

Dare to Dream

And then to act!

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May 2008

Worrying

Do you worry? Such a futile activity when you think of it. All we do when we worry is keep rehearsing the very thing we don't want! On the other hand, when we proactively anticipate a possible problem or unsatisfactory outcome and then make plans to circumvent or cope with it, that's risk management, a very different process. Worrying about something that might happen, before we are in a position to do anything to deal with it puts us in a most disempowered state of mind. Round and round it goes, rehashed a million times and it never takes us any further forward. What it does do though is cause all sorts of stress in our system - just to give us something really worth worrying about I guess!

As a skilled worrier myself I'm learning to actively shift my focus of attention to something I want to have occur instead. It's certainly a lot more enjoyable, I must say. I've found that the trick is to stay aware of my thoughts so that I can pick up the old pattern as soon as possible and stop it in its tracks. I used to believe that by worrying, I was just making sure I was preparing for every eventuality but, of course, I never really was and I couldn't do anything about any of it at the time anyway. The events were all in the future and at that stage, the things I was worrying about were only in my imagination.

What have you worried about in the past? Which of them actually occurred? What came out of left field without you ever having had a chance to worry about it? Did you cope any better by having worried or any less well by not having worried? Have you noticed if any of the events you dreaded and worried about actually happened? If so, did you behave as you thought you would (or as you rehearsed)?

As I look back, when dreaded things did in fact happen in my family, none of us behaved as we claimed we would! That really surprised me. What we anticipate and what we actually face can be quite different experiences. Start to abandon useless worrying, it doesn't do any good at all. Notice when you're doing it and try switching your thoughts to something you'd like instead. At least that's fun to do — and it's a lot less stressful!

Sessions

I'm available at
The Omshanti Centre, 24 Terang Avenue
East Burwood
Call me on **0413.313.440** for an appointment or to
arrange a workshop.

Cosmic Quip

Tomorrow's wind blows tomorrow

Kaji

New EFT Workshops

EFT Master, Maggie Adkins will be running EFT workshops, Levels 1 and 2 on 23 to 25 May at the Omshanti Centre, Burwood East. Contact Helen on 9808.8330 or me on 0413.313.440 for details. In November this year there will be a 6 day EFT extravaganza in Geelong. EFT Masters Maggie Adkins, Rehana Webster, Lindsay Kenney and Sandi Radomski will be there along with a number of Australian practitioners. You can attend for 2, 4 or all 6 days, as you prefer. For details, go to www.eftextravaganza.com.au

Making a difference

Most, if not all of us want to know our lives have meaning. Generally we look for the grand and dramatic events to find it. However, when you think about it, very often it's the little things that are most significant and we sometimes don't even know when we've made a difference in someone's life! One of the most significant comments made to me was the one that set me on my life's path. The colleague who made the remark didn't even know its significance, it meant nothing to him, but it turned out to be pivotal to me. A few years later I bumped into him and told him how important he'd been to me. He accepted my appreciation politely, but he still didn't get it! So, when you have those days when it all seems so meaningless and you wonder why you bother, be willing to consider that you may have made a huge and beneficial impact in someone's life either by a chance remark, a little act of kindness to one person, who passed it on to another, or even just by a smile — we never really know. At other times we can be true blessings in a life and **know** it. Some years ago, my mother got lost in mainland China while she was on a bus trip. She speaks only English and had turned in the wrong direction, away from everyone else and, following another group, ended up on a boat. She chanced upon an English-speaking nun who physically took her back to where she could rejoin her tour. Keep an eye out for your big chances too—you never know when they'll arise!