

Renard: It's All In Your Mind

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important to understand is because everything is one, and everything is connected. The projection is simply symbolic of what is going on underneath the surface.

Most people think that their conscious mind is what's important. But they don't understand that the power of the mind that really moves them is the part of the mind which is behind the scenes.

There is a great secret of perception that most people don't understand, but it is articulated very well in A Course in Miracles, which is teaching the same things today as Jesus was two thousand years ago. What people don't know is that the way you feel about yourself, the way that you experience yourself and even your own identity as you believe it to be, is established by the way that you look at other people. The kind of forgiveness the Course teaches is in harmony with perfect oneness, and undoes separation in the mind. It actually undoes the separation that's in the unconscious mind and allows the Holy Spirit, if you will, to heal and undo that which is preventing us from experiencing our oneness.

It is the experience of oneness — and only that experience — that can make us happy and make us feel full and whole and complete.

Judith: But what if you look at other people with awe and respect but you don't look at yourself that way?

Gary: Everyone has times when they blame themselves. When they're beating themselves up, remember this forgiveness thought process. This is especially useful for those who have a habit of blaming themselves. I am immortal spirit. This body is just an image. It has nothing to do with what I am.

Judith: You said in your book that people need to remove the blocks of the awareness of who they really are. How do you do that?

Gary: The fastest way to do this is this is to change the way you think about other people because your unconscious mind will translate that into what you are thinking about yourself. Remember that very important law of the mind from A Course in Miracles: as you see Him you will see yourself. This is wholeness that doesn't change. The truth is that you are perfect oneness with God.

Judith: Your work encompasses it all: how to find peace of mind, what is behind the search for self-development, who we really are...

Gary: It's not me, it's the thought system of Jesus, which is basically the thought system of The Course, and it doesn't leave you with a bunch of unanswered questions. It really does cover everything — why the universe is the way it is, why people behave the way that they do — it answers all the big questions and that is why I love to teach it. I feel very lucky to be able to go out and share all these ideas with other people.

To find out more about Gary Renard, visit his website www.garyrenard.com. Gary will be in Seattle for an experiential workshop on Sept. 22. Participants will practice forgiveness and meditation. For more information on the workshop contact maddyblaze@aol.com or call (425) 351-1030.

Judith Campanaro offers art therapy sessions and workshops. She can be reached at (425) 208-9574 or through her website, www.judithcampanaro.com

How the law of attraction helped me write my book

by Diana Clark

My passion has always been to write and illustrate a children's book and then have it published. When I had my book, Clearwater Girl, close to completion, I was trying to get published with one of the major publishers, but heard a lot of "We don't take unsolicited material."

I then checked into finding an agent, but did not know who to trust. I am artistic and the business end of publishing was somewhat foreign to me. But still, my passion was not swayed. I knew in my heart I would get published even if I would self-publish.

I checked into self-publishing and was not sure which company I could trust and I was not sure of what would be a fair price. I am a big believer in God, and I also believe he gave us free will to do the best we can do. Once I do my best, I leave it in God's hands, but not before I have sought out all my avenues of choice. Like the old saying goes, "God helps those who help themselves."

My thoughts were very clear on what I wanted to do. I was clear on what I wanted. I put the energy out to the universe, I was passionate about it, and the Laws of Attraction were in motion.

I have been the receptionist for a group of radio stations here in the Seattle market for the past 11 years. We had a new employee who started work and someone told me she had published a children's poetry book. After speaking with her, I contacted the publisher she used and asked many questions. I thought

about it overnight and called the next day to get signed with the publisher.

When you self-publish there are a lot of tiny details that you have to do to make sure the book turns out as you want it to. I was surrounded by people who were able to help with the scanning and sizing of my illustrations, people who helped me edit. I had the support of so many people. These were people I attracted to me.

Once my book was print ready, I soon had my first batch of books. I wrote my press release and sent it out to the media. I continued contacting people and soon the interviews were becoming available. I even had some nice write-ups in the local papers. I have met so many wonderful people and many opportunities keep flowing back to me.

I think of myself as floating down a river and I keep looking into different possibilities for my book. I have written letters for possible merchandising and contacted anyone I think of who can help get my book out to the universe. Not only has it been satisfying to have accomplished the publishing of my book, but now I am getting the bonus of hearing what children say about "Clearwater Girl."

The icing on the cake is that so many adults have asked me how I have done all of this, and I am able to encourage others to go for their dreams. So, when all is said and done, I feel I am the one benefiting from being able to help others. I am currently working on my second book, "Sarah and the Golden Earring"

The law of attraction certainly worked for me and it can work for you!



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IF YOU SLEEP...

it may be time to wake up to what you are sleeping on.

Sleep constitutes an entire third of your life and your bed plays a critical role in your achievement of a wakeful and dynamic state of being. We are all trying to wake up and be present in the moment, finding that anytime we reside in the dead past or the non-existent future, it hurts. When we allow ourselves to be in the present moment we are alive—fully alive! Though not always easy, this is the most loving and gracious action we can perform for ourselves, everything and everyone.

We ask that you please take the time to wake up to what you are sleeping on and consider how sleep is often the most overlooked element of optimum health.

So, what are you sleeping with? Unlike beds of forty years ago, mattresses are now manufactured with increasing amounts of petroleum-based foams, volatile chemicals and fire retardants. In fact, you can be made ill by repeated exposure to these chemical emissions during the sleep process.

What can you do? You've taken responsibility for your food, your exercise, your environment...Isn't it time to take responsibility for the one third of your life over which you have absolute and complete control? A commitment to your well being is a blessing. It is a conscious creation of an alter/bed which provides you with the necessary profound rest essential for a dynamic wakeful life and the ultimate attainment of a relaxed and forgiving state of being.

Please, please allow us to serve you. We have found that the more we know about something the more we can appreciate it. We offer links to other like-minded sleep conscious companies along with exceptional resources through our website. We strongly encourage you to do your own research. Finding the right bed for you is our motivation—and it might not be one of our beds. All we ask is that you consider us in your process.

Visit us at <http://www.soaringheart.com> or we'd love to hear from you (206) 282-1717.

Thank You and Sleep Well!

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