented are faulty, worthless, without merit? Sometimes, this is the case. However, there is another reason the therapy, the diet, the 12-step program, the newest self-help

book, often fail to help us achieve lasting change. If we are honest with ourselves, most of us know the reason is we leave out a huge piece of the change puzzle, the part that requires us to take action, to feel pain, and regardless, to keep going forward.

As I began to live an action-oriented life, I found that the more effort I put toward my own growth and healing the less it felt like effort. The end result of my efforts was relief of suffering and a movement toward a more joyful life experience, and that felt fantastic!

An action-oriented life happens in the only time there is and that is in the present moment. Putting off the action needed to make today's desires a reality will result in dreams that stay just one step out of our reach.

So, off to the gym I go!

Karen Louise is a registered nurse with certifications as a hypnotherapist and life coach. Her private practice is in Mount Vernon, WA. She can be contacted at k Louise121@aol.com or 360-840-8032.

On The Bookshelf

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person in staying on track of whatever goal they have set for themselves.

The next part of the book offers exercises for body, mind, emotions, and spirit with the last sections offering more questions, ideas, and resources.

This is a very compact book offering a lot of wisdom and support in a very small package and is well-worth having in your life.

Copies may be obtained by emailing the author at askcja333@yahoo.com.

Psychosomatic Wellness

Guided Affirmations, Meditations, and Music to Heal Your Bodymind

By Candace Pert, Ph.D.
Sounds True

What I love about Candace Pert is that she is down-to-earth, has a great sense of humor, and seems to be a regular sort of woman even though she is a best-selling author and scientist.

This CD is an introduction to the idea that our minds and bodies are connected, followed by a fabulous 25-minute meditation



which helps to open up and heal every cell in your body. The meditation is followed by music with affirmations, some feel-good music, and ends with a delightful song that helps you honor who you are. The music has been composed and performed in a special way that is designed to balance the mind-body connection.

I love this CD and have used the guided meditation several times. It always leaves me feeling balanced, joyful, and energized. The rest of the CD is just as good. This is an investment you will be happy you made. Grab Candace Pert's other CD, To Feel Go(o)d, while you are at it; it is a perfect accompaniment.

Beyond the Secret

The definitive unauthorized guide to The Secret

By Alexandra Bruce
The Disinformation Company

Alexandra Bruce decided to go behind the making of The Secret to see what she could learn about the making of the movie as well as some of the people in the movie. It has been such a huge success and, of



course, has also had its detractors.

She tells us more about the movie's creator, Rhonda Byrne, and how Byrne decided to make the movie. She also goes into greater detail about people such as Jack Canfield, Bob Proctor, James Ray, Bob Doyle, and others. We find out about the controversy over Esther Hicks and Abraham who were in the first edition of the movie and later edited out, while they were part of the very foundation of the movie.

Christianity, quantum physics, the New Age, Unity Church, and the classic book, The Science of Getting Rich by Wallace D. Wattles (which is the book that got Rhonda Byrnes started) are all covered in this book. As you are reading, you can't be sure which way the author is leaning until the end. She actually publishes Wattles' book at the end of her own. I guess she decided there was something to all of this after all.

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