

HEALING POWER
One Hundred Days of Love

HEALING POWER

One Hundred Days of Love

Fill Your Brain With Wisdom

PHILIP SHAPIRO, M.D., M.P.H.

Copyright © 2019–2020 by Philip Shapiro

Illustrations © Philip Shapiro

Cover and interior design by Masha Shubin | inkwater.com

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means whatsoever, including photocopying, recording or by any information storage and retrieval system, without written permission from the publisher and/or author.

Paperback ISBN-13 978-1-0878-6706-9

eBook ISBN-13 978-1-0878-6707-6

1 3 5 7 9 10 8 6 4 2

To Liberation and Enlightenment
Through the Daily Victory
of Love over Pain

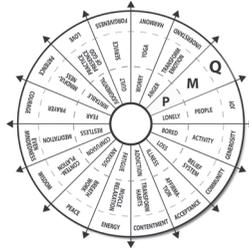
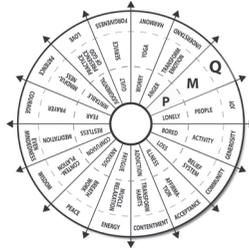


TABLE OF CONTENTS

Introduction	xi
Personal Spiritual History	1
Healthcare Professional and Consumer: Heal Thyself	5
Fill Your Brain with Wisdom	29
Day 1: Acceptance	30
Day 2: Appreciation	33
Day 3: Balance	35
Day 4: Beauty	38
Day 5: Belief	40
Day 6: Changelessness	44
Day 7: Cheerfulness	47
Day 8: Clarity	49
Day 9: Community	52
Day 10: Compassion	55
Day 11: Confidence	58
Day 12: Contentment	60
Day 13: Courage	62
Day 14: Creativity	65
Day 15: Desirelessness	68
Day 16: Devotion	71
Day 17: Endurance	75
Day 18: Energy	78
Day 19: Enthusiasm	80
Day 20: Equality	83
Day 21: Eternity	86
Day 22: Even-mindedness	88
Day 23: Faith	91
Day 24: Fearlessness	95
Day 25: Forbearance	99
Day 26: Forgiveness	101
Day 27: Freedom	109
Day 28: Friendship	111
Day 29: Fun	115
Day 30: Generosity	117
Day 31: Gentleness	120
Day 32: Gratitude	123
Day 33: Harmony	125
Day 34: Healing	128
Day 35: Honesty	131
Day 36: Hope	134
Day 37: Humility	138
Day 38: Humor	142
Day 39: Immortality	143
Day 40: Infinity	145
Day 41: Integrity	147
Day 42: Interconnectedness	151

Day 43: Introspection	153	Day 73: Reverence	242
Day 44: Intuition	157	Day 74: Rhythm	245
Day 45: Joy	162	Day 75: Safety	249
Day 46: Justice	164	Day 76: Security	253
Day 47: Kindness	167	Day 77: Self-control	255
Day 48: Knowledge	170	Day 78: Service	257
Day 49: Laughter	172	Day 79: Silence	264
Day 50: Light	173	Day 80: Simplicity	267
Day 51: Listening	176	Day 81: Sincerity	270
Day 52: Loyalty	179	Day 82: Spaciousness	272
Day 53: Mercy	181	Day 83: Stillness	275
Day 54: Mindfulness	183	Day 84: Strength	281
Day 55: Mystery	186	Day 85: Success	283
Day 56: Non-attachment	190	Day 86: Surrender	286
Day 57: Non-injury	194	Day 87: Sweetness	289
Day 58: Oneness	197	Day 88: Tenderness	292
Day 59: Openness	200	Day 89: Thoughtfulness	295
Day 60: Order	203	Day 90: Tolerance	298
Day 61: Patience	205	Day 91: Trust	302
Day 62: Peace	207	Day 92: Truthfulness	305
Day 63: Perfection	212	Day 93: Unconditional Love	308
Day 64: Perseverance	214	Day 94: Understanding	312
Day 65: Play	216	Day 95: Unity	316
Day 66: Positive Thought	219	Day 96: Usefulness	319
Day 67: Power	225	Day 97: Warmth	321
Day 68: Practicality	228	Day 98: Will	323
Day 69: Pure Awareness	230	Day 99: Wisdom	326
Day 70: Pure Consciousness	232	Day 100: Witness	329
Day 71: Purity	235	Day 101: Other	331
Day 72: Receptivity	239		
Appendix A: Curricula and Applications	333		

Four Yoga Practices	79
The Ten Steps	109
Roll the Wheel: The Simplest Technique	120
One Continuous Sacred Ritual	126
The Guesthouse—Rumi	131
Seven Steps to Mastery	134
The Prayer of an Unknown Confederate Soldier	141
Two Doors	163
Interpersonal Problem-Solving Discussion	176
The Big Questions	186
Unpack the Wisdom of the Ages in Your Consciousness	188
Four Yoga Practices	190
Pranayama Football	192
The Movie	230
The House	233
The Crucible	235
The Cave of Darkness: Heavy Lifting in the Gap-Abyss	250
The Bodhisattva’s Vow	257
Story of Religion	267
The Last Place They Will Look	275
Meditation Technique	276
The Work—Pain—Joy Cycle	303
The Love Field and the Material Field	317
Transformation of Emotion and Meditation	320
Two Frogs in Trouble	323



PERSONAL SPIRITUAL HISTORY

Two Wolves

An old Cherokee Indian was teaching his grandson about life...

A fight is going on inside me, he said to the boy. It is a terrible fight between two wolves.

One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good—he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

This same fight is going on inside you—and inside every other person, too.

The grandson thought about it for a long minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

When I was a young man, I had a lot of problems.

You might say the bad wolf had too much power.

To say this in another way: problems occur in five zones: 1. Physical, 2. Mental, 3. Emotional, 4. Interpersonal, 5. Spiritual. I had difficulty in four of these five. I have been blessed with good physical health but I got hit pretty hard in the other four zones. My sister was very sick and died young. I lost my religion of origin. There was a lot of addiction in my family. And I had my fair share of character defects.

My problems added up, overlapped, and overwhelmed my best defense. If I was quarterback, it was like getting sacked too many times in the game, sacked by my own emotions. I did not know how I got into all of this suffering and I most certainly didn't know how to get out.

I needed help. I needed to learn how to heal my pain and how to manage the pain that would not go away more skillfully.

I went into traditional counseling. It helped a lot but it wasn't enough. My pain was still too big. So I became a spiritual seeker. I studied with the sages, saints, gurus, teachers, and masters of the great faith traditions, searching their models with a fine toothcomb, looking for elements that strengthen the healing process.

The masters offered a simple threefold prescription for my pain.

1. Love everybody, all the time, no matter what.
2. Knowing this is a tall order, they gave me techniques to help carry it out. Breathwork, affirmations, meditation, mindfulness, the presence of God, yoga, transformation of emotion, contemplation, prayer, and a few more.

Healing Power: One Hundred Days of Love

3. To further move the process along, they gave me a pill called LSG: Love, Serve, Give. They wanted me to take this pill four times a day: morning, afternoon, evening, and nighttime, and they told me I could take as many additional pills (PRNs) as I want because there are no side effects, no toxicity, no insurance, no managed care, no doctor, and no therapist. This pill is free and completely safe.

I thought how simple, elegant, profound, and beautiful: unconditional love and service with some techniques to back it up. But does it work? I didn't know. But what did I know? The one thing I knew for sure: my life wasn't working. I will give this a try.

I studied and practiced their teachings. Slowly, three things happened:

1. I started to feel better.
2. I became a better person.
3. I began experiencing the superconscious states I was reading about in sacred spiritual books: the peace that surpasses understanding, pure love, ecstatic joy, bliss, Nirvana, God. It doesn't matter what you call it: it was gorgeous.

You might say the saints showed me how to feed the good wolf. And that good wolf started to take over. I continue the same prescription to this day. I tell people I'm on the pill, the love pill. On this pill:

1. I have come a long way.
2. I continue to slowly improve.
3. I have a lot of work to do.

Both wolves are still here but I've changed the ratio.

All of this would have remained a private experience if not for the advent of Mind-Body-Spirit Medicine, which now has ample scientific evidence that people with an active faith system have better outcomes in medicine, surgery, mental health, and addiction.

In other words, what goes on in the mind counts a lot. When we find the system that works for us, something in the mind clicks and sends something down into the factory of the cells, into the machine that facilitates healing.

If we can define that something—I call it the essential healing principle of religion—and transfer that principle safely to healthcare, we can bring more healing power to our clinical work for ourselves, our patients, and the organizations we serve.

I have tried to define that essential healing principle in a self-help, self-healing model that I use myself and teach to staff, patients, and students, if they are interested. The model is my seventy-five-year story translated into principles, steps, tools, and exercises that may be of use to you. The model is called *Healing Power*, which is described in *Healing Power: Ten Steps to Pain Management and Spiritual Evolution Revised* (2010), *Healing Power, The Workbook* (2015), and *Healing Power: Physician Heal Thyself* (2018).

Healing Power is a compendium of the wisdom of the ages from the sages, translated into cognitive-behavioral, mindfulness, and meditative practices designed specifically for healthcare professionals and their patients.

Key principle: "The cure for the pain is in the pain." (Rumi)

Healing Power is a prescription for skillful pain management. It teaches us how to make medicine out of our pain—how to transform our pain into healing power we can use ourselves and help our patients do

the same. It doesn't matter where we are on the map; we all need more healing power. There is always a next step to take.

The best part about being a psychiatrist is having time to listen and intervene in a person's story. I watch and listen for the pain story and the healing story. Much of the time, I hear only the pain story and realize the individual has a weak or no healing story. This then becomes my job: teaching people how to move past their pain story to a healing story.

Healing Power teaches people how to do this for themselves. In my case, there was a considerable amount of bounce and chaos on the way to a healing story. But in going through all of this, I discovered a vehicle for change: PMQ or pain-method-quality.

P is any painful problem: physical, mental, emotional, interpersonal, or spiritual.

M is any one or combination of fifteen methods.

Q is any one or combination of one hundred healing qualities adding up to love.

To evolve, all you have to do is find a problem, practice a method, and cultivate a quality. This is called rolling the universal healing wheel. When we roll the wheel, we convert the pain story to a healing story. Then we can get on with the rest of our lives.

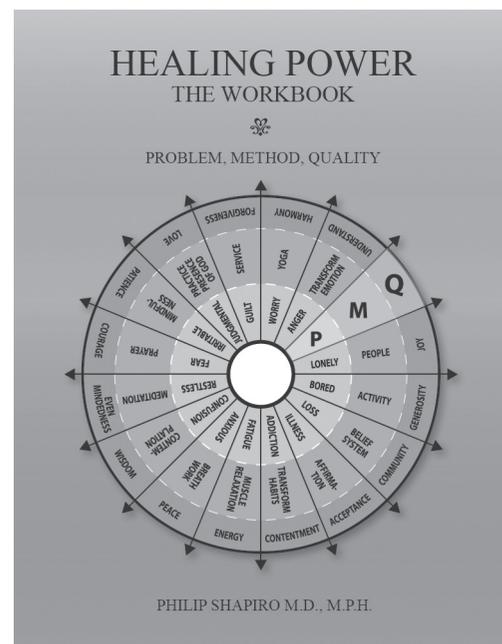
The supreme goal is responding to painful problems (the pain story) with unconditional patience, peace, poise, compassion, love, understanding, and associated healing qualities (the healing story). To do this, we need to practice the recommended methods until they become our new mental habits locked in brain grooves so powerful that ultimately this is all we can do.

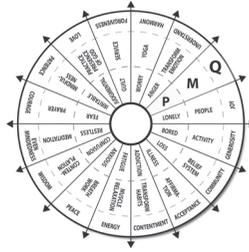
If we do this work, the virtues of the great saints and sages will slowly add on to us: peace and strength, compassion and courage, wisdom and love expressed in acts of gentle, humble service to all of humanity.

If you have read *Healing Power: Ten Steps to Pain Management and Spiritual Evolution Revised* (2010), *Healing Power, The Workbook* (2015), and *Healing Power: Physician Heal Thyself* (2018), you will not find anything new here. In this workbook, you will find the same material rearranged in the format of a daily word book workbook organized around a day for each of one hundred healing qualities. This format makes the material more accessible as it emphasizes the healing qualities as the place to enter. In addition, I have selected material from the prior work that students have enjoyed the most. You will find here a highlight reel of sorts, the best of the best.

At some point, you might want to review Appendix A: Curricula and Applications. Here you will find some suggestions on how to study this material.

The next section is a training document I use to teach how *Healing Power* works. This is followed by one hundred days of love and wisdom.

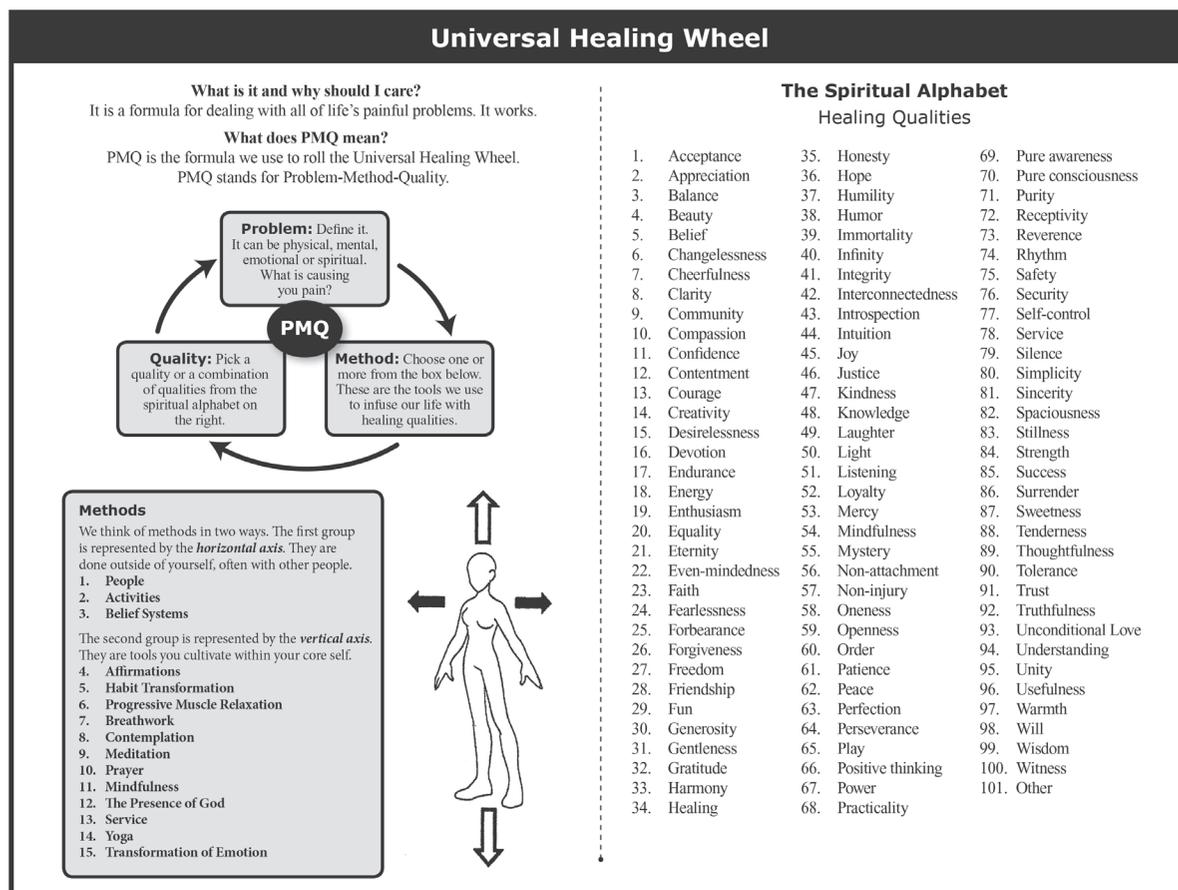




HEALTHCARE PROFESSIONAL AND CONSUMER: HEAL THYSELF

- This chapter introduces a self-help, self-healing model I use myself and teach students, staff, and clients if they are interested.
- It doesn't matter where we are on the map. We all need more healing power. There is always a next step to take.
- The way forward is the universal healing wheel or pain, method, quality (PMQ).

THE UNIVERSAL HEALING WHEEL OR PMQ



- P is any pain or problem: this can be physical, mental, emotional, interpersonal, or spiritual.
- M is methods: there are fifteen methods.
- Q is qualities: there are one hundred healing qualities.
- Those who practice the recommended methods in response to their pain will cultivate healing qualities such as love, compassion, patience, kindness, humor, forgiveness, courage, perseverance, strength, and more. When these healing qualities grow, we feel better and become better people.
- Next is a discussion of PMQ in some detail.

THE UNIVERSAL HEALING WHEEL

THE MECHANICS

- Mind-body-spirit medicine: There is ample scientific evidence that people with an active faith system have better outcomes in medicine, surgery, mental health, and addiction. This allows us to bring spirituality and religion into the practice of medicine.

- The next step is to *find and transfer the essential healing principle* from religion to medicine safely and without controversy. This is a difficult task. Religious belief systems present a broad array of complex, confusing, and contradictory principles. This model reduces complicated, controversial religion into a simplified practical spirituality.
- Here is the key principle: the entire story of religion is *the triumph of love over pain*. Love is the supreme healer. It is greater than any painful problem.
- Our job is to respond to our pain with love a little bit more every day. To do this we need:
 - A definition of pain
 - A definition of love
 - A way to implement the principle that love is more powerful than any painful problem
 - The universal healing wheel answers that call.

THE UNIVERSAL HEALING WHEEL = PMQ

PMQ is the essential healing principle of all religion. It is the $e = mc^2$ of spiritual healing. You will find PMQ in every healing model.

- P = Pain
- M = Method
- Q = Quality
- **Pain:** Let's start with pain. Every health care visit has something to do with pain. We can take some of it away with the medical model, but we are stuck with a great deal of residual suffering. We get hooked to our pain story and can't shake it. We need a way to manage this pain skillfully, but nobody talks about this. We say, "Your pain is your medicine if you know what to do with it. You can turn the tables on your pain and make it work for you. You can become a more skillful pain manager." The saints tell us how to do this.
- **The Qualities:** The saints recommend adding healing qualities such as love, compassion, understanding, and forgiveness to the pain story to calm it down. After all they would say, "Isn't the whole of religion a story of the triumph of love over pain? Isn't love more powerful than any painful problem?" Love, compassion, kindness, and understanding; these are the pain managers and the healers. But these qualities do not grow on trees. They are in the genetic code, and we need to cultivate them by practicing the recommended methods.
- **The Methods:** There are fifteen methods extracted from religion, psychiatry, and psychology. These include meditation, mindfulness, breathwork, affirmations, contemplation, the transformation of emotion, and more.
- **Rolling the Universal Healing Wheel:** In response to your pain, we suggest you pick a method to cultivate a quality. This is called rolling the universal healing wheel. This is universal and works for people of all persuasions.

- **Traction Devices:** Traction devices are the stuff of religion. We add back the stuff of religion as we think this adds even more power to the healing equation. To stay out of controversy, traction devices are offered as a cafeteria of options with the proviso that one person's traction device is the next person's gag reflex.
- **How this Works:** An atheist or agnostic person with an anxiety disorder might choose meditation to cultivate peace of mind. The PMQ here is anxiety (P), meditation (M), peace (Q). There would be no welcome theological traction devices. A Buddhist with the same problem might want to meditate with the Buddha and focus on compassion. A Christian might add Jesus and the God of love. A Hindu might add Krishna and even-mindedness under all conditions. With the addition of these traction devices, these individuals may find more comfort and solace.
- In summary:
 - a. P is any painful problem: physical, mental, emotional, interpersonal, or spiritual.
 - b. M is the fifteen methods.
 - c. Q is the love = One hundred qualities and higher states of consciousness.
 - d. Traction devices are anything from the stuff of religion that gives you traction.
- Study the healing principles outlined in this work long enough to understand how they work. Then roll the wheel and experience the result:
 - Love contains, reduces, or eliminates pain and guides us through what is left.
 - Love grows until love is all there is.
- To see how this works, you have to unpack the wisdom through direct personal experience. You have to sit with your pain and ride the pain waves to get to your upgraded, refined love. This workbook shows you how to do this, but you must be the one to do it. Think, reflect, and practice. Use every opportunity and experience—good and bad—to roll the wheel.
- Love is the great healer and great pain manager. It is more powerful than any painful problem. This message is needed now—sorely needed now—as there is so much darkness and pain in the world.
- In the next section, we will focus on important points about pain, methods, and qualities.

PAIN

- Life is painful.
- How we manage our pain determines whether we move forward, backward, or stay stuck in this life.
- When we manage pain unskillfully, we make it worse. We get stuck and go backwards.
- When we manage pain skillfully, we hold our ground and move forward.
- Unskillful pain management is the number one problem on the planet. It can paralyze and eventually destroy our lives and the lives of those around us.
- We need help. We need to learn more about the origin of our suffering so we can manage it more skillfully. Then, instead of dragging us down, our problems become a source of strength and peace.
- This work is designed to help you become an ever-increasingly skillful pain manager.

- Skillful pain management will help you safely navigate your way through the many pitfalls that have already come your way and will continue to come your way. Is there anyone who does not need this?
- All of us need to improve our pain management skills, but few pay attention. Our society focuses on the opposite: pleasure seeking, immediate gratification, and pain avoidance. This can work for a time but inevitably leads to more pain.
- There is nothing more important than learning how to be a skillful pain manager. Skillful pain management is in the hall of fame of great ideas. It is the missing piece in our lives. It is a big deal.
- Pain is a complex and tricky subject. If we are to become more skillful pain managers, we need to study its ways.
- Facing our pain and learning how to work with it can be frightening. However, when we learn how to do this, we find our power in the story. This means we are going to participate in self-healing.
- Following is a review of some principles to help us do this work.

TWO LEVELS OF PAIN

Pain has two dimensions. It is a good idea to keep these in mind as it helps us see where we do the work. The two levels are:

1. The inevitable suffering of life: we cannot control this.
2. Reactivity: our reaction to the inevitable suffering of life. This is reversible.

THE INEVITABLE SUFFERING OF LIFE

- All of us have to face the minor irritations of routine daily living and major life problems such as disease, disability, loss, change, the unknown, and death. This is the inevitable suffering of life. Life is difficult and painful for everyone. There is no way around it.
- The pain can be physical, mental, emotional, interpersonal, or spiritual. It can be any disease, disability, stress, or symptom. While we may be able to reduce some of this pain, there remains a great deal of suffering, no matter what we do.

REACTIVITY

Reactivity is what we add to the inevitable suffering of life. Most of us add a lot of reactivity to the pain equation.

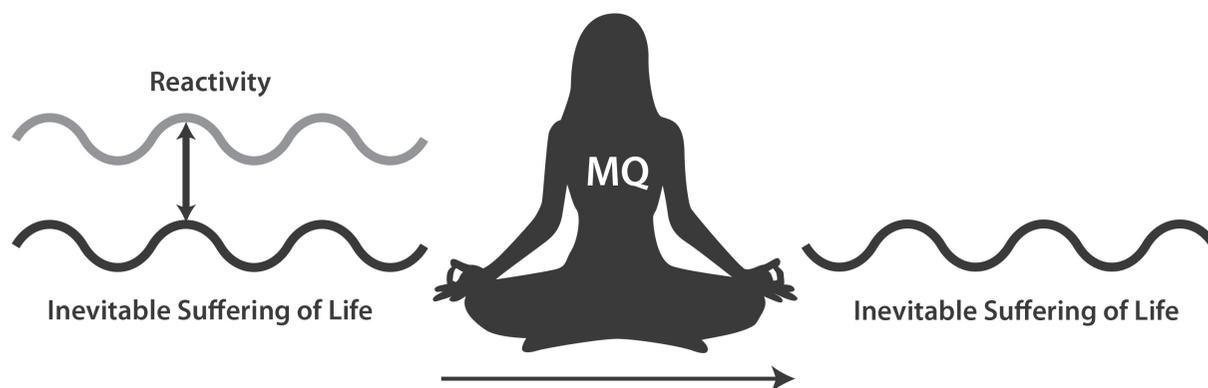
Here is a classic, near universal response pattern that occurs when we are confronted with a stressful problem:

REACTIVITY

- Mind: The mind heats up, spins out of control, ruminates, and repeats the pain story. It attaches to the pain story and won't let go.
- Emotion: Anxiety, depression, anger, fear, guilt, shame, embarrassment, and other painful emotions add up, overlap, pile on, and overwhelm.
- Desire: Desire, attachments, and bad habits kick in—food, alcohol, drugs, power, sex, shopping, gambling, and more.
- Body: We experience a medley of uncomfortable physical sensations: tremors, butterflies in our stomachs, tight muscles, sweaty palms, rapid heartbeat, and more.
- Activity: We become hyperactivity junkies running on the track of life seeking pain relief through people, activities, and things. We distract ourselves from the time we get up in the morning until sleep. This can be good and works to a point, but we don't get to the root cause of our suffering when we use activity to avoid looking at our problems.
- Ego: The trickster ego adds a layer of confusing maneuvers that get in the way: defensive, paranoid, proud, rigid, judgmental, greedy, selfishness, fixed distorted ideas, power trips, and more.

Unnecessary high reactivity is a source of untold suffering. But here is the good news. Reactivity is reversible. We can control these reactions. We have considerable leverage here. We can reduce reactivity when we practice the methods and qualities described in this workbook.

SKILLFUL PAIN MANAGEMENT



- When we do this work, we have less pain, and we are better at managing the pain we cannot eliminate. Life still hurts but we get the easiest possible ride by riding the pain waves just as they are. This is how we become ever-increasingly skillful pain managers.
- In the next section, you will find a list of one hundred healing qualities followed by some important points about how these qualities help us manage our pain and heal.

ONE HUNDRED HEALING QUALITIES

- | | | |
|---------------------|------------------------|------------------------|
| 1. Acceptance | 35. Honesty | 69. Pure awareness |
| 2. Appreciation | 36. Hope | 70. Pure consciousness |
| 3. Balance | 37. Humility | 71. Purity |
| 4. Beauty | 38. Humor | 72. Receptivity |
| 5. Belief | 39. Immortality | 73. Reverence |
| 6. Changelessness | 40. Infinity | 74. Rhythm |
| 7. Cheerfulness | 41. Integrity | 75. Safety |
| 8. Clarity | 42. Interconnectedness | 76. Security |
| 9. Community | 43. Introspection | 77. Self-control |
| 10. Compassion | 44. Intuition | 78. Service |
| 11. Confidence | 45. Joy | 79. Silence |
| 12. Contentment | 46. Justice | 80. Simplicity |
| 13. Courage | 47. Kindness | 81. Sincerity |
| 14. Creativity | 48. Knowledge | 82. Spaciousness |
| 15. Desirelessness | 49. Laughter | 83. Stillness |
| 16. Devotion | 50. Light | 84. Strength |
| 17. Endurance | 51. Listening | 85. Success |
| 18. Energy | 52. Loyalty | 86. Surrender |
| 19. Enthusiasm | 53. Mercy | 87. Sweetness |
| 20. Equality | 54. Mindfulness | 88. Tenderness |
| 21. Eternity | 55. Mystery | 89. Thoughtfulness |
| 22. Even-mindedness | 56. Non-attachment | 90. Tolerance |
| 23. Faith | 57. Non-injury | 91. Trust |
| 24. Fearlessness | 58. Oneness | 92. Truthfulness |
| 25. Forbearance | 59. Openness | 93. Unconditional Love |
| 26. Forgiveness | 60. Order | 94. Understanding |
| 27. Freedom | 61. Patience | 95. Unity |
| 28. Friendship | 62. Peace | 96. Usefulness |
| 29. Fun | 63. Perfection | 97. Warmth |
| 30. Generosity | 64. Perseverance | 98. Will |
| 31. Gentleness | 65. Play | 99. Wisdom |
| 32. Gratitude | 66. Positive thinking | 100. Witness |
| 33. Harmony | 67. Power | 101. Other |
| 34. Healing | 68. Practicality | . |

IMPORTANT POINTS ABOUT THE QUALITIES

- You have an army of one hundred healing qualities.
- They are in the genetic code, the inherited wisdom of the body.
- They are not just words but actual healing powers.
- We can deploy them in response to any painful problem.
- They are more powerful than the painful problem.
- We know how to make them grow.
- Grow one, and the others grow with it. They are interconnected.
- The goal is to make them unconditional, spontaneous, automatic habits.
- As they become unconditional, spontaneous, automatic habits, the locus of control shifts from outside to inside.
- Expansion of healing qualities leads to higher states of consciousness.
- Life presents unlimited opportunities to evolve the qualities.
- Every moment of every scene is an opportunity to grow a quality.
- We can bring the qualities to every aspect of life: thought, feeling, choices, actions, listening, talking, working, eating, relaxing, relationships, conflicts—everything; you name it.
- There is no limit on the growth of a quality. There is always a next step.
- We always need more of all of the qualities, but from moment to moment some stand out as more important than the others. Work there.
- Reactivity is that part of our pain that is reversible. Healing qualities contain, reduce, or eliminate reactivity and guide us through what is left. This is skillful pain management.
- Armed with healing qualities, we are ultimately bigger than our pain.
- Good mental health is when the qualities are in charge.
- Good spiritual health is when the qualities are in charge.
- The most important question: are the qualities growing?
- Healing qualities are water on the fire of reactivity.

THE TRIUMPH OF LOVE OVER PAIN



- But the qualities do not grow on trees. They are in the genetic code and we need to cultivate them by practicing the recommended methods.

METHODS

- This work presents fifteen methods we can turn to when doctors and other health care professionals can't solve our problem.
- The methods are a compilation of ancient wisdom and modern science. They are evidence-based and have proven to be effective over the ages.
- These methods help us manage the inevitable suffering of life and our reaction to it.
- The methods are organized under the horizontal and vertical axes.
- Horizontal axis methods include the outer world of people, activities, and belief systems.
- The vertical axis includes methods we use inside ourselves. These distinctions are made for teaching purposes only. The boundaries between the outer and inner world are arbitrary, and there is overlap.
- You already practice some of these methods. This review will help you become more conscious of what you are doing and help you expand your repertoire.
- These self-help methods integrate with traditional, complementary, and alternative medicine.
- The methods can be used by any person: atheist, agnostic, religious, or spiritual.
- The methods can be used for any problem: physical, mental, emotional, interpersonal, or spiritual.
- The methods help us manage our pain, problem, symptom, disease, or disability.
- The methods help us contain, reduce, or eliminate our pain and guide us through what's left.
- The methods help us cultivate healing qualities which contain, reduce, or eliminate reactivity.
- We can practice the methods anywhere and anytime—at home, at work, or at play.
- We can start anywhere. Pick the method that most appeals to you at this moment.

- Explore them all as time allows.
- No method is better than another.
- No method works for everyone. Pick the ones you want.
- Incorporate and balance the methods according to your current motivation and lifestyle.
- It doesn't matter if your pain is mild, moderate, severe, or extreme. These methods work no matter the size, shape, or complexity of your problem.
- When we learn how to deal with small problems, we will know how to deal with the big ones. The principles are the same.
- For chronic, severe problems, we will need to practice these methods in a variety of combinations for years.
- With practice, we can learn how to manage our deepest suffering with corresponding healing interventions to match.
- The methods guide us through the roughest patches, including the most brutal reality, dark night of the soul, and cave of darkness.
- The list is not inclusive. You are encouraged to heal by any method that works for you.
- Following is a brief introduction to the fifteen recommended methods.

THE METHODS

Horizontal axis: external work

1. People
2. Activities
3. Belief systems

Vertical axis: internal work

4. Affirmations
5. Habit transformation
6. Progressive muscle relaxation
7. Breathwork
8. Contemplation
9. Meditation
10. Prayer
11. Mindfulness
12. Practicing the presence of God
13. Service
14. Yoga
15. Transformation of emotion

WHAT DO YOU DO WHEN YOU ARE IN PAIN?

HORIZONTAL AXIS METHODS

External Work

1. People
 - When we are in pain, we instinctively turn to trustworthy loved ones, friends, family, or counselors. We tell our story seeking understanding, validation, comfort, and relief.
 - We have a deep and inherent need to give and receive love, compassion, understanding, patience, kindness, and humor. These qualities are the healers and pain managers.
 - The idea is to have the best possible network of like-minded, warm, wise, and compassionate people: the right people, at the right time, at the right dose.

2. Activities

- Constructive meaningful activities contribute mightily to pain management and healing.
- We need a variety of activities such as: school, training, volunteering, work, hobbies, culture, exercise, martial arts, sports, the Internet, TV, radio, music, culture, reading, the arts, and more.

3. Belief system

- It doesn't matter whether your belief system is secular, spiritual, fixed, or opened as long as it gives meaning, purpose, and positive thought.
- Church, synagogue, mosque, twelve-step programs, DBT (dialectical behavior therapy), or other healing ceremonies.

VERTICAL AXIS

Internal Work

- Many people make the mistake of trying to solve all of their problems on the horizontal axis of people, activities, and belief systems. Some problems can only be resolved by doing some inner work.
- When you have done everything you can in the world of people, activities, and belief systems and you are still in pain, there are twelve additional methods you can use to help you with your painful problem.
- Methods 4–15 describe the work we can do internally. These are the methods of the vertical axis. We can work these methods alone or in a group; both are good, and they complement each other.

4. Affirmations

- The mind has great power to do harm or good.
- Fill your brain with powerful positive thoughts and wisdom pearls.

5. Habit Transformation

- All of us have a mix of good and bad habits.
- Learn how to eliminate bad habits.

6. Progressive Muscle Relaxation

- Calm the body and mind through tensing and relaxing the muscles.
- Reduce stress, anxiety, fear, panic, depression, insomnia, and fatigue.
- You might also do a body scan.

7. Breathwork

- Breath is always available. We can use it to get centered and calm.
- Breathwork helps dissolve painful emotions, curb addiction and craving, and convert mental restlessness to peace of mind.

8. Contemplation

- Crack open the shell of a wisdom pearl to release its hidden secrets and soothing healing powers.
- Learn how to fill your brain with wisdom.

Healing Power: One Hundred Days of Love

- Convert such great qualities as compassion and any other healing quality or idea from the surface superficiality of mere words to feeling, experience, and action.
9. Meditation
- Right now, there is a place inside of us that is absolutely still and serene, but our mental restlessness bars us from entering. Meditation is the solution to this problem.
 - When we learn how to meditate, we learn how to slow down the mind, replace negative with positive thought, and eventually get into the room of stillness.
 - The experience of peace in the room of stillness surpasses understanding. Here you will find unfathomable beauty, joy, compassion, light, energy, power, elation, and ecstasy.
 - In meditation: negative → positive → stillness → higher consciousness → infinity.
 - Learn how to meditate. Experience deep healing in the room of stillness. This doctor charges no fee.
10. Prayer
- Communion with your higher self or Higher Power.
 - Dimensions of prayer: oneness, humility, individuality, stillness, concentration, visualization, devotion, will power, awareness, acceptance, and peace.
11. Mindfulness
- Mindfulness is paying attention in the here and now to one moment at a time.
 - Learn how to stay in the present and ride the pain waves just as they are, without adding unnecessary reactivity.
12. Presence of God
- This is the same as mindfulness for those who have a personal relationship with God.
 - Make contact and get a response.
13. Service
- In service to humanity, we discover who we really are and what really helps.
 - It is not what you do but how you do it. Add love to every action.
 - The way is small acts of gentle humble service without attachment to outcomes.
 - When we help others, we help ourselves. Healing power grows. We evolve.
14. Yoga
- The science of yoga teaches us to still the waves of mental restlessness, excessive material desire, and emotional reactivity in both meditation and activity. There are four practices:
 - a. Love: Bhakti Yoga
 - b. Service: Karma Yoga
 - c. Wisdom: Jnana Yoga
 - d. Stillness: Raja Yoga
15. Transformation of Emotion

- Painful emotions are a part of the normal, natural, intelligent healing process.
- When we learn how to process emotion into self-knowledge, we gain strength and peace.
- Learn how to:
 - Let the pain story unfold.
 - Spiritualize the story: infuse the pain story with healing qualities.

LOCUS OF CONTROL

- If you spend most of your time in methods 1–3, your locus of control is primarily outside. Most of us start here.
- When life presents overwhelming problems, it is often necessary to do some inner work. As you begin to practice methods 4–15, healing qualities such as courage, peace, and strength slowly grow. As the qualities grow, your locus of control gradually shifts to your inner self. You become less dependent on the outer world of people, activities, events, and material things when you find inner peace, security, and contentment.
- When we learn how to balance external and internal practices, we become more skillful pain managers. Healing qualities expand. We evolve at maximum speed. At mastery, when your locus of control is deeply rooted inside, you will be even-minded under all conditions. For most of us, even-mindedness under all conditions is an affirmation, not a reality. On the way there, we can have fun with the challenge.
- In the next section, you will learn how to practice PMQ or roll the universal healing wheel.

ROLL THE UNIVERSAL HEALING WHEEL

- Now that you have completed your review of pain, methods, and qualities, you are ready to practice PMQ. This is called rolling the universal healing wheel.
- To evolve, all you have to do is find a problem, practice a method, and cultivate a quality.
- Problem P
 - Find a problem you would like to work on.
 - This can be any problem: physical, mental, emotional, interpersonal, or spiritual.
 - It can be any size: tiny, small, medium, large, or huge.
- Quality Q
 - Go to the list of one hundred healing qualities. (See page 11)
 - Pick one or a combination of qualities you need right now to help you with your problem.
- Method M
 - Pick one or a combination of methods that will help you grow that quality.
- Here is a sample of PMQs.

The Universal Healing Wheel

- Here is a simple technique you can use for any pain or problem. You can use this technique whether you are an atheistic, agnostic, spiritual, or religious person.
- When you realize you have gone for a ride on the train of thought and you want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Problem
 5. Method
 6. Quality
 7. Traction device (optional)

A SAMPLE OF PMQs		
PROBLEM	METHOD	QUALITY
<i>Any problem of body, mind, or spirit</i>	<i>15 methods</i>	<i>100 qualities</i>
Lonely	People: meet a friend	Joy
Bored	Activity: volunteer	Generosity
Loss	Belief system: go to church or AA meeting	Community
Physical illness	Affirmation	Acceptance
Addiction	Habit transformation	Contentment
Fatigue	Progressive muscle relaxation	Energy
Anxious	Breathwork	Peace
Confusion	Contemplation	Wisdom
Restless	Meditation	Even-mindedness
Fear	Prayer	Courage
Irritable	Mindfulness	Patience
Judgmental	Practicing the Presence of God	Unconditional Love
Guilt	Service	Forgiveness
Worry	Yoga	Harmony
Anger	Transformation of emotion	Understanding

ROLL THE WHEEL WITHOUT A TRACTION DEVICE

- An ethical humanist with an anxiety disorder might want to use meditation to cultivate peace. The PMQ would be anxiety, meditation, peace. There would be no welcome theological traction devices.
- When you realize you have gone for a ride on the anxiety train and want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Anxiety
 5. Meditation
 6. Peace

ROLL THE WHEEL WITH A TRACTION DEVICE

- A Buddhist with an anxiety disorder might want to meditate with the Buddha and focus on compassion.
- The PMQ would be the same: anxiety, meditation, peace.
- With the addition of the compassionate Buddha as the traction device, the meditation would have more power.
- A Christian might visualize Jesus and the God of love during his or her meditation.
- A Hindu might add Krishna and even-mindedness under all conditions.
- With the addition of these traction devices, individuals may find more comfort and solace.
- When you realize you have gone for a ride on the anxiety train and you want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Anxiety
 5. Meditation
 6. Peace
 7. Traction Device: add the Compassionate Buddha, even-minded Krishna, or Jesus and the God of love to your meditation.
- Choose your PMQ.
- Now, gently bring the quality and method to the pain. Everything is done gently.
- Focus on the method and quality, not the pain.
- Practice your method and quality for a day, a week, or longer.
- Read about that quality.
- Think about it.
- Discuss it.
- Contemplate it.
- Affirm it.
- Breathe it.
- Feel it.
- Visualize it.
- Concentrate on it.
- Permeate your being with it.
- Invoke powerful memories about it.
- Create from it.
- Make it your faithful guide and companion.

- Write your experience.
- Share in a group or with a friend.

USING THE UNIVERSAL HEALING WHEEL

- The universal healing wheel works for any problem: tiny, small, medium, large, or huge. The dynamics are the same.
- Choose any problem and match it to a method and quality. Practice the method and cultivate the quality in response to the pain. The quality is more powerful than the painful problem. As it slowly grows, it will contain, reduce, or eliminate your pain, and guide you through what is left.
- We must still deal with the inevitable suffering of life. But now there is less reactivity and more strength and peace. This is skillful pain management by rolling the universal healing wheel.
- With any pain or problem, fifteen methods, and one hundred qualities to choose from, the universal healing wheel offers unlimited creative potential. It is like a palette of colors. You paint your own picture.
- By changing the method and quality from moment to moment, pending circumstance, there can be one continuous sacred ritual. For example, we can practice meditation in the morning and evening and mindfulness, breathwork, or affirmations during the day.
- When you practice PMQ, change occurs in four stages.

THE FOUR STAGES OF CHANGE

- Stage 1: *No change is noticeable*: We do the work and nothing happens. The qualities are growing, but the increase is subtle and imperceptible. Many people quit here, as they are looking for immediate gratification and are not prepared for work, struggle, and discipline. Don't put a schedule on this stage. If we do—and our expectations are not met—we may become discouraged and give up our quest.
- Stage 2: *We feel better and become better people*: There is a tangible experience of ever-increasing peace, love, strength, courage, compassion, and the other love qualities.
- Stage 3: *Superconscious experience*: Love qualities inflate by nature. At some point, they cannot contain themselves. They break into superconscious states: the peace that surpasses understanding, pure love, ecstatic joy, bliss, nirvana, God. It doesn't matter what we call it. The experience is gorgeous. Ultimately, these states defy description. Words are only signposts. We have to go there. When we reach an expanded superconscious state, we know it, experience it, and feel it. These experiences last for a few minutes or hours to several days. But there is inevitably a return to ordinary consciousness. Back to school. Back to work.
- Stage 4: *Mastery*: A sustained state of superconsciousness reserved for masters. This is a very advanced stage and requires decades if not lifetimes of discipline. For a more detailed description of this stage, see *Healing Power, Revised*, p. 88 and pp. 134–35. Alternatively, you can study the lives of Jesus, Buddha, Krishna, Rumi, or any God-realized master.

POINTS TO REMEMBER

- The wheel with traction devices allows us to capture the power of religion and bring it to healthcare safely, efficiently, and effectively.
- PMQ is the final common denominator and cannot be reduced any further. It is necessary and sufficient. We have to have problem, method, and quality to heal.
- PMQ is universal. Anyone can do PMQ. You can be atheist, agnostic, religious, or spiritual and practice PMQ.
- PMQ is cognitive behavioral therapy in which one shifts from a negative painful problem to a positive healing quality. For some people, this is enough. Others need traction devices.
- Traction devices for the wheel allow those who are interested to add anything from the stuff of religion that gives inspiration or traction: the God of love, grace, Jesus, Krishna, karma and reincarnation, and so forth.
- The stuff of religion that can create such consternation and enmity is offered as a cafeteria of options with the following provisos: one person's traction device is the next person's gag reflex, nuke offensive language and substitute your own, stay in your own lane, reform yourself and not others, and take what you need and leave the rest.
- The wheel with traction devices solves the problem of toxic language and traumatic religious history, as PMQ has no theology and you control the traction devices.
- The wheel with traction devices is not invasive, threatening, or noxious. We can choose from any pain or problem, fifteen methods, one hundred healing qualities, and any traction device. With this many options, we can find a way to avoid those problems, methods, qualities, and traction devices that are offensive, invasive, and act as triggers, and work with those that are easier to take at the time.
- The number or type of traction devices we use doesn't matter. We can have none, a few, or full-on religion. What does matter is love. If a traction device leads to more love, it is good. If not, why use it?
- The universal healing wheel with traction devices is a major find. It reduces complicated, controversial religion to a simplified practical spirituality. It is the essence of and link to all religions. It is the $e = mc^2$ of psychosocial and spiritual healing. It is the unifying theory, what actually works, the Holy Grail. It seems too simple to be true, but this simplicity is its elegance; it has the essential building blocks for healing and the add-ons from the stuff of religion. The wheel with traction devices is the total package.
- Here are the steps followed in constructing this model:
 - Deconstruct religion into discrete pieces.
 - Eliminate dogma, ritual, and other nonessentials.
 - Extract the essential healing principle = love = healing qualities.
- All you need is love and a way to make it grow. The wheel with or without traction devices answers that call.
- Roll the wheel with or without traction devices. Love grows until it is unconditional.
- Love is the centerpiece of religion. Everything else is a traction device.
- Spirituality = love = healing qualities and higher states of consciousness.

- We must have PMQ for full recovery and deep healing. When we roll the wheel, we evolve. We become love itself.
- Practice PMQ. Chisel away what does not belong. Deconstruct to reconstruct. Bring out the love you already are.

WHAT WE LIKE MOST ABOUT ADDING SPIRITUALITY TO OUR WORK

- It lights a fire of hope and possibility under traditional medical practice.
- It allows us to function under the umbrella of a great idea: bringing the wisdom of the ages to healthcare.
- It offers a boatload of additional healing tools for staff, patients, and clients who can take it as far as they wish.
- It improves healthcare outcomes.
- It gives the practice of medicine a story and a soul.

STAGING DISEASE AND RECOVERY

FOR LOW-INCOME PERSONS WITH CHRONIC SEVERE ILLNESS

Spin → Float → Integrate → Liberate

- We understand psychosocial and spiritual recovery and healing is not for everyone. Some are unable or not interested. We respect people's decisions to engage or not. With this in mind, we present below a way to stage disease and recovery.

SPIN → FLOAT → INTEGRATE → LIBERATE

- **SPIN.** This is high acuity requiring multiple visits to the emergency room, hospital, and clinics. Those in the spin zone have one or more of the following: active physical illness, mental illness, and addiction, low or no income, unemployment, and homelessness. These individuals often spin between the hospital, jail, and street. There may be danger to self or others.
- **FLOAT.** With medication, housing, and financial support, mental illness, physical illness, and substance use improve. Symptoms if present are more manageable. People isolate in their rooms, watch TV, smoke, hang out, and wander aimlessly. There may be some social contact but little or no connection to meaningful social, recreational, vocational or spiritual activity. There is often no meaning and purpose.
- **INTEGRATE.** This is community integration involving people, activities, and belief systems. People get their social, recreational, vocational, and spiritual lives back.
- **LIBERATE:** Integrate higher states of consciousness with good mental health.

- SPIN → FLOAT → INTEGRATE → LIBERATE: To move from spin to float to integrate, we need positive action on the horizontal axis of people, activities, and belief system. For deepest healing and liberation, we may need to move from fixed to opened belief systems, and add vertical axis healing options including meditation and self-knowledge. This requires managing that gap between fixed and opened belief systems where even a little anxiety is perceived as the uninvited guest in the living room.
- Staging Recovery Using the Fifteen Methods: There are fifteen methods: three on the external horizontal axis and twelve on the internal vertical axis. Some will choose none of these. Others will apply all fifteen. An example of a way to stage recovery using the fifteen methods follows.

STAGING RECOVERY USING THE FIFTEEN METHODS

THE METHODS

Horizontal axis: external work

1. People
2. Activities
3. Belief systems

Vertical axis: internal work

4. Affirmations
5. Habit transformation
6. Progressive muscle relaxation
7. Breathwork
8. Contemplation
9. Meditation
10. Prayer
11. Mindfulness
12. Practicing the presence of God
13. Service
14. Yoga
15. Transformation of emotion

STAGING RECOVERY AND HEALING

- LEVEL 1: No Options. This individual chooses none of the fifteen methods. There is an inability or lack of motivation for community integration. Some people are overwhelmed by stimulation and need to stay alone to remain stable. Others may lack initiative or energy. The illness may be too acute. There may be too much pain. This individual will remain in spin and float.
- LEVEL 2: People and/or activities. This individual chooses people and/or activities. There is social and recreational recovery but an inability to engage in cognitive-behavioral work (belief systems) or vocational recovery. This person profits from day programs and drop-in centers.
- LEVEL 3: People, activities, and belief system. This individual engages with people and activities and has a belief system: traditional religion, twelve-step program, or other healing models. This includes social, vocational, recreational, and spiritual recovery. This individual remains primarily on the horizontal axis and has an external locus of control.
- LEVEL 4: People, activities, and belief system with any one or combination of vertical axis options. There may be a need to move from a fixed to an opened belief system. The locus of control begins to shift from outside to inside.
- LEVEL 5: As with Level 4 but add transformation of emotion and meditation, the two most difficult and advanced vertical axis techniques. With the addition of these two powerful digging tools, one can remove all traces of negativity, leading to the recovery of the higher self and Higher Power as the *unlimited* peace, joy, love, and safety we crave. The locus of control is primarily inside. There is an expansion to higher states of consciousness, sometimes referred to as liberation or enlightenment.

TRACTION DEVICES AND HIGHER POWER OPTIONS

- The universal healing wheel is the essential healing principle of any psychosocial or spiritual model. The wheel is universal. It works for persons of any persuasion: atheist, agnostic, religious, or spiritual. For many, PMQ is enough. Others need traction devices for the wheel.
- A traction device is any concept, image, or aspect of a great wisdom tradition that gives inspiration. A few examples are ritual, story, metaphor, parables, Higher Power, mystery, the unknown, God of love, Father, Mother, Friend, Beloved, Omniscience, Omnipotence, Omnipresence, Christ, Krishna, Buddha, Image of God, karma, reincarnation, grace, nature, the collective unconscious, archetypes, the subconscious, reason, traditional worship, sermons, music, art, committee work, and many more.
- Traction devices help us get traction so we do not get stuck when the going gets rough. Healing is work, and traction devices help us do the work. They help us stay in the game when we feel like quitting. Traction devices add more power to the healing equation. They help us manage our pain and heal.
- Traction devices include the stuff of religion and the nature of God. There is great controversy here. Arguments rage within and between religions, and between atheists, agnostics, religious, and spiritual people. The trails of history and current events are populated with tragic stories about confrontations concerning “the one true way.”

- We can do better. We can learn how to talk about these profoundly important principles without getting into trouble. If we do this, we profit greatly. Healing power expands. We become more skillful pain managers. We feel better, become better people, and experience higher states of consciousness.
- Now might be a good time to review *Healing Power Revised* (2010), pp. 78–81, and *Healing Power: The Workbook* (2015), pp.116–127. Here you will find a review of Higher Power options for atheists, agnostics, and spiritual and religious persons. In this work, there are four broad categories:
 1. Higher self
 2. Higher meaning and purpose
 3. Higher states of consciousness
 4. Higher Power or the God of your understanding: you are encouraged to find those aspects and images of your Higher Power that are comfortable, approachable, and accessible, to install that image in your consciousness, and to use it as a source of continuous guidance and inspiration.

Some key points to remember about traction devices and Higher Power options:

- To climb the mountain of healing qualities and higher states of consciousness, we may need some traction devices.
- *Healing Power* offers traction devices as a cafeteria of options but does not promote specific traction devices. It does promote the universal healing wheel, and you pick the traction devices.
- While other people’s traction devices may be of interest and can satisfy our curiosity, they can become a distraction or a source of dissension, conflict, and fighting.
- When we focus on other people’s traction devices, we can inadvertently kindle traumatic religious history and toxic language.
- We don’t need to know each other’s traction devices. What we do need is the qualities. The qualities will take us to higher states of consciousness. The most important question: Are the qualities growing or not?
- Love is the universal truth that links the great teachers and their teachings. It is there when we boil everything else off.
- The answer to the cosmic puzzle is love. Are we in love or something else?
- It doesn’t matter how you worship or if you worship. What matters is love.
- Ethical humanists may have more love in their hearts than intensely religious persons and vice versa. Judge by love, not the vehicle. Love is the report card.
- Focus on the wheel. That is what we all have in common.
- You have finished your review of the essential principles of the universal healing wheel. In the next section, you will find one hundred days of love.

ONE HUNDRED DAYS OF LOVE

QUALITIES

- Place all of the religions in a blender and swirl them into liquid religion. Take out your magical filter and command it to remove everything from the liquid that is not absolutely essential. Now pour the liquid

Healing Power: One Hundred Days of Love

through the filter into a small perfume bottle. The filter does its job of removing ritual, dogma, and other non-essentials. The perfume bottle now holds a product called the Elegant Essence of Religion. If you were to drink this one night before sleep and wake up in the morning transformed into a Christ, Krishna, Buddha, favorite master, saint, sage, or the highest person you can imagine, what would be in the bottle?

- If you did the same exercise with every other healing model you can think of including the psychotherapies, 12-steps, Dialectical Behavioral Therapy, and other mindfulness-based cognitive therapies, what would be in the bottle?
- On the next page 26, you will see a list of one hundred qualities. These qualities would be in the bottle.
- These qualities are *the essential healing principle* of all psychological, social, religious, and spiritual belief systems.
- The Bible, Koran, Bhagavad Gita, and all sacred texts and stories speak to these qualities.
- Christ, Buddha, Krishna, Rumi, The Baal Shem Tov, saints, sages, gurus, Zen masters, and yogis teach these qualities.
- The qualities are at the core of every spiritual story. They represent the basics, the alphabet, the periodic table of spiritual elements.
- Likewise, all psychosocial healing models ultimately point to these qualities as the goal of inner healing work.
- These are the qualities we are going to study.
- These are the qualities we will use to heal, manage our pain, and evolve.

ONE HUNDRED HEALING QUALITIES				
Acceptance	Even-mindedness	Interconnectedness	Peace	Spaciousness
Appreciation	Faith	Introspection	Perfection	Stillness
Balance	Fearlessness	Intuition	Perseverance	Strength
Beauty	Forbearance	Joy	Play	Success
Changelessness	Forgiveness	Justice	Positive thinking	Surrender
Cheerfulness	Freedom	Kindness	Power	Sweetness
Clarity	Friendship	Knowledge	Practicality	Tenderness
Community	Fun	Laughter	Pure awareness	Thoughtfulness
Compassion	Generosity	Light	Pure consciousness	Tolerance
Confidence	Gentleness	Listening	Purity	Trust
Contentment	Gratitude	Loyalty	Receptivity	Truthfulness
Courage	Harmony	Mercy	Reverence	Unconditional love
Creativity	Healing	Mindfulness	Rhythm	Understanding
Desirelessness	Honesty	Mystery	Safety	Unity
Devotion	Hope	Nonattachment	Security	Usefulness
Endurance	Humility	Non-injury	Self-control	Warmth
Energy	Humor	Oneness	Service	Will
Enthusiasm	Immortality	Openness	Silence	Wisdom
Equality	Infinity	Order	Simplicity	Witness
Eternity	Integrity	Patience	Sincerity	Other

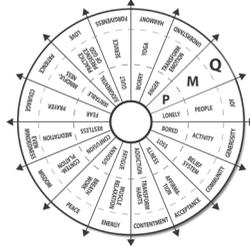
- The mind in ordinary consciousness hops like a bunny by free association. Some call it busy brain or monkey mind. The mind is not only hyperactive. It is all too often filled with a host of junk thoughts: negative, violent, wrong, frightened, insecure, worry, doubt, hysterical, reactive, ruminative, and more. In a recovery and healing meeting, one member said, “There is a bad neighborhood up there. The six inches between my ears is the scariest place I know. Don’t go in there alone!” Busy, hyperactive, monkey mind, junk thoughts! What to do?
- Since we are always affirming something, why don’t we fill our brains with wisdom rather than let junk thoughts play?
- We can notice our train of thought and shift gears to a healing quality, affirmation, or wisdom pearl when the mind goes negative.
- An affirmation is a beautiful idea or a positive thought that we would like to be true and can be true but is currently out of reach.
- A wisdom pearl is not just a positive thought but a super-positive deep thought with the potential power to help us heal not just in the moment but over the course of a lifetime. Wisdom pearls have the potential to help us in every domain of life but it takes time to understand them. A deep wisdom pearl can grow throughout our life and even then not be fully understood.
- The idea behind practicing affirmations is very simple. We fill our brains with positive thought and wisdom pearls. We make our self-talk say better things. We take a positive thought and make it our own. We make it real. We become it. This takes practice, lots of practice. In the beginning, we set intention and direction. Slowly, we realize the affirmation. We become that wisdom.
- Following are one hundred days of love. We are going to learn how to lock healing qualities and wisdom pearls into brain grooves that will not quit.
- Each quality is a skill. Expansion of the healing qualities is a lifelong skills training project. There is no end to the training as the qualities are unlimited. This whole book is an affirmation. It is way ahead of most of us. Take a little piece at a time and work on it.
- Before you begin, you might want to review the important points about the healing qualities on page 12.
- You might also review the guidelines for groups and classes in the next section.

GUIDELINES FOR GROUPS AND CLASSES

- Please review the following guidelines. If we follow these suggestions, we can extract the essential healing principle from religion and apply it to healthcare safely, efficiently, and effectively.
- We use these guidelines for groups and classes. They work. We have enjoyable, educational discussions without getting into destructive debate.
- The model is a composite of universal healing principles from the great wisdom traditions.
- It does not push religion. It does try to equip persons of all persuasions with the essential healing principle embedded within religion.
- We do not promote a particular religion. We do promote your individual approach to spirituality. We have respect and tolerance for the great variety of ways to understand and practice spirituality.
- The model is for any person: atheist, agnostic, spiritual, or religious.

Healing Power: One Hundred Days of Love

- The model is for any problem: physical, mental, emotional, interpersonal, or spiritual.
- The methods can be practiced anywhere and anytime—at home, at work, or at play.
- There is a cafeteria of options. You can add these options to your current belief system or build your own program.
- Take what you need and leave the rest.
- The term Higher Power is used to describe the God of your understanding, our higher self, higher states of consciousness, or your higher meaning and purpose.
- One person's traction device is the next person's gag reflex. Don't let language stop you. For some people, even the word spirituality is a problem. Nuke offensive language and substitute your own. For example, you might substitute Higher Power for God, higher self for soul, healing qualities for spiritual qualities, or cognitive behavioral practice for spiritual practice.
- Some chapters in this book speak to those who believe in a God of love. Other chapters are more universal. If you don't believe in God, let alone God as love, substitute with words like spiritual qualities, healing qualities, qualities, The Tao, The Way, The Great Spirit, Creator, compassion, or any other term that gives you traction. The universal goal is to become a more skillful pain manager, expand healing power, and evolve. As you proceed, use whatever term is most acceptable to you.
- Stay in your own lane.
- Reform yourself and not others. We are not here to change others. We are here to change ourselves.
- We do not proselytize (convert others to our point of view).
- We engage in discussion without debate.
- We are here to listen and share, learn and grow, study and practice.
- Although active participation is encouraged, it is perfectly okay to remain silent throughout the meeting.
- During the class, we take turns reading. If you don't wish to read, you are welcome to pass.
- The group lasts sixty minutes. Each person reads a paragraph followed by a discussion and contemplation of the material.
- We avoid giving advice or trying to fix other people's problems. We focus on our personal experience using the spiritual methods for cultivating healing qualities in response to life's problems.
- When we finish the book, we return to the beginning and read it again.
- This is an open group. You can come and go as you please.
- We begin and end each class with a period of silent meditation for two minutes. The best meditation position is with the eyes closed, focused on the point just above and between the eyebrows, feet flat on the floor, hands resting in your lap with palms upward, spine straight, and slightly bent as a bow. You may repeat your focus word, mantra, or a favorite affirmation. You might also just focus on your breath.



DAY 1: ACCEPTANCE

*Life is school.
Pain is the teacher if we open to its lessons.
The lessons always have to do with expansion of healing qualities.*

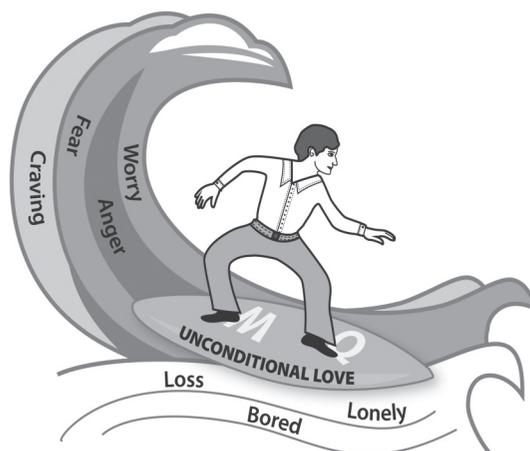
- In this work, acceptance and surrender are used interchangeably; see Day 86 Surrender, page 286.
- Most of us do everything we can to avoid emotional pain. We don't know how to ride the pain waves, extract the necessary lessons, and move on.
- Instead we run, escape, hide, minimize, delay, avoid, numb, distract, distance, control, and manipulate.
- We deny and repress our painful problems into the body and subconscious where they are stored in latent form as negative energy waiting for recognition and work.
- We express our unresolved painful problems in destructive and abusive ways towards others.
- Painful emotional problems are like hot potatoes. A hot potato lands in our lap. It is too hot to handle so we flip it to our friends, partners, children, strangers, or enemies. They don't like it so they flip the hot potato back to us and most of the time, add a few of their own. The result: an unnecessary, escalating, destructive fight. Sound familiar? Rare is the person, relationship, or family that does not do this.
- We indulge in self-destructive, addictive behaviors, eating, drinking, and drugging ourselves to the brink of mental, emotional, and physical exhaustion time and time again, looking for pain relief but making things worse. What to do?
- Try the following exercises.

RIDING THE PAIN WAVE

- Our instinct is to run away from the pain.
- Skillful pain management is to do the exact opposite, to sit with the pain as the teacher and stimulant for the growth of healing qualities.
- Instead of running, let the pain in, face it, name it, work with and through it. How?
- Imagine yourself on a board, surfing the pain wave.

- The goal is to stay on the board no matter what shape or form the wave takes.
- Sometimes the wave gets bigger before it dissipates. There may be more pain before it gets better. This can be frightening.
- To stay on the board no matter the size or shape of the wave, match your problem P to a method M and quality Q.
- Focus on the method and quality as the wave changes size and shape.
- Eventually, the quality comes in to manage the pain skillfully.
- I am anxious (P), I practice meditation (M) and cultivate peace (Q). Peace eventually comes in to contain, reduce, and eliminate anxiety.
- We fall off the board countless times on the way to mastery. This is a natural part of the process. Be gentle with yourself when you make mistakes. Make kindness and generosity toward yourself, your new mental habits.

RIDE THE PAIN WAVE



AFFIRMATIONS

- When you realize you have gone for a ride on the negative train of thought and want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Invite the following thoughts as guests and through repetition have them take up permanent residence in your body-home.
 - I accept the things I cannot change.
 - I don't try to change anything.
 - I accept everything just as it is.

Healing Power: One Hundred Days of Love

- I just let everything be.
- Everything is included in the path to enlightenment.
- Every problem, disease, and disability is an opportunity to advance on the spiritual path.
- I remain unruffled no matter what comes.
- I have done all that I can. Now I surrender to the will of the Universe—Life—God.
- The outside is just right, and the perfect Teacher is within.
- The cure for the pain is in the pain. (Rumi)
- When I am in pain and can't get out, I accept pain as the teacher and stimulant for the growth of healing qualities.
- I have done all I can outside. Now I expand my healing qualities inside.
- No matter what circumstances arise, I trust in a higher, invisible order.
- I used to try to control everything. Now I have trust and remain calm in any circumstance.
- I know when to resist my problems and when to resign myself to them.
- In response to any painful condition, I cultivate strength, courage, and endurance.
- Love burns up my problems until love is all there is.
- We get the easiest possible ride when we accept the pain we cannot change by cultivating love qualities.
- Love is the greatest healer.
- Love transforms my suffering into peace, compassion, and understanding.
- I remain loving, compassionate, and gentle with myself while I try to change for the better.
- This mature wisdom takes time and practice.



DAY 2: APPRECIATION

Appreciate the miraculous in the common, the sacred in the ordinary.

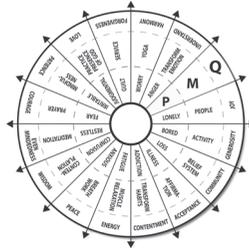
- We spend a lot of time in routine daily activities: eating, walking, talking, standing in line, shopping, cooking, cleaning, washing dishes, brushing teeth, tying shoes.... There is meaning in any of these routines of life, but we miss it. Because we assume the mundane is boring, the mind wanders. We lose touch with the magic and miracles secreted in every moment, everywhere, outside and inside.
- The practice of mindfulness brings awe back to the routines of life by focusing on our activities and creating a context of special meaning and importance. For example, we can appreciate the moments that might otherwise be lost in boredom by recognizing the Omniscient wisdom that is always with us.
- Omniscience is the infinite intelligence that creates and operates our body and the entire universe from particle and wave to galaxy.
- When you become aware that you have gone for a ride on the negative train of thought and you want to get off the train, practice the following method:
 1. Stop
 2. Breathe
 3. Present moment
 4. Appreciate magical miracles everywhere
- The body's power to heal itself is unfathomable! To contemplate even a tiny aspect of its inherent healing wisdom breeds awe and respect. Reflect on its brilliance. A cut heals. In response to bacteria or viruses, the body creates precisely designed antibodies, which hunt down and destroy the invaders. The body knows how to transform food into energy and building materials needed for the repair of our damaged cells. Individual cells assume specialized tasks as if construction workers—some build, some tear down, some transport, others eliminate debris. (Suggested reading: *The Hidden Face of God*, Gerald Schroeder, and *What Darwin Didn't Know*, Geoffrey Simmons, M.D.)
- As we perform any routine activity, we can think of how the body follows our command when we tell it what to do.

Healing Power: One Hundred Days of Love

- We can think of the unfathomable intelligence that creates and operates our vision and hearing as we go about our chores and tasks.
- When reading, we can think of the brilliance that allows us to understand these words right now.
- While eating, we can think of how the stomach and intestines digest food by breaking it into molecules that are sent to the right places in the body for energy, repair, immunity, and a host of other functions.
- When washing our hair, we can think about how the body responds to our commands.
- Every cell in the body produces two thousand proteins per second and sends these proteins where they need to go. The human body has seventy-five trillion such cells organized into tissues, organs, and systems working together in near perfect harmony so we can walk, think, decide, see, hear, touch, taste, smell, feel, play, enjoy beauty, give and receive love, and help others. The intelligence that creates and operates the body is phenomenal. We are magicians, performing astounding feats throughout the day, but ordinary consciousness makes the miraculous mundane.
- Maintaining awareness of the Omniscient Power that permeates the universe is part of capturing the wonder, magic, and mystery of being alive, in what might otherwise appear to be the humdrum of everyday routines.
- We can start such a practice with any routine, anywhere, any time. By consciously looking for the positives inside and outside, we can find them. A blessing in disguise lurks everywhere; we must only work to uncover it.
- If we bring the full powers of a calm, concentrated, and positive mind to our routine activities, we can capture the blessings and make them our own.
- With breath, focused attention, and creative framing, we can extract the gifts of life—peace, joy, beauty, and the magic of being—from the most mundane activities.
- Give yourself a one-word affirmation: Omniscience. This will attune your consciousness to the magnificence of creation, from the tiniest particle to the farthest away galaxy.

QUOTES FROM GROUPS AND CLASS

- I appreciate others and let them know about it. I try to compliment at least one person every day.
- Appreciate the passage of time, and the slow accumulation of wisdom it affords.
- My expectations were reduced to zero when I was twenty-one. Everything since then has been a bonus. (Stephen Hawking)



DAY 3: BALANCE

Healing Power offers fifteen pain management options, three on the horizontal axis and twelve on the vertical axis. A balanced healing program includes work on both axes.

- If you spend most of your time in methods 1–3, your locus of control is primarily outside. Most of us start here.
- When life presents overwhelming problems, it is often necessary to do some inner work. As you begin to practice methods 4–15, your locus of control gradually shifts to your inner self. You become less dependent on the outer world of people, activities, events, and material things when you find inner peace, security, and contentment.
- When we learn how to balance external and internal practices, we become more skillful pain managers. Healing qualities such as courage, strength, and peace expand. We evolve at maximum speed. At mastery, when our locus of control is deeply rooted inside, we will be even-minded under all conditions. For most of us, even-mindedness under all conditions is an affirmation, not a reality. On the way there, we can have fun with the challenge. Following is a brief review of how to balance horizontal and vertical axis methods.

THE METHODS

Horizontal axis: external work

1. People
2. Activities
3. Belief systems

Vertical axis: internal work

4. Affirmations
5. Habit transformation
6. Progressive muscle relaxation
7. Breathwork
8. Contemplation
9. Meditation
10. Prayer
11. Mindfulness
12. Practicing the presence of God
13. Service
14. Yoga
15. Transformation of emotion

HORIZONTAL AXIS: ACTION AND DISTRACTION

- We always want to get rid of our pain in the easiest possible way, usually by engaging our family, friends, work, sports, hobbies, entertainment, nature, and possessions. This is good.
- Action and distraction in the outer world of people, activities, events, and things have their time and place. They work. Our pain is contained, reduced, or eliminated.
- Often however, this is not enough, doesn't work, or makes things worse.

VERTICAL AXIS: SIT WITH THE PAIN AND GO IN

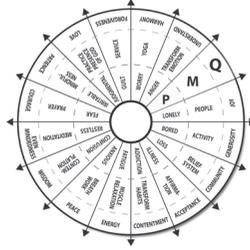
- Sometimes we need to sit with the pain as the teacher and stimulant for the growth of healing qualities.
- When we do this, the pain may get worse before it gets better. This is hard to accept and even harder to do but the reward is great. When we practice transformation of emotion, affirmations, prayer, meditation, contemplation, and other vertical axis methods, we gain peace, power, strength, compassion, love, understanding, humility, wisdom, and more.

BALANCE HORIZONTAL AND VERTICAL AXIS OPTIONS

- There is tension between finding something positive like a person, activity, event, or thing on the horizontal axis and giving space and time for inner being work on the vertical axis. We need to swing in and out of both.
- Balanced healing occurs when we find the correct ratio of time on the horizontal and vertical axis. How do we know when to distract ourselves through action or sit with the pain?
- If we try to use the horizontal axis to solve problems that must be resolved internally, we become frustrated, angry, depressed, and anxious. Some people develop codependency, bad habits, and unhealthy attachments. Many become hyperactivity junkies, immersing themselves in activities from morning to night, trying to avoid the work that must be done inside.
- Some use vertical axis options like meditation and spiritual study as a way to escape painful issues needing work on the horizontal axis.
- Over time we can learn through trial and error how to navigate our way through and balance horizontal action-distraction and vertical axis options.
- The balance point varies according to our stage of life and responsibilities. If you are a parent with young children or in medical school, there will be very little time for meditation and contemplation. However, one can always practice mindfulness, breathwork, and affirmations.
- Balance healing with horizontal and vertical axis methods. Cultivate love, compassion, acceptance, humility, faith, understanding, and forgiveness in response to your problems. Do this for years and decades. Love grows and takes new shapes and forms. We learn how to serve in ever-increasingly useful ways. There is no limit to love's creative powers.

POINTS TO REMEMBER

- Doctors try to prescribe the right medication, at the right dose, at the right time. The fifteen methods prescribed here are similar but you are the doctor. You prescribe the method and dose. Pay attention to the dose. When the dose is too low, we don't get the full effect. When we get too much, there are side effects. Through trial and error, we can discover the right method, at the right dose, at the right time.
- It is up to you to balance the outer and inner methods of the horizontal and vertical axis. Which method you choose and how much time you spend on each axis varies according to your stage of life, responsibilities, inclinations, awareness of issues, and degree of suffering. For example, if the horizontal axis is working, most people don't take time to retreat for contemplation and meditation. Overwhelming pain is usually the driver that forces people to vertical axis methods.
- You may not be able to control outer events, but you own the space within. It is your house. All the rooms belong to you. You can choose the furniture and the decorations. Why not fill your house with the attributes of love? Practice outer and inner methods in a healthy balance. You will see love fill the rooms of your house and surrounding space.
- Review the fifteen recommended methods for skillful pain management.
- Which ones do you already practice?
- Which ones would you like to add?
- Choose the method that fits your need at the moment. Balance horizontal and vertical axis methods. Practice these methods until they become your new mental habits locked in brain grooves that will not quit. Over time, there is a shift from dependence on the external world of people, activities, places, and things to the internal world of peace, security, and contentment no matter the condition of the outer world.

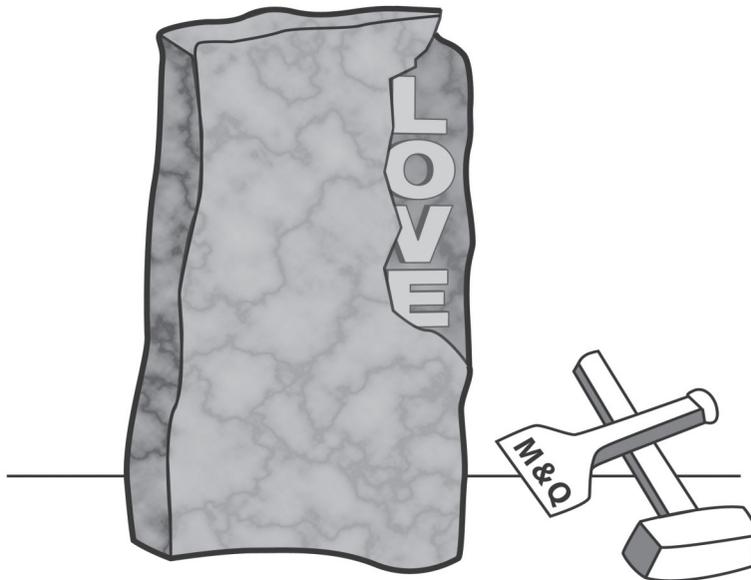


DAY 4: BEAUTY

Let the beauty we love be what we do. Rumi

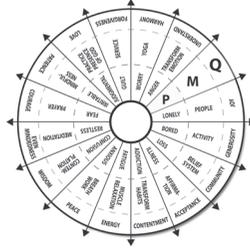
- It is easy to lose sight of the beauty we already are. When this happens, try the following exercise.

A BLOCK OF MARBLE AND THE CHISEL OF WISDOM: CHIP CHIP CHIP



- Pain has a purpose: the cultivation of healing qualities and higher states of consciousness. This is a lot of work. Change is slow, painful, and difficult. It may seem overwhelming.
- We start with a big marble block and the chisel of wisdom.
- The marble block is the sum total of our being. We are a combination of problems and the Image of God or Buddha.

- The chisel of wisdom is the methods M and qualities Q.
- Chip, chip, chip. Begin the process of carving out the image. The image is The Buddha = The Image of God = Love = one hundred healing qualities and higher states of consciousness.
- When we practice the methods, the qualities get bigger and our problems get smaller.
- Having fifteen methods is an advantage. One day you might practice breathwork and affirmations; the next day, mindfulness, the presence of God, or prayer.
- Choose the method that works for you in the moment. Change methods according to your need and feeling.
- Work your way through the fifteen methods in any combination and go around again.
- Throw the PMQ book at your problem and be patient.
- Give yourself time to heal.
- Be patient, disciplined, and persevere.
- Don't put a schedule on how long the pain will last.
- Hang in there. Work the condition, however long or severe, and wait for the qualities to appear.
- Don't identify with the pain or problem. Identify with the qualities.
- Practice peace no matter what.
- Practice positive thought no matter what.
- Practice the qualities no matter what.
- Forgive yourself no matter your mistakes or problems.
- Forgive others.
- Practice compassion for others.
- Practice compassion for yourself.
- Get some momentum and keep going.
- At some point, you will see the Image of God or Buddha manifesting as ever-expanding love qualities and higher states of consciousness: the peace that surpasses understanding, pure love, ecstatic joy. This is your true self. This is who you really are. This is your beauty.
- Affirm: If you really know me, you would know I am a really good person.



DAY 5: BELIEF

It does not matter what religion we practice. Nor does it matter if we practice a religion at all. What does matter is the level of our development of healing qualities, or love. If the fruit of a religion or other healing model is love, it is good; if not, there is a problem. Just practice PMQ. You will evolve.

- Belief systems, whether traditional or personal, perform a host of mightily important functions related to pain management and healing:
 - a. Meaning and purpose
 - b. Story and metaphor
 - c. Knowledge and wisdom
 - d. Positive thought, positive feeling, positive vibrations
 - e. Comfort and solace
 - f. Pain relief and healing
 - g. Guidance and protection
 - h. Inspiration and strength
 - i. Identity
 - j. Self-control
 - k. Self-esteem
 - l. Truth
 - m. Expansion of healing qualities: love, compassion, understanding, forgiveness, and more
 - n. Community
 - o. Service
 - p. Grounding
 - q. Connection to everyday life
 - r. Connection to all events: tiny, small, medium, large, huge

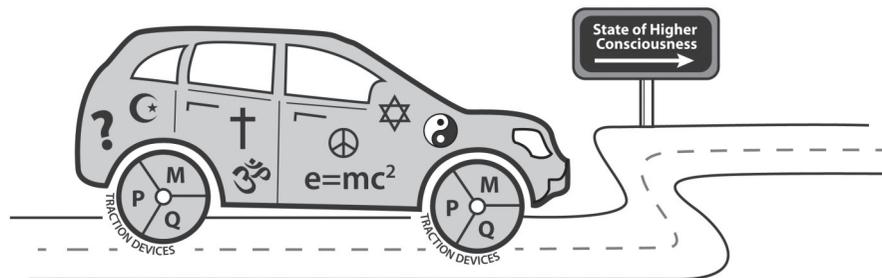
- s. Connection to the moment: any moment, every moment
- t. Connection to all levels of detail from microscopic to macrocosmic: infinitesimal, tiny, small, medium, large, infinite
- u. Pulls us out of ourselves and brings us to higher ground
- v. Deals with the big questions of life
- w. Skillful pain management including brutal reality, the cave of darkness, or the dark night of the soul
- It doesn't matter whether you approach life as an atheist, agnostic, religious, or spiritual person as long as your belief system gives you meaning, purpose, and positive thought.
- Nor does it matter how much structure you need. Some need a fixed belief system with a lot of structure and clarity as in the orthodox wing of a religion. Others need an opened belief system with more ambiguity, mystery, personal choice, and flexibility.
- What does matter is love. Love is the report card, not the vehicle. An ethical humanist may have more love in their heart than an orthodox religious person and vice versa.
- We need a strong, healthy belief system rooted in love qualities expressed as service to humanity. This is monumentally important for pain management and healing.
- How do you understand the meaning and purpose of life?
- Do you have a way to understand the things that happen?
- Do you have a spiritual program or a philosophy of life?
- Do you get support and wisdom from church, synagogue, mosque, twelve steps, Dialectical Behavioral Therapy, or other healing programs?
- Do you have a Higher Power, service to humanity, family, work, children, volunteer, nature, other?
- Do you have a service project that helps other people and benefits your community?
- Some need a fixed system with a lot of structure and clarity. Others want an opened system with more ambiguity, mystery, and personal choice. Where do you fit in the spectrum? How much structure do you need? Do you need your system to be signed, sealed, and delivered or do you prefer freelance?
- We all suffer. Everyone gets a turn. What is going to help you when the going gets rough? What inspires you?
- Choose your own adventure book.

THE METAPHYSICAL CAR

- *Healing Power* works for persons of any persuasion: atheist, agnostic, religious, or spiritual. The only absolutely essential component is the universal healing wheel. Everything else is optional. To illustrate how this works, think about building a metaphysical car.
- You can build a metaphysical car that will take you wherever you want to go on your recovery and healing journey. Even when you get stuck in a rut, it will get you out of trouble and help you move toward your destination.
- The car has three parts: a body, a wheel, and traction devices for the wheel.
 - **Body:** The body of the car is atheist, agnostic, spiritual or religious. Which of these best represents you?

- **Wheel:** This is the universal healing wheel or PMQ. The wheel is for everyone.
- **Traction Devices:** Traction devices for the wheel include the stuff of religion. What gives you inspiration so you can deal with whatever shows up and not get stuck in the mud?

THE CAR

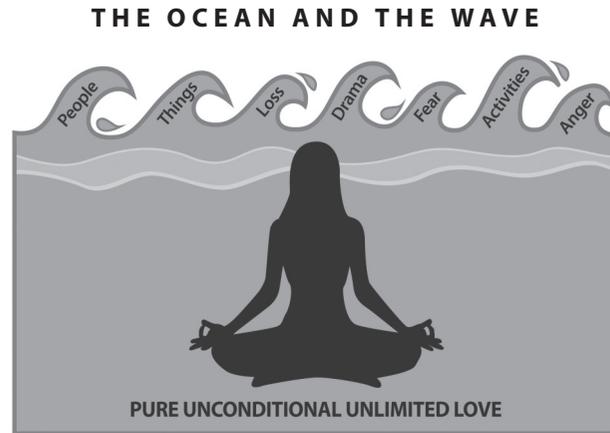


- Everyone gets a car but the design is up to you. You pick the body of the car and traction devices for the wheel. What does your car look like?
- We can park the car in the driveway or garage and take it out for a ride later. We can rent it out. We can sell it. Or, we can drive it as far as we want all the way to The Big Space. What will you do with your metaphysical car?

NOTABLE QUOTES FROM GROUPS AND CLASSES ABOUT BELIEF SYSTEMS

- Some go to church, synagogue, or mosque for formal worship. Others have God in their heart. Others want to have nothing to do with this.
- With positive thought and prayer, it always gets better.
- We seek not to know all the answers but to understand the questions.
- Breakfast feeds you. Medication adjusts you. Meditation lifts you.
- Believe in yourself.
- Job gets it all back and more in the end.
- I am a humanist. I do not have a concept of God. I do believe there is a Spirit that can help me get stronger by going through the pain. We all have pain. We are all frail. I need to be alone with the healing power within me. I can get through this.
- I am in the arms of God, protected.
- Things are not okay. We need to address it. We need to look after one another. We are all one. We need loving guidance.
- I suffered a great loss. It was too much. I shattered into a thousand pieces. There was relief and elevation, eventually with prayer.
- Desperation is a gift. It forces me to ask for help. Help comes. I understand more about Spirit.
- It's all about finding out how the elevator works.

- Recovery means changing our story by replacing fixed negative core beliefs with positive thought and wisdom.
- What goes on in the mind counts a lot in healthcare outcomes. I choose positive thoughts grounded in healing qualities such as patience, kindness, love, and understanding. This helps me get through troubled times.
- Here is how we work with belief systems. We spiritualize the old story and in so doing create a new story, new beliefs, new identity. The link: change looking for love in all the wrong places to looking for love in the right way.
- Start your day with pearls of healing wisdom and use this to combat fear, insecurity, worry, and doubt throughout the day.
- Bring the wisdom of the ages to the street and healthcare and translate that through the universal healing wheel = love.
- The goal is knowledge. Seek your personal brand of knowledge about how to make it through and then share that wisdom with others to help them get through.
- Jesus spoke about the God of love. Buddha taught compassion and joy. Billions are attracted to these and similar messages in other religions. We don't push a particular brand here. We support individual choice. The healing qualities however are universal and good for healing and recovery.



- We can use the Ocean and its waves as a metaphor for life and convert this into a mindfulness exercise.
- The Ocean is the infinite source of all things. It is vast, deep, calm, changeless, and one.
- Waves are people, activities, events, and things. Waves have a beginning, middle, and end. They come from, exist, and return to the ocean.
- We are the waves. We belong to the ocean.
- Most of us focus exclusively on the waves. They command all of our attention. They determine our reality and our identity. A few examples:
 - a. We are fascinated and seduced by the drama: our relationships, work, school, training, hobbies, recreation, worries, economic security, and more.
 - b. We have powerful reactions to the show. Our restless minds, overwhelming emotions, and excessive material desires lead to attachments and bad habits.
 - c. Most of us are hyperactivity junkies, busy from the time we get up in the morning until we go to sleep.
 - d. Our bodies give us trouble and take up a lot of our attention.
 - e. Our egos ramp up and create unnecessary self-importance and reactivity.
 - f. We are unduly concerned with our place in the drama.
- When we focus on surface waves to the exclusion of the ocean below, we feel insecure and anxious as everything on the surface of the ocean is changing and some of these changes are threatening and painful.
- We have little to no awareness of the Ocean underneath the waves. This exercise is designed to help us shift our identity from an isolated wave to a wave connected to the ocean. The result is an ever-increasing sense of peace. In the end, when the wave merges with the ocean, we feel the changeless peace of the vast ocean below.
- When you feel threatened, anxious, or any discomfort:
 - a. Stop
 - b. Breathe

Healing Power: One Hundred Days of Love

- c. Get in the present moment
- d. Think *Ocean and wave*.
- e. Notice the waves are in a state of perpetual flux. They are tiny, small, medium, large, or huge and encompass all possibilities: good and evil, pleasure and pain, success and failure, health and disease, praise and blame, wealth and poverty, love and hate, life and death. The goal is to ride whatever waves show up without adding unnecessary reactivity.
- f. Stillness is the antidote to reactivity. The Ocean has an unlimited supply of stillness, waiting to be tapped, free of cost. Begin your practice of identifying more with the ocean than the wave: Affirm: stillness, silence, spaciousness and serenity.
- g. No matter the size or shape of the wave, bring in as much stillness as you can.
- h. When a big wave comes in and gets a hold of you, gently label it and work your way back into the deep unchanging oceanic peace just underneath the wave.
- i. If an old familiar unpleasant wave returns, simply notice its arrival and don't get excited.
- j. The goal is to slowly identify more with the ocean than the wave. Affirm: I am one with the ocean: deep, spacious, still, and quiet.
- k. With long-term practice, as your identity shifts from wave to ocean, you will experience the same waves but they have less power. You react less. The waves come and go. You have room for it all.
- l. We can learn how to move from the surface of the ocean to its deeper waters. When we learn to be in that place of oneness in both meditation and in activity, we experience peace, safety, and unity with all beings. What a joy it is to experience even a sliver of this beauty within ourselves! What other response could there be but humility, gratitude, and awe? What other action could we take but gentle, compassionate service to humanity?

POINTS TO REMEMBER

- They say there is a doorway from heart to heart, but what is the use of a door when there are no walls? (Rumi)
- Every affirmation, pearl of wisdom, quote, and technique in this work is an aspect of or doorway to the Changeless One: a space filled with healing qualities and higher states of consciousness. Roll the universal healing wheel, the essence of each technique, to enter this unified field of healing energy.
- Find the Changeless One in your own consciousness. Then even the simplest most mundane action holds the key to the universe. You can know Oneness when you do the laundry or brew a pot of tea. Intelligent Power is in every nook and cranny.
- When we know the Changeless One within, we need not fear any condition of the body or the world. It takes time to get to this advanced state. On the way, we need courage, faith, patience, and perseverance.
- Lovers don't finally meet somewhere. They're in each other all along. (Rumi)



DAY 7: CHEERFULNESS

*What is this precious love and laughter budding in our hearts?
It is the glorious sound of a soul waking up.*

Hafiz

- A positive attitude is essential for healing every step of the way. We need this to get started, stay in the game, reduce unnecessary reactivity, and stay calm no matter the circumstance. This is not easy. Maintaining a positive let alone a cheerful attitude is difficult in the face of life's many tests and trials. Such a state of mind has to be cultivated. The following affirmations will help you move in that direction.
 - I am positive, calm, focused, awake, and alert.
 - I am willing, cheerful, and enthusiastic.
 - I am ready to do the work.
 - I am always willing to change
 - My intent is strong.
 - My will is strong.
 - I can overcome any barrier.
 - I will overcome any barrier.
 - I am ready for anything.
 - Nothing can stop me.
 - Nothing can ruffle me.
 - Courage, perseverance, and faith pave the way.
 - Positive thought paves the way.
 - No defeat. Only will power.
 - No discouragement. Only enthusiasm.
 - No failure. Only positive action steps.

Healing Power: One Hundred Days of Love

- Little steps, little victories.
- Slow, steady, this step, this action.
- I respond to tests with healing qualities.
- Knots untied. Problems melt. Balance and harmony result.
- It's not about the role I play but how I play it. I permeate every action with love.
- I do not try to escape a trial but endure with right attitude.
- I rise above by cultivating the qualities.
- Strength, courage, and perseverance get me through.
- Positive thought and healing qualities get me through.
- When all else fails, I endure and rise above.
- Effort is progress.
- I do my best and leave the rest.
- Cheerful service to humanity is catching. I will start an epidemic.
- Watch the state of your spirit. How would you describe it?
- Are you down and out, about to throw in the towel, or up and ready for the fight?
- What are the ingredients for your positive attitude?
- What is going to keep you going no matter what happens?



DAY 8: CLARITY

Clear eyes, full hearts, can't lose.

Coach Taylor in *Friday Night Lights*

MENTAL CLARITY

- The mind does its best work when it is calm, positive, focused, strong, and resilient. From this position, it can meet any problem, test, or lesson that life presents. It helps us achieve our goals, solve problems, shape meaning, manage our pain skillfully, and pursue happiness, success, harmony, and joy. This is good mental health.
- Unfortunately, the mind does not always work this well. It has a complex bag of tricks that create havoc in our lives. It is often negative, wrong, obsessive, restless, relentless, deceptive, and more. It has a life of its own. We try to control it but it is slippery and seemingly unstoppable. See *Healing Power Revised*, p. 57–59.
- Despite all of this, we seem to be in an unconditional love affair with the mind. We profoundly over-identify with it, no matter how much trouble it gives us. We consider our own thoughts, likes, and dislikes to be the final arbiter of truth. We let it dominate our consciousness, even when it is hysterical or wrong. What to do?
- We have the power to detoxify our negative thoughts. We can take away their power and importance. We can reduce their electricity. We can create more space so they don't cause as much turbulence.
- When the mind is locked in one of its many negative habit patterns, we can bring it back to its power position: positive, calm, focused, strong, and resilient. *Healing Power* offers fifteen methods designed to help us achieve this goal. In this chapter, we will review how two of these methods, affirmations and meditation, can help us achieve mental clarity.

AFFIRMATIONS FOR MENTAL CLARITY

- I prepare my mind daily.
- I train my mind daily.

Healing Power: One Hundred Days of Love

- I develop my mind daily.
- I strengthen my mind daily.
- I can always make my mind stronger.
- I make my mind stronger with positive thought.
- I need to fear less, train more, and rely on positive thought and wisdom.
- I am always investing and forwarding my mind.

THOUGHT GLASSES

- Thoughts are like glasses. We see the world through them. They determine our reality even when they are wrong or destructive.
- We can take off the negative glasses and see the world through new lenses: healing qualities.
- If your thought glasses are smudged and you can't see clearly, try cleaning them with healing qualities.
- Choose a healing quality such as love, gratitude, or humor. Look at the world through the lens of that quality.
- Notice the difference. Over time, you will feel better, you will become a better person, and you may even experience higher states of consciousness.

MEDITATION

- Fill a glass of clear water with mud and stir it up. The water is now uniformly muddy. After some time, the mud settles down and the water is clear.
- In the beginning, when we sit in meditation, our consciousness is clouded with restless thoughts. Many people give up at this stage thinking they are not succeeding in meditation. This is not the case. Everyone starts with a restless mind; it is a part of ordinary consciousness.
- Now might be a good time for a review of meditation techniques, see Day 79 Silence, page 264, and Day 83 Stillness, page 275. Here you will find a review of the yo-yo effect: how meditation converts restlessness to stillness and higher states of consciousness.
- The yo-yo effect: When the mind wanders, and it will for years, gently bring it back to your breath or mantra. This going back and forth movement between the wandering mind and the mantra or breath is called the yo-yo effect. It is the natural process of meditation. The yo-yo effect is prominent and can last a long time. However, if you persist in your practice of meditation, you will notice a progressive slowing down of the yo-yo. As the yo-yo slows, stillness increases until stillness is all there is.
- It takes time to cultivate stillness. Don't feel bad if you don't achieve this right away. In the beginning, the mind remains restless despite our practice. We keep thinking about our story and our problems. We've got things to do and people to see. It all seems so important.
- No matter how domineering your mind-drama, just practice a little bit each day. You will see the mind progressively slow down. The more you practice, the further you go, the more still and quiet. You can do this. Just keep going. Eventually you enter the room of stillness.

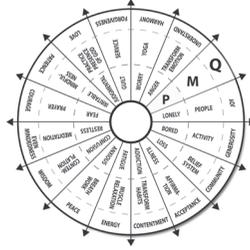
- As you enter the room of stillness, don't think. Just relax, feel, and absorb the profound healing vibrations of peace, love, compassion, forgiveness, understanding, courage, strength, patience, kindness, sweetness, and wisdom.
- As you focus on these healing qualities, they slowly expand and permeate your body, mind, soul, heart, brain, spinal column, spiritual eye, every cell and fiber of your being, and surrounding space. When you come out of meditation, you can give these qualities to all whom you meet.

AFFIRMATIONS AND MEDITATION

- Practice affirmations and meditation. This potent combination leads to the following sequence:

Negative thought → Positive thought → Stillness → Higher Consciousness → Infinity

- With affirmations, you replace negative with positive thoughts.
- Meditation breeds stillness and expansion to higher consciousness.
- Affirmations have more power when planted in stillness. When you plant your affirmation thought seed in a quiet field, it has a better chance to take.
- Stop thinking and talking.
- Sit, be quiet, and feel.
- Meditate and bring in as much stillness as you can.
- Choose a wisdom pearl.
- Let everything else go and focus only on the pearl.
- Drop it down to the center of your consciousness. Let it simmer and cook there.
- Don't let any negative from the outside or inside take it away.
- The thought-seed planted in stillness vibrates and eventually spreads to every cell in your body. It becomes a part of you and affects surrounding space.
- As you proceed in meditation, you will experience the unlimited peace, love, and joy we all crave. There is no clarity like this.



DAY 9: COMMUNITY

When many people live together and each one cares for the rest, there is one mind.

Shining Arrows, Crow

QUOTES ON COMMUNITY AND SERVICE FROM STUDENTS IN GROUPS AND CLASSES

- The purpose of life is to enhance each other's humanity, to make even one life better.
- When you think about a life of greatness, think about a life of service. Love is the currency.
- To be a complete person, you must be in service.
- Service is the expression of love without attachment to outcome. We don't want to slip into conditional love or manipulation.
- Service is like a two-way pill. When I serve you, I heal myself; when I heal myself, I serve you. Be a messenger of peace, love, joy, wisdom, and kindness.
- The size of your service offering does not matter. Small acts of gentle, anonymous, humble service can change the world.
- Do small things with great love. (Mother Teresa)
- Service is not about what we get. This is the ego. Service is about what we give. This is the soul.
- It's a simple flip of the switch from what I get to what I give.
- You are a soul sent here for service, joy, and entertainment.
- Service can be informal, whatever shows up, or formal like a volunteer.
- We don't need to be perfect to help others.
- When you love, serve, and give, you are moving closer to God as this is Her nature.
- We are all needed and important.
- Vertical axis methods like meditation get my stuff out of the way. Then I am ready for service on the horizontal axis, the people part.

- The ultimate reward is people.
- The whole is greater than the sum of its parts. In the Living Room, I am bigger. (The Living Room is a drop-in center with groups and activities.)
- In service, we connect on a deep level. So much love and joy there.
- In order to keep what you've got, you have to give it away. Help others.
- Hurt people hurt people. We can reverse this trend with service.
- The purpose of life is simple: help others.
- A reality check is very important, as I am so hard on myself. I need to hear that I am not that bad, especially if I am going into my schizophrenic mind.
- When depressed, I get into my head and isolate. It gets worse and worse. This is when I need to find the right people so I can get comfortable and feel safe.
- I can take just a little bit of inner work at a time. When I try to do too much and get overwhelmed, I go to people and tell my story. It helps especially when it starts to feel out of control.
- I can be in the abyss. There is a lot of fear and hurt in my heart. Isolating in my room with cigarettes doesn't work. It will do me in. It is vital to get out of my room. I need to see people everyday. If I don't smoke, it's much better.
- We get to help each other in any way we can.
- I struggle to go to groups. But I don't listen to the voice that says don't go there. I go. I sit there. Even if I don't feel like it. It's the best place to be.
- My partner gives me unconditional love everyday even when I'm in a bad mood. It is so nice to have someone who loves you.
- A friend wanted to drink. I took him to Burnside (a street with many homeless addicts) so he could see where he will be if he drinks. Then to my house. He took a shower. It helped.
- Understanding is the most important thing. Don't jump in with advice. Listen. Try to get me first. Then ask me if I want your advice.
- We can inspire each other with our stories. Take what you need and leave the rest. Eat the chicken. Spit out the bone.
- Helping others is easier than helping myself.
- I would like to pay back my debts and then some.
- I have to focus on myself right now.
- Sometimes we have to serve ourselves by setting boundaries.
- My service work is encouragement.
- Connect with people, help them, let them go.
- Bring your love to brutal reality and serve there.
- Join others in group meditation. The sum is greater than the parts.
- Meditation in a group is community in silence.

Healing Power: One Hundred Days of Love

- You have an army of one hundred healing qualities you can call up at any time. Realize these qualities for yourself and share them with your friends, family, neighbors, all people. This creates community that will not quit.
- What you do yourself is better with encouragement from others.
- Reading self-help books and introspection is good but interacting with others is essential because stuff comes up that needs to be worked on. You guys see things I can't see. My words and thoughts get refined through my interactions with others.
- Include the environment, the whole cosmos, in your community.
- Community can be just sitting with someone.
- I connect quietly with my higher self and speak only when moved.

THE COMPASSIONATE LIGHT FOR INDIVIDUAL AND MASS SUFFERING

- This practice is good for your health and well-being. It gets you out of yourself.
- Think about a good friend. You know your friend suffers from time to time. You don't need to know the specifics of the suffering.
- Visualize your friend's suffering as a dark cloud.
- Inhale: With inhalation, imagine the darkness going to your heart center where compassion resides. In the heart center, compassion transforms darkness to light.
- Exhale: As you exhale, send the compassionate light to your friend. Visualize the light traveling through your whole body and the entire body of your friend.
- Repeat this exercise for yourself, a relative, a neutral person, an adversary, and a community of people: Haiti, Egypt, Syria, homeless, impoverished, abused, neglected, starving, war torn, victims of racism, unemployed, refugees, and more. There is no shortage of groups needing relief.
- Take in as much suffering as you can, from the whole world, or more focused as described in this exercise.
- Practice compassion for everything and everybody. Greet everyone as though they are family.
- At mastery, your compassion will be an unconditional, spontaneous, and automatic habit. Compassion will manifest in all situations without thought. You will run to help people without thinking.

COMPASSION IS WATER ON THE FIRE OF REACTIVITY

- Reactivity is that part of our pain that is reversible.
- Healing qualities are water on the fire of reactivity. (See *The Triumph of Love over Pain*, page 13)
- Patience, kindness, love, compassion, and forgiveness heal anger, judgment, resentment, jealousy, anxiety, fear, cruelty, and more.
- When a negative person elicits a negative reaction in you, practice gentle compassion for the negative person and yourself.

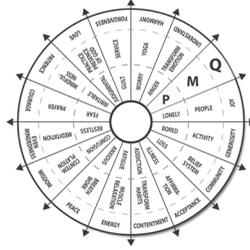
AFFIRMATIONS

- I am the serene and compassionate space within and without.
- I hold all of my problems in a compassionate space.
- I hold all of your problems in a compassionate space.
- I will work with this condition, however long or severe, and respond with compassion.
- I respond with compassion no matter what the world or my body does.

QUOTES

- Love and compassion are necessities, not luxuries. Without them, humanity cannot survive. (Dalai Lama)

- Be kind for everyone you meet is fighting a battle you know nothing about. (Anonymous)
- No one has ever become poor by giving. (Anne Frank)
- Compassion is a muscle. It needs exercise.
- Spiritual talk divorced from the human condition can sometimes sound inhuman or robot-like. This work embraces the human condition, acknowledges our imperfections and the inevitability of suffering. At the same time, we can reduce unnecessary reactivity, become more loving, and help others in increasingly sophisticated ways. While we have to have pain, we can create an enlarged compassionate space to hold all.
- Talk to people. Befriend them.
- Compassion is a tough taskmaster.
- Some saints practice radical compassion = compassion under all conditions even at risk of losing life or enlightenment.



DAY 11: CONFIDENCE

You have an army of one hundred healing qualities. This is your true self. You are unlimited peace, love, joy, power and wisdom. Learn to stand alone, secure in your own virtues and self-worth.

- Even more important than worldly success is the cultivation of healing qualities inside. This is spiritual success.
- No matter what barriers would stop us, we can respond with healing qualities. These are our tools, the habits of a sage, the jewels of this life. When your back is against the wall and you are in pain, you can call up your army of one hundred healing qualities.
- You are the qualities no matter the shape or size of your project and where you are on the ability or disability scale.
- You already are the love you seek. All you have to do is improve your knowing of it.

SELF-ESTEEM AND SOUL-ESTEEM

- Self-esteem is based on success and failure in the outer world. We feel good about ourselves when we succeed and bad when we fail.
- Soul-esteem is a reflection of the true self, the Buddha, or image of God within. The qualities are in charge inside independent of success or failure in the outer world. We have love, compassion, understanding, forgiveness, strength, and humor inside no matter what happens outside.
- Notice how self-esteem is associated with an external locus of control. Your image is determined by what others think of you.
- Notice how soul-esteem is associated with an internal locus of control. Your image is determined by what you think of you.
- Notice how self-esteem and soul-esteem play out in the movie of your life.
- As we evolve and soul-esteem grows, the locus of control shifts from outside to inside.
- Affirmation: What others think of me is none of my business.

GOODNESS

- Everyone brings something deeply good to the table right now.
- Which qualities are you good at?
- Which would you like to grow?
- Look for the healing qualities in others. Focus on those qualities rather than any negative characteristics.

PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

And where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console.

To be understood as to understand.

To be loved as to love.

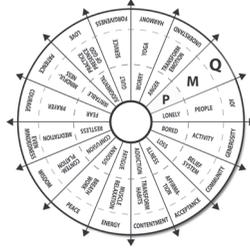
For it is in giving that we receive.

It is in pardoning that we are pardoned.

And it is in dying that we are born to eternal life.

POINTS TO REMEMBER

- We can do anything we want to do if we stick to it long enough. (Helen Keller)
- To laugh often and much. To win the respect of intelligent people and the affection of children. To earn the appreciation of honest critics and endure the betrayal of false friends. To appreciate beauty. To find the best in others. To leave the world a bit better. To know even one life has breathed easier because you lived. This is to be successful. (Ralph W. Emerson)



DAY 12: CONTENTMENT

There is a basket of fresh bread on your head, yet you go door to door asking for crust.

Rumi

- We love the show, the play of life on the physical plane. Its fascinating stories and alluring material objects capture our attention and desire. We want loving relationships, prosperity, and health. These desires are good. They help us achieve peace, safety, and joy. Problems occur when we hold on to our possessions with fierce tenacity and when we ceaselessly desire more.
- If not careful, our attachment to what we own and our thirst for more can slip into addiction. It is all too easy to become obsessed with power, sex, relationships, money, success, status, material objects, food, drugs, or alcohol. These addictions weaken and eventually paralyze our will, destroy our character, and bury our souls. Their root cause is excessive, uncontrolled desire.
- Even though some desires are positive, leading to success, health, and prosperity, they do not stop there. Desire begets desire. We want more things, even when we have enough. When desires are not met, we become angry, frustrated, and tense. When desires are satisfied, we are still not happy because another desire inevitably crops up and steals our peace. In our dissatisfaction and restlessness, we seek relief by quenching the next wave of desire. We cannot seem to get enough of what we think we want, because once we get it, we are stimulated to get more. If we keep pursuing happiness in this seemingly endless procession of want, we become caught up in a cycle of bad habits and addiction, greed and anxiety, attachment and exhaustion.
- Excessive material desire is a root cause of dissatisfaction. Our attachments and bad habits separate us from others. We feel alone, insecure, and frightened. We act against our own will and the best interests of others. We are out of control, in a vicious cycle that is difficult to break. If we do not disrupt this cycle, we can experience panic, terror, depression, anger, and even rage. These painful emotions dominate our consciousness and impede our ability to find joy in this life. There can be no peace when our minds are restless and our emotions easily triggered. It is hard to love if we are on a power trip or greedy for more money. What to do?
- The healing methods described in this work help us transform excessive material desire, attachments, and bad habits into inner peace and contentment. Then we can appreciate what we already have. You

know you are there when you are playing blackjack with The Universe and you have twenty-one. The Cosmic Dealer asks you if you want another card. You say, “No. I am good.”

- Roll the Universal Healing Wheel or practice PMQ. You will feel better, become a better person, and you may experience higher states of consciousness.

QUOTES

- You wander from room to room, hunting for the diamond necklace that is already around your neck. (Rumi)
- If two angels were sent down from heaven—one to conduct an empire and the other to sweep a street—they would feel no inclination to change employments. (John Newton)
- There are two kinds of seekers: those who are like the baby monkey and those who are like the kitten. The baby monkey clings to the mother; but when she jumps, it may fall off. The little kitten is carried about by the mother cat, content wherever she places it. The kitten has complete trust in its mother. I am more like that; I give all responsibility to the Divine Mother. But to maintain that attitude takes great will. Under all circumstances—health or sickness, riches or poverty, sunshine or gray clouds—your feeling must remain unruffled. Even when you are in the coal bin of suffering you don’t wonder why the Mother placed you there. You have faith that She knows best. Sometimes an apparent disaster turns into a blessing for you. (Yogananda)
- Acceptance + humility + love = contentment and joy

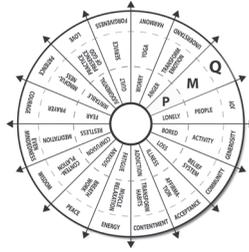
- I am calm.
- Courage and faith dissolve my fears.
- I have lived through many difficult problems. I can take the next thing that comes along.
- I am steady and even-minded in the face of trouble.
- I rise up every time I fail.
- Love and faith give me courage.
- I endure. I persevere. I have courage.
- Courage is the bridge between fear and peace.
- I stay in the fear one minute longer. My courage grows.
- I stay in the fear five minutes longer. My courage grows.
- I stay in the fear until it ends. My courage grows.
- I have grace under pressure.
- I will take whatever life gives.
- I face pain, the unknown, and death.
- God is peace. Wherever I am, God is. I am peace.
- I am shaking in my boots. I go forward anyway.
- Effort is progress.
- Peace consumes anxiety.
- Love is stronger than fear. I am willing to work for it.
- Peace is stronger than fear. I am willing to work for it.
- I stay deep in the ocean of peace, away from the turbulent surface waves that try to ruffle me.
- Courage in the morning. Gratitude in the evening.
- I am the fearless peace of the soul.

QUOTES

- Courage is the price life extracts for granting peace. (Amelia Earhart)
- The weak in courage are strong in cunning. (William Blake)
- A hero is no braver than an ordinary man, but he is brave five minutes longer. (Ralph W. Emerson)
- Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish. (John Quincy Adams)
- Talk courage, think courage, act courageously. The opposite course will surely cause you to have more mental burdens than you can carry. (Fred Van Amburgh)
- When there is no adversary, what avails thy courage? (Rumi)
- Courage is like a muscle, strengthened by use. (Ruth Gordon)

Healing Power: One Hundred Days of Love

- We must build dikes of courage to hold back the flood of fear. (Martin L. King, Jr.)
- You cannot discover new horizons unless you have the courage to lose sight of the shore. (Anonymous)
- I always remember this truth when I mentally try to find a way to escape from something that seems too hard for me. I think then: "I am escaping, not overcoming." (Sri Gyanamata)
- When afraid, affirm unconditional peace. Even if you do not feel reassured, continue your affirmation of peace with faith and concentration. Peace is inside, waiting to come out if you will only battle with courage and perseverance. Eventually you will reach the permanent peace of the soul.



DAY 14: CREATIVITY

The Intelligent Power that runs the universe is infinitely creative. There are billions of forms and stories. Nothing repeats twice. We are here to participate. Merge with this force. Get to the edge. Step into the unknown. Think outside of the box. Make your contribution.

DESIGN YOUR OWN PROGRAM

- The universal healing wheel with traction devices has unlimited creative power. With any problem, fifteen methods, one hundred qualities, and traction devices representing the stuff of religion, there are essentially unlimited options to choose from.
- In this model, there is no universal prescription for length or type of practice. The healing ball is in your court. You design your own program. There is no set way to practice. You can individualize your program to suit your needs.

DESIGN YOUR OWN PROGRAM

- You determine which problem you want to work on.
 - You determine which method you want to practice.
 - You determine which quality you want to cultivate.
 - You determine which traction device you want to use.
 - You determine which wisdom pearl you want to affirm.
 - You determine where, when, how often, and how long you will practice.
- This is different from other models, where for example, you might be advised to practice a method such as mindfulness or meditation thirty minutes twice a day.
 - With this model, you can practice for a few minutes and expand as time and circumstance allow.

Healing Power: One Hundred Days of Love

- You can also change problems, methods, and qualities to suit your needs at the time.
- This flexibility has its advantages. It appeals to the differences between individuals and allows for the natural changes that occur in our schedules and life circumstance.
- Everyone has PMQ but you decide which problem, method, and quality you want to work with and add traction devices as needed.
- You may practice one or two exercises for a few minutes and build from there to a continuous practice of one or more methods and qualities throughout the day.
- Start wherever you wish. You are encouraged to choose the methods that work best for you in any combination. Some people may only practice affirmations and breathwork. Others focus on meditation and mindfulness.
- Medical students and young couples with children may be too busy to meditate but one can always practice breathwork, affirmations, and mindfulness.
- How much or what type of structure do you want?
- What works best for you?

CREATIVE USE OF THE QUALITIES

- The list of one hundred qualities seems long but it is good to have a variety of options. There is no limit to the number of ways we can use the qualities to heal, create, and evolve.
- A member said this about the qualities: “There are so many options and so much room for play. I use the qualities in different ways. To me, compassion is a feeling and kindness is a behavior. It is easier for me to be compassionate but being kind is another order of depth as it means I have to be kind, not just in my head but in my behavior. Kindness helps me behave mentally and in the real world.”
- Life presents unlimited opportunities to evolve the qualities. Every moment of every scene is an opportunity to cultivate a healing quality.
 - a. We always need more understanding, forgiveness, strength, and forbearance.
 - b. We always need warmth, thoughtfulness, and sensitivity to the needs of others.
 - c. There is always a need for justice and equality.
 - d. We crave happiness, friendship, humor, laughter, and fun.
 - e. We have an unbending need for peace, love, joy, and wisdom.
- We always need more of all the qualities but from moment to moment some stand out as more important than the others. Some of us need to focus on courage, strength, and perseverance while others work on patience, kindness, and compassion.
- We may need a different set of qualities from one day to the next or different qualities for different parts of the day.
 - a. Review the list of qualities. Which one or combination of qualities do you need most right now?
 - b. The quality you choose may vary depending on your readiness, mood, the problem you are working with, or how much energy you have. For example, practicing forgiveness is difficult. One has to be ready. It requires energy and perseverance. On a day when you are already overwhelmed and tired,

this might not be the best quality to choose. With a list of one hundred qualities, you are likely able to find at least one that appeals and fits your current need. Notice how the qualities you need most can change from scene to scene.

- c. You can practice a quality for a minute, hour, day, week, month, or year.
- d. We can bring the qualities to every aspect of life: thought, attitude, feeling, choices, actions, listening, talking, working, eating, relaxing, relationships, conflicts, everything, you name it.
- e. With one hundred qualities, there are so many options, so much room for play. Be creative.
- f. Can you think of some unique ways you can use the qualities in your life?
- g. What works for you?

thoughts, desires, and actions related to that habit. These principles apply to the formation of both good and bad habits, so we can use these principles to eliminate and replace bad habits with good ones. This sounds good but it is not easy.

- A member of our community shared the following wisdom in a recovery and healing meeting: “Addiction is like a gorilla in a cage. The gorilla always wins if you let him out. Sometimes if he gets out, we may not be able to get him back in.” Even when we know this truth, we find it difficult to follow. What keeps us from taking on our bad habits? Why do we fail so often when we do take them on?
- Picture a battle between two brain grooves: the old and the new. Our bad habit resides in a big fat obsessive-compulsive brain groove. It has had its way with us for years. It has great power.
- In the beginning, the new brain groove carrying a new good habit is a tiny filament. It takes time and practice to build it up so it is strong enough to compete with and eventually dominate the old bad habit brain groove.
- When we first start to do the work, it is an unfair match. The big bad habit brain groove has more power than the tiny filament new habit brain groove. As a result, we may lose some of the battles, return to our bad habit, get demoralized, and quit trying. This can be dangerous and in some cases lethal.
- What will help? How do we get motivated to take on our bad habits? How do we stay safe in this early phase of healing?
- Following is a review of the fifteen methods described in this workbook. We can use these methods to combat addiction.
- As you review the methods, remember the brain is malleable. When we practice the methods, we are literally rewiring the brain. With continued practice, we lock the new good habit in a brain groove strong enough to compete with and eventually dominate the old bad habit brain groove. This is called neuroplasticity.
- To fight attachment and addiction, practice any one or combination of the following methods for the rest of your life.
 - a. People: Find a support network of individuals in recovery from addiction. Tell your story. Receive their guidance and wisdom. Get a sponsor or mentor, one whom you trust. Get some spiritual bodyguards to protect you during vulnerable times.
 - b. Activity: Engage in constructive meaningful activities: school, training, volunteer, work, hobbies, sports, culture, the arts.
 - c. Belief system: Go to church, synagogue, mosque, twelve-step meeting, or other healing ceremonies.
 - d. Affirmations: Replace junk thoughts with positive thoughts and wisdom pearls. Fill your brain with wisdom first thing in the morning and keep it there. Practice affirmations on overcoming limitation, controlling impulses, and increasing will power. Apply all of your will power to positive thought.
 - e. Habit transformation: Follow the ten steps recommended in *Healing Power: Ten Steps to Pain Management and Spiritual Evolution Revised*, pp. 207–219.
 - f. Progressive muscle relaxation: Calm the body and mind.
 - g. Breathwork: Relax and heal the body, mind, and soul. Reduces craving.

Healing Power: One Hundred Days of Love

- h. Contemplation: Read sacred texts. Find what resonates with you and work with it. Bring this wisdom to realization in your very own consciousness.
 - i. Meditation: In the room of stillness, there is no restlessness, striving, seeking, or craving. Thoughts and feelings calm down. Actions follow suit. The deep peace bred of meditation spreads to every domain of your life.
 - j. Prayer: Effort and grace go together. Put a knee to the ground and speak to God in the language of your heart. "I will do my part but I can't do this alone. I need Your help." With this surrender, Grace comes on its own schedule.
 - k. Mindfulness: Learn how to surf your pain-craving waves without jumping off the board into a destructive habit. As the wave folds back into the ocean, craving ceases. (See *Ride the Pain Wave*, page 31)
 - l. Practicing the presence of God: We would not use drugs in the presence of Jesus, Buddha, Krishna, or The God of Love.
 - m. Service: How can you use when you are helping others?
 - n. Yoga: When you practice the yoga of love, service, wisdom, and stillness, craving dissolves.
 - o. Transformation of Emotion: Craving and emotional pain often overlap. When we transform painful emotion into self-knowledge, we gain self-control.
- Practice any one or combination of these methods for the duration. As we practice the methods, we reinforce the neurocircuits containing healing qualities such as love, compassion, understanding, strength, and courage until these become unconditional habits.
 - In the end, we realize our true spiritual identity by reconditioning our brain with soul qualities. We do not have to think about our practice. We express the habits of a sage, the love qualities, automatically, naturally, and easily.
 - Keep battling and you will win. Craving ceases. Peace and strength expand. Life becomes easier and more natural.

Healing Power: One Hundred Days of Love

- Practice your meditation technique and bring in as much stillness as you can. Then practice devotion and stillness.

Devotion

- Devotion is giving God our unconditional love and gratitude.
- Love is the feeling. The expression of that feeling to the Divine is devotion.
- Devotion is active. We knock on the door of God. We ask, seek, and yearn.
- We practice with full attention and intensity. None of this is half-hearted. This is hard, serious work. The mind is awake, on fire.
- Yearning is a part of devotion. It is the magnetic ardor of yearning that draws the grace of God. We must have a fire in our heart or we won't get a response. A pure call from the heart and He has to respond.
- Our little love is the magnet that draws the Big Love of God. Practice unconditional one-pointed steady devotion and He will come to you.
- Talk to God. Make devotional communion with God an important part of your meditation. Tell Him you want Him. Implore His presence again and again.
- Churn the ether with your love. If you don't feel it, act as though you do and eventually you will.
- Pay no attention to the onslaught of thoughts and drama. Instead, practice one or more of the following devotional heart calls. Seekers use these to create an irresistible magnet that will draw God. You might enjoy practicing these or create your own by speaking to God in the language of your heart.
 - Accept my devotional offering of concentration and attention.
 - Help me calm my body and mind that I might feel Your presence within and without.
 - With ever increasing intensity, I offer all of my heart, mind, and soul. I want You alone. Nothing else matters.
 - I have come to this meditation to experience Your presence. Help me meditate more deeply.
 - Awaken in me Your Divinity. Awaken my heart. Awaken my devotion. Let me experience Your love in this meditation.
 - Help me feel Your presence as peace, love, joy, power, and wisdom.
 - Help me practice Your presence more continuously in meditation and activity.
 - May my every thought be saturated with the awareness of Your presence.
 - May my every feeling glow with Your love.
 - Help me to know your Omnipresence as the peace-love-joy that permeates all things.
 - Be with me now and always. Be my companion. Give me your gentle joy.
 - Bless me, guide me, be with me always.
 - Help me cast aside all burdens.
 - Help me be receptive to Your blessings.
 - Make Your love my eternal home.

- Help me remember you are within, without, everywhere, always.
- Teach me to feel Your peaceful presence inside and outside, above and below, left and right, all around me.
- I offer You all of the love of my heart.
- Come to me. Reveal Yourself.
- Bathe me, saturate me, permeate me with Your love. Change me forever and forever.
- Help me serve more selflessly and above all love more unconditionally.
- Help me heal myself, our countries, and the earth.

Stillness

- With devotion, we make a sustained intense offering with all of our heart and will to become one with God.
- After you finish practicing devotion, quietly rest and feel Him in stillness.
- In stillness, God reveals Himself secretly and quietly in a variety of manifestations.
 - A little glimmer of light
 - A feeling of comfort and peace
 - The peace that surpasses understanding
 - Ecstatic joy
 - Pure love
 - Intuitive wisdom
 - A breathtaking and thrilling yet soft and gentle surge of power
 - A soothing embrace
 - A feeling of absolute safety
 - Phenomenon: aura, light, visions, guidance, protection, answered prayers, synchronicity, healing powers
 - Entrance in to the zone: the experience of supreme flow, rhythm, and harmony
 - The unconditional sweet love of the Father-Mother
 - Perfect guidance from the Counselor
 - Healing and purification from the Great Physician
 - Training from the Teacher
 - Friendship from the Friend
 - Love from the Beloved
 - Healing qualities expand
 - Our problems burn up
 - Advanced meditators experience samadhi, the ecstasy of complete union with God. We feel him inside, outside, everywhere as unlimited peace, love, joy, power, and wisdom.

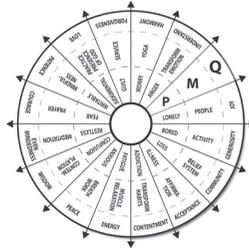
Healing Power: One Hundred Days of Love

- Take note of your manifestation. Embrace it. Capture it. Meditate on it. It will expand.
- Recognize the blessing, guidance, and help you are getting: Affirm: “Beloved Friend, You are with me now, and I am with You.”
- When we come out of meditation, we have more space to receive and respond to the suffering of the world with compassionate action. We express our love in quiet, anonymous, gentle acts of humble service to all.
- God first, regular meditation, devotional yearning, and service to others. This is the magic of spiritual work.

THE SECRET ESSENCE OF SPIRITUAL WORK

- With devotion, we give God our love.
- In stillness, we receive His Love.
- In service, we give love to one another.
- Practice devotion, stillness, and service. This is the secret essence of spiritual work. It will speed up your evolution. Try it. It works.

- Every natural dog sniffs God in the stew. (Rumi)



DAY 17: ENDURANCE

Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes. Don't pray for lighter burdens but for stronger backs.

Gautama Buddha

- Life is painful. We all suffer but we don't know what we are going to get or when we are going to get it. We have no control over this but we can train ourselves to be ready for anything, all of it. This is where endurance comes in. No matter your tests, you are not too weak to fight. You can do this work by responding to your pain with the methods and qualities of the universal healing wheel.
- This model describes how you can respond to your pain skillfully by practicing any one or a combination of fifteen methods and one hundred qualities. Practice these methods and qualities in the daily grind of ordinary activities, in the minutes and moments of your life, when things are good, when things are bad, and when you are in crisis. You will see that they work. Results are subtle, but they accumulate minute-by-minute, thought-by-thought, and breath-by-breath. Use every circumstance and every moment as an opportunity to practice.
- None of this works without practice and practice occurs without immediate results. Many quit for lack of an immediate response but if we persist when the going gets rough and we don't feel better, at some point we will. Then we see how the healing process works. We feel better and become a better people. Then we trust the process.

CHIP, CHIP, CHIP: EFFORT IS PROGRESS

- Problems can be tiny, small, medium, large, or huge. Some problems are long term and severe.
- In general, the bigger the problem, the longer it takes to reduce its influence and power. This can be overwhelming. Hope may take a hit. Demoralization results. Some people never begin the healing process because it seems too big. Others get started but quit early as their pain seems insurmountable.
- To combat this sequence, think of yourself as a sculptor with a chisel, a big block of marble, and a vision of the final product, ever-expanding love. Go to work. Do a little bit every day. Chip, chip, chip. Effort is progress. (See A Block of Marble and the Chisel of Wisdom, page 38.)

Healing Power: One Hundred Days of Love

- Everything gets better slowly with practice, a lot of practice. But the schedule for progress is not up to us. With some problems, we may see improvement right away. Other problems take longer.
- If you have an expectation of how long it takes to feel better and your expectation is not met, you are likely to quit. Then progress is impossible.
- As stated by a student in a class on healing, “If your problem is locked in a big fat obsessive-compulsive brain groove and your new method and quality are a tiny little filament, this seems an unfair match. Practice anyway. You have to start somewhere. Chip, chip, chip. A sculptor does not produce a masterpiece overnight.”
- When you do a lot of heavy lifting and see no apparent result, remember this: effort is progress. Keep on keeping on. Results are slow and cumulative. You think nothing is going on but it is. The qualities are growing but the growth is too subtle to feel. At some point you will experience peace, love, joy, power, and wisdom. You feel better, become a better person, and experience higher states of consciousness.

DAVID AND GOLIATH

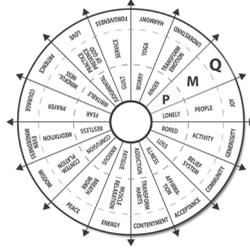
- The phrase *David and Goliath* denotes an underdog situation, a contest where a smaller, weaker opponent faces a much bigger, stronger adversary.
- All of us have *David and Goliath* moments. Problems seem too big, overwhelming, frightening, even terrifying.
- Remember this: The universal healing wheel applies to any problem: tiny, small, medium, large, or huge. The rules are the same for big problems. It just takes longer.
- We can practice PMQ for the most severe, complex, long-term, deeply embedded problems: chronic illness or disability; brutal reality, the cave of darkness, the dark night of the soul.
- We can use our tests and trials to develop the qualities we need. Ultimately we can win every battle, every test of the world and test of the body, by never losing our courage. Be strong. Persevere. Ask your Higher Power for help.
- Big tests require more work, time, patience, and discipline. When we do the work, the reward is even greater: healing qualities expand until they become unconditional. The soul merges with Spirit. Big Love takes over. We experience the peace that surpasses understanding, pure love, and ecstatic joy. How grand!
- Every painful problem (P) has only one purpose: to go deeper into our method (M) and quality (Q). The bigger the pain the P, the bigger the Q has to be. Every painful problem is an opportunity to expand love and associated qualities.

POINTS TO REMEMBER

- Wisdom pearls take time to grasp. Lots of time. A lifetime! Chew on a bite-sized piece. Digest it. Integrate it. Then another piece.
- Think of the saints, sages, or masters, and how they embody the qualities in the Serenity Prayer. They have a great capacity to immerse themselves in brutal reality, the courage and will to change what they can, the acceptance of what they cannot change, and the wisdom to know the difference. They have extraordinarily powerful will, surrender, courage, wisdom, compassion, love, and a host of other

wonderful spiritual qualities. Their use of these qualities to skillfully manage their pain results in a high degree of spiritual evolution.

- Learn how to endure with courage when you don't get your way. When you learn how to ride the pain waves, you will find your power in the story.
- You may have a little or a lot of time to do this work. A little is good. More is better. You expand your practice or not as you wish.
- Spiritual work is difficult. It requires discipline, hard work, takes a long time, and often hurts. However, if you persist, it gets easier and the reward is great: expanded healing qualities and superconscious experience. If you persevere with courage and heart, you will learn, grow, and transform. Never, never, never give up.



DAY 18: ENERGY

Where the mind goes, energy flows.

Ernest Holmes

- Scientists conclude the universe and everything in it is made of energy. In yoga, this energy is called prana and control of the energy is pranayama.
- Prana is the intelligent energy or life force that permeates and operates every cell, tissue, organ, and system of the body.
- Pranayama refers to yoga techniques used to bring the life force or prana under control and direct it towards Spirit. There are four key yoga techniques: love, service, wisdom, and stillness.
- Yoga teaches us to reverse the flow of energy from going down the spinal column and out to the world for daily activities to inward and upward to the higher chakras in the spinal column and brain in meditation. This results in a shift in consciousness from ordinary and mundane to ever-expanding peace, love, joy, power, and wisdom. We then bring that refined consciousness to every thought, feeling, and action.
- When we practice pranayama, everything gets better. Painful problems slowly disappear and we have more control over those that remain. Pranayama is a part of the solution to every problem. The following exercise illustrates how pranayama works.

THE INNER FACTORY: PRANA, PRANAYAMA, AND THE CHAKRAS

- Prana is energy or life force. There are seven centers of concentrated prana in the spine and brain called chakras.
- Pranayama is control of prana by reversing the outward flow of life energy from the world, directing it to the higher chakras in the spine and brain. Energy goes from down and out to in and up.
- Energy goes down and out.
 - In ordinary consciousness, energy travels down the spinal column and out to the world through the lower three chakras. This results in material consciousness.

- We are creatures of habit in thought, feeling, and action. Every thought, feeling, and act has a corresponding flow of energy and consciousness. When our thoughts, feelings, and actions are focused on the outer world, our energy and consciousness flow outward and get attached and habituated to the objects of that world: people, activities, events, and things. We do get some satisfaction but it is mixed in with the limitations and suffering inherent in material consciousness. We get a piece of the love we are looking for but it is mixed in with some undesirables: attachment, addiction, and reactivity.
- Energy goes in and up.
 - When we practice pranayama, energy flow is reversed from down and out to in and up to the higher chakras in the spinal cord and brain where the soul connects to Spirit. This results in expansion of the little love we can get from the world of people, activities, events, and things to the Big Love we get in superconscious states.
 - There are four key yoga practices that help us do this work.

FOUR YOGA PRACTICES

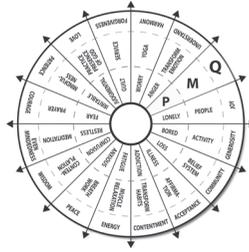
1. Bhakti Yoga or love
2. Karma Yoga or service
3. Jnana Yoga or wisdom
4. Raj Yoga or stillness

- When we practice love, service, wisdom, and stillness, we bring energy and consciousness from the world and body to the higher centers in the spinal cord and brain where it is subjected to a purification process. Karma or debris is burned off. Our consciousness is refined to an ever-increasingly higher grade of peace, love, joy, power, and wisdom, which we then give back to the world as ever more useful service.
- Through the patient daily practice of yoga, we slowly and gradually change our long-term thought, feeling, action, and corresponding energy patterns from down and out to in and up. We shift the locus of control from the outer world of people, activities, events, and things to the inner world of soul connected to Spirit. We learn how to eliminate debris and cultivate a higher grade of peace, love, joy, power, and wisdom in the inner factory of the higher centers in the spinal cord and brain. This is yoga, a way of dealing with painful problems through energy control or pranayama.
- Pranayama helps us move our energy, consciousness, and mind from our identification and attachment to the world, body, and drama to the soul connected to Spirit. The result is a shift from unnecessary reactivity to an ever-increasingly powerful base of peace, strength, courage, compassion, and associated healing qualities within. As healing qualities expand, we react less. We may not be able to get rid of the inevitable suffering of life, but reducing and eliminating reactivity is a major stride forward in skillful pain management.
- Moving energy from down and out to in and up is a new way of looking at problem solving. Pranayama is a part of the solution to every problem. To become a more skillful pain manager, add pranayama to your tool kit.

- **Spiritual healing:** Recognize the difference between physical and spiritual healing. Sometimes the body will not heal but we can always grow spiritual qualities.
- **Self-acceptance:** Accept where you are while striving to improve. Love yourself. Be gentle with yourself. Forgive yourself.
- **Discipline:** Suffering is a stimulant for the cultivation of healing qualities. Turn the tables on your pain and make it work for you rather than against you. The way forward is love. Practice love by rolling the universal healing wheel or PMQ.
- **Expectations:** Spiritual rewards occur on their own timetable. If we put a schedule on pain relief, we are more likely to fall off the healing path and choose an unhealthy pain-killing device such as substance and sex abuse, power and control over others, over-eating, and so forth.
- **Calm concentration:** the best practice position. Work towards one-pointed calm concentration on your chosen method and quality. Don't focus on your painful problem and allow it to determine your identity—there is valuable information here and we need to process our pain to get that information but the true self is composed of one hundred healing qualities adding up to love. Our healing depends on trumping the pain story with the healing story to become love itself. We can do this by focusing on our chosen method and quality.
- **Stay in the present:** minutes and moments. We need to learn from the past and plan for the future but we spend far too much time ruminating on past grievances and future worries. Peace, love, and joy are found in the minutes and moments of life. Be love in the here and now.
- **Continuous practice:** There is always work to do. Life offers unlimited opportunities to grow love in response to our pain.
- **Pace yourself:** It's a long climb.
- **Do your best:** Leave the rest.
- **Eliminate bad habits:** Bad habits are a stumbling block for most of us on the recovery and healing path. We need all the help we can get when the going gets rough. Use these affirmations as coals to build your fire.
 - a. I can eliminate any bad habit.
 - b. Nothing can stand in my way.
 - c. Nothing can stop me.
 - d. Nothing can shake my resolve.
 - e. My will power grows stronger every day.
 - f. My mind is set.
 - g. I will succeed.
 - h. I bring zeal, hunger, intensity, and thirst to my practice.
 - i. I use my will power to cut off any thoughts that pull me back to my bad habit.
 - j. No matter how many times I fall, I will rise and conquer.
 - k. One by one, I eliminate all bad habits.
 - l. I am not my bad habit. My true self is calm and content.

Healing Power: One Hundred Days of Love

- **Pep talk:** While meditating or practicing any method, give yourself a pep talk. Remind yourself why you are doing this. “This is good for my physical health. This is good for my mental health. This is good for my spiritual health. This is good for my relationships. In meditation, the ego shrinks so the higher self and Higher Power can get in. This is free therapy. Deep healing in the room of stillness, nothing is better.”



DAY 20: EQUALITY

The earth is our mother. She nourishes us. All living things are connected and we share in equal relationship with the earth and all her creatures. It is from this connection that we come to understand the power of nature and the importance of living in harmony with the earth and one another.

Native American Wisdom

- In the world of roles, there are divisions with status determined by wealth, education, position, age, power, race, religion, or sexual identity. Our egos get caught up in competition. As we surf the waves of success and failure, we develop feelings of superiority and inferiority. The perception of superiority is associated with arrogance, pride, and domination. Feelings of inferiority breed insecurity, anxiety, and doubt. Some people suffer from both states. Equality and its partner, humility, are healing powers that cure these ills. We approach true humility when we see ourselves as equal to others, not better or worse.
- In the spiritual world, all are equally included in the circle of love. Here our true identity is the healing qualities. We are peace, joy, love, power, wisdom, and the other wonderful qualities listed in the spiritual alphabet. Role and status have little importance. We look neither up nor down but across, eye to eye, squarely, honestly.
- The realization of our equality gives us humility, a source of deep peace and strength. Service to humanity is the natural outcome of this state of consciousness. Service is a universal healer, a potent medicine for individuals and the community. For individuals, it works as an antidote to the poison of guilt and as a powerful antidepressant. It takes us out of our tiresome self-ruminations, bolsters our self-esteem, and replaces feelings of insecurity with confidence. As service places us on the common ground with all of humanity, we grow in humility and equality. When we connect to others through service, our internal agitation is silenced.
- Self-reform is integral in effectively serving humanity. The work starts inside. We need to deal with our own issues before we can successfully understand and assist others with theirs. We can do the necessary inner work by practicing the methods described in this work. Such practices as introspection, affirmations, meditation, and transformation of emotion are digging tools that can reach the deepest recesses of our being to root out all traces of negativity. It is only through rigorous inner work that we can eliminate

Healing Power: One Hundred Days of Love

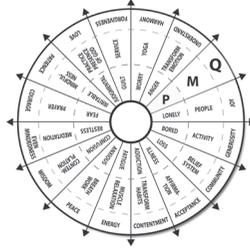
our flaws and replace them with spiritual qualities. Then such jewels as humility, reverence, gratitude, and equality decorate our service to humanity.

- There is always a need for justice and equality. Following are some ways to contribute to the growth of these powerful qualities for ourselves and others.
- It's not what you do but how you do it. Add love to every action.
- Start by taking care of yourself. Be kind, gentle, and loving to yourself. Then widen your circle of service to friends, family, and community.
- Pick a cause.
- Transmit your gift of compassion for the victims of social injustice and inequality.
- Go on a campaign to lift the spirits of the sick and dying or the poor and homeless.
- Volunteer at a soup kitchen.
- Read to a lonely senior.
- Fight religious and racial persecution.
- Stand up for fairness.
- Protect the meek and vulnerable.
- Be a big brother or sister to a neglected child.
- Talk to those shunned by others.
- Shop for a senior.
- Take a disabled person for a walk.
- Hold the door open for everyone.
- Let cars go ahead of you.
- Let someone ahead of you in line.
- Ask a sales person how their day is going.
- Thank the bus driver.
- Affirm loving-kindness for everyone who goes by.

POINTS TO REMEMBER

- Understand your true position: equality with all people.
- You are not better than anyone. If you think you are, you'll be knocked down.
- Equality brings peace and strength.
- In ordinary consciousness, under the direction of the ego, we often feel superior or inferior to others. In spiritual consciousness, we are equal and one. No matter what your ego tells you, practice equality and unity with all others. Notice the harmony and rhythm that come as a result.
- We need to right size the ego when it gets too big or too small. We need to build the ego up when self-esteem is low and reduce it when it gets too big. Eventually, we see we are not better or worse than anyone else. This is soul equality, a good place to be, a source of strength, a place of power in the story.

- The ego judges and categorizes. The compassionate soul loves everyone equally without attraction or repulsion.
- I find peace and contentment in humility and equality.
- When humility marries equality, wisdom blooms.
- Show respect to all men but grovel to none. (Tecumseh, Shawnee)
- Look across, not up or down.



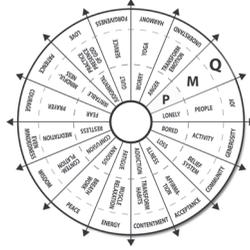
DAY 21: ETERNITY

No weapon can pierce the soul; no fire can burn it; no water can moisten it; nor can any wind wither it. The soul is uncleavable; it cannot be burnt or wetted or dried. The soul is immutable, all-permeating, ever-calm, and immovable—eternally the same.

The Bhagavad Gita: Chapter II: verses 23–24; Paramahansa Yogananda

- There is a part of our consciousness that never changes. It remains still, silent, spacious, and serene no matter what happens. This superconscious state has many names: The Big Space, Nirvana, Ecstasy, God, Truth, The Way, Cosmic Consciousness, liberation, enlightenment, and more. Here you experience absolute safety, security, and immortality. You cannot be cut, burned, hurt, or wetted. You can experience this in deep meditation when you transcend the world, body, senses, and mind. This is a high state of consciousness reserved for those who persist in meditation, love, and service to humanity.
- Advanced sages, saints, and masters are people who have realized this potential. After many years of long and deep meditation, love, and service, they describe a dramatic transformation of consciousness to infinite, eternal, immortal peace, changeless love, and ecstatic joy. This experience is like entering an infinite ocean of Spirit.
- Think of life as an ocean. (See *The Ocean and Wave*, page 45.) On the surface of the ocean are waves. At times, the surface is calm. Other times, the waves are variously choppy, turbulent, stormy, or dangerous. Beneath the surface, the ocean is deep, vast, still, ubiquitous, and immutable. Consider the deep part of the ocean as a vast repository of healing qualities and higher states of consciousness.
- Now think of the waves as the changes of life and the underlying ocean as that part of life that is changeless. In ordinary consciousness, we bob about on the surface of the ocean, riding the waves of change. Our awareness remains tethered to the changing waves at the surface by our restless mind, volatile emotions, excessive material desires, the body, hyperactivity, and egotism.
- In meditation, when we reach absolute stillness, our consciousness can slip beneath the changing surface waves of the ocean and merge into the depths of the vast Changeless One below. This results in a magnificent shift in consciousness from limitation, division, and impermanence to unity, infinity, and eternity. In advanced yoga meditation, this is called samadhi. Here there is absolute safety and protection from the problems of the body and the problems of the world.

- Entry tickets to this realm of superconsciousness are reserved for those who have achieved an egoless state where spiritual qualities are highly developed. In this stage, the advanced meditator bathes in an infinite ocean of peace, joy, love, power, wisdom, and other soul qualities. Some get to travel. The vehicle for travel in this neighborhood is fearlessness. The fuel is love. The destination is other worlds.
- Those who enter the greater world of Spirit return to the surface world of duality to share with us what they have found, not with words so much as through acts of gentle, humble service. They are able to manifest and express their soul qualities under all conditions. With calm and strong minds, powerful love, durable faith, and courage, they are ready for anything.
- The universe is infinite, eternal, and immortal. There is no beginning or end to the infinitely intelligent, omnipresent power that runs the show. We are a part of that consciousness. We can realize this consciousness through the practice of yoga. Yoga means union of the soul with Spirit. When we practice yoga and merge the soul with Spirit, we know ourselves as infinite, eternal consciousness.
- Think cosmic thoughts as you fold laundry and put the kids to bed. Instead of zoning out, realize that the Great One is always here, right now. Every moment is a manifestation of infinity, eternity, and immortality!



DAY 22: EVEN-MINDEDNESS

I watch the Cosmic Movie with calm detachment.

YOGA PRACTICE IN THE MOMENT: NEUTRALIZING THE WAVES

- Coaches train athletes to remain even-minded despite the ups and downs of a game and the season. Yoga teaches even-mindedness under all conditions. We can't do it because of our reactivity but this is the work of yoga. Our energy is wavy. Yoga neutralizes the waves. Watch your reactions.
 - a. Are you prone to argument, debate, or defensiveness when stressed or provoked?
 - b. Is your mind restless, hyperactive, have a life of its own?
 - c. Do you suffer from excessive fear, worry, insecurity, and doubt?
 - d. Are your emotions out of control?
 - e. Are you habituated and addicted to the people, objects, places, things, and events of the world?
 - f. Are you a hyperactivity junky, constantly running on the horizontal axis, with no time built into your program for contemplation and meditation?
- Yoga neutralizes these waves. It helps us turn it down a notch so we can enter a difficult situation with even-mindedness.
- When we practice love, service, wisdom, and stillness, we react less. At mastery, we are even-minded under all conditions.
- When you realize you are reacting poorly and want to shift gears:
 1. Stop
 2. Breathe
 3. Present moment
 4. Affirm: love, service, wisdom, and stillness.

WATCH THE COSMIC MOVIE WITH CALM DETACHMENT

(see The Movie, page 230)

- Even-minded under all conditions. What a good idea! But getting there is not so easy. Attachment to outcomes results in a high degree of emotional reactivity.
- We need to watch the movie and remain unaffected. It's a passing show. Don't be overly involved emotionally. We add fuel to the fire when feelings are high.
 - a. Visualize yourself remaining even-minded under all conditions.
 - b. Affirm: I watch the Cosmic Movie with calm detachment.

DO NOT LET PAIN DEFINE YOU

- It's one thing to have pain. It's another thing to let that pain define us, grab us by the throat, and keep us down. Healing qualities can help us with this problem.
- Healing qualities are water for the fire of reactivity. (See The Triumph of Love over Pain, page 13.) Love, compassion, understanding, forgiveness, patience, kindness, humor, courage, and strength are the antidote to impatience, frustration, anger, jealousy, judgment, selfishness, restlessness, and the like.
- We have unlimited access to the bank of healing qualities. We can use these qualities to help us work through and rise above our pain.
- When pain comes in, takes over, and dominates your consciousness:
 1. Stop
 2. Breathe
 3. Present moment
 4. Refer to the list of one hundred healing qualities.
 5. Choose a quality you need for the condition at hand.
 6. Remember, healing qualities are more powerful than any painful problem.
 - a. Even-mindedness counters agitation.
 - b. Kindness dissolves cruelty.
 - c. Love burns up hate.
 - d. Courage defeats fear.
 - e. Hope replaces despair.
 - f. Gentleness dissolves shame.
 7. Choose any painful problem, match it with the quality you need, and go to work.
 8. Affirm your quality, visualize it, feel it, let it permeate your thoughts and speech.
 9. Let the quality guide your choices and actions.
- In ordinary consciousness, we ride the inevitable pain waves of life and add unnecessary reactivity. In higher states of consciousness, we still feel the pain but we do not add unnecessary reactivity. It still hurts but we get the best possible ride when we respond with healing qualities.

POINTS TO REMEMBER

- When practicing the methods, we learn how to turn it down a notch so we can enter a difficult situation with wise mind = even-mindedness. Practice meditation and mindfulness. You will see a steadiness grow no matter your tests and trials.
- For most of us, even-mindedness under all conditions is an affirmation, not a reality. On the way there, we can have fun with the challenge.
- At mastery, we can ride the inevitable pain waves of life perfectly without reactivity. We remain even-minded under all conditions. No provocation can disrupt our love: a tall order and a wonderful goal.

Healing Power: One Hundred Days of Love

1. **Test:** Faith cannot grow without tests. A test can be any pain or problem. We all experience loss, pain, and tragedy. Some of us have to face the darkness of barbaric crime or catastrophic violence. All of us must eventually leave our possessions, loved ones, and bodies behind. At death, each of us must face the abyss, the mysterious infinite unknown.
2. **Hypothesis:** Religions and spiritual teachers give us advice on how to handle the painful problems of life. The advice is massive, complex, confusing, and contradictory. To decipher spiritual fiction from fact, we need to convert fixed beliefs or dogma to hypothesis requiring proof. To do this, we transfer authority from others to ourselves. We should not blindly follow religion, teachers, or masters. Our own experience is the ultimate criterion for determining truth.

We can test any concept or method. Is love more powerful than any painful problem? Does the body-temple harbor the soul and the God of the universe? Are karma and reincarnation true? Does meditation work? Does compassionate service to humanity give us peace of mind and strength? We can put these profoundly important questions to the test of direct personal experience in the laboratory of life. The experiment may take years. On the way, we stay receptive. We do not accept or reject the theory. We just do the work by developing a spiritual practice.
3. **Practice:** We can practice any one or a combination of spiritual methods.
4. **Experience:** Discovering truth through personal experience is called spiritual discrimination or discernment. Direct personal experience is the teacher and ultimate authority. If a method or concept works, we keep it. If not, we discard it. We trust our ability to tell the difference.
5. **Faith:** We prove to ourselves that a concept or method works in our lives, thus converting untested belief to faith through experience.

POINTS TO REMEMBER

- Faith arises when evidence is lacking. It starts with hope and possibility. It ends with experience.
- Faith is the bridge between the material world of limitation and insecurity and the spiritual world of immortality and peace.
- Blind belief is weaker than faith proved by direct experience.
- The brain has a pharmacy that can send healing chemicals to the cells of our body. Thoughts of faith have healing power. Send faithful thoughts to heal the body, mind, and soul through chemistry.
- Faith is a dynamic healing power that can get us through any trial.
- We can grow when life is smooth, but our greatest progress may come when we face difficult problems. It is at these times that we need faith the most. If we continue our spiritual practice, we gain strength and endurance. Eventually our burden lifts and peace comes. We prove to ourselves that we can get through any trial if we persevere.
- We can prove through experience that love is greater than any problem. Moreover, each victory of love over pain expands our faith.
- Faith is the knowledge of our inner connection to the river of Divinity, the infinite source of compassion.

AFFIRMATIONS

- I get what I need when I need it.
- Every test is the next step in my spiritual development.
- I transform suffering into spiritual qualities.
- I do my part by cultivating strength and courage.
- Love is greater than any pain.
- Nothing can stop me.
- I never give up.
- Nothing can touch my faith.
- I am the immutable peace of the soul.
- I remain fearless even in the face of death.

EXERCISES

1. Following is a list of ideas that can serve as a basis of faith. Review the list to see if any of these ideas are already a part of your faith system. We can have faith in:
 - Ourselves
 - Our Higher Power
 - Other people
 - A connection to something larger than ourselves
 - Higher meaning and purpose
 - The meaning inherent in our story
 - The positives of life
 - Beauty, truth, goodness, and love
 - Our own strength
 - Our ability to contribute
 - Each has a special gift to give
 - Our ability to respond to problems
 - The healing power of the soul
 - The power and intelligence that runs the universe
 - What comes to us is the next step in our spiritual development
 - Pain as the teacher and stimulant for the growth of healing qualities
 - All of our experiences teach us soul qualities
 - The existence of a plan for each of us and the world. The plan is good.
 - Our ability to respond to negative with positive

Healing Power: One Hundred Days of Love

2. What is the basis of your faith?
3. What can you turn to when tested with loss, abandonment, rejection, disease, disability, poverty, sickness, trauma, or failure?
4. Is there a central organizing principle in your belief system that cannot be touched?
5. What is the definition of faith proposed in this chapter?
6. Describe the five-step method for cultivating faith by converting belief to truth through direct personal experience.
7. Review the following four categories. Where do you stand in this continuum?
 - a. Atheists dogmatically assert the non-existence of Spirit. Their logic stems from their lack of spiritual experiences.
 - b. Believers dogmatically assert the existence of Spirit often without spiritual experience to back up their beliefs.
 - c. Agnostics do not know. They are willing to test truth and wait. The cosmos says, "Test me." Agnostics respond by asking the cosmos questions. This is the most scientific stance. It depends on direct experience. There is a transfer of authority from religion, leaders, and books to the body-temple. Ideas and methods are tested in the laboratory of human experience
 - d. Faith is proof of things unseen based on direct personal experience.

minds susceptible to thoughts of fear and insecurity. A concentrated mind maintains its focus on the peace of the soul, no matter what.

- In effect, our work is to change thoughts of fear to those of peace by practicing mindfulness, meditation, the presence of God, affirmations, yoga, or any of the other techniques described in this book. With sustained practice, the mind remains calm, positive, strong, and focused under all conditions. Eventually, we can achieve the superconscious state of fearless peace.
- We go from fear to peace in three stages: fear → courage → peace
 1. Fear. In Stage 1, we try to avoid fear. This makes it grow.
 2. Courage. Fear is an enemy only if we run and hide. If we ride its waves until they dissipate, it will give us its power. In Stage 2, we face all of our fears with courage. Slowly, peace replaces fear.
 3. Peace. In Stage 3, we reach the permanent peace of the soul.
- The following technique offers a way to help us achieve mastery over our fears:
 1. Introspection
 2. Spiritual practice
 3. Grace
 4. Mastery

1. INTROSPECTION:

- To gain soul-peace, we need to identify our fear, whether it presents itself directly or in disguise. We may experience fear directly as an increase in heart rate, respiratory rate, tremors, butterflies in the stomach, dry mouth, or a feeling of impending doom.
- Fear can also manifest indirectly as anger, rigid beliefs, self-importance, domination, aggression, or addiction. To get to deeper states of peace, we need to face these hidden fears. We can start by unmasking our defenses through introspection. Then we are in direct contact with our fear.
- To unmask the defenses that cover your fear, retreat to a quiet place. Practice deep breathing and meditation to achieve stillness. Go deep. Ask your subconscious and Higher Power to guide you to your hidden fears. Be patient. Listen for the soft loving voice within. Let nothing stand in the way of the truth. Eventually, you will realize that fear is hiding behind your many defenses.

2. SPIRITUAL PRACTICE:

- Fear is a difficult emotion to master, but we can do it if we face it. We must stand our ground, step into the fear, and stare it down. This is difficult, painful, and requires long-term practice.
- With persistence and perseverance, we can slowly reduce our fears, expand our peace, and eventually reach the permanent peace of the soul. As soon as you become aware of fear, practice one or a combination of the following methods.
 - People: We can get help from family, friends, and counselors.
 - Activities: We can distract ourselves by engaging in constructive meaningful activity: work, school, volunteering, recreation, socialization, sports, the arts, and hobbies.

- Belief system: We can go to church, synagogue, mosque, a twelve-step meeting, and so forth.
- Breathwork: Practice deep abdominal breathing or your favorite breathing technique.
- Progressive muscle relaxation: We can tense and relax our muscles or practice a body scan.
- Affirmations: We can affirm the existence of the immutable peace of the soul even if we do not feel it. We might also practice affirmations related to strength, courage, heroism, endurance, faith, trust, belief, confidence, power, and immortality.
- Visualize: We can picture ourselves in fearless peace even as we go through our trial.
- Mindfulness: Mindfulness practice helps us surrender into the moment, take a stand, and hold our ground. We are awake, aware, and ready for anything. This is the stance of a spiritual warrior.
- Meditation: In the stillness of deep meditation, peace dissolves fear.
- The presence of God: God is omnipresent peace. We can practice the presence of God as the immutable peace within ourselves. It is there, just underneath the stormy weather.
- Select an image of God: We can choose an image such as Father, Mother, Buddha, Krishna, Christ, and so on. The image is symbolic of God's benevolence. We can make our attachment to the image stronger than the fear that confronts us. We can apply all of our will, thought, feeling, and concentration to our image. We hold on to the image as the waves of fear move through our being. If the image is swept away, we bring it back.
- Prayer: We can talk to God and ask for help. We can tell Her/Him that we want to experience the changeless peace of the soul.
- Faith: We can have faith in the omnipotent healing power of God. (S)he is there, helping and guiding. (S)he cannot fail.
- We can practice these or other methods described in this work in any comfortable combination. We persevere, fight our battle with courage, and do our best. While we do our part, we can get additional help by turning to our Higher Power, a bottomless source of strength. To make contact with our Higher Power, practice the presence of God, select an image, pray, and have faith.

3. GRACE:

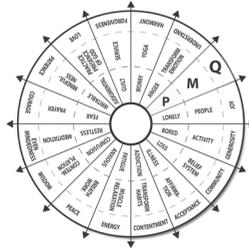
- When we do our part, grace flows. We realize God is present, helping, protecting, guiding, and caring. God's power is infinitely greater than our fear. On His/Her schedule, (S)he comes to our rescue. The turbulent waves of fear subside. Peace comes.

4. MASTERY:

- When fear returns, we continue our spiritual practice. Slowly, we gain confidence and trust as we realize our effort, combined with God's grace, can get us through anything.
- At mastery, we move forward fearlessly because we know God is there, taking us to safety. Here nothing can touch us, nothing can harm us, and nothing can ruffle us. We are fearless peace.

POINTS TO REMEMBER

- We are afraid of what we cannot control. However, when we cannot change bad outer conditions, we can respond with courage. Courage is the bridge between fear and peace.
- Most worry focuses on the future. We can break the habit of worry by learning to focus our attention on the present, living one day or one moment at a time. Focus on the present by practicing mindfulness, breathing, and affirmations. The current moment is all you have to work with, and it is all you need.
- When you begin to worry, feel insecure, and become afraid, use your will and thoughts to bring yourself to a state of faith, trust, belief, and positive thinking. You can learn to respond to any event with even-minded courage.
- Despite the variety and excitement that the future offers, we resist and fear change and the unknown. But fear is the enemy only if we do not face it. Face your fear. Step into the middle of it. Stand your ground. Stare it down. Practice affirmations, breathing, the presence of God, mindfulness, yoga, and other spiritual methods with will, intensity, and concentration. Persevere and endure. Practice these methods throughout your life. Work towards even-mindedness under all conditions. Hold on to your image of God no matter what the world or body throws at you.
- When afraid, affirm unconditional peace. Even if you do not feel reassured, continue your affirmation of peace with faith and concentration. Peace is inside, waiting to come out if you will only battle with courage and perseverance. Eventually you will reach the permanent peace of the soul.



DAY 25: FORBEARANCE

Don't turn away. Keep your gaze on the bandaged place. That's where the light enters you.

Rumi

- Forbearance is endurance with patience. Following is a brief review of *Healing Power's* ten steps and how these steps relate to forbearance. (For a complete review of the ten steps, see *Healing Power Revised*, pp. 45-93.)
- Step 1: We have an absolute need for unlimited peace, love, joy, and safety. This is called The Core Drive. The Core Drive is the motivating force behind all of our actions. It does not shut off. It can't. It is built into the genetic code. We have to have it. We want unlimited healing qualities and higher states of consciousness.
- Steps 2–3: We try to achieve The Core Drive exclusively on the horizontal axis of people, activities, events, and things but this is impossible. On the physical plane, suffering is inevitable, time is limited, and death wins in the end.
- Steps 4–5: When we persist in our efforts to achieve The Core Drive on the physical plane, our motor overheats. We get stuck in the mud. We become unnecessarily reactive. The restless mind, highly reactive emotions, excessive material desires, attachments, bad habits, hyperactivity, physical pain, and the ego present an imposing array of problems.
- Step 6: We see the need to get help. We become seekers.
- Steps 7–10. We discover the teachings of the saints and masters of the great faith traditions. They diagnose our problem: we are trying to achieve The Core Drive outside. They give us the good news: it can be realized inside. In fact, they tell us, it is already there waiting patiently for our discovery as the true self. They call it the Buddha, Image of God, Child of God, The Soul, Love, or higher self. It doesn't matter what you call it. Just practice love and watch everything improve.
- In summary, Steps 1–5 describe our pain. Steps 6–10 focus on healing that pain with love.
- Here is the key to understanding Steps 1–10: Love is the great healer. It is more powerful than any painful problem. We know how to make it grow. Our bodies come equipped with a secret factory that manufactures a very special product, love. The factory knows how to produce love and associated

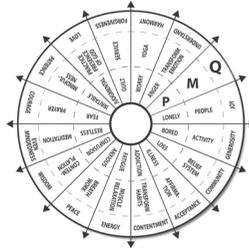
Healing Power: One Hundred Days of Love

qualities: peace, joy, power, wisdom, and more. As the qualities grow, our pain is contained, reduced or eliminated.

- Here is how this works. All you have to do is define a problem P, and respond to that problem with a method M and quality Q. This is called rolling the universal healing wheel or practicing PMQ (Pain-Method-Quality). *Healing Power* offers a choice of fifteen methods and one hundred qualities.
- This sounds simple and it is, but it is difficult. Life is painful and there is no way out. We have to learn how to manage our pain skillfully or we get stuck or go backwards. The good news is that skillful pain management leads to spiritual evolution—we feel better, become better people, and experience higher states of consciousness.
- While there is no easy way out of the dilemmas posed by life, there is much relief in the discovery that even in the throes of greatest turmoil, we exist somewhere on a ten-step map where suffering has a purpose: the development of spiritual power. We regain our bearings when we understand our pain is the stimulant for the growth of healing qualities.
- By seeing the map, finding our place on it, and knowing there are always steps to take in the right direction, we get tremendous relief. We see that there is a sense of meaning, purpose, and direction to all that happens, and that we can take back control of our destiny. We make progress and feel better. We see that the results of our work are actually quite spectacular, even if we wish they weren't so slow to manifest. But we can put up with this challenge to our patience as long as we define the problem and take steps toward a tangible goal.
- We encounter trouble no matter which route we take, but the way offered here is the path of least resistance, the way through our pain to peace, power, and strength. As we move forward through the ten steps, we find ourselves living the richest possible life, a journey where our spirit is in charge and we are ready for anything.

POINTS TO REMEMBER

- As with any healthy lifestyle choice like stopping cigarettes, eating a healthy diet, and physical workouts, practice of the recommended methods is life-long.
- There is always work to do, whether life is smooth and stable or rocky and chaotic. If we practice the techniques when life is smooth, we can use them more effectively when it gets rough.
- Learning how to do the methods is simple but it is not always easy. Although practice is enjoyable much of the time, sometimes you will not feel like doing any work. Other days there is considerable discomfort. Be ready for anything. Then if life gets rough, you will be less likely to drop the ball and escape to an old unhealthy pain-killing habit.
- Channel all of your energy and inner faculties in a supreme conscious effort towards expansion of the qualities. This inner workout is like doing mental push-ups. You might call it mental yoga.
- Do as much as you can for the rest of your life. Light the fire and keep it lit. Bring it.
- No matter who you are or what your problems are, you can do this work. Effort is progress even if you can't see it. Keep on keeping on. Never give up.
- How deep is your practice?
- What ignites your passion?



DAY 26: FORGIVENESS

Forgive seventy times seven.

Jesus

- Unconditional forgiveness.** One of the greatest teaching acts in history is the crucified Jesus Christ forgiving his tormentors, “for they know not what they do.” It was one thing for Christ to preach love for all, including enemies, but quite another for him to demonstrate mercy while experiencing exquisite agony at the hand of those enemies. The forgiving Christ on the cross is the ultimate symbol of the healing power of compassion and understanding. While suffering unimaginable pain, he expressed selfless sympathy for his adversaries. This supreme act of unconditional forgiveness, arguably the most difficult aspect of unconditional love, is beyond the reach of ordinary mortals. Nevertheless, we can learn how to forgive on a smaller scale and build from there.
- Provocation.** All of us suffer the provocations of other people, and each of us has acted poorly towards others. On a small scale, we are confronted daily with minor incidents: disagreement, misunderstanding, or frank rudeness. And most of us at one time or another experience major problems from physical, mental, or sexual violence, infidelity, betrayal, rejection, abandonment, and unjust treatment.
- Fight-flight.** Our natural reaction when provoked is anger and fear. These emotions are part of the fight or flight response, a built-in survival mechanism. Anger and fear are good defenses, but difficult emotions to manage. They seem to have a life of their own. Instead of intelligently guiding us to protection and safety, these feelings often become the problem. They stick to us, feed on themselves, and infiltrate our identity in counterproductive ways.
- Escalation.** Anger smolders as resentment or expands into all-consuming rage. Unresolved anger stays in the body, causing health problems, fatigue, and depression. When it becomes a tool for vengeance and punishment, it leads to escalating cycles of violence and the perpetuation of danger. Fear spirals into painful panic attacks or paranoia. In addition, painful memories and replays of traumatic events often dominate our thoughts. To rid ourselves of the pain, we may turn to self-destructive behaviors such as promiscuity or addiction. Some of us become abusive ourselves, passing our pain along to others. It seems like the wrongdoer injects us with a painful toxin, and we make it worse by responding with our own toxic thoughts, feelings, and behaviors. There appears to be no remedy.

- **The antidote.** At some point, we begin to realize that we are suffering not only from the original trauma, but also from our own reactions. Though we cannot control what has happened to us, we can control our response. Forgiveness, a spiritual practice taught by the great religious traditions, provides us with the antidote to the poisonous effects of the original trauma and our own toxic reactions.
- **The transforming power of forgiveness.** Forgiveness transforms anger and resentment into understanding, compassion, and loving-kindness. Forgiveness, an aspect of the higher self and an expression of unconditional love, is itself unconditional. It is applicable to any degree of offense or abuse.
- **Peace of mind returns.** The main reason to forgive is to rid ourselves of recycled pain resulting from the original trauma, so that we can reclaim peace of mind and enjoy life. Without forgiveness, we may stay locked up in our own emotional prison indefinitely, thus perpetuating the original insult of the wrongdoer. Fortunately, we have the power to neutralize the toxins injected by others with the medication of forgiveness. When we choose forgiveness, we give ourselves a precious gift: the return of our peace of mind.
- **Corrective action outside, forgiveness inside.** Forgiveness does not imply weakness or passivity, nor do we deny or minimize what has happened. An evil action remains what it is: terrible, repulsive, or simply obnoxious. We do not tolerate or condone injustice, and we hold people accountable for their actions. We should not trust the wrongdoer or remain in dangerous situations. Forgiveness is managing our inner life while taking action for safety, protection, and justice in the outer world. While we heal and integrate traumatic memories inside, we take corrective action outside.
- **Reconciliation.** Forgiveness is not reconciliation. Reconciliation is the repair of and return to relationship with the wrongdoer. Forgiveness is the healing of the self without involving the offender. We can gain the inner peace of forgiveness without reconciliation. We cannot reconcile without some degree of forgiveness. Just as forgiveness is a choice, so is reconciliation. We do not have to reconcile.
- **The peace-medicine.** Forgiveness is a powerful healer, greater than anger or even murderous rage. It soothes and quiets other emotions, including depression, anxiety, shame, and guilt. Forgiveness nullifies the noxious power of the offender and releases us from the prison of past trauma and our own toxic emotions. When we bathe our cells, tissues, and organs with the peace-medicine of forgiveness, we reap the benefits of the relaxation response, and our healing power expands. When we forgive, we gain strength, courage, compassion, and joy, our relationships improve, and we become more skillful at solving our problems.
- **Forgiveness is not for everybody.** Despite these benefits, forgiveness is controversial. Religions and individuals vary in their approach; there is no one correct way to deal with it. Each person must choose to forgive or not, a choice involving complex, intimate questions. Some choose not to forgive. This decision should be respected. Forgiveness is not for everybody.
- **We need a method.** Those who choose to forgive will need a process; simply intending to forgive is not enough. We need to learn how to swim upstream, against the torrent of emotions that demand revenge. This very difficult task requires strength, courage, and skill, since it is much easier to respond in kind when mistreated. Following is a ten-step method designed to guide the reader through a process of forgiveness. This technique can help us manage small, daily challenges as well as major life crises.
- **Informed consent.** Before beginning, please be aware that the forgiveness process is not without risk. The process may release intense emotions that become overwhelming. If this occurs, stop the process, take a break, and engage in pleasant, comforting activities alone or with friends. Then return to your forgiveness work. If your pain is severe and unrelenting, you may need to consult with a mental health

or spiritual counselor. Generally, the criteria for seeking professional consultation are a loss of sleep or appetite, an inability to complete daily tasks, thoughts of harming yourself or others, or any symptom of concern.

TECHNIQUE

1. Action
2. Let the pain story unfold
3. Spiritualize the story
4. Affirmation
5. Visualization
6. Meditation
7. Grace
8. Service
9. Self-forgiveness
10. The forgiving character

1. Action

- When provoked or violated, we need to take the necessary external corrective action for self-defense and protection. The focus is on safety for our loved ones and ourselves. If the abuser is still present, we may need separation and an order of protection. If a crime is involved, we need to press charges and seek justice. When we are physically safe, we can retreat for the extended inner work of forgiving.

2. Let the pain story unfold

- Emotions are intelligent messengers carrying information about our problems and solutions. We can ride the waves of anger, depression, fear, guilt, and shame until they dissipate. If we surrender to the pain, we get the necessary lessons, solve our problems, cultivate spiritual qualities, and move on. Initially the process involves letting the story unfold.
- The first step is to remember the facts of the event. Then experience and feel the emotions associated with the event.
- We should not be surprised to find multiple layers of emotional pain requiring weeks, months, or years of work. There are deep pockets of hidden emotion that block the flow of healing energy.
- It takes time to remove all of the debris. We need to accept and absorb the pain as it comes. We must work our way through the many layers of anger, one at a time. The process may seem finished when more anger appears, years later. Process whatever emotions arise until there are none left. Because of intense pain, you may tend to avoid some, moving through the process too quickly. Take your time. Do not rush. Let the pain story unfold completely.
- To let the story unfold, let each emotion surface and speak its truth, whatever that might be. Emotions seek understanding and validation, not value judgments. If we allow our emotions to speak freely at this

stage, we will often hear a story about injustice, unfairness, loss, humiliation, insecurity, and revenge. There may be questions about good and evil, why we suffer, and the role of God in the story.

- The value of letting the story unfold freely is that we get our emotions to move out of their hiding places in the body and the subconscious. However, if we stop at this stage, we recycle a story based on self-righteous anger, smoldering resentment, and vengeful fantasy. Unless we give the story higher meaning, we may remain locked up in the prison of our own painful emotions indefinitely.
- The transition to the next stage, spiritualizing the story, is difficult. In the face of severe anger, the idea of adding anything positive to the story such as understanding or compassion for the wrongdoer seems ridiculous. When anger is very strong, we may have to wait before proceeding to the next stage.
- When you are ready, make a firm commitment to the process of forgiveness. Stop telling your pain story to other people, to reduce some of its momentum, and begin working Steps 3–7. As you work through these steps, you may experience additional turbulence, swimming as you are against the current of your raging emotions. Take your time and pace yourself. If your reaction is too disturbing, you may not be ready to proceed.

3. Spiritualize the story

- We can continue to tell ourselves a story driven by hate, pain, and despair, but then we remain victims of the abuser and suffer unnecessarily. To mobilize ourselves out of the position of victim, we transform anger into peace and strength by spiritualizing the story. Spiritualizing the story includes understanding the offender and separating the soul of the offender from their bad behavior.
- To understand the offender, we can look at the developmental causes and conditions that led to the hurtful act. Sometimes, it is not clear why the wrongdoer acted out. Often, however, we find offenders are deeply troubled victims of neglect, abandonment, and abuse themselves. There is a lack of love, moral guidance, education, meaningful employment, and self-knowledge. Although this does not excuse wrongdoing, it helps us understand and respect the problems confronting the offender.
- Some actions are so barbaric, however, that no degree of understanding can neutralize our outrage and disgust. In these circumstances, we can still separate the soul from the evil action to realize our common humanity. On the spiritual plane, we are all the same: human beings with a soul. We can maintain this vision by seeing the good in everyone, even when it is not immediately apparent.
- Looking at the perpetrator's history and separating the soul from the wrongful behavior lay the groundwork for a gradual shift from anger to respect and compassion. This transition takes time. It is a difficult part of the process. Anger, fear, and resentment are polar opposites of understanding, compassion, and forgiveness. These emotions fight with each other.
- The experience can be tumultuous and overwhelming. It is easy to get lost and quit. For additional help with this difficult process, we can affirm, visualize, and meditate. With these techniques, we gain access to a wider pool of healing energy.

4. Affirmations

- Forgiveness affirmations bring us into alignment with the healing power of unconditional love. Practice the following or similar affirmations no matter what others do. Eventually, these thoughts become your reality.

- I forgive others.
- I forgive myself.
- I am willing to forgive_____.
- I see the humanity and soul of _____.
- I drink the peace-medicine of forgiveness.
- I drink at the fountain of understanding and compassion.
- I establish myself as a center of understanding and compassion.
- Understanding and compassion radiate throughout my entire being.
- Love and kindness fill my body-temple and radiate to all beings.
- I see the beauty and goodness of every soul.
- I am concerned for others as I am for myself.
- The soul remains uncorrupted behind our mistakes and flaws.
- Everyone is a child of the same Father-Mother God.
- _____ is a child of God, equal in Her sight.
- I am the soul, the image of God or Buddha within, pure love.
- The love I feel for all beings remains the same despite provocation.
- I make peace with family, friends, strangers, and enemies alike, for therein lies my peace.
- I love family, friends, strangers, and enemies alike.

5. Visualization. The love-light healing exercise

- Sit in a comfortable chair in a quiet place. Close your eyes and take several slow, deep, abdominal breaths. Concentrate on your spiritual eye, at the center of the forehead just above the eyebrows. Relax and focus on the warmth and sense of well-being in your heart. If you have God, ask for help in feeling Her love for the soul of the wrongdoer.
- Now visualize the one who has harmed you, immersed in the healing love-light. Imagine the light dissolve and replace the imperfections of the wrongdoer with peace and harmony.
- Then immerse yourself in the light. Visualize the healing light dissolving and replacing your anger with peace and harmony.
- You might also visualize the forgiving Christ on the cross or another image that would help you dissolve the pain given to you by others.

6. Meditation

- We can get additional help with forgiveness from meditation. In the stillness of meditation, we reach the deep healing power of love and her consort qualities. It is here, in stillness, that we slowly and subtly replace our problems with spiritual qualities. Spiritual qualities are the healing powers. They have more power than our problems.

Healing Power: One Hundred Days of Love

- In the stillness of meditation, love burns up hate, kindness dissolves cruelty, understanding breeds compassion, and compassion melts anger. Instead of remaining a victim of other people's problems and our own recycled painful emotions, we cultivate peace and strength. When we come out of meditation, we give love and kindness to all whom we meet.

7. Grace

- This step applies to those who have a God they can pray to and ask for help. If you don't have this, please feel free to skip this and move on to the next step.
- We do the work as described in Steps 1–6 above, but we are not strong enough to do all of the work of forgiveness on our own. Fortunately, we have access to God's infinite ocean of all-forgiving love. We can tap into Her vast powers of compassion and mercy by asking for Her help and grace.
- Retreat to a quiet place and make contact with your Higher Power. You might pray, "Divine Mother, You know I cannot forgive on my own. I need Your help. Bless me with Your grace. Help me build a story based on understanding, compassion, and forgiveness. Give me Your love and forgiveness that I may give it to others."
- When we do the work and ask for Her help, on Her schedule and by Her grace, the gate to Her infinite healing power opens. She sweeps away anger, resentment, shame, guilt, humiliation, and other such emotions, replacing them with peace, forgiveness, and harmony.

8. Service

- With our work and God's grace, love qualities replace harmful emotions. We channel our expanded understanding, compassion, and peace into universal service. We can express our service to humanity as a quest for justice, human rights, or any action that benefits others.

9. Self-Forgiveness

- All of us make mistakes that hurt others. We become aware of our mistakes when others give us feedback or from introspection. When we see that we have hurt someone, we feel guilt. This is good. Guilt is intelligent. It helps us become responsible for our flaws, and it deters us from repeating the same mistakes.
- Guilt becomes a problem, however, when we are too hard on ourselves. Excessive guilt leads to low self-esteem, which can become self-hate. We lose our peace of mind. The flow of love between our self and others is blocked. The antidote to excessive guilt is self-forgiveness.
- To forgive ourselves, we can follow the same steps described here in the forgiveness process. By following these steps, we can learn to be gentle, patient, and understanding with ourselves even when we make mistakes. In addition, we must do what we can to change our behavior, apologize to the one we hurt, and make amends.

10. The Forgiving Character

- Forgiveness is a skill we can learn through study and practice. We can start with forgiving a small event or a single person and expand from there. The more we forgive, the easier it gets. We think forgiveness.

We intend forgiveness. We tell forgiveness stories. We practice forgiveness until it becomes a habit, part of our character.

- Eventually, when our forgiving muscles are very strong, we can forgive unconditionally and instantaneously. Then we have a great gift to give to the world! Instead of revenge and retribution, we give understanding and compassion. Instead of transferring the pain others inflict on us, we return kindness. When we learn to give ourselves unconditional love, we become our own best friend. When we absorb the pain of others and transform it to peace and harmony, we reduce the pain of the world.

GENERAL RULES FOR THE FORGIVENESS HEALING PROCESS

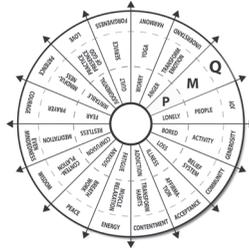
- The forgiveness healing process works, but it takes time. It is slow, painful, and difficult. It may take weeks, months, or years. There is no timetable. We cannot control the speed. The process must be allowed to unfold on its own time. We need to work with each step, however long it takes. We should not try to rush or force our way through the process. There are no short cuts.
- Although we all heal at different rates, forgiveness generally takes longer if the hurt was deep.
- There may be times when we experience pain without relief. This is part of the process. Do not give up. Forgiveness is a lifelong discipline. A breakthrough can occur at any time. With practice, it gets easier. Be gentle with yourself and persevere.
- We can only do a little bit of work at a time. When the pain is too intense, we need to take time away.
- If the forgiveness process becomes overwhelming, seek professional consultation with a mental health or spiritual counselor.
- Whenever we experience new waves of anger or resentment, we can rework the steps. Eventually, we completely transform our anger into peace and strength.

ADDITIONAL POINTS TO REMEMBER

- Forgiving helps us deal with major problems such as physical or sexual assault, infidelity, abandonment, injustice, and cruelty. It also helps us with smaller, daily challenges when we conflict with others. It is easy to judge others who are insensitive. However, even mild resentment infiltrates our consciousness, stealing our peace of mind. We can become more aware of the subtle, insidious forms of anger and resentment that occur in response to the provocations of daily life. Then we can refine our consciousness by responding with the healing power of forgiveness. We need a lot of forgiveness; the daily challenges are many.
- When we make mistakes, we want forgiveness. It helps to remember this when we are doing the difficult work of forgiving those who have harmed us. They want forgiveness, too.
- Martin Luther King, Jr., said, “The chain reaction of evil—hate begetting hate, wars producing more wars—must be broken, or we shall be plunged into the dark abyss of annihilation. Love is the only force capable of transforming an enemy into a friend. By its very nature, hate destroys and tears down; by its very nature, love creates and builds up. We love every man because God loves him. At this level, we love the person who does an evil deed, although we hate the deed that he does.”
- We do not accept evil. We fight for safety and justice. This does not necessarily heal our inner being, however. For this, we need forgiveness.

Healing Power: One Hundred Days of Love

- Forgiveness is a skill we can develop. It is a good tool to have. No one is immune to the daily challenges of life or to a major attack, but if we know how to forgive, we can maintain peace of mind and strength.
- Everyone has faults. We all make mistakes. Getting upset and angry about this is natural but staying there is unhealthy. Learn to forgive. Opportunities to do this present throughout the day. Jesus said, “Forgive seventy times seven.” He wants us to forgive until there is no anger or resentment left. Be understanding, compassionate, kind, and gentle with yourself and others repeatedly until forgiveness is all there is.
- Practice this daily: Understanding → respect → compassion → forgiveness → peace → love → joy.
- Forgiveness heals individuals, families, religions, and nations. There is no end to the expansive power of love. How great it is that we can reduce our pain, the pain of others, and the pain of the world with the healing power of forgiveness!



DAY 27: FREEDOM

With unceasing daily practice, the healing qualities become so strong that no external drama or condition of the body can dislodge them. At some point, the qualities can no longer contain themselves. They expand to the peace that surpasses understanding, pure love, and ecstatic joy, a condition known as liberation or enlightenment.

- Liberation is freedom from suffering through transcendence of body and mind to the pure consciousness and pure awareness of the soul connected to Spirit: a state reserved for masters after long periods of sustained spiritual practice. To get to this exalted state of superconsciousness, we need expanded healing power, skillful pain management, and spiritual evolution. Following is a brief review of ten steps that outline the dimensions of this path.

THE TEN STEPS

- For a complete review of the ten steps, please read *Healing Power Revised*, pp. 45–93.
- Step 1: We have an absolute need for unlimited peace, love, joy, and safety. This is called the Core Drive. The Core Drive is the motivating force behind all of our actions. It does not shut off. It can't. It is built into the genetic code. We have to have it. We want unlimited healing qualities and higher states of consciousness.
- Steps 2–3: We try to achieve the Core Drive exclusively on the horizontal axis of people, activities, events, and things but this is impossible. On the physical plane, suffering is inevitable, time is limited, and death wins in the end.
- Steps 4–5: When we persist in our efforts to achieve the Core Drive on the physical plane, our motor overheats. We get stuck in the mud. We become unnecessarily reactive. The restless mind, highly reactive emotions, excessive

THE TEN STEPS

1. The Core Drive
2. Duality and Brutal Reality
3. The Compromise
4. Bad Habits
5. Tools Become Barriers
6. The Seeker
7. Soul and Spirit
8. School
9. Spiritual Practice
10. Spiritual Experience

material desires, attachments, bad habits, hyperactivity, physical pain, and the ego present an imposing array of problems.

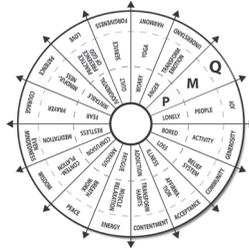
- Step 6: We see the need to get help. We become seekers.
- Steps 7–10: We discover the teachings of the saints and masters of the great faith traditions. They diagnose our problem: we are trying to achieve the Core Drive outside. They give us the good news: it can be realized inside. In fact, they tell us, it is already there waiting patiently for our discovery as the true self. They call it the Buddha, Image of God, Child of God, the Soul, Divine Love, or higher self. It doesn't matter what you call it. Just practice love and watch everything improve.
- Steps 1–5 describe our pain.
- Steps 6–10 focus on healing that pain with love.
- Steps 1–10: Love is the great healer. It is more powerful than any painful problem. We know how to make it grow. As it grows, our pain is contained, reduced, or eliminated. We feel better, become better people, and experience higher states of consciousness known as liberation or enlightenment.

POINTS TO REMEMBER

- Pain management and spiritual practice lead to the discovery that the soul and Spirit are indistinguishable from the unlimited love we crave. This is the core drive resurrected! But now, armed with the wisdom of the sages, we understand that the unconditional love we have been seeking in the outside world can and must ultimately be found inside.
- We can prove that we have a soul made in the image of love if we practice spiritual disciplines in response to life's problems.
- When we do the work, we experience ego reduction, pain relief, problem resolution, healing, guidance, and protection. Healing qualities such as courage, strength, gratitude, humility, and forgiveness slowly grow.
- As we advance, there may be an unmistakable change in consciousness. We experience the peace that surpasses understanding, unfathomable stillness, pure love, ecstatic joy, cosmic sound and light, intuitive knowledge, visions, and pure disembodied consciousness.
- If you decide to do this work, the reward is great:
 - a. You will cultivate healing qualities.
 - b. You will feel better.
 - c. You will become a better person.
 - d. Negative → Positive → Stillness → Higher Consciousness → Infinity
 - e. You will conquer the inner world.
 - f. You will become master of yourself.

QUOTE FROM A MEMBER

- I am looking forward to liberation from myself.



DAY 28: FRIENDSHIP

Unconditional Love is the pearl of great price, the greatest gift, and the ultimate healer. We are here on this earth-school to perfect our love, to make it unconditional, to learn how to love when we do not.

- Love is a composite of one hundred healing qualities. We know how to make these qualities grow in two dimensions:
 1. Horizontal axis: human love
 2. Vertical axis: Divine Love
- Human and Divine Love work together in a continuum for the cultivation of unconditional love. Our power in the story is always unconditional love. When we find unconditional love, we find our power. Below are a few key points to illustrate how this works.

HORIZONTAL AXIS: HUMAN LOVE

- We have a deep inherent need to give and receive love. We cultivate love on the horizontal axis through meaningful relationships in a variety of roles. There are unlimited opportunities to practice love as a father, mother, son, daughter, brother, sister, husband, wife, romantic partner, aunt, uncle, cousin, grandchild, grandparent, friend, colleague, coworker, neighbor, stranger, even enemies.
- When we are in pain, we instinctively turn to trustworthy loved ones, friends, family, or counselors. We tell our pain story seeking understanding, validation, comfort, and relief. This works. Social support helps us heal and manage our pain.
- The idea is to have the best possible network of like-minded, warm, wise, and compassionate people. However, many people make the mistake of trying to solve all of their problems in the human domain. Some problems can only be resolved by doing some inner work through the cultivation of Divine Love.

VERTICAL AXIS: DIVINE LOVE

- The vertical axis corresponds to Divine Love, sometimes referred to as Cosmic Love, Big Love, Christ Consciousness, Krishna Consciousness, The Love of God, and more.

Healing Power: One Hundred Days of Love

- Divine Love is pure and unconditional. It is Omniscient, Omnipotent, and Omnipresent. It embraces all people, creatures, and creation. It is always inside, waiting to be tapped, free of cost. We can use it as a universal balm for any pain or problem.

HUMAN AND DIVINE LOVE WORK TOGETHER

- We can use our current relationships as a starting place. We give and receive love in the variety of roles described above: father, mother, friend, lover, and so forth. In the daily grind of these relationships, problems inevitably emerge. We can use these problems as opportunities to expand and purify our love. To do this, we can do some interpersonal work to improve communication and solve problems. (See Day 51 Listening, page 176.)
- However, the transformation of human to Divine Love is ultimately about self-reform and self-mastery. It is not about others' behavior. It is about our response.
- Instead of looking to others, we bring love from within ourselves. We give love, no matter what others do. This higher love gives complete satisfaction while setting up the condition for others to change when they can.
- When we look for love on the outside we are vulnerable. We may or may not get it. But we already have the love we need inside. When we learn how to love within ourselves, we are in a position of strength.
- We can cultivate Divine Love by practicing mindfulness, meditation, affirmations, prayer, the presence of God, and other vertical axis methods. When we practice these methods, we learn how to love unconditionally from the inside out. With this expanded and purified love, we will be able to manage our interpersonal relationships with more skill.
- Following are some exercises designed to help us improve our human and Divine Love.

EXERCISES

The Right People

- We can't recover alone. We can do some of this alone but we need like-minded people doing the work at a higher level. We draw from their presence. They are in a higher place. They help us get to a higher place.
- Find the right people: those loved ones, friends, family, counselors, or mentors who have earned your trust. Tell your pain story seeking understanding, validation, comfort, and relief. This is a big part of healing. It works.
 - a. Are you with the right people?
 - b. Do you have enough support?
 - c. Do you need to meet some new people?
 - d. Who gets you?
 - e. Who is in your life you can really talk to?
 - f. Do you need a counselor, therapist, mentor, or teacher?

The Right Dose

- People are like medication. If we get the right medication, at the right dose, at the right time, we heal. If we don't get enough medication, there is no healing. If we get too much medicine, there are side effects; there may even be danger to health or life. And of course, the wrong medication will be useless or negative.
 - a. Are you at the "correct people dose"?
 - b. Do you need to spend more time with people?
 - c. Do you need to spend less time with people?
 - d. Are you codependent?
 - e. Notice how the "correct people dose" changes. Sometimes we need more and sometimes less.

Human and Divine Love

- We have an absolute need for unconditional love. When we look to people for pure love, we fail; human love is imperfect. We all have egos, flaws, attachments, and bad habits. These barriers impede our ability to manifest perfect love.
- When our need for unconditional love remains unmet, we get anxious, angry, and depressed. In frustration we desperately seek love in all the wrong places. We end up with codependency, multiple partners, addiction, and other such bad habits. Many become hyperactivity junkies, immersing themselves in activities from morning to night, trying to avoid the work that must be done inside. To avoid this problem, learn how to cultivate little love on the horizontal axis and Big Love on the vertical axis.
- Little love is human, conditional love expressed on the horizontal axis in our relationships with relatives, friends, and colleagues. Big Love is the pure, unconditional, unlimited love we cultivate with vertical axis methods. When we learn how to cultivate love on both axes in a balanced way, our love purifies and expands at maximum speed.
- Learn how to maximize the healing power from relationships on the horizontal axis by finding the right people at the right dose and balance that with the healing power of Divine Love on the vertical axis. With sustained long-term practice of the recommended methods, little love expands until Big Love is all there is. In the next exercise, you will learn how to cultivate Divine Love on the vertical axis.

Meditation

- You might review Day 79 Silence on page 264 and Day 83 Stillness on page 275. Here you will learn how to grow love on the inside through the vertical axis method of meditation and then bring that love to all whom you meet on the horizontal axis.
- Practice your meditation technique and bring in as much stillness as you can.
- The ever-increasing stillness bred of meditation brings the body and mind to a state of deep peace, rest, and relaxation. When you stop the superficial waves of thought and are immersed in stillness, relax and feel the peace. Don't think. In this state of open, quiet receptivity and stillness:
 - Healing qualities grow.

Healing Power: One Hundred Days of Love

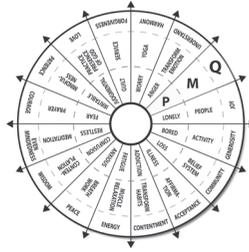
- The ego shrinks.
- Problems burn up.
- Peace, love, joy, and other healing qualities grow in meditation. When you come out of meditation, you give these qualities to your loved ones and to all whom you meet.

Three Stages of Romantic Relationships

- Most romantic relationships go through three stages.
 1. Lollypop: This is the honeymoon. Everything is good. There is a lot of physical contact.
 2. Pretzel: We exchange painful problems. There is conflict. We argue. We are twisted like a pretzel. We don't even know whose problems are whose. All of the problems seem to be coming from the other person. There is a lot of projection and a lack of self-knowledge. Problem-solving discussions may or may not help and sometimes make it worse.
 3. Ring: This is true friendship based on unconditional love. Your partner becomes your best friend independent of physical contact.
- Getting to the ring is not easy. We have to take ownership of our problems through introspection and self-knowledge and we need a good balance between horizontal and vertical axis methods. If we don't do this, we can get stuck in the pretzel, which leads to dysfunction, codependency, domestic violence, or divorce.
- If you are stuck in the pretzel, you might want to review the following healing qualities: Day 51 Listening, Day 43 Introspection, Day 35 Honesty, and Day 41 Integrity.

POINTS TO REMEMBER

- We can find the right people at the right dose.
- We can improve our ability to love on the horizontal axis.
- We can learn how to cultivate Divine Love on the vertical axis.
- We can learn how human and Divine Love work together for maximum purification and speed of evolution.
- At mastery, there is no distinction between human and Divine Love. Love is One and love is all there is.
- Friendship with oneself is important because without it, one cannot be friends with anyone else in the world. (Eleanor Roosevelt)
- Friends are like stars. You may not always see them, but you know they are there.
- I get by with a little help from my friends. (John Lennon and Paul McCartney)
- Those who bring sunshine to the lives of others cannot keep it from themselves. (James Matthew Barrie)
- I looked for my soul, but my soul I could not see. I looked for my God, but my God eluded me. I looked for a friend and then I found all three. (William Blake)
- Give your love to 1 → 2 → 4 → 16. It's nuclear.



DAY 29: FUN

Love and infinity. What a fun game to play.

- Love is a field of infinite possibilities. We can enter this field and express our love in a variety of ways: compassion, understanding, validation, forgiveness, courage, humor, strength, grounding, comfort, inspiration, laughter, connection, reality testing, mirroring the qualities, and more. Following is a review of thirty ways to practice love.
 1. Introspection. Avoid criticism and judgment of others. Instead, work at being a better person by reforming yourself. When you become critical of others, tell your mind to be quiet. Instead of judging them, work to reform yourself by cultivating love.
 2. The Golden Rule. Do unto others as you would have them do unto you.
 3. Understanding. Slow down and go deep. Think about others. Try to understand why people do what they do.
 4. Awareness. Be aware and sensitive to the needs of others.
 5. Compassion. Have compassion for others when they make mistakes, just as you would have in return.
 6. Self-Control. Learn to cool off your own emotions so you do not spread pain to other people in acts of unkindness or aggression.
 7. Peace. Cultivate peace, the platform upon which love is built.
 8. Joy. Cultivate love, the platform upon which joy is built.
 9. Relationship. Be an unconditional friend. Friendship is a way to cement love in our relationships.
 10. Wisdom. Concentrate on the thoughts of saints and sages. Bring their wisdom into your life.
 11. Spiritual practice. Jesus said that the Kingdom of Heaven is within. To find love inside, practice mindfulness, meditation, and the presence of God.
 12. Solitude. Learn how to be alone.
 13. Balance. Balance meditation and stillness with activity and service.

Healing Power: One Hundred Days of Love

14. Prayer. Send affirmations of love and kindness to others during prayer.
 15. Listen. Open your receptor sites. Reflect on what others are going through.
 16. Surrender. Accept that which you cannot change with deep serenity.
 17. Equality. Understand your true position: equality with all people.
 18. Accountability. Identify and transform bad habits, destructive emotions, excessive material desires, and the sly tricks of the ego, all of which disrupt your ability to love.
 19. Spaciousness. Create enough room inside to hold others in all of their folly. Understanding creates more space. This does not mean we accept negative behavior. We need to set limits when others violate our boundaries. We can set outer limits and create inner space at the same time.
 20. Boundaries. Love includes protection. The bottom line is safety for the self and others. We defend the boundary of love by setting limits.
 21. Service. Work against selfishness by thinking about how to improve your love and service a little bit more each day. Connecting to others through service promotes healing.
 22. Concentration. When we do not listen carefully, we are not in love. A calm, focused mind repaired and healed by meditation and mindfulness helps us understand.
 23. Intimacy. Love is holding on. Distance and detachment can be an excuse to avoid the suffering of intimacy. True learning occurs in the trenches. How else can we correct our flaws if not in the daily grind of relationships?
 24. Detachment. Love is letting go. Clinging and enmeshment stunt our growth.
 25. Oneness. God is one. Love is one. Live as though there is only one person here.
 26. Soul qualities. Love is all of the spiritual qualities. If we cultivate any spiritual quality, love grows.
 27. Pain management. We need to work with and through our pain to expand and purify our love. The inner connection to love and safety can only come if we face all of our troubles. Our suffering leads to inner strength and wisdom if we endure with courage.
 28. Open. You love best when you are relaxed, opened, listening, and empathetic.
 29. Communication. With good communication, we solve our problems. Everything falls into place.
 30. Learn. Learning to love is a lifelong process.
 31. Other: Love is the true secret, the pearl of great price, the greatest gift, and the ultimate healer. It is greater than any painful problem. But saying this is not enough. We need to find ever-new creative ways to love and serve without attachment to outcome. Think of the variety of ways you already give and receive love. What would you add to this list? Be creative. Love is a field of infinite possibilities.
- Start an epidemic. Send your little love wave out into the Big Love Field. It keeps going. As in homeopathy, a tiny cause can have a big effect.
 - Omniscient love is infinitely creative. Let Her in. Watch Her play throughout your day in an endless variety of ways. Love and infinity: what a fun game to play.



DAY 30: GENEROSITY

*Are you jealous of the ocean's generosity?
 Why would you refuse to give this joy to anyone?
 Fish don't hold the sacred liquid in cups!
 They swim the huge fluid freedom.*

Rumi

- There were two rooms, each with a number of people, a pot filled with enough good food to go round and some ridiculously long spoons. In the first room was hell. A group of angry and frustrated people were trying to feed themselves and finding it impossible. As the door to the second room opened, you heard gales of laughter as people together coped with the difficulties of feeding each other on opposite sides of the table.

AFFIRMATIONS

- As I begin this day, I offer my body, mind, and soul in loving service to others.
- I will help as many people as I can.
- To do this work, I ask for a healthy body, calm mind, cheerful attitude, and soul filled with peace, love, joy, power, and wisdom.
- All work is sacred when offered in loving service.
- No task is too difficult or menial.
- I give everything as an offering to the Universe, God, The Divine.
- I love, serve, and give without expectation of reward. This is the highest service.
- I give, give, give, give, and then give some more.

MINDFUL SERVICE

- Cultivate a consciousness of service and translate that into action, both formal and informal.

Healing Power: One Hundred Days of Love

- Informal service is seeing what comes your way and responding with loving-kindness.
- Formal service would be signing up to volunteer or helping others through your job.
- Start out your day by setting up your service intention: to help everybody in little ways.
- Practice random anonymous acts of gentle humble service to all whom you meet.
- Keep it small so you don't get overwhelmed.
- Help others even when you don't feel like it. This will help you feel better.
- Remember, the one you are with is the most important person in the world.
- Make your ears so big they touch the ground. Listen, listen, listen with your elephant ears.
- Support and validate. Don't be so quick to give advice. Clarify and summarize. Don't try to fix.
- Watch others perform random acts of kindness. It is going on but we may miss it if we don't watch.
- Anonymous, loving, humble service to others without attachment to outcome: such an act is sacred. Connect with people, help them, and let them go.

SERVICE AND MEDITATION

- Combine service with meditation. There is great power here.
- Service: during the day practice positive thought, mindfulness, the presence of God in others, and service to humanity. This breeds peace of mind. Then bring this peace to your meditation.
- Meditation: In meditation, peace grows a little bit more. When we come out of meditation, we have more space to receive and respond to the suffering of the world with compassionate action. We express our love in quiet, anonymous, gentle acts of humble service to all.
- Practice service and meditation diligently and perfect both. Follow these routines day after day. That's how you go deep. You will see how peace builds and builds. Eventually you will be able to remain calm as your energy is inside, still, and not subject to distractions.
- Service and meditation: a power couple for the ages.

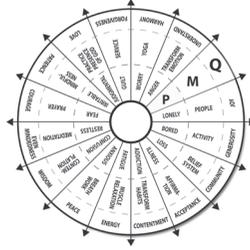
BALANCE

- There is a balance point between helping others and taking good care of yourself.
- Some do too much for others and not enough for themselves.
- Some do too little for others and too much for themselves.
- Some aren't doing for others or themselves.
- Are you stuck in a pattern?
- If so, what would it take to find your balance point?

POINTS TO REMEMBER

- Share your inner and outer resources. Give it away to keep it. Let it go and see what comes back.

- Be a lamp, or a lifeboat, or a ladder. Help someone's soul heal. Walk out of your house like a shepherd. (Rumi)
- There should be less talk; a preaching point is not a meeting point. What do you do then? Take a broom and clean someone's house. That says enough. (Mother Theresa)
- We can't take away other people's pain but we can stand with them while they figure it out on their own schedule. Practice being with others without judgment and without giving advice. Just be there, understand, and validate.
- Help everyone and let everything else go. The more you give, the more you receive.
- Put your consciousness and energy into action. Clean the table. Small things matter.
- Be compassionate, yet unencumbered. Give peaceful, joyful, loving service to all of humanity, and enjoy the show.



DAY 31: GENTLENESS

*Gentleness corrects the offensive in our nature. It trumps bitterness and cruelty.
Be gentle with yourself and others. Touch everything lightly.*

- We are too hard on ourselves. To counter this common problem, try gentle ongoing healing work. It is work. It is ongoing. But always gentle.
- Following are some suggestions on how to practice PMQ and remain gentle with yourself.

ROLL THE WHEEL

- The first step is to realize mindfully that we are in a reaction (P) and don't want to be there.
- Then we need to pick a method (M) and quality (Q) to reduce that reactivity.
- Here is a simple technique to help you do this.

ROLL THE WHEEL: THE SIMPLEST TECHNIQUE

When you realize you have gone for a ride on the train of thought and want to get off the train:

1. Stop
2. Breathe
3. Present moment
4. (P): Pain: Any painful problem
5. (M): Method: Choose a method
6. (Q): Quality: Choose a quality

PROBLEM

- Find a problem you would like to work on.
- This can be any problem: physical, mental, emotional, interpersonal, or spiritual.
- It can be any size: tiny, small, medium, large, or huge.

QUALITY

- Go to the list of one hundred healing qualities. (See page 11)
- Pick one or a combination of qualities you need right now to help you with your problem.

METHOD

- Pick one or a combination of methods that will help you grow that quality. (See “The Methods” on page 14)
- Now, gently bring the quality and method to the pain. Everything is done gently.
- Focus on the method and quality, not the pain.
- Practice your method and quality for a day, a week, or longer.
- Read about that quality.
- Think about it.
- Discuss it.
- Contemplate it.
- Affirm it.
- Breathe it.
- Feel it.
- Visualize it.
- Concentrate on it.
- Permeate your being with it.
- Invoke powerful memories about it.
- Create from it.
- Make it your faithful guide and companion.
- Write your experience.
- Share in a group or with a friend.

GENTLENESS TOWARDS YOURSELF

- Guilt, shame, embarrassment, humiliation, and rejection exist in the low self-esteem drawer. It doesn't take much to open that drawer and release these hard feelings, which are difficult to shake.

Healing Power: One Hundred Days of Love

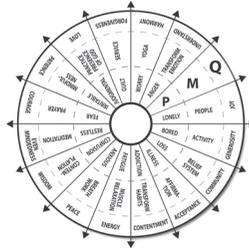
- When you have gone for a ride on the judgmental train of thought and want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. P: Realize you are in a judgmental frame of mind.
 5. M: Affirm: I am kind and gentle with myself under all conditions.
 6. Q: Gentleness. Think of a baby in the mother or father's arms and give that aspect of love to yourself. Be soft. Soft is an affirmation but it is more than a thought. It's a feeling. Put the love salve right into the wound.

GENTLENESS TOWARDS OTHERS

- When you have gone for a ride on the judgmental train of thought and want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. P: Realize you are in a judgmental frame of mind.
 5. M: Affirm: My heart is always open and willing to forgive.
 6. Q: Gentleness
- There are many PMQ options. You might choose patience for irritability, courage for fear, forgiveness for resentment, acceptance for physical pain, community for loneliness, and so forth. And remember, no matter which method or quality you pick, everything is done gently.

AFFIRMATIONS

- I am kind and gentle with myself under all conditions.
- I add love and compassion to every moment of my inner life.
- I receive all events with gentle compassion for myself
- I receive all events with gentle compassion for you.
- Think soft.
- Be soft.



DAY 32: GRATITUDE

Wear gratitude like a cloak and it will feed every corner of your life.

Rumi

QUOTES

- There are a thousand ways to kneel and kiss the earth. (Rumi)
- Hear blessings dropping their blossoms around you. (Rumi)
- Can you find another market like this? Where, with your one rose, can you buy hundreds of rose gardens? (Rumi)
- If the only prayer you ever say in your entire life is thank you, it will be enough. (Meister Eckhart)
- Gratitude is the way to stay connected to the countless blessings we miss.
- Gratitude is a muscle. The more we practice, the stronger it gets.

AFFIRMATIONS

- I am thankful for everything at all times, even my pain. Pain is a blessing as it helps me grow healing qualities and higher consciousness.
- I bring gratitude to every thought, feeling, action, and event.
- I hold on to gratitude and make it grow.
- With an attitude of reverence, gratitude, and humility, I extract the lessons from life and enjoy the show.
- I practice even-minded, enthusiastic, grateful, humble service.
- Courage in the morning, gratitude in the evening.
- I counter pride, arrogance, and entitlement with humility and gratitude. Soft is more powerful than hard.
- I focus on gratitude in meditation and activity.
- I deeply thank life for its countless blessings, whether hidden or opened.
- All the power to think, speak, act comes from God. Help me remember Your countless blessings.

INTERCONNECTED

- The list of healing qualities is long and may appear formidable. It need not be. All of the qualities are connected. They grow together. An increase in one leads to expansion of the others. If we increase patience, we automatically become more compassionate. If we listen more carefully, we will be more understanding. Gratitude leads to reverence, peace to love, and when love is great enough, it transforms into joy.
- We can pick one or a few qualities to work on at any given time. It does not matter which ones we choose.
- If we practice kindness, we automatically become more forgiving and loving.
- When we practice courage and perseverance, we automatically become stronger and more peaceful.
- Patience, kindness, sweetness, and gentleness move together.
- When we grow even one quality, the rest follow.
- It does not matter which ones we choose. Each quality is connected to the others, and they all lead to love.
- Practice gratitude. This will connect you to the rest of the qualities. Love will grow until love is all there is.

THE MOST IMPORTANT QUESTION

- Are the qualities growing? This is the most important question.
- To see if you are growing, review the qualities you are working on and ask:
 - a. Am I becoming more patient, kind, understanding, and peaceful?
 - b. Am I growing in acceptance, compassion, forgiveness, and gentleness?
 - c. Is there more love in my life, both giving and receiving?
 - d. Is there more strength, courage, and perseverance?
 - e. Is there more gratitude and humility?
 - f. Is there more balance, rhythm, and harmony in my life?
 - g. Am I more awake, aware, alive?
 - h. The answers to these questions make up your spiritual report card.
 - i. Choose any one or combination of qualities and see how you are doing.

POINTS TO REMEMBER

- In ordinary consciousness, we take things for granted and miss the blessings that are already there. Don't miss the blessings and the help you are getting.
- Love comes in a variety of forms. Be mindful of the many ways you get help from others.
- Cultivate gratitude and humility. This power couple will help you attune to the countless blessings already there.
- We can learn how to move from the surface of the ocean to its deeper waters. When we learn to be in that place of oneness in both meditation and in activity, we experience peace, safety, and unity with all beings. What a joy it is to experience even a sliver of this beauty within ourselves! What other response could there be but humility, gratitude, and awe? What other action could we take but gentle, compassionate service to humanity?



DAY 33: HARMONY

To be in harmony with all things, you must be in harmony with yourself.

Lakota Proverb

- Harmony is always present but sometimes it is hidden. We have to go deeper to find it. The way is love.
- Love is the gold standard, the ideal, and the best. It is the goal, the product, and the true measure of our success. Love and its associated qualities set the boundaries and pathway. We are either in or out of bounds, on or off the path.
- When our thoughts, feelings, and actions are in alignment with love, everything falls into place. When our thoughts, feelings, and actions are not in alignment with love, we have work to do. The work is to practice any one or combination of methods to expand love until it is unconditional.
- When we add love to the equation, hidden harmonies appear. Following are some exercises to help us expand our love and bring out the deeper harmony that is always there.

MEDITATION AND SERVICE

- A balanced life of meditation and service is the quickest route to harmony.
- Meditate in the morning. Love and serve during the day. Meditate in the evening.
- Meditation + Loving Service → Harmony
- Meditation works. We don't have to understand all of the theory for it to work. Just follow the instructions and the technique will do the work for you. It will take you inside, to stillness and healing. In the stillness of deep meditation, the ego is reduced, problems dissolve, and love expands. This speeds up our evolution.
- To learn how to meditate, see Day 79 Silence, page 264, and Day 83 Stillness, page 275.

MINDFULNESS: ONE CONTINUOUS SACRED RITUAL

(See Mindfulness, Chapter Nineteen, *Healing Power Revised*, pp. 277–299.)

- With consistent practice of mindfulness, we can become increasingly aware, awake, and attentive in each of the moments of our lives. As our will power and concentration increase, we can begin to string

the moments together. By maintaining our focus on what we are doing at all times, we learn to stay in the present more and more, even when life gets rough. We see that we can remain in reality whether it turns good, bad, or ugly.

- In advanced mindfulness, when our concentration is keen, we can stay in the present and maintain harmony and balance no matter what life does. All of our moments become part of one continuous sacred ritual in response to the truth of life just as it is—with all of its sorrow, beauty, and joy. When we recognize that all we have are these moments, that there is nowhere else to go, we gain strength and peace.
- Technique: When you realize you have gone for a ride on the train of thought and want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Reframe: One Continuous Sacred Ritual
 - a. Witness
 - b. School
 - c. Entertainment
 - d. Service
 - e. Warrior
 - f. Ritual
 - g. Other

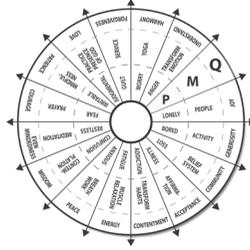
ONE CONTINUOUS SACRED RITUAL

- **The Witness:** The witness remains even-minded under all conditions.
- **School:** When difficult or painful, life is school. We enter the pain and extract the necessary lessons.
- **Entertainment:** When life is entertaining, it is like a movie or a sport. When we frame life as a movie, we are observing the show or acting in a role. This gives us some perspective and protection from over-involvement. Playing with life as though it is a sport or game lightens our burden. We don't take it so seriously.
- **Service:** In service to others, we feel peace and joy.
- **Warrior:** The warrior finds courage in the face of fear and gets ready for anything.
- **Ritual:** The ritual transforms the ordinary and mundane to magical miracles everywhere.
- **Other:** Choose any frame, healing quality, or wisdom pearl. Be creative.

- When we bring the unruly mind under control through mindfulness, we gain access to the calm witness, the student in school, the actor in the movie, the servant of humanity, the warrior who is ready for anything, and the magical ritual. When we rotate these frames, life becomes one continuous sacred ritual, offering up its knowledge and lessons, entertainment and joy, and opportunities to love and serve.

THE FOUR-FOLD PATHWAY OF YOGA

- Love, service, wisdom, and stillness are the pathways to higher consciousness.
- When a yogi is in alignment, these four conditions are met:
 1. Wisdom: Our mind is locked in affirmations of wisdom.
 2. Love: Our heart is immersed in love.
 3. Action: We serve all of humanity without attachment to outcome.
 4. Stillness: Our consciousness is centered and still.
- Place all of your attention on love, service, wisdom, and stillness.
- When you find yourself out of alignment and reacting in an unfavorable way, bring your car to The Shop. The Supreme Mechanic will realign your love, service, wisdom, and stillness wheels. (S)he will tell you, “Upgrade your program on the four-fold path of yoga. Everything will eventually fall back into place.”



DAY 34: HEALING

I am a patient of love, you are like medicine for me.

Rumi

- Love is the great healer and the great pain manager. It breaks into one hundred healing qualities that will help you in every domain of your life. These qualities are in the genetic code but they will not grow without your attention, work, and discipline. The way forward is PMQ or pain-method-quality. To evolve, all you have to do is find a problem, practice a method, and cultivate a quality. This is called rolling the universal healing wheel.
- The universal healing works for any problem: tiny, small, medium, large, or huge. The dynamics are the same. Choose any problem and match it to a method and quality. Practice the method and cultivate the quality in response to the pain. The quality is more powerful than the painful problem. As it slowly grows, it will contain, reduce, or eliminate your pain. We must still deal with the inevitable suffering of life. But now there is less reactivity and more strength and peace. This is skillful pain management by rolling the wheel.
- When you roll the wheel, you will place your needle of attention on healing qualities referred to as love. You will learn how to think, feel, visualize, and ultimately become these qualities. The qualities will then help you broker and buffer any painful problem. The following exercise demonstrates how this works.

PAIN, METHOD, AND QUALITY IN THE SAME SPACE

(See The Crucible on Day 71 Purity, page 235)

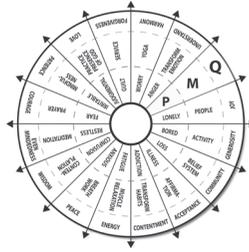
- Once you define your pain, method, and quality, the goal is to focus on the method and quality not the pain. Often however, our concentration muscle is not strong enough to do this. We try to focus on the method and quality but the force of the pain is compelling and commands our attention. We can manage this common scenario by gently holding the pain, method, and quality in the same space.
- Place your needle of attention on the method and quality. When the mind lapses into one of its negative habit patterns, bring it back to your method and quality.
- For example, your PMQ might be anxiety—breathwork with affirmations—peace.

- P: anxiety
- M: breathwork and affirmations
- Q: peace
- When you feel anxious, breathe slowly and deeply while you affirm: “Breathing gently, calming down. Breathing gently, problem melts.”
- When the mind lapses back into anxiety or fear thoughts, all you have to do is shift your attention from the anxiety back to slow deep breathing and your affirmation and hold it there until it wanders again. And it will. The back and forth movement between the old negative habit pattern of anxiety and the new point of focus on your breath and affirmation is called the yo-yo effect. As your concentration improves with practice, you will be able to focus more and more on the breath and affirmation until you can stay there at will. The yo-yo effect applies to all of the exercises in this workbook and is a natural part of the healing process.
- This is hard and counterintuitive. Holding the pain, method, and quality in the same space hurts. There is friction, conflict, and discomfort. There may be more pain before there is less pain. It feels like going to a mental dentist, jumping off a cliff, or a wrestling match. In this example, the wrestling match is between anxiety and the affirmation “Breathing gently, calming down. Breathing gently, problem melts.”
- We don’t want this fight but there is no healthy alternative. We must sit with the pain, quality, and method in the same space for however long it takes. Being aware of the pain, method, and the quality at the same time is the key. This is where the magic happens. Peace wrestles with anxiety and pins it to the mat eventually. But to get to the pin, you have to sit with the wrestling match.
- What do we do if the pain does not go away? This is a very important question. Most of us want a quick fix. If we don’t get it, we quit. But it is not possible to predict how long we have to roll the wheel or practice PMQ before we experience pain relief. Some may feel better right away. Others will have to practice for a while before they feel better. There is no defined timetable. We don’t know how long it will take. However, if we persist with our practice when there are no apparent results, we will evolve. We will feel better, become better people, and may even experience higher states of consciousness.
- Back to our PMQ example: anxiety—breathwork/affirmation—peace. At first, we experience anxiety while practicing the breath and affirmation. There is no peace. We repeat the affirmation “Breathing gently, calming down. Breathing gently, problem melts.” In the beginning, this affirmation is stuck at the level of thought. It is not realized. The thought stays in our head. There is no change in consciousness. The anxiety persists untempered by the affirmation. In PMQ language: we have the anxiety (P) and the affirmation/breathwork (M), but there is no peace (Q).
- This is the critical zone. In the beginning, the new brain groove is not big or strong enough to hold against its bigger opponent brain groove carrying the anxiety habit pattern. This is a difficult phase of the work. It hurts. We are in pain. The pain is severe and draws all of our attention but we keep breathing and affirming into the anxiety. The back and forth battle between anxiety and breathwork/affirmation and peace is slowly being won by peace because of our work, effort, and practice. When we do this work and do not try to escape, we will succeed. The new brain groove carrying our affirmation and breathwork slowly grows. Peace fights off anxiety and finally takes over.

- Riding the pain wave without acting out is the most important principle of skillful pain management. In this case, the pain wave is anxiety. You ride the wave with your breathwork and affirmation. Peace wins in the end.

POINTS TO REMEMBER

- The goal is to shift our pain story (P) to a healing story (Q) by practicing the methods and qualities recommended in this work. But we may not be able to shake our pain story easily when it is loaded with prior negative actions, personality flaws, symptoms, attachments, bad habits, and addiction. We want the healing story to dominate our consciousness but there are times when we have to hang out with and travel through the pain.
- There will be many layers and many rounds. You don't just do an affirmation and get the cure. The healing quality must go to progressively deeper layers to soothe, ease, and quiet the pain down. And it will. The quality will sink into the deepest part of your consciousness and become part of a foundation that cannot be broken. It will become a new and eventually unconditional habit, housed in a brain groove that will not quit.
- In response to your pain, focus on your method and quality as much as you can. When the pain captures your attention, gently return your focus to your method and quality. Notice the back and forth yo-yo effect between the pain and your method and quality. In the beginning, the pain has its way with you. With practice however, your ability to maintain your focus on the method and quality improves. The growth of concentration is key. Eventually you can concentrate on your method and quality no matter what the pain is doing.
- It doesn't matter what pain or quality you pick. The dynamics are the same. You may be countering resentment with compassion, anger with understanding, or craving with contentment. Hold your pain and quality in simultaneous awareness. The pain and quality wrestle, dance, cook, simmer, marinate, merge, overlap, and play. Eventually the quality will soothe, ease, and replace your pain or guide you through what is left.
- When the pain is reduced or gone, keep up your practice. It is a good idea to practice when you feel well as you are building a reserve. You are putting qualities in the bank so you can call them out for tests and trials that are sure to come. Practice with intensity and duration. You are creating new neurocircuits that contain the methods and qualities. To do this you need to practice when you feel well and when you are in pain.
- In summary, when pain persists, keep practicing your method and quality. The magic happens when the P and M and Q occupy the same space. In this heat, the healing quality slowly grows and takes over. This is transcendence. This is where you rise. This is where you find your power in the story. This is when you feel better. If you don't feel better, at least you won't make it worse.
- Love is the great healer. Roll the wheel. Love grows. All you have to do is apply your will, thought, and concentration to your method and quality and persevere. Love will come in to save the day.
- Remember this: armed with the healing qualities, you are ultimately bigger than your pain. But you must practice this to prove it to yourself.



DAY 35: HONESTY

The Guesthouse

*This being human is a guesthouse.
Every morning is a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
Who violently sweep your house
empty of its furniture,
Still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
Because each has been sent
as a guide from beyond.*

Rumi

- Most of us do everything we can to avoid emotional pain. We don't know how to ride the pain waves, extract the necessary lessons, and move on.
- Instead we run, escape, hide, minimize, delay, avoid, numb, distract, distance, control, and manipulate.
- We deny and repress our painful problems into the body and subconscious where they are stored in latent form as negative energy waiting for recognition and work.
- We express our unresolved painful problems in destructive and abusive ways towards others.

Healing Power: One Hundred Days of Love

- We indulge in self-destructive, addictive behaviors, eating, drinking, and drugging ourselves to the brink of mental, emotional, and physical exhaustion time and time again, looking for pain relief but making things worse.
- Unprocessed painful emotional problems are like hot potatoes. A hot potato lands in our lap. It is too hot to handle so we flip it to our friends, partners, children, strangers, or enemies. They don't like it so they flip the hot potato back to us and, most of the time, add a few of their own. The result is an unnecessary, escalating, destructive fight. Sound familiar? Rare is the person, relationship, or family that does not do this.
- To avoid unnecessary fighting, we need to cool off our own hot potatoes so we don't flip them to others. We need to stay alone, ride the pain waves, and let them teach. The first step is letting the story unfold. Then we need to spiritualize the story by infusing it with healing qualities. Try the following technique. It applies to any emotion.

PROCESSING PAINFUL EMOTION INTO SELF-KNOWLEDGE

1. Create a safe healing space.
2. Ask for help from your Higher Power.
3. Let the pain story unfold.
4. Spiritualize the story.

1. Create a safe healing space:

- Sit quietly. Use your breathing and meditation techniques to bring in as much stillness as you can.

2. Ask for help from your Higher Power:

- Ask for guidance from the infinitely intelligent power that is truth itself. Open yourself to the wisdom of the Great Teacher. Ask the Teacher, "What is the meaning of my suffering? Direct me to the lessons I need to learn. What mistakes have I made that need correction? What flaws do I have?" Ask for elimination of all that is untrue and illumination of the truth.

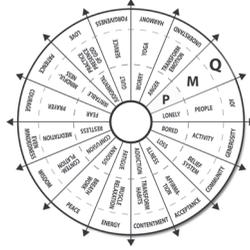
3. Let the pain story unfold:

- Bring your pain to awareness.
- Accept the pain as an honored guest and teacher. It carries valuable information about your life's meaning and purpose.
- Gently enter the center of the pain and let it tell its story.
- Let the story unfold in whatever direction it naturally takes.
- Do not resist, fight, repress, or deny anything.
- Observe your thoughts, feelings, and bodily sensations. Avoid nothing. Do not rush the process. Accept whatever shows up precisely as it is.

- As the pain story unfolds, remember the purpose of this exercise is to find the truth about ourselves, no matter how uncomfortable we may be. This may be difficult at first because of the ego, which resists change and clings to outmoded ideas.
- The soul, on the other hand, is willing to go through a process of fearless introspection for the sake of the truth. It is not afraid to be wrong or to change. It wants to find and correct flaws and mistakes in order for us to become better people.
- Acknowledge the ego's version of the story. Although incapable of introspection, it may give you some valuable information. For example, the ego may be right when it finds fault with others; however, the ego gets stuck in self-righteous anger. We become prisoner of our own emotions and miss opportunities for growth.
- It is easy to find fault with others and hard to look within. However, we cannot correct our flaws unless we find them. To get to the truth about ourselves, we need to get past our ego and self-righteousness. We can do this when we use our pain to find out the truth, not just about others but also about ourselves. Even as the ego tries to hide our faults by blaming others, the truth-seeking soul will guide us to the deeper truths within.
- Through a process of fearless introspection, we can use our pain to find our mistakes and flaws. As the ego and emotions tell their story and finally wind down, go deeper. As you look inward, remain gentle and compassionate with yourself.
- Ask your soul and Higher Power to guide you to the truth, whatever it might be. In the light of soul truth, acknowledge your strengths and accomplishments as well as your problems.
- Create a list of problems including flaws, mistakes, bad habits, attachments, and distorted ideas.

4. Spiritualize the story:

- When you finish letting the story unfold, you should have a good idea of your strengths and accomplishments, as well as your weaknesses.
- Now it is time to spiritualize the story. Here, we recognize the purpose of pain: replacing flaws with healing qualities. Guided by these qualities, the story unfolds in the direction of love.
- Consult your problem list. In response to each problem, choose one or a combination of healing qualities. If angry and self-righteous, you may need more understanding, compassion, and forgiveness. If anxious and insecure, you might need courage, strength, and perseverance. If guilty and ashamed, you may need acceptance and forgiveness for yourself.
- Remember not to focus on the problem, which will only strengthen its grip. Instead, place all of your attention on the chosen healing quality. Let these qualities be your guide.
- Bring all of your thoughts, feelings, and actions into alignment with healing qualities. As we replace our imperfections with healing qualities, the soul expands. Know that you are in the presence of truth when you experience peace, compassion, love, patience, kindness, forgiveness, courage, and humility.



DAY 36: HOPE

Healing starts with hope.

- The medical model has great power but there is often residual suffering that can only be managed through self-healing. Following are seven conditions necessary to start and maintain a self-healing practice. These steps outline our responsibility in the healing process. If we follow these steps, nothing can stop us. We find our power in the story, keep that power, and make it grow.

SEVEN STEPS TO MASTERY

1. Hope: Hope opens the door to possibility.
2. Power: We have more power than we are using right now.
3. Responsibility: There is work to do.
4. Roll the Wheel: This is the work.
5. Success: The qualities are growing.
6. Renewal: It's one thing to light your fire. It's another thing to keep it lit. Look for sources of inspiration.
7. Mastery: I am evolving. I am an ever-increasingly skillful pain manager. I feel better. I am a better person. I experience higher states of consciousness. I am ready for the challenges to come.

1. HOPE

- Healing starts with hope.
- Hope lights the fire of possibility.
- Hope is the great motivator.
- Without hope, we aren't likely to get very far.
- Find hope, keep it, and grow it wherever and whenever you can.

- Deeply embed the following or similar affirmations into the foundation of your consciousness. Never let them go. Make them a permanent fixture in your living room.
 - a. I can increase healing power for body, mind, and soul.
 - b. I can learn how to skillfully manage any pain or problem: physical, mental, emotional, interpersonal, or spiritual.
 - c. I can become a better person by cultivating healing qualities such as love, compassion, forgiveness, courage, strength, peace, wisdom, and joy.
 - d. My pain is the route to healing through the cultivation of healing qualities.
 - e. I can find peace and strength within, despite the painful conditions of life.
 - f. I can exercise and strengthen the mind.
 - g. I can transform painful emotions into self-knowledge and spiritual power.
 - h. I can transmute bad habits into peace, strength, and contentment.
 - i. I can reduce hyperactivity and build stillness into my program.
 - j. I can use stillness as the doorway to higher states of consciousness.
 - k. I can reduce the negative side of my ego and replace it with the highest wisdom.
 - l. I can lock love, compassion, peace, and strength into brain grooves so that these healing qualities become my new mental habits.
 - m. I can view the body as the carrier of higher states of consciousness as opposed to a source of fear and trouble.
 - n. There are support networks of like-minded people who have traveled the way of healing. They know the ropes. They know how to sit with their pain and find their power in the story. They can help me do the same.
 - o. As I move along on the healing path, I become increasingly able to help others with their recovery.
- What will you do to the light the fire of hope and keep it going?

2. POWER

- We have more power than we are using right now.
- This is true for all of us, no matter our degree of evolution.
- To do the work of self-healing, we need to tap into this latent source of power.
- Practice the following affirmations.
 - a. I have more power than I am using right now.
 - b. I move from hopeless and helpless to power and potential.
 - c. I move from *I can't* to *I can*.
 - d. I tap into my well of unlimited healing power a little bit more every day.
 - e. I got this. I can do this. I will do this.

3. RESPONSIBILITY

- This is a self-help, self-healing model. There is work to do. No one can do it for you. While there is training, support, and inspiration from others, you have to do the work yourself.
8. Are you ready to do some work?

4. ROLL THE WHEEL

- This is the work. Practice PMQ. Cultivate healing qualities in response to the pain of life by practicing any one or combination of fifteen recommended methods.

5. SUCCESS

- When you roll the wheel, healing power expands, you become a more skillful pain manager, and you evolve. You feel better, become a better person, and experience higher states of consciousness.

6. RENEWAL

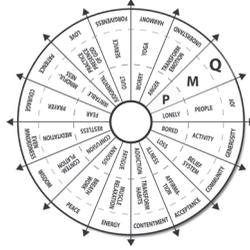
- It is one thing to light a fire. It's another thing to keep it lit.
- Healing is hard work. Tests and trials are sure to come. There will be good and bad days. Barriers and obstacles will be placed before you. You will succeed and sometimes fail.
- When energy is low and pain is high, it is easy to lose sight of the goal, back up, and sometimes give up. Everyone goes up and down on the way to higher states but some people give up and never return.
- We need a way to renew our passion in order to stay the course.
- We need support, inspiration, and traction from a variety of sources.
- No matter how many failures, we need to keep looking for a way to break through.
- This workbook presents a variety of healing principles, methods, qualities, and wisdom pearls meant to inspire.
- If you are going to do this work, you will need to strengthen your will power. Read Day 98 Will, page 323. Here you will learn how to increase your will power from a spark to a bonfire. You might also read Day 64 Perseverance, page 214, Day 84 Strength, page 281, Day 13 Courage, page 62, and Day 23 Faith, page 91.
- What will you do to light your fire and keep it lit?
- How will you reignite your passion?
- What is going to sweep you off your feet from moment to moment?
- What will keep you going when the going gets rough?
- What is going to work for you in the cave of darkness, sometimes referred to as the dark night of the soul? (See *Healing Power Revised*, pp. 398–400.)

7. MASTERY

- Hope, power, and responsibility set up the conditions for healing. This is the psychology of recovery. Then do the work. The work is rolling the wheel. If you roll the wheel and persist, you will succeed, you will evolve, and you will eventually achieve mastery.
- High mental and emotional reactivity are replaced by ever-increasing peace, love, joy, safety, and other wonderful healing qualities.
- Healing qualities become unconditional, spontaneous, and automatic habits. The qualities hold no matter what happens in the world or to our bodies. While we still may suffer, we can hold our ground and move forward. We become more skillful pain managers and better people.
- We become humble, strong, enthusiastic, and cheerful. We are awake, aware, and ready for anything. We may be called to perform acts of courage and heroism, but most of our work is quiet, anonymous acts of gentle, humble service. We give peace, love, and joy in word, action, and vibration to all we meet.
- There may be a transformation of consciousness to higher states often referred to as nirvana, the peace that surpasses understanding, ecstasy, Divine Love, The Buddha, or Christ Consciousness. Nothing can touch us. Nothing can ruffle us. Liberated from the bondage of fear and insecurity, we watch the colossal cosmic drama with calm detachment.

AFFIRMATIONS

- I can do this work.
- I can work with this pain.
- I can manage this pain.
- I am an ever-increasingly skillful pain manager.
- Pain, you can come and go as you please. I will cultivate healing qualities no matter what you, the pain, are doing.
- I respond to pain with healing qualities.
- I use pain as a teacher and stimulant for the cultivation of healing qualities.
- I can't control the inevitable suffering of life. I can put out the fire of my reactivity with the water of healing qualities. (See *The Triumph of Love over Pain*, page 13.)
- There may be suffering but I can hold my ground.
- Nothing can touch me. Nothing can ruffle me.



DAY 37: HUMILITY

Bow down. Get low. Be still and empty where the grace of God can flow.

PEARLS

- We are tiny, infinitesimal specks in an infinite universe. The ego puffs up that speck to make it look like the grandest thing that has ever happened. The ego projects its tiny speck of knowledge as the nature of reality even when information comes in to oppose that falsity. Confusing its little story with the whole of reality, the ego leads us into the blind alley of self-importance and arrogance. We can counter this tendency by cultivating humility.
- When humiliation becomes humility, the ego is reduced and replaced by the soul.
- Humility = being right sized.
- Every healing quality has humility as a part of it or it wouldn't be a healing quality.
- A member said, "The first thing I do in the morning is pick a quality I want to work with. I go to the edge of that quality that I can't do and crawl. Then I learn to walk and then run. Then I pick another layer of another quality. It's like having a t-shirt with 'I got this' on the front and 'I don't got this' on the back. I go to the edge and crawl. There is always work to do."
- The ego strives for greatness in the world. The way of the soul is simple acts of gentle, humble service to humanity. In humility, we make no distinctions, equally serving the mighty and the meek. Small, anonymous acts of service mark the true path of love. Humility grounded in unselfish love is the mother of all powers. Without it, no virtue can grow. The way to higher consciousness is paved with acts of selfless service.
- We can counter pride, arrogance, and entitlement with humility and gratitude. We can endure injury with a patient, quiet heart. We can counter criticism and judgment with acceptance and support. We can counter condemnation with forgiveness. Soft is more powerful than hard.
- In spiritual reality, we do not actually own anything. All of our possessions are gifts on temporary loan from on high. Everything is a gift. We own nothing. Recognize the blessing and be grateful.

- The ego builds its empire on a foundation of control and power. The soul knows that the foundation of a spiritual life is love and service. There is no place to go and nothing to do but love and serve. The humble servant goes everywhere, helping everyone indiscriminately.
- Humility is patient and kind, tolerant and understanding, meek yet firm.
- The one you are with is the most important person in the world, the image of God, nay, God Herself.
- All of the lessons of life teach humility, but we must be awake. Otherwise, we miss the lesson.
- When you pass a test or conquer a barrier, you may go into a float pattern where you experience peace and joy. But just because you pass a test doesn't mean you pass the course, let alone go to the next grade, let alone graduate. When you are floating, it is just recess. Enjoy the recess but remember school is still in session. Expect classes to resume at any time.
- Beware the spiritual ego and spiritual swagger. The spiritual ego awaits our success at every turn. We make some progress and already walk with swag. No. Be humble. Know your place. The light is still dim.
- The quiet, lowly places are where we can find the peace of God. Most look for it in the high places. Spiritual experiences are possible there too; they can occur anywhere. However, if you graze in the lowland, stop and listen for a time, you will discover the peace and sweetness of humility.
- Your concept of a Higher Power may change as you evolve. Maintain your practice and stay opened. Be scientific. Float a hypothesis and avoid premature conclusions. Watch. Observe. Collect experiential data. The sum total of your current knowledge remains infinitesimal in the face of the Infinite. This intellectual humility will carry you a long way.
- Don't argue about the nature of The Big Space. Stop thinking and talking. Just go there. Then we talk.
- God cannot get into the body-temple when it is filled with a restless mind, reactive emotions, and egotistical desires. We can experience the gentle sweetness of Her grace when we are soft and yielding, surrendered and meek. Bow down. Get low. Be still and empty where the grace of God can flow.
- Humility is the mother of all virtues. It is in being humble that our love becomes real, devoted, and ardent. If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed you will not be discouraged. If they call you a saint you will not put yourself on a pedestal. (Mother Theresa)
- We may have some things covered, but we are all crawling at the edge.
- Unconditional love is a practice. We can't do it but we can improve over time.
- Pull the weeds and plant the seeds: the healing qualities.

QUOTES

- Humility must always be doing its work like a bee making its honey in the hive. Without humility all will be lost. (Teresa of Avila)
- Go and sit in the last place and then you will be invited to take the first. (Jesus)
- All streams flow to the ocean because it is lower than they are. Humility gives it its power. (Lao-tzu)
- The nail that sticks up will be hammered down. (Japanese proverb)
- The richest pearl in the crown of graces is humility. (John Good)

Healing Power: One Hundred Days of Love

- The more you are reduced, the more powerful you become. In humility there is greatness and power. (John Panama)
- Lowliness is the foundation of loftiness. (Lao-tzu)
- True humility is not an abject, groveling, self-despising spirit. It is but a right estimate of ourselves as God sees us. (Tryon Edwards)
- God can do great things through the man who doesn't care who gets the credit. (Robert Schuller)
- Where there is humility and patience, there is neither anger nor vexation. (Francis of Assisi)
- No need to discount yourself in order to achieve humility; neither can you attain humility by overestimating what you are. Humility is your correct weight; no more, no less. (Fred Van Amburgh)
- Teach the tongue to say "I do not know," and thou shalt progress. (Maimonides)
- The most powerful weapon to conquer evil is humility. For evil does not know at all how to employ it, nor does it know how to defend itself against it. (Vincent de Paul)
- Be willing to be a beginner every single morning. (Meister Eckhart)
- If you cannot be the sun, then be the humble planet. (Tibetan proverb)
- Of myself I can do nothing. The Father that dwells in me, He does the work. (Jesus)
- Life is a long lesson in humility. (James Barrie)
- In heaven, an angel is nobody in particular. (George B. Shaw)
- Be humble, that you may not be humbled. (The Talmud)
- The tree laden with fruit always bends low. (Ramakrishna)
- I have been driven to my knees many times by the overwhelming conviction that I had no place else to go. (Abraham Lincoln)
- Sometimes you fall down because there is something down there you are supposed to find.
- Expect less from the world and more from yourself.
- Pride goes before destruction, a haughty spirit before a fall. (Proverbs 16:18)
- When humility marries equality, wisdom blooms.
- We are all of equal value.
- Humility is the mother of all virtues. (Babaji)

AFFIRMATIONS

- I am not high or low. I am equal
- I am kind and gentle but not a doormat.
- I serve all equally.
- I serve the mighty and the meek with the same love.
- I strive to remain humble at all times.
- I counter pride, arrogance, and entitlement with humility and gratitude.

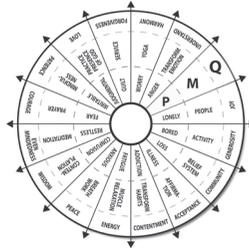
- I endure injury with a patient, quiet heart.
- It is not about me. It is about service.
- I am nothing. God is everything.
- I am a beginner every single moment.
- I progress because I know what I do not know.
- I ask to become a better person, not for more things.

**THE PRAYER OF AN UNKNOWN
CONFEDERATE SOLDIER**

I asked God for strength that I might achieve.
I was made weak that I might learn humbly to obey.
I asked for health that I might do greater things.
I was given infirmity that I might do better things.
I asked for riches that I might be happy.
I was given poverty that I might be wise.
I asked for power that I might have the praise of men.
I was given weakness that I might feel the need of God.
I asked for all things that I might enjoy life.
I was given life that I might enjoy all things.
I got nothing that I asked for but everything I hoped for.
Almost despite myself, my unspoken prayers were answered.
I am, among all men, most richly blessed.

Healing Power: One Hundred Days of Love

- Ever-expanding love eventually breaks into superconsciousness: unfathomable peace, pure unconditional love, and ecstatic joy. This pure consciousness expands to Infinity. There is no beginning or end to the power and wisdom of the universe. That power is infinite, eternal, and immortal and it runs through you.
- Some people say there is no Higher Power or superconsciousness. But how can one know if one doesn't do the work? If you have never had a superconscious experience, keep practicing. Roll the wheel. When you do have one, you will know that place in your consciousness that is beyond the body and mind, where you cannot be cut, hurt, wetted, or burned.



DAY 40: INFINITY

Our pain is the route to liberation if we know what to do with it.

- We can use our painful problems as a stimulant for the cultivation of healing qualities. We do this by rolling the wheel or practicing PMQ. Then meditate. When we meditate, we add stillness to our program. Stillness is the doorway to higher and unlimited states of consciousness. This sequence is summarized in the text box below. It is the essence of spiritual work.

Negative → Positive → Stillness → Superconsciousness → Infinity

- Negative = Painful problems: Healing starts with the identification of any painful problem: physical, mental, emotional, interpersonal, or spiritual.
 - Positive = healing qualities: Match your pain with a healing quality and cultivate that quality in response to your pain by practicing the recommended methods.
 - Stillness: Build stillness into your program through meditation.
 - Higher states of consciousness: Stillness is the springboard to superconsciousness experience: the peace that surpasses understanding, pure unconditional love, and ecstatic joy.
 - Infinity: There is no end to higher states of consciousness.
- Another way to express this healing equation:

Painful problem + Love + Stillness → Superconsciousness → Infinity

- This is like a chemical formula that works every time. It is combustible.
- The magical ingredients are stillness and love.
- Bring in as much stillness as you can in meditation.
- Add your love though devotion. Devotion is expressing your love by speaking to God, life, or the Universe in the language of your heart.
- Now that you are in the room of stillness and love, wait patiently.
- Stillness plus love opens the door to higher states of consciousness.

Healing Power: One Hundred Days of Love

- g. An endless variety of superconscious aspects open up to Infinity.
- h. Healing power and Higher Power: there are no limits.
- i. Your heart is the size of an ocean. Go find yourself in its hidden depths. (Rumi)

Healing Power: One Hundred Days of Love

- Anger, depression, fear, guilt, and other painful emotions are powerful energy forces that need to be managed wisely or they can overwhelm our defenses, cause us to lose control, and in the worst-case scenario, endanger others and ourselves. Yet most of us have had no training in emotional pain management.
- Following is a systematic technique designed to help us extract the knowledge embedded in our emotional pain, so it becomes our ally rather than our adversary. This technique applies to any emotion.

PROCESSING PAINFUL EMOTION INTO SELF-KNOWLEDGE

1. Create a safe healing space
2. Ask for help from your Higher Power
3. Let the pain story unfold
4. Spiritualize the story

1. Create a safe healing space

- An honest look at character flaws can be threatening, even shattering to the ego. However, the goal is not to tear the self to shreds. The purpose of introspection is to discover those aspects that need to change without causing unnecessary guilt, low self-esteem, or humiliation.
- Sit quietly. Use your breathing and meditation techniques to bring in as much stillness as you can.
- Be gentle and compassionate with yourself. Remain calm and accepting. Rather than feel bad that you have problems, feel good that you have the courage to face them and the integrity to change for the better.

2. Ask for help from your Higher Power

- We are connected inside to an infinitely intelligent healing power whose nature is love and compassion. We can ask for and get help from the Great Physician, the Healer within.
- Open yourself to the wisdom of your Counselor and Friend, asking for help to understand the nature of your suffering. Ask for the necessary courage and strength.

3. Let the pain story unfold

- There is a pressure inside of each emotion, pushing it to tell its story. Right or wrong, the feeling wants to be heard, accepted, and validated. We need to let our emotions tell their stories without judgment.
- Go to your serene and spacious witness. In a relaxed, receptive state, with your defenses down, observe your feelings.
- Feelings such as depression, anxiety, fear, anger, guilt, shame, jealousy, and abandonment may surface. Identify and label them.
- Feelings often overlap and merge. It is possible to feel angry and sad or other combinations all at once. With practice and patience, you will be able to identify overlapping feelings.
- Relax and breathe.

- Feel each emotion fully. Let the feeling come through without resistance. Do not fight. Take full responsibility for the emotion. It is there for a reason. It is intelligent, pointing you in the direction of work that needs completion. When you experience the feeling and take responsibility for it, it releases the intelligent information it carries. In a context of compassion, gentleness, and understanding, let the emotion tell its story.
- In the story, we can find our strengths and faults. We can define the spiritual qualities we already have; however, we should not stop there. We can build on our strengths only if we define and work on our remaining problems and issues.
- Introspection allows us to see the recesses of our mind that otherwise remain hidden. Without fear, go to the deepest, darkest places in your consciousness, to those recesses needing exposure and work. Take out your inner mirror. Turn on the light of introspection. Ask the pain:
 - Why are you here?
 - What am I to learn from you?
 - Show me why I repeat the same mistakes.
 - What flaws do I have that contribute to my current problems?
 - Show me anything and everything I need to learn to become a better person.
 - Direct me to the work I need to do in the external world and within myself.
- If we stay with our feelings long enough, we can determine the significance of our suffering. Our pain takes us to the root cause of our troubles. This is good news; once we discover our flaws and attachments, we are en route to deep healing. But first, we must learn to spiritualize our story.

4. Spiritualize the story

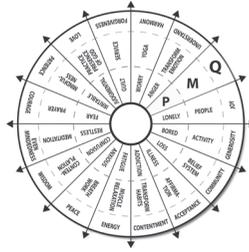
- You can see how important it is to find your problems; for if you do not find them, you cannot improve. However, it is equally important to avoid reliving your problems. In this step, we replace our flaws with healing qualities. Guided by spiritual qualities, the story unfolds in the direction of love.
- Never identify with your weakness. Dwelling on flaws actually makes them stronger. Our flaws and problems are reinforced through the repetition of thought. The self becomes confused, identifying with negativity, thinking this is its nature. Always remember: you are not your problems and flaws. This is very important!
- In order to avoid obsessing on errors or flaws and thinking that is who you are, discover the problem and construct its opposite positive healing quality. Focus on that quality. When you discover a negative quality in your nature, do not concentrate on it. Instead, direct all your energy to the cultivation of the opposite good quality.
- For every negative quality, there is a polar opposite, positive quality. For anger, there is patience. For selfishness, there is love. For anxiety, there is peace. For resentment, there is forgiveness.
- You can create affirmations related to the healing quality you wish to cultivate. With this method, one by one, problems are contained, reduced, and dissolved, replaced by positive qualities and habits. The true self emerges as peace, strength, courage, and compassion, overwhelming all traces of negativity.

Healing Power: One Hundred Days of Love

- When we permeate our strategies for dealing with life's problems with love and understanding, we spiritualize our story. In clearing and healing our emotions, we gain the peace of the soul.
- Align your thoughts, feelings, decisions, and actions with the healing power of love and associated qualities.
- When we bring love, compassion, understanding, forgiveness, courage, strength, perseverance, and other healing qualities to our problems, knots are untied, problems melt, balance and harmony result.
- We learn many valuable lessons from our emotional pain as our life story unfolds. By completing an introspective process, our emotional pain exhausts itself and disappears, leaving in its wake new knowledge and strength.

Healing Power: One Hundred Days of Love

- Don't divide your life into a spiritual life and the rest of your life. Everything is spiritual. Spiritualize everything including your relationships. You can spiritualize your relationships by infusing them with healing qualities: love, compassion, understanding, forgiveness, patience, kindness, and so forth. Love everyone, all of the time, no matter what. When you fall short, and you will, be gentle and compassionate with yourself and continue your practice of PMQ. This will expand your little love until Big Love is all there is.
- The universe is one system through the law of interconnection. Everything is connected to everything else. Our problems stem from our feeling of separation. We can counter this by developing a spiritual practice. For example, when we practice unconditional love and service to humanity, we see the unity and connection that rule the cosmic order. When we help one person, we help the universe.
- The Intelligent Power that runs the universe organizes every millimeter of space, from particle to galaxy. The human body is composed of atoms, cells, organs, and systems, each necessary for the body to work. Each of us is part of the greater system of family, city, nation, and Earth. The Earth is a member of the family of planets, which form solar systems, which form galaxies. Each part, from particle to galaxy, is necessary for the whole to function correctly. Our consciousness exists as part of a vastly complex universe. We are a part of the whole and have a rightful place in it. Every individual, group, and nation of this Earth has a unique, important, and necessary role to play in the stupendous human drama.
- The Teacher of Oneness presents life to us as a puzzle. Every circumstance we encounter reveals something. There are clues and lessons. We can put the pieces of the puzzle together to make a coherent whole. When we do the work, we discover how the pieces fit together in a unique way to create our personal story, which in turn fits into the grand story of life.
- We are connected to everything and everybody, all life in the cosmos. We create waves that keep going. We carry vibrations from each other. We are always having an impact. Practice this interconnectedness.
- If you look hard enough, you will see the Spirit in it, the web of life.
- Affirm: I am a part of everything when I love.



DAY 43: INTROSPECTION

Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.

Rumi

- Emotions are natural, healthy, and intelligent. They carry important information about our issues, problems, solutions, strategies, and lessons. When we learn how to extract this information from our feelings, we gain self-knowledge, knowledge of our personal story.
- There are times when we have to go through emotional pain and learn from it in order to move forward. Translating emotion into self-knowledge is a valuable skill. When we know how to do this, we can transform our suffering into peace, joy, and strength.
- Too often, however, we suffer from highly reactive and volatile emotions that we do not understand. Most of us have had no training in emotional pain management. Because we don't know what to do with these feelings, we instinctively try to keep them from conscious awareness by denying their existence, avoiding them with bad habits, or pushing them into the subconscious and body where they are stored in latent form. The unprocessed emotion remains in the body and subconscious mind, however—waiting, if not begging, for recognition.
- While in storage, painful, unprocessed emotions have a negative impact on our physical, mental, and spiritual health. We develop negative attitudes and distorted thinking, and we behave in destructive ways. In the worst-case scenario, suppressed emotions overwhelm our defenses and we lose control, subsequently endangering self and others. Unprocessed emotions reap untold havoc on our lives and the lives of those around us.
- There is a powerful narrative embedded in our feelings about our personal story. We need to learn how to process our emotions by letting our story unfold naturally. Then we need to learn how to spiritualize our story. The spiritual practices described in this model teach us how to do this. When we develop a spiritual practice, we learn how to transform painful emotions into self-knowledge.
- Following is a technique to help us do this work. This technique can be applied for to any painful emotion. We reviewed this technique on Day 35 Honesty, page 131, and Day 41 Integrity, page 147. Today we are going to look at this same process from a different angle.

PROCESSING PAINFUL EMOTION INTO SELF-KNOWLEDGE

1. Create a safe healing space
2. Ask for help from your Higher Power
3. The pain story
4. The healing story

1. Create a safe healing space

- An honest look at character flaws can be threatening, even shattering to the ego. However, the goal is not to tear the self to shreds. The purpose of introspection is to discover those aspects that need to change without causing unnecessary guilt, low self-esteem, or humiliation.
- Sit quietly. Use your breathing and meditation techniques to bring in as much stillness as you can.
- Be gentle and compassionate with yourself. Remain calm and accepting. Rather than feel bad that you have problems, feel good that you have the courage to face them and the integrity to change for the better.

2. Ask for help from your Higher Power

- There is a Wise Counselor inside. Contact the Counselor in meditation. S(he) will help you answer these questions.
 - How did the day go?
 - What went well?
 - Could I do better?
 - Did I hurt someone?
 - What do I need to learn?
 - What do I need to do?
 - What qualities do I need most right now to help manage my problems?

3. The pain story

- The first phase of healing is letting the pain story unfold. We allow painful emotions to surface so they can tell their story. Our stories are a complex mix of great, good, bad, ugly, terrible, right, wrong, distorted, painful, heroic, humor, success, failure, gain, loss, and more. The painful part of the story can be tiny, mild, medium, severe, or huge. Our pain can start with a seed thought that creates a storm; the pain feeds itself into a ruminative fury. It can be chronic low grade and smolder for years while some of us go from 0 to 60 in a fraction of a second.
- Emotional pain manifests as anxiety, anger, depression, fear, guilt, shame, embarrassment, humiliation, rejection, loss, resentment, much more. These feelings can add up, overlap, and overwhelm our best defense, drain our energy, and lock us up. The pain story can be fierce. What to do?
- “You cannot stop the waves, but you can learn to surf.” (Jon Kabat-Zinn)

- The first step in healing the pain story is acceptance. We ride the pain waves just as they are. We accept and validate it all.
- Surfing or riding emotional pain waves is not easy. A pain wave has its own way and time, a kind of natural rhythm to it. When we let a feeling have its playing time, it is in control and we are not. The waves come, have their way with us, and go on their own schedule. We can't successfully make it go faster, slower, or not go at all. We don't like this arrangement but often the quickest way to get rid of it is to enter the feeling at its very center. We are afraid of this kind of surrender. However, by accepting and riding the pain wave, we get crucial information, messages, even wisdom.
- Emotions are packed with meaning and purpose, story and self-knowledge, lessons and qualities. We need to extract this knowledge and move on. If we don't do this work, emotional pain waves may get bigger and cause even more trouble.
- While it is good to find out what our pain is about, we don't want to identify with it, ruminate on it, and get stuck there. When you have completed the first phase of healing, let the pain story unfold, switch gears to the second phase of healing: spiritualize the story. We transform the pain story to a healing story by infusing it with healing qualities.

4. The healing story

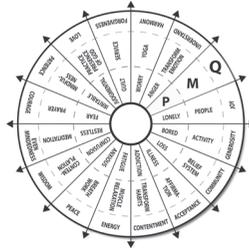
- The first phase of healing is let the pain story unfold.
- The second phase of healing is spiritualizing the story. In this phase, painful emotions are reduced and replaced by strength, courage, endurance, love, compassion, understanding, forgiveness, peace, harmony, and a host of other love-qualities.
- The healing story trumps the pain story, takes over the dominant position in consciousness, and determines our true identity as peace, love, joy, power, and wisdom manifested as serene and compassionate service to humanity.
- Healing qualities are the spiritual solution to any pain, problem, conflict, symptom, disease, or disability. Guided by healing qualities, the story unfolds in the direction of love.
- When we let the story unfold and spiritualize the story, the emotional pain wave has a half-life and ultimately disappears, leaving in its wake the love-qualities we need. The degree to which love is in charge of our story will determine our direction, the quality of our interactions, and the quality of our experience.
- Bear in mind, transformation of emotion will not eliminate the inevitable suffering of life: illness, old age, the unknown, and death but it does help us contain, reduce, and eliminate unnecessary mental restlessness and emotional reactivity.
- The goal of introspection is purification of consciousness, strengthening the good and eliminating junk. Get the negative out of there before it hurts you and others. Make introspection a part of your daily meditation.

EDIT THE TAPES

- Look back at a scene in your life you would replay if you could.
 - a. Stop

Healing Power: One Hundred Days of Love

- b. Breathe
- c. Present moment
- d. Reframe
 - Ask yourself: What would have happened had I _____?
 - How would others and I have benefitted if I _____?
 - Review the list of one hundred healing qualities. (See page 11)
 - Which quality or qualities would help you replay that scene the way you want now?
 - Practice your quality now and into the future.



DAY 44: INTUITION

Clear your mind of dogmatic theological debris; let in the fresh, healing waters of direct perception. Attune yourself to the active inner Guidance; the Divine Voice has the answer to every dilemma of life. Though man's ingenuity for getting himself into trouble appears to be endless, the Infinite Succor is no less resourceful.

Yogananda

- Today we will learn how to contact the Supreme Intelligence of the Universe, referred to as Omniscience, Wisdom, Wise Mind, or Infinite Intelligence. Wise Mind can help us solve problems, expand healing power, and manage our suffering skillfully.
- Omniscience is the intelligent power that creates, operates, and sustains the cosmos, from the tiniest particle to the grandest stellar system. Omniscience is Omnipresent. It occupies every millimeter of space. Omniscient Power organizes and expresses itself on Earth—not to mention in faraway galaxies and solar systems—in a seemingly endless parade of spectacular forms that often exceed the imagination. This power operates every particle, molecule, cell, tissue, organ, and system within our body so that we can hear, see, feel, think, and love. We can use this Supreme Intelligence to help us solve our problems by cultivating the soul quality of intuition.
- In ordinary problem solving, we use reason to determine the best course of action. To get additional help, we can seek guidance from Omniscience through intuition. Intuition, a faculty of the soul, is a sixth sense. It is a higher order of intelligence beyond reason and the five senses.
- Intuition is the direct, infallible knowledge of the truth gleaned from our connection to Omniscience. Omniscient Wisdom is pregnant with the will of the Universe: what needs to happen, the choices we need to make, and the knowledge we need to get.
- Reason, associated with ordinary consciousness, works with the data collected through the five senses. Intuition works directly with Wise Mind within. Reason without intuition is unreliable since it is subject to the whims of desire, emotion, and the ego. Reason guided by intuition approaches wisdom, and pure intuition is wisdom itself.
- Reason is a marvelous tool that helps us solve problems and achieve goals. However, the mind, under the influence of the ego, is subject to bias, emotion, likes, and dislikes. Within the consciousness of the ego,

we defend our current positions even if based on false convictions. We resist new ideas. We are afraid to be wrong and afraid to change.

- Many seemingly spiritual people think they have intuition when in fact they are under the influence of ego, selfishness, and fixed false convictions. Unspeakable destruction occurs in the name of God, under the guise of intuition. But intuition does not just happen. It does not come by being a member of a particular faith or following certain spiritual leaders. On the contrary, to be intuitive, we must transfer power from organized religion and its leaders to ourselves, for it is within each one of us that the direct connection to Omniscience exists.
- Intuition is direct knowledge of the truth, beyond the information accessible to ordinary intellect and the senses. We cannot be intuitive in ordinary states of consciousness. We must go beyond reason, the senses, emotion, desires, and the ego. The subtle and powerful ego needs to be right all of the time. To grow past it, we must not be afraid to change. We need to stop reacting, defending, and fighting for our current position when we are wrong. We must extricate ourselves from prejudice, bias, and false conviction. We need to reduce mental restlessness and high emotional reactivity. We need to eliminate bad habits, excessive material desire, and dependency on attachments. We must be fearlessly introspective to find our flaws and correct them. We must face all of our fears, including fear of the unknown and death. When we do this, we prepare the soil of our consciousness for the growth of intuition.
- Intuition manifests when we are still, humble, empty, and receptive. When we empty ourselves of mental and emotional restlessness, ego, selfish desires, and blind obedience to religious dogma, we can receive direction and guidance from the Divine Mind.
- Stillness is the key. It is the bridge between ordinary reason and intuition. We can get ideas and direction from Higher Intelligence when we are at peace with ourselves. When the mind is calm, we can receive guidance from the still small loving voice within. The more peace we have inside, the more guidance we receive from Omniscient Wisdom through intuition.
- Following is an exercise in problem solving through intuition. We can use our reason, will, and common sense to work on our problems while using our intuitive connection to Omniscience to get additional help. We can do this by cultivating stillness in both meditation and activity.
 1. Reason
 2. Meditation
 3. Guidance
 4. Receptivity
 5. Action
 6. Blessing
 7. Mastery

1. REASON

- Work to solve your problem with reason, will, and common sense.

2. MEDITATION

- To get additional help from your intuitive connection, reduce your restless thoughts, emotions, and desires by cultivating stillness in meditation.
- Practice your routine meditation technique.
- Focus on the point just above the eyebrows and focus on your heart. These are the centers of intuition and spiritual perception.
- Relax, surrender, and completely let go of thought.
- Be still and empty.
- There is an inflowing river of love and wisdom in that stillness.

3. GUIDANCE

- Invoke the presence of your Higher Power as the Omniscient Wisdom that permeates the universe.
- Present your problem to Wise Mind and ask for guidance.
- What do I need to do in this situation?
- What do I need to know?
- Guide me to the right thing that I should do.
- Guide me to the greater good for myself and others.
- What is Your will for me?
- What do You want me to do and not do?
- Where would You have me go?
- What should I say and not say?
- What would You have me read, practice, and learn?
- Is there anything You want me to know?
- Ask the questions you want answered.
- Ask for wisdom.

4. RECEPTIVITY

- The best guidance is in love and stillness.
- Listen for the still small loving voice within.
- Receive special guidance for your specific problems from the whispered wisdom of your Confidante and Counselor.

5. ACTION

- When you come out of meditation, try to remain inwardly calm so you can continuously receive guidance from Omniscience.

Healing Power: One Hundred Days of Love

- Perform every act guided by that inner wisdom.
- When the mind becomes restless, take several slow, deep, abdominal breaths.
- Reaffirm the presence of your Higher Power as your Supreme Guide and Friend, taking you to the best course of action.
- Be prepared to change directions if necessary.

6. BLESSING

- Recognize the blessing and the help that you are getting.
- Help comes in an endless variety of ways. Notice how events unfold, the arrival of key people teaching key lessons, the appearance of resources, and the expansion of positive thought, emotion, and healing qualities. You may experience guidance, protection, more skillful pain management, and a host of other solutions.

7. MASTERY

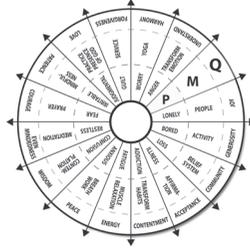
- In the beginning, it is unreasonable to assume that our actions stem from pure intuition. We are all subject to ego, emotion, personal desire, and bias. We make mistakes. We cannot tell for sure if our actions result from ego, intuition, or a combination of both.
- However, love and associated healing qualities can always guide us to what is good for others and ourselves. Moreover, we are moving in the right direction when we learn how to cultivate progressively greater degrees of stillness in meditation and activity. Our intuition slowly grows as we become more still. As we approach mastery, when we are one with Supreme Wisdom, we can use our perfected intuition in the service of humanity.

POINTS TO REMEMBER

- To get beyond ordinary reason and the senses to intuition, get into the room of stillness.
- Intuition is in the room of stillness where love resides in pure form. It is only in love and stillness that we get the pure message.
- Intuition can't come through when we are restless or reactive. Whatever degree of turmoil is there, so too is that message contaminated with egoic deception. That is okay. We just have to know it is contaminated.
- We need to get calm and centered before we can even approach intuition. This may take hours, days, weeks, or months. It cannot be hurried. It shows up on its own schedule. Be patient and work your way to love and stillness. Here you will find the best possible advice.
- We can commune with Infinite Intelligence in the stillness of deep meditation. Moreover, we can maintain contact with Omniscience in activity by remembering that this Intelligence occupies every millimeter of space. We live in the mind of God. That same Wisdom lives within us.

AFFIRMATIONS

- Omniscience = Wisdom = Infinite Intelligence = The Wise Mind
- I commune with Wisdom in the stillness of deep meditation.
- I bring Wisdom into the moments of my life.
- I ask Wise Mind for continuous guidance, direction, and support.
- I am in Wise Mind.
- Wise Mind is in me.
- Wisdom guides my thoughts.
- Wisdom guides my choices.
- Wisdom guides my relationships.
- Wisdom guides my work.
- I practice the presence of my Higher Power as the Infallible Intelligence that rules the universe.
- Omniscience continuously guides me to virtue and peace.
- I chant, "Omniscience, Omniscience, Omniscience."



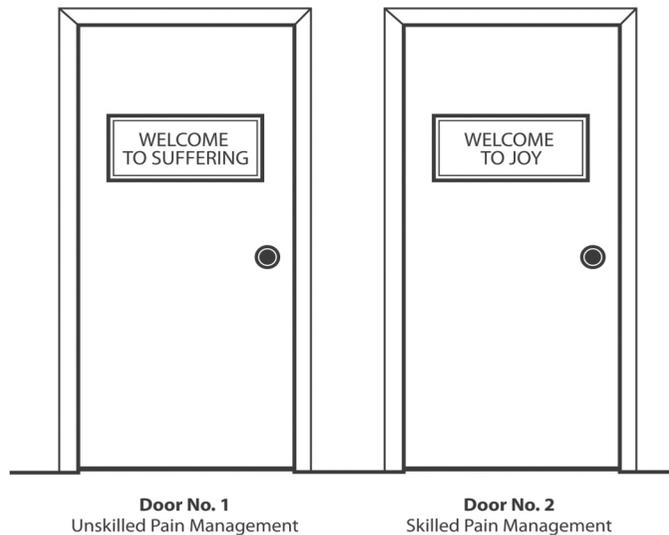
DAY 45: JOY

If you knew yourself for even one moment, if you could just glimpse your most beautiful face, maybe you wouldn't slumber so deeply in that house of clay. Why not move into your house of joy and shine into every crevice! For you are the secret Treasure-bearer, and always have been, didn't you know?

Rumi

- To find joy, we must learn how to manage our pain skillfully. Life is painful no matter what route we take but how we manage our pain will make or break us. The difference between a cocaine addict and a saint is how pain is managed. A cocaine addict is an unskillful pain manager. A saint is a skillful pain manager.
- Pain-killing devices such as excessive use of drugs, alcohol, money, Internet, power, sex, gambling, food, and shopping work in the short run to reduce suffering but create long term greater pain and destruction. We get locked in powerful negative brain grooves carrying bad habits and addiction. Our pain story takes hold and we can't get out.
- Skillful pain management techniques such as meditation and mindfulness sometimes bring more pain in the beginning but lead to strength, power, peace, love, and joy in the long run.
- Here is a good mindfulness exercise. Everyone has two doors.

TWO DOORS



- a. Door #1: unskillful pain management: Make a list of your unskillful pain management practices.
 - b. Door #2: skillful pain management: Review the list of fifteen recommended skillful pain management practices, page 14. Which of these do you already have and what would you like to add to your current program?
 - c. Review the list of one hundred healing qualities, page 11. We always have all of them but always need more. Which of these qualities do you need to cultivate now?
 - d. Mindfulness exercise: When you find yourself reacting and want to shift gears:
 1. Stop
 2. Breathe
 3. Present moment
 4. Notice which door you are choosing from moment to moment. Ask yourself, is this door #1, unskillful pain management, or door # 2, skillful pain management?
 5. If you find yourself at door #1, unskillful pain management, you can shift gears to door #2 by practicing PMQ.
- When we practice PMQ, we evolve spiritually. Spiritual evolution means you feel better. If you look through the microscope to find out why you feel better, it is because the qualities are growing. There is more peace, love, joy, patience, kindness, compassion, courage, strength, perseverance, forgiveness, understanding, humor, and the other qualities listed in the spiritual alphabet. Healing qualities feel good. Love feels good. Get more and you feel better. Keep going. Eventually you will have a superconscious experience, which feels even better. There is no end to this progression.
 - Meditate. Go within to forget your troubles and feel peace, love, and joy. Peace is the inner platform upon which love is built. Joy dances on the stage of love. Peace first, then love, then joy.
 - Wherever you are and whatever you do, be in love. Only then can you know the highest joy.

- When we do all the right things and it still hurts, we get frightened and discouraged. But here is the good news. When backed in a corner, when everything is stuck, we can still work a new brain groove, cultivate a healing quality, and reduce our reactivity. Often this is the only choice we have.
- We can learn to control what we can and drop the rest and we can learn to do this under a variety of conditions: ordinary problems, injustice, inequality, major crisis, brutal realities, even chaos. We can learn to manage it all with a balance use of will, surrender, and a combination of both.

CULTIVATE WILL

- No matter where you are in the evolutionary ladder, you will need more will power for those challenges and tests that are bigger than you.
- To improve your ability to change what you can, review Day 98 Will: How to increase will power, from spark to bonfire, page 323.
- You might also review Day 11 Confidence on goal setting, page 58. Here you will find a nine-step method designed to eliminate bad habits or accomplish any goal. The example given is for cigarettes but you can apply these steps to any bad habit or problem.
- It doesn't matter how much will power you start out with. Just set a goal and start your practice.

CULTIVATE ACCEPTANCE

- You will be given tests and challenges that are bigger than your capacity for acceptance.
- To improve your ability to accept what you cannot change, review Day 1 Acceptance, page 30, and Day 86 Surrender, page 286.

CULTIVATE THE WISDOM TO KNOW THE DIFFERENCE

- For deep healing and full recovery, we need to apply will and surrender at the same time.
- We need one-pointed, calm, continuous use of our will to change what we can, and to surrender and expand our healing qualities in response to what we cannot change.
- What is the right combination? How do we know whether a condition requires more or less will or surrender? Often we do not, but we can improve. Stillness is the key. When we are awake, alert, and calm, we can hear the still, small loving voice within, guiding us to a balanced combination of will and surrender.
- Bring in as much stillness as you can. Try meditation, contemplation, prayer, or whatever method helps you cultivate stillness.
- With sustained practice, our foundation of inner peace broadens and deepens. The mind remains calm, so we can hear the messages from that voice within. As long as we remain calm and unruffled, The Great Teacher helps us know when to act and when to remain silent.
- With time and practice, we can use will, surrender, or combination of both in increasingly sophisticated ways, thus expanding our love and our usefulness.

MEMORABLE QUOTES FROM GROUPS AND CLASSES ON WILL

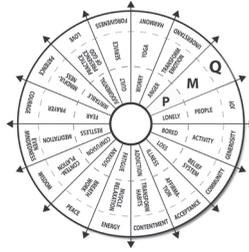
- We need all of the will power we can get and more.
- Shift gears from *I can't* to *I can*.
- Our heart and soul never asks us to be small, to play it safe. Our heart leads us only in the direction of more love, more kindness, more compassion, more understanding, more forgiveness. To move in that direction—especially in the face of those situations that are messy and painful—can sometimes take all the fire, all the passion, all the “Shvooooom!” we can muster.

MEMORABLE QUOTES FROM GROUPS AND CLASSES ON SURRENDER

- Surrender is letting go of control and being with whatever is there.
- We have to be in pain and learn how to navigate our way through it.
- It hurts no matter what but this way it hurts the least.
- Decrease the resistance to suffering to decrease suffering.
- Sometimes I can't change anything in the outer world but I can always roll the wheel.
- I can't change the world or you but I can reduce reactivity by cultivating a quality.
- I surrender to the pain and God. I sit with the pain and trust God's process of purification, sometimes purification by fire.
- Your heart is a wooden bowl. With each pain and sorrow, the bowl is carved deeper, to be filled with more joy.
- Not getting my way requires courage and endurance.

MEMORABLE QUOTES FROM GROUPS AND CLASSES ON WILL AND SURRENDER

- We need both acceptance and change. This is tricky because it involves opposites. But when we get this right, we get the best possible deal. We keep plugging away to change what we can in the moment and accept what we are stuck with. It still hurts but it is the line of least resistance and the least amount of pain, since we are not reacting or adding unnecessary suffering.
- God, grant me the serenity to accept the people I cannot change, courage to change the person I can, and the wisdom to know it is me.
- We need to learn how to accept the painful conditions of our current reality that cannot be changed. When we run out of options on the horizontal axis, we can always work in the vertical axis by cultivating acceptance and associated qualities: patience, kindness, compassion, understanding, courage, strength, humility, and more.
- Through will and surrender, we can learn how to create inner space, embrace it all, be ready for anything.



DAY 47: KINDNESS

In the stillness of meditation, love burns up hate, kindness dissolves cruelty, courage defeats fear, and hope replaces despair. When we come out of meditation, the priceless gems of love, kindness, courage, and hope radiate their light through our thoughts, speech, and actions.

- When the Dalai Lama was asked to describe his philosophy, he said, “This is my simple religion. There is no need for temples, no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness. The feeling of kindness, love, and compassion is the essence of brotherhood and sisterhood. This compassionate feeling is the basis of inner peace.”
- The Dalai Lama points to the essential healing principle of any religion, spiritual program, twelve steps, or other healing models: spiritual qualities such as love, compassion, kindness, and so forth.

PRACTICE LOVING-KINDNESS

- When life springs a challenge, we can add to the problem with frustration, anger, or negative actions, or we can respond with love and kindness—powerful healers that neutralize all types of negativity. For example, when you are trying to change a bad habit such as substance use, you will experience craving. If instead of using your drug, you do some inner push-ups such as deep breathing and affirmations of loving-kindness for yourself, you dissolve the craving and replace it with strength and peace, which you can then give to others who come your way. With repetition and practice, you expand your ability to find comfort and solace inside instead of from your drug.
- Thoughts have leverage in the inner workings of our cells having to do with transforming disease into health. By using affirmations to cultivate spiritual qualities, you can stimulate healing power. When you align your thinking with such qualities as peace, compassion, and loving-kindness, you set up harmonious conditions for the healing power to do its work. The right condition for healing is a mere thought away.
- In each moment of our lives, we have a choice concerning our thoughts and attitude. A negative thought unchallenged becomes the truth. As soon as we perceive a single negative thought, we can eliminate it with an army of positive thoughts. When feeling restless, affirm peace. When judging others, counter with an affirmation of loving-kindness.

Healing Power: One Hundred Days of Love

- When you have a painful problem, consult the list of one hundred healing qualities, page 11.
- Determine which qualities you need to help you manage your problem.
- Now, focus on your chosen quality. Give it all of your attention.
- Breathe it, affirm it, and practice it in your actions.
- Use the quality as a one-word affirmation throughout the day.
- Practice one or a combination of the healing qualities throughout the day and, at night, evaluate how you did. Did you respond to the day's events with those qualities or in a negative fashion?
- Identify areas for improvement, and start anew the next day.
- We can create the qualities we lack through concentration, will, thought, and faith.
- Each time we align our thinking with healing qualities, we move one step closer to higher states of consciousness. Healing qualities are the gateway to higher consciousness.

AFFIRMATIONS OF KINDNESS

- Kindness works for tiny, small, medium, large, or huge problems.
- Following are some affirmations of loving-kindness. Choose the ones you like and practice throughout the day. This will help you get through any physical, mental, emotional, or spiritual problem.
- Place the affirmation in the center of your being, and keep it there for several minutes.
- With your will and concentration, eliminate all other thoughts.
- When your mind wanders, bring it back to your affirmation.
 - I throw loving-kindness-light affirmations to all of my cells, all people, and all creation.
 - I chant “kindness, kindness, kindness” as my one-word affirmation throughout the day.
 - I send loving-kindness thoughts to myself first, then to those I like, then strangers, then enemies.
 - Compassion and kindness permeate my thoughts, feelings, and actions.
 - Love is the great healer. I give love and kindness to all I meet.
- Let the vibratory power of your affirmation spread throughout your body and surrounding space.
- If negative thoughts emerge from the subconscious mind such as “I can't do this. Peace is impossible for the likes of me,” take notice and let them go. With consistent long-term practice, these negative thoughts will be replaced by thoughts aligned with healing qualities such as peace, strength, courage, and kindness.
- You are the prime beneficiary of loving-kindness affirmations, as the affirmation must pass through your cells on the way to others. So too with anger and other harsh emotions.
- Practice affirmations of loving-kindness to all when you feel well. This comes in handy later when things get rough.
- When you send loving-kindness thoughts to others, your consciousness expands but don't stop there, do for them.

MEDITATION

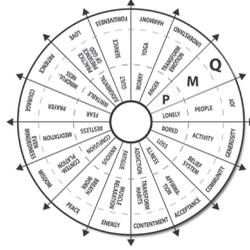
- Meditate and bring in as much stillness as you can.
- In the room of stillness, we reach the deep healing power of the spiritual qualities. It is here, in stillness, that we slowly and subtly replace our problems with healing qualities. The qualities are healing powers. They have more power than our problems. In the stillness of meditation, love burns up hate, kindness dissolves cruelty, courage defeats fear, and hope replaces despair.
- When we come out of meditation, the priceless gems of love, kindness, courage, and hope radiate their light through our thoughts, speech, and actions.

MEDITATION, AFFIRMATION, AND VISUALIZATION

- In a state of deep meditation, we can plant our affirmation and visualization in the subconscious mind.
- Visualize yourself spreading love, compassion, and kindness with each action throughout your day. With continued practice, this thought-picture grows in strength and power until it has enough force to become a new habit.
- When you come out of meditation, bring your expanded and purified love to all you meet. You can start by extending loving-kindness affirmations, common courtesies, and thoughtful gestures to all who cross your path. Then send affirmations of love and kindness to your friends, family, strangers, and enemies. Let your generosity flow in every interaction. Help everyone.

BE KIND TO YOURSELF

- Many people suffer from thoughts of sin, guilt, and punishment from prior mistakes and bad habits. Such thoughts are difficult to shake but harmful to the immune system and may lead to disease.
- Change is difficult. Some strong bad habits may take years to break. Tests, trials, and temptations come. Setbacks occur. Back-and-forth movement between old and new patterns is a natural part of the process.
- When you slip and fall, be sure to create the mental habit of gentleness with yourself while using the remorse, regret, or disgust you may feel as an incentive to push you on to greater efforts.
- Don't let guilt, shame, and embarrassment dominate your consciousness. Replace feelings of self-contempt with love, compassion, kindness, understanding, and forgiveness for yourself.
- Love is more powerful than any pain or problem. Be patient, understanding, compassionate, and gentle with yourself. This will help you face your problems, get the necessary lesson from your mistake, and move on.
- To create a healing atmosphere for yourself, affirm love and kindness. Try this now.



DAY 48: KNOWLEDGE

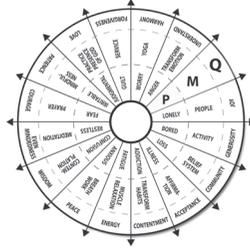
You can be exposed to the finest thinking available, but it won't do you or anyone else any good if you don't cook it on your own stove.

- We want to know how the world works, and we want to get it right. We can do this on the physical plane through controlled experiments where scientific laws emerge as immutable facts of life: water freezes at thirty-two degrees every time.
- Great religious traditions and their teachers attempt to outline the laws and principles that govern the universe beyond the physical plane; hence the term metaphysical truth. We cannot measure metaphysical truths with precision. For example, there is no absolute proof by scientific means for the existence and nature of God. This leaves room for interpretation and disagreement. In the vast array of spiritual books and teachers, we find a variety of conflicting ideas and beliefs. How can we determine the nature of spiritual truth?
- We can decipher the difference between spiritual fiction and fact even without test tubes, lab tests, and x-rays. We can take life's profoundly important questions and put them to the test. For example, saints proclaim that compassionate service to humanity gives peace of mind and strength, that meditation works, that higher states of consciousness exist, and that the body harbors the actual God of the universe. Are their claims true or false?
- Each of the spiritual methods described in this work gives us an opportunity to test new ideas in the laboratory of personal experience. We can prove or disprove a new idea by developing a spiritual practice. This is the scientific method in metaphysics. It appeals to scientific agnostics. True believers and true non-believers may find not be able to use this method as they already have all of the answers.

THE SCIENTIFIC METHOD IN METAPHYSICS

1. The body is the test tube.
2. The experiment is on the life force itself, consciousness, energy, thought, will, feeling, desire, choice, and behavior.
3. Test a theory.

- Can I make the spiritual qualities grow?
 - Is love more powerful than any painful problem?
 - Does compassionate service to humanity give peace of mind and strength?
 - Does meditation work?
 - Do higher states of consciousness exist?
 - Does the body-temple harbor the God of the Universe?
4. Assume the agnostic position.
 5. Practice a spiritual method.
 6. Prove or disprove the theory through direct personal experience.
 7. If a method or concept works, keep it. If not, discard it.
- In my search for knowledge and truth, I instinctively resisted a “my way or the highway” approach. But if the teaching I was exploring said, “There are many ways to climb the mountain—try this method and see if it works; you can prove it to yourself through direct personal experience,” I relaxed because it appealed to my sense of scientific inquiry and respected my needs and individuality.
 - I practiced a variety of spiritual methods for years. Contemplation, affirmation, progressive muscle relaxation, prayer, meditation, mindfulness, service, yoga, breathwork, and the transformation of emotion proved especially helpful. I started to feel better, became a better person, and experienced a variety of the wonderful superconscious states I had been reading about.
 - In your search for new and better ways of managing your suffering, you might find it useful to follow the scientific method in metaphysics. This method supports your ability to decipher spiritual fiction from fact. You can put profoundly important questions to the test of direct personal experience in the laboratory of life

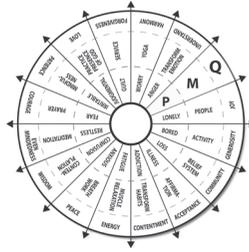


DAY 49: LAUGHTER

Ever since Happiness heard your name, It has been running through the streets trying to find you. And several times in the last week, God Himself has come to my door—so sweetly asking for your address, wanting the beautiful warmth of your heart’s fire.

Hafiz

- What is the difference between your experience of existence and that of a saint? The saint knows that the spiritual path is a sublime chess game with God. And that the Beloved has just made such a Fantastic Move, that the saint is now continually tripping over joy and busting out in laughter saying, “I surrender!” Whereas, my dear, I am afraid you still think you have a thousand serious moves. (Hafiz)
- O what is laughter, Hafiz? What is this precious love and laughter budding in our hearts? It is the glorious sound of a soul waking up! (Hafiz)
- Once I said, “God, I thought You knew everything. Why are You asking me where Your lovers live?” And the Beloved replied, “Indeed Hafiz, I do know everything—But it is fun playing dumb once in a while. And I love intimate chat and the warmth of your heart’s fire.” (Hafiz)
- Laughter is the polestar held in the sky by our Beloved, Who eternally says, “Yes, dear ones, come this way, come this way toward Me and Love!” (Hafiz)
- The funny edge of the world makes a bid for your attention. Go there to heal.
- What soap is to the body, laughter is to the soul. (Yiddish proverb)
- Don’t forget the recipe of making three people laugh every day. (Edgar Cayce)
- Always go to other people’s funerals, otherwise they don’t come to yours. (Yogi Berra)
- Laughter is the shortest distance between two people. (Victor Borge)
- If everything goes wrong, just laugh! Just let it have its fling, and let it go. But keep your vision upon God, and know that all will come right. (White Eagle)
- A person without a sense of humor is like a wagon without springs—jolted by every pebble in the road. (Henry W. Beecher)
- A person who knows how to laugh at himself will never cease to be amused. (Shirley MacLaine)
- Laughter is a tranquilizer with no side effects. (Arnold Glasgow)
- Never trust a God who doesn’t dance. (Friedrich W. Nietzsche)



DAY 50: LIGHT

*Ring the bells that still can ring. Forget your perfect offering.
There is a crack in everything. That's how the light gets in.*

Leonard Cohen

- When we roll the universal healing wheel or practice PMQ, healing qualities such as compassion, love, understanding, forgiveness, courage, strength, and humor slowly grow. Healing qualities help us in every aspect of life. When we bring out the qualities in response to life's difficulties, our consciousness will rise to a higher state. Our life is smoother and easier. We feel better and become better people.
- When the qualities become strong enough, they can no longer contain themselves. They inflate by nature. The expansion of healing qualities leads to higher states of consciousness: the peace that surpasses understanding, pure love, ecstatic joy, cosmic sound, cosmic light, or unfathomable stillness. Some people experience phenomenon such as aura, visions, prophetic dreams, intuitive knowing, guidance, protection, answered prayers, synchronicity, healing powers, or entrance into the "zone," the experience of supreme flow, rhythm, and harmony.
- Seeing cosmic light is one of many such superconscious experiences. It is an actual light one can see and feel. It is an aspect of Divine Love and is often associated with the peace that surpasses understanding, unfathomable stillness, and ecstatic joy.
- In ordinary consciousness, we do not see this light but we can visualize the love-light healing everyone and everything, within and without. Following are some visualization exercises designed to help us do this.
- In visualization, we imagine the desired goal. The image should be as clear and specific as possible. For example, we can visualize a white healing light dissolving disease, flaws, or imperfections in others and ourselves.
- As you practice these exercises, remember this essential healing principle: the love-light is more powerful than any painful problem.
- If you have God, remember S(he) will direct the healing light to those we pray for. We don't have to guide it. Healing power is infinitely powerful and intelligent. It knows where to go and what to do.

THE HEALING LIGHT FOR INDIVIDUAL AND WORLD PEACE

- When you learn how to meditate, you will be able to slow the mind down, replace negative thought with positive thought, and eventually get into the room of stillness.
- The experience of peace in the room of stillness surpasses understanding; there you will find beauty, joy, compassion, light, energy, power, elation, and ecstasy.
- Practice your technique of meditation.
- Bring in as much stillness as you can.
- Immerse yourself in the peace and harmony born of stillness.
- Now with all of your attention fixed at the point just above and between the eyebrows (the spiritual eye), visualize peace and harmony as light sent from your spiritual eye to every cell in your body, to the hearts and souls of friends, family, colleagues, coworkers; social, political, military, and religious leaders; to all people, in every city, state, and nation of the world, and to all creatures and ultimately all creation.
- Picture the light melting every barrier.
- Let these healing vibrations change fear and conflict to understanding and compassion.
- Feel the love burn up all that is not love inside, outside, everywhere.
- When you practice this exercise, your expanded and purified love saturates your thoughts, feelings, and actions. Small acts of gentle, humble service are the natural result. You can give your love in every action to all whom you meet.
- We are either in love or something else: a large category filled with all kinds of problems that do not go away so easily. When anything shows up that is not love, practice this exercise until you become love itself.
- This is a lifelong project. Do not give up. Persevere and practice. The reward is great: ever-increasing soul qualities such as love, contentment, harmony, and strength. When our love is strong enough, it eventually breaks into the peace that surpasses understanding, pure light, and ecstatic joy.

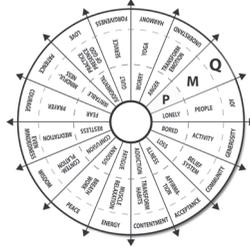
THE LOVE-LIGHT FOR FORGIVENESS OF OTHERS

- Sit in a comfortable chair in a quiet place.
- Close your eyes and take several slow, deep, abdominal breaths.
- Concentrate on your spiritual eye, at the center of the forehead just above the eyebrows.
- Relax and focus on the warmth and sense of well-being in your heart.
- Now visualize the one who has harmed you immersed in the healing love-light.
- Visualize the love-light melting and replacing the imperfections of the wrongdoer with peace and harmony.
- Then immerse yourself in the light. Visualize the healing light dissolving and replacing your anger with peace and harmony.
- Picture yourself in harmony with this person.

- You might also visualize the forgiving Christ on the cross or another image that would help you dissolve the pain given to you by others.

THE LOVE-LIGHT FOR FORGIVENESS OF SELF

- The wound is the place where the Light enters you. (Rumi)
- Sit in a comfortable chair in a quiet place.
- Close your eyes and take several slow, deep, abdominal breaths.
- Concentrate on your spiritual eye, at the center of the forehead just above the eyebrows.
- Relax and focus on the warmth and sense of well-being in your heart.
- Immerse yourself in the all-forgiving love-light.
- That light is filled with compassion, patience, kindness, sweetness, tenderness, and gentleness.
- Visualize the healing light melting and replacing your guilt with peace and harmony.
- Picture yourself in harmony with yourself.
- You might also visualize the forgiving Christ on the cross or another image that would help you dissolve the pain you have given yourself.



DAY 51: LISTENING

If you are to be a leader, you must listen in silence to the mystery and the Spirit.

Leaf Dweller, Kaposia Sioux

- Talk less. Listen more. Everything gets better.
- Following is an exercise to help us listen better when we are in conflict with others.

INTERPERSONAL PROBLEM-SOLVING DISCUSSIONS

- All relationships have conflict at some point. To get back in harmony, we need to have interpersonal problem-solving discussions. The goal is to give and receive constructive feedback and minimize reactivity. However, receiving critical feedback can be very painful and we manage this pain unskillfully. We react, argue, fight, and get too big. Instead of helping the relationship, things get worse.
- We can do better. We can improve our ability to have interpersonal problem-solving discussions involving critical feedback without destructive reactivity. Following are some suggestions to help reduce reactivity and become better listeners.

The Golden Rule

- When people feel supported and encouraged, they are much more likely to respond. Be aware and sensitive to other person's needs. Treat others as you wish to be treated.

INTERPERSONAL PROBLEM-SOLVING DISCUSSION

- The Golden Rule
- Right Speech
- Focus
- Listen
- Give feedback
- Receive feedback
- Time out
- Go to your room
- Persist
- Mastery

Right Speech

- Harsh or brutal criticism is like hitting someone over the head with a club. It does not work. When giving critical feedback, give a warning to reduce surprise and shock. Your words should be true, necessary, kind, firm, and gentle.

Focus

- Discuss one problem at a time. Do not bring up multiple problems at the same time. This causes people to be overwhelmed and shut down.

Listen

- Listen carefully. Do not interrupt unless one person is dominating. Cultivate an attitude of opened reception and reflection. Try to get the other person's experience. Look for solutions acceptable to both people.

Give Feedback

- Giving and receiving constructive critical feedback on each other's problem behaviors are the most important and sensitive steps in the process.
- Define each other's triggers and avoid as possible.
- When you discuss the other person's problem behavior, own it. There should be no third party comments. Describe the effect the problem behavior has on you.
- Make suggestions about the changes you would like to see.
- Do not interpret what you think are the causes of the behavior. This is usually felt as invasive.

Receive Feedback

- When you receive painful feedback, you may feel hurt. If you are hurt and your emotions are rising, use your breath to create space and buy time. Practice this:
 1. Stop
 2. Breathe
 3. Present moment
 4. Affirm a healing quality or one of the following affirmations:
 - a. Sometimes there is more pain to have less pain.
 - b. I can hear the truth without attacking the messenger.
 - c. I can hear the truth without defensive comments.
 - d. I have this problem but it does not define me. I am the qualities.
 - e. I am patient.
 - f. I am kind.
 - g. I am loving.

Healing Power: One Hundred Days of Love

- h. I am understanding.
- i. I am thoughtful.
- j. I am calm.
- k. I am wise.
- l. I am responsible for myself.
- m. I have to do this.
- n. I can do this.
- o. I got this.
- p. In the gap-abyss, a pearl of wisdom forms.

Time Out

- If your hurt or anger leads to debate, fighting, or retaliation, take a time out. Leave the room immediately so you do not do any damage with abusive language, which leads to more anger and possible physical violence. This is very important. If we learn how to do this, we can avoid destructive fighting.

Go to Your Room

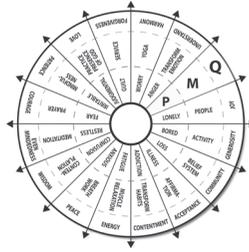
- It is easier to find fault with others than it is with yourself. However, a searching and fearless inventory of your issues goes a long way in the healing process. Take the painful feedback you have received from your partner, family, friend, teacher, supervisor, or mentor. Go to your room. Introspect. Take responsibility for your problems. (See Day 43 Introspection, page 153, Day 41 Integrity, page 147, or Day 35 Honesty, page 131.)
- As you discover your own problems, be sure to remain kind and gentle with yourself.
- While in your room, in addition to introspection, practice other vertical axis methods such as meditation, breathwork, affirmations, contemplation, and prayer. This will take some pressure off the horizontal axis.

Persist

- Return to your problem-solving discussion when both parties are calm and receptive. Do not wait too long as this might lead to smoldering resentment. Communicate until there is a strategy agreeable to both people.

Mastery

- Practice the new strategy or plan.
- Meet again on old and new problems as needed.
- Observe the growth of healing qualities: mutual respect, empathy, compassion, humility, love, understanding, strength, peace, forgiveness, and wisdom.



DAY 52: LOYALTY

There is no love without loyalty.

- You may not have found a healing program that suits you. You may have only recently found your way and are just beginning. Or perhaps you are well along on a path with a teacher, teachings, and techniques that fit your needs. In any case, a good understanding of the nature of the struggle is important.
- The healing path is slippery. It is easy to slide off and fall. We might be tempted to throw in the towel early on, not foreseeing how difficult it would be, nor how uncomfortable. It is a mistake to underestimate the work, effort, and discipline required. The transformation of ordinary to higher consciousness is no easy task. Life is painful. Change is difficult and slow.
- Hard times are especially risky if we do not understand the connection between suffering and the development of healing power. If suffering appears meaningless, we may become frightened and turn to unhealthy pain-killing habits such as substance or sex abuse, excessive dependency on others, addiction to the Internet, television, and so on. On the other hand, if we understand that pain is a teacher and stimulant for the cultivation of healing qualities, we are much less likely to become frightened and abandon the path.
- We need something to hold on to as we go through the painful changes of life. *Healing Power* promotes the healing qualities and higher states of consciousness as the way, a point of focus, and source of devotion and loyalty.
- A comprehensive healing program helps us expect, rise to, and work through any challenge. When difficulties arise, we respond with healing methods that help us cultivate love, strength, courage, and endurance. The expansion of these and other healing qualities will help us transcend any challenge.
- We need discipline to maintain our direction when in crisis. We need patience and perseverance for the long course of life. We must face the pain of reality to cultivate healing qualities and higher states of consciousness. Running away from troubles and difficulties does not work. There can be no denial or avoidance on the path. We may rest, take time out, pace ourselves, and even backtrack when necessary, but ultimately we must do all of the work.
- When we have finished a set of problems or have passed some of life's tests, we experience happiness and tranquility. We love that part of the show when we celebrate life as pure entertainment and joy. It is only

Healing Power: One Hundred Days of Love

a question of time, however, before a new set of difficulties arises. As we move forward on our path, the bar is raised. More advanced problems and challenges arrive. How else would we develop our spiritual muscles? It is a marathon, not a sprint!

- Reality can be harsh and brutal. However, with practice, we can face whatever comes our way, understand it, learn from it, and move on to higher realms where the rewards are great: the expansion of healing qualities and higher states of consciousness.
- Remain loyal to love, warmth, compassion, understanding, forgiveness, peace, strength, courage, perseverance, and humor. This is your higher self. Stay with the qualities when the going gets rough.
- Finding and following a healing path requires self-control, stamina, and balance. We need to follow the path with devotion and loyalty. The struggle is daily, in the moments of our lives, and continues until our last breath is taken.
- There is no love without loyalty. When provocative tests come from the outside and the lower self comes at you inside, roll the universal healing wheel. Practice PMQ. This loyalty to the highest will get you through anything.



DAY 53: MERCY

Suffering is a gift. In it is hidden mercy.

Rumi

- You may have made some progress in your recovery and then go backwards. Join the crowd. All of us go up and down on the way up. Healing is not a straight line. Sometimes we make bad decisions. Old habits return. Character defects replay. We lose control of emotions. People hurt us and resentment builds up. We get lazy or discouraged. We stop going to church, synagogue, twelve-step meetings, or other healing circles. We stop practicing methods and qualities. The pain story gets bigger. Self-esteem takes a hit. We are more locked up. What to do? The following exercises are designed to help us manage these difficulties and remain compassionate and merciful towards others and ourselves.

THE RESENTMENT PRISON

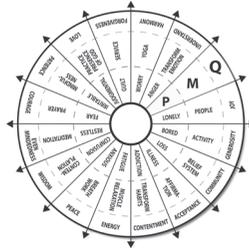
- When hurt, rejected, or abandoned, we feel resentment.
- Resentment is seductive, difficult to shake.
- Resentment is like a prison. We keep the provocateur behind bars and throw away the key. Resentment saps energy, adds weight, and feels bad. Who wants to be the warden of such a prison? What to do?
- Make a list of the inmates in your resentment prison.
- In a meditative state, visualize the inmates in their cells.
- Now fill those cells with respect and understanding, compassion and gentleness, tolerance and forgiveness, kindness and spaciousness, mercy and light.
- Notice how these healing qualities dissolve the bars and walls of the prison thus liberating the inmate and the warden from the bondage of resentment.
- Love qualities heal the inmate and the warden. Visualize yourself and those released in harmony and peace.
- What warden? What inmates? What prison?

HOW TO MANAGE A BACKSLIDE?

- When you go backward, you can say to yourself, “I know how I got here and I know what to do. I still have the qualities. The qualities are always inside waiting to be tapped, free of cost. All I have to do is get back on track, start another cycle of hope, and take the necessary steps to upgrade my will power.”
- To get back on track, start another cycle of hope. See Day 36 Hope, page 134. Here is a brief review of that seven-step cycle.
 1. Hope: Hope opens the door to possibility.
 2. Power: We have more power than we are using right now. See the story about two frogs on page 323. The big fat frog stopped fighting and lost his life. The lively little frog never gave up and got saved in the end. Find that little frog inside. It is there.
 3. Responsibility: There is work to do.
 4. Roll the wheel or practice PMQ: This is the work. We respond to pain by practicing a method to cultivate a quality.
 5. Success: The qualities grow.
 6. Renewal: It’s one thing to light your fire. It’s another thing to keep it lit. Look for sources of inspiration.
 7. Mastery: I am evolving. I am an ever-increasingly skillful pain manager. I feel better. I am a better person. I am ready for the challenges to come.

COMPASSION FOR YOURSELF

- With mindfulness, we see things as they are. We bring our complete attention to our experience in the present moment. We accept. We don’t judge.
- When you feel ashamed because of your mistakes, visualize yourself in a spacious room filled with understanding, compassion, and forgiveness. Absorb these qualities.
- Always practice mindfulness with an attitude of compassion and understanding for yourself. Try this now.
- To create a healing atmosphere for yourself, affirm love and kindness. Try this now.
- Forgive yourself. Without mercy, there can be no peace, love, or joy.



DAY 54: MINDFULNESS

In every moment, some element of our loving self is at stake.

Ed Bacon

- The ultimate goal of mindfulness is love. We are either in love or something else, a host of negatives that cause trouble. When negative, we can shift gears back to love. Everything in this model moves in that direction. We can enter anywhere. It's all taking us to the same place: The Love Field. The following exercise illustrates this point.

WHICH WOLF ARE YOU FEEDING

- An old Cherokee Indian was speaking to his grandson. “A fight is going on inside me,” he said to the boy. “It is a terrible fight between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good—he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. This same fight is going on inside you, and inside every other person, too.

The grandson thought about it for a long minute, and then asked his grandfather, “*Which wolf will win?*”

The old Cherokee simply replied, “*The one you feed.*”

- Are you mindful of the battle between the two wolves from moment to moment?
- Which wolf have you been feeding?
- When you become aware that you are feeding the bad wolf:
 1. Stop
 2. Breathe
 3. Present moment
 4. Choose the good wolf, love, a composite of one hundred healing qualities.
 5. Often, our only place of power in the story is love. When we get this, we are really moving along.

LOVE IS SKILLFUL PAIN MANAGEMENT

- We are either in love or something else. Something else is a large variety of negatives: anger, judgment, impatience, irritability, fear, insecurity, worry, and doubt, to name a few. These unnecessary reactions plague us all.
- When love, compassion, understanding, kindness, courage, strength, perseverance, patience, and forgiveness are in control of our consciousness, we do not over-react. We remain even-minded and calm even in the face of pain or distress. This is skillful pain management. Love and associated healing qualities are in charge.
- Love and skillful pain management are the same thing. When you are in pain, mindfully ask yourself:
 - a. Am I managing this pain skillfully or unskillfully?
 - b. Am I in love or something else?
 - c. If you are managing your pain skillfully, the healing qualities are in charge. You are in the presence of God or acting mindfully.
 - d. When you notice you are managing your pain unskillfully, all you have to do is pick the healing quality you need most at the moment and begin breathing and affirming in that direction.
 - e. Love and skillful pain management are the same thing. Choose love.

APPLY MINDFULNESS TO EVERYTHING

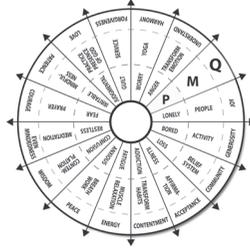
- We can apply mindfulness to the simple things of daily life.
- Mindful actions include talking, listening, shopping, cooking, cleaning, walking, chores, playing, working, parenting, eating, showering, driving, any activity, all tasks, all people, everything, anything. There is no limit to where you can apply mindfulness.
- When the mind wanders or goes on automatic pilot:
 - a. Stop
 - b. Breathe
 - c. Present moment
 - d. Focus on something positive in the outer world, in your body, or in your inner being.
 - e. Focus on what you are doing.
 - f. Focus where you wish. An advanced mindfulness specialist like Rumi uses the entire universe as his palette. You can do this too. Be creative.
 - g. Don't miss the magic in the mundane. It is there. Every moment is a sacred moment, every place a sacred place.
 - h. Affirm: One continuous sacred ritual.

MINDFULLY CHOOSE FROM A PALETTE OF COLORS

- PMQ is like a palette of colors. The pain, methods, and qualities are your colors.
- With any pain, fifteen methods, and one hundred qualities, there are so many options, so much room for play.
- There are virtually unlimited possible combinations to fill a variety of moods and moments. Paint your own picture.
- You decide which method and quality you want to use for your problem.
- The method and quality can vary over time. For some problems, affirmations and breathwork will suffice. Other problems require deeper work such as transformation of emotion and meditation.
- Matching problem, methods, and qualities is an art that can be developed over time through patient trial and error.
- As you practice and try different methods, you will see which ones work for which kinds of problems, thus becoming increasingly skillful at the matching process.
- Enter anywhere. By attuning your intuition, you will be able to identify which healing qualities and methods are best suited for you in any given moment.
- This highly individualized approach is the advantage of this model. You are the one who knows what is going to work best for you.
- You can roll the wheel 24/7, anyplace, anytime, anywhere, at home, work, or play in a variety of combinations to fill a variety of moods and moments.
- Affirm: I roll the wheel every moment of every day at work, home, and play.

POINTS TO REMEMBER

- Am I in love or something else? This is a different kind of mindfulness. Mindfulness with love. We transform suffering into higher love and share that love with others through service.



DAY 55: MYSTERY

A Japanese master received a university professor who came to inquire about Zen. The master served tea. He poured his visitor's cup full, and then kept on pouring. The professor watched the overflow until he no longer could restrain himself. "It is over-full. No more will go in!" The master said, "Like this cup, you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?"

THE INTERFACE OF MEDICINE AND THE MYSTERY OF LIFE

- The big questions about the meaning of life and suffering come up anytime, especially when suffering or ill. They are always there but they get bigger when we are sick. The medical model, with all of its power, does not address these questions. Doctors and healthcare professionals ignore the big questions. They are the elephant in the room. They are left on the table without any conversation or direction from the biological healer.
- If we don't journey these questions, our pain can be overwhelming and cause disintegration. Review the following and contemplate where you stand. Take your time. These questions do not yield answers so easily.

THE BIG QUESTIONS

- Who am I?
- Why am I here?
- What is the meaning of life?
- Why is there so much suffering?
- How do I understand suffering?
- Is there a way to heal my deepest suffering?
- How can I find peace, love, and joy in the face of suffering?
- What is death?
- Is there life after death?

- j. How do I get through all of this?
- k. Is our search for permanent love and safety futile on this earth where limitation and insecurity seem to have the upper hand?
- l. If the physical plane cannot satisfy our deepest yearning, is there another dimension to life, perhaps higher or subtler, that can help?
- m. Is there anything to hold on to?
- n. Is there something in this life and after death we can trust?
- o. Is there a God, and, if so, what is its nature?
- p. If God is love, why is there so much evil and suffering?
- q. Is there anything that doesn't change, which gives stillness and peace?
- r. What can be done about my character defects?

- We ignore these questions at our peril. If we don't deal with the inevitable suffering of life, the mystery of suffering and evil, the unknown and death, and our reaction to all of this, we inevitably run the risk of making things worse.
- We repress the pain in the subconscious and body, douse it with unhealthy pain-killing devices like substance use, or share it in unhealthy ways with others: cynicism, irritability, dogmatic arguing, hostility, anger, and verbal and physical abuse. In the worst case scenario, a failure to journey the big questions successfully can lead to disintegration and grave danger to self and others.
- What to do? This is potentially dangerous territory. Whether atheist, agnostic, religious, or spiritual, we protect our belief systems with fierce tenacity. How do we address the big questions in healthcare without getting into trouble?
- The saints, sages, masters, teachers, and gurus from the great wisdom traditions offer answers to these questions. I have transferred their ideas and float them as a cafeteria of options. This work does not push a particular point of view. You make the choices. The choices are embedded within the universal healing wheel or PMQ with or without traction devices.
- PMQ is the essential healing principle no matter your belief system. P is any painful problem. M is fifteen methods. Q is one hundred qualities. With these options, you design your own healing program. You choose the level of work you want to do at this time. You pick the pain, method, quality, and traction device and go as deep as you wish.
- You may choose to work on a minor problem with breathwork and affirmations for a few minutes twice a day. Others may want to go deep, leave no stone unturned, and confront brutal reality: death, pain and suffering, and the unknown. If you can manage that, you can manage anything.
- In short, this model puts the pain ball back in your court and gives you a racket to hit it, that is to say, a boatload of practical tools to help you manage your pain and heal. The rest is up to you. You can choose a belief system that answers all of your questions or you may prefer a belief system with more ambiguity and mystery.
- Working with belief systems can be difficult and take some time. Answers to the big questions do not come easily. The spiritual mathematics in these shadows presents a big challenge and knowledge of the

absolute is elusive. Are you plagued by some of these questions? Have you run into a dead end street? Is it difficult for you to start your practice without definitive answers? Following are some exercises that may help you find your way through all of this.

STARTING A PRACTICE WITHOUT ANSWERS TO THE BIG QUESTIONS

- In the domain of Higher Power and higher states of consciousness, there is a great deal of controversy and confusion. There is an enormous literature from a variety of cultures covering thousands of years of history. It is a big map. We need to read, study, and discuss some key points and important ideas from sacred literature but at some point, we have to stop talking and go to work. Following are some suggestions to help you unpack the wisdom of the ages in your consciousness.
 1. Review the scientific method in metaphysics. See Day 48 Knowledge, page 170.
 2. Take out your favorite spiritual book.
 3. Read through a paragraph and contemplate the pearls and wisdom.
 4. Discuss with like-minded students.
 5. Practice the recommended methods.
 6. Experience
 7. Repeat steps 2–6
 8. Mastery

UNPACK THE WISDOM OF THE AGES IN YOUR CONSCIOUSNESS

Read → Contemplate → Discuss → Practice → Experience → Repeat → Mastery

If we follow this sequence, we can unpack the wisdom of the ages and realize it through direct personal experience in our very own consciousness.

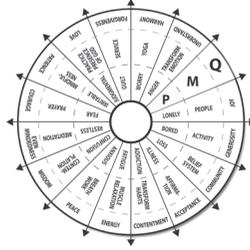
- In the case of *Healing Power*, we need to practice PMQ in order to have a direct personal experience of how healing qualities help us feel better, become better people, and eventually lead to higher states of consciousness. Otherwise the model remains at the level of an intellectual conversation or an unrealized affirmation.
- We get caught up in words. Stop the words, get quiet, and roll the wheel with or without traction devices. Don't talk about it. Just do it. Then you will see the difference between words and experience.
- Don't worry about the big questions or the nature of the Higher Power. You supply the answers or float the questions in the mystery and just go to work on PMQ. Then observe for expansion of healing qualities and superconscious experience. See if you feel better, become a better person, and enter the Big Space.
- The Big Space is a good term because there is no implied theology or deity. When you have a superconscious experience, you can call it anything you want. Words are signposts only. You have to go there. When you reach an expanded superconscious state, you will know it, feel it, and share it vibrationally.
- When you have had some experience with the wheel and traction devices, come back together and talk about it some more.

THE MYSTERY OF SUFFERING AND EVIL

- For many people, the biggest barrier to beginning a spiritual practice is this question: if God is Love, why is there so much suffering and evil in this world? Here are four possible explanations:
 1. The Mystery. There is a God of Love, but we cannot answer the question of why there is so much evil and suffering because His ways are mysterious. There are tests and trials, but their purpose is beyond our understanding. God works in strange and mysterious ways.
 2. Karma and Reincarnation. Karma is the law of cause and effect, and reincarnation is the transmigration of the soul. There is free will and choice. Good choices lead to good consequences, and bad choices lead to bad consequences. As you sow, so shall you reap. The soul reincarnates until we work out our negative karma, the related consequences of sin, through meditation, love, and service.
 3. Agnosticism. An agnostic claims the existence of God is unknown.
 4. Atheism. An atheist believes that there is no God and that events occur at random.
- In any case, each of us has to struggle with the challenges life brings without fully understanding why. To grow spiritually, we don't need answers to all of our questions. Nor do we need theological constructs or dogma. We do need the universal healing wheel to discern our problems, develop a spiritual practice, and cultivate healing qualities. We can do this whether or not we believe in God, karma, or Grace.
- The centerpiece of this model is the universal healing wheel: choosing a problem, method, and quality. Then we can add our concept of God, karma, and Grace or float all questions in the mystery.
- Pain is the teacher and stimulant for the cultivation of spiritual qualities. We can cultivate love, compassion, kindness, and courage in response to tests and challenges without knowing answers to all of the questions. Whether or not we believe in God, we can always find problems, practice the methods, and cultivate the qualities.

PEARLS

- The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn. (Alvin Toffler)
- In the beginner's mind there are many possibilities, in the expert's there are few. (Shunryu Suzuki-roshi)
- Deep in the heart, every mystery of Spirit is hidden. Only from soul can soul draw its secrets, not from any page or eloquent speech. The heart of the matter is soul, nothing else. (Rumi)
- Knowledge is learning something every day. Wisdom is letting something go every day. (Zen proverb)
- If you could get rid of yourself just once, the secret of secrets would open to you. (Rumi)
- Christian, Jew, Muslim, shaman, Zoroastrian, stone, ground, mountain, river, each has a secret way of being with the mystery, unique and not to be judged. (Rumi)
- The infinite mysterious unknown can be frightening, a call to adventure, or both. Where do you stand?



DAY 56: NON-ATTACHMENT

The origin of suffering is attachment.

Buddha

- The Buddha says the root cause of suffering is attachment and the solution to the problem is non-attachment achieved through spiritual practices such as mindfulness, meditation, and service.
- We attach ourselves to people, activities, events, things, places, ideas, our identities, stories, and bodies. This is a natural, normal, and healthy part of the human condition and at the same time, the source of much of our suffering.
- When we attach to something outside of ourselves, our happiness depends on that outside source being just right and not changing. This is obviously impossible as the physical plane will always have ups and down: good and evil, pleasure and pain, health and disease, success and failure, praise and blame, sadness and joy, love and hate, and so forth. We respond to these changes with mental restlessness, high emotional reactivity, and excessive material desires, attachments, and bad habits.
- Non-attachment offers a solution to this universal problem by shifting the locus of control from outside to inside. Instead of looking to the outside world to give us the peace, love, and joy we crave, we cultivate these qualities from within.
- Non-attachment is not detachment. Detachment implies withdrawing from the world, hoping to avoid its complications and to simply stop caring. Non-attachment implies being part of this world, but not caught up in it. We react less and love more. The healing qualities are in charge.
- Following is a review of the great principle of non-attachment from the teachings of yoga.

THE INNER FACTORY: PRANA, PRANAYAMA, AND THE CHAKRAS

- Please review Day 18 Energy, page 78.
- In this section we studied prana, pranayama, the chakras, and four key yoga practices.

FOUR YOGA PRACTICES

1. Bhakti Yoga or love
2. Karma Yoga or service
3. Jnana Yoga or wisdom
4. Raj Yoga or stillness

- When we practice love, service, wisdom, and stillness, we bring energy and consciousness from the world and body to the higher centers in the spinal cord and brain where it is subjected to a purification process. Karma or debris is burned off. Our consciousness is refined to an ever-increasingly higher grade of peace, love, joy, power, and wisdom, which we then give back to the world as ever-more-useful service.
- Through the patient daily practice of yoga, we slowly and gradually change our long-term thought, feeling, action, and corresponding energy patterns from down and out to in and up.
- We shift the locus of control from the outer world of people, activities, events, and things to the inner world of soul connected to Spirit.
- We learn how to eliminate debris and cultivate a higher grade of peace, love, joy, power, and wisdom in the inner factory of the higher centers in the spinal cord and brain.
- This is yoga, a way of dealing with painful problems through energy control or pranayama.

PRANAYAMA REDUCES ATTACHMENT, ADDICTION, AND REACTIVITY

- The horizontal axis of people, objects, events, and things is not the cause of our misery. It is our attachment to these that gets us into trouble. When attached, we react. When we react, we are miserable.
- When prana is down and out in the world, we get attached, addicted, and reactive.
- When prana is in and up, we have the qualities in greater measure. We react less. We go through the same experience with less bounce. At mastery, we are even-minded under all conditions.
- Everything gets better when the energy is in and up the spinal cord. Our problems may still be there but we are not reacting as much or at all. This is the whole story of yoga, a story about ever-increasingly skillful pain management.
- Yoga is not easy. Pranayama is work. We can't just turn the boat around because it is a good idea. Our attachment-addiction to the outer world is very strong. Our reactive mind and emotions are powerful habits locked into well-worn brain grooves. Reversing the flow of prana from down and out to in and up takes time and effort. The results are subtle, slow, and cumulative. Sometimes it hurts.
- Sometimes we have to have more pain to have less pain. When we move energy from outer world attachments and habits to higher centers in the spinal cord and brain, we will experience discomfort akin to withdrawal from any habit. We crave a return to our familiar comfort zone. The world as we know it calls. What have you done for me lately? If we answer that call too quickly, we lose the chance to burn off the impurities that keep us from experiencing higher states of consciousness. It is only in the higher chakras in the spinal cord and brain that we can burn off dross and create the more refined and distilled product of the secret inner factory: ever-more pure and perfect love expressed as gentle, humble, anonymous service without attachment to outcome. This is the goal of yoga.

PRANAYAMA FOOTBALL

- There are two teams in the pranayama football game: maya and the room of stillness.
- Maya is the world calling you to those familiar habits that keep you from doing vertical axis work.

Healing Power: One Hundred Days of Love

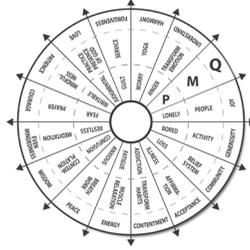
- Imagine you are in meditation and experiencing a good result. You are in the room of stillness, absorbing the higher vibrations of peace, love, joy, power, and wisdom available only there. You enjoy the experience. You know you are doing good. You resolve to stay in meditation and go deeper.
- Now comes an impulse or idea consistent with one of your well-traveled brain grooves usually in the form of a person or activity in the horizontal axis: find a friend, watch television, check your e-mail, go for a walk, shop, eat something, and so forth. This is maya calling you to those familiar habits that keep you from doing this work.
- There is some fire here, some heat in the pranayama football game between the maya and the room of stillness. Here are a few of the battles.

PRANAYAMA FOOTBALL	
Maya	Room of stillness
Horizontal Axis	Vertical Axis
Outer World	Inner World
Energy down and out	Energy in and up
Lower three chakras	Upper four chakras
Ordinary consciousness	Superconsciousness
Little peace, joy, love, power, and wisdom	Big Peace, Joy, Love, Power, Wisdom
Ego	Soul connected to Spirit
Action	Stillness
Locus of control outside	Locus of control inside
Suffering	Transcendence
Fear	Love
Terror at the abyss	Omniscient Love
Attachment	Non-attachment

- In the tug of war between maya and stillness, stay in stillness as long as you can even when you are uncomfortable, especially when you are uncomfortable. It is in this heat, this friction that the magic happens, where dross is burned off, where consciousness is refined. Sit with this heat. This is the key to yoga.
- Watch this pranayama football game. It's a good game. You win some. You lose some. Persevere and you will win more than you lose. Eventually, your energy locks into the upper four chakras. Stillness takes over. You expand. You feel the unfathomable peace, pure unconditional love, and ecstatic joy of the soul connected to Spirit. You score a touchdown.

POINTS TO REMEMBER

- We want Big Love and try to find it on the horizontal axis of people, activities, events, and things. This is impossible. We can get a little of the love we crave from the outer world but Big Love can only be found inside. Yoga provides the scientific method for getting inside. The method is pranayama or energy control.
- Pranayama is not just an idea. It is a practice involving the movement of energy. It changes our pattern of thought, emotion, action, and corresponding flow of life force.
- Pranayama is work. It requires discipline. It takes time. When you practice yoga, results are slow and cumulative. Results occur while you think nothing is happening.
- The ego is about self-importance, attachment, and consequent emotional reactivity. It keeps us attached to our story and makes everything bigger. The hook is likes and dislikes or attraction and repulsion. We want the good and try to avoid the bad and ugly. Both sides keep us in the drama. The physiology and anatomy of this is energy going down and out into the world where it attaches to things and outcomes. Yoga reverses this trend by moving energy in and up the spine towards One Unified Love.
- Love, service, wisdom, and stillness create heat, a karma-burning furnace of sorts. Love burns karma, mine, yours, ours. Or, if you prefer, healing qualities are more powerful than any painful problem.
- In the largest sense, we are addicted to the world. Yoga pranayama moves energy from our worldly attachments to the higher centers in the spinal cord and brain where we find the hidden treasure and the secret of all creation: The Big Peace, Love, and Joy we crave is in the body temple itself. Moving energy in and up the spine to the spiritual eye and Thousand-Petaled Lotus in the brain is more holy than any place of pilgrimage.
- In higher states, there is more space to receive the problems of life. The drama is progressively less important. It doesn't mean you don't care or do your work. Things are still important but less so.
- In meditation, we cultivate the silent witness, that part of us that is not our body or mind but pure consciousness, pure energy, or pure awareness. You must stop your mind to get there.
- We are addicted to the show with its fascinating stories, alluring objects, and sensual pleasures. Tests and trials come. We get trapped in our thoughts, feelings, desires, habits, attachments, and egos. Separated, mired, and hooked by the limitations of material consciousness, we miss our connection the soul and Spirit.
- Try not to confuse attachment with love. Attachment is about fear and dependency and has more to do with love of self than love of another. Love without attachment is the purest love because it isn't about what others can give you because you're empty. It is about what you can give others because you're already full. (Yasmin Mogahed)
- Love is holding on. Distance and detachment can be an excuse to avoid the suffering of intimacy. True learning occurs in the trenches. How else can we correct our flaws if not in the daily grind of relationships? But love is also letting go. Clinging and enmeshment stunt our growth.
- Attachment feeds the fire of reactivity. Love without attachment is water for the fire. Chop wood, carry water. Love and serve all. Let everything else go.



DAY 57: NON-INJURY

*An eye for an eye will make the whole world blind.
Do no harm to yourself and others.
Permeate every thought and act with patience, kindness, sweetness, tenderness, gentleness.*

HOT POTATOES

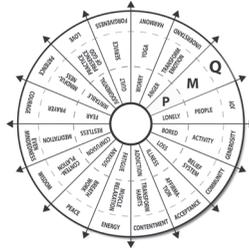
- How you manage your pain will determine whether you move forward, backward, or stay stuck in this life.
- Unskillful pain management is a source of untold difficulty. We give a huge amount of pain to each other unnecessarily.
- To illustrate, let's say each of us is born with one hundred hot potatoes. A hot potato is an unresolved painful problem that surfaces when we are stressed.
- Our job is to cool off the hot potato so we don't give it to others but it is too hot to handle. We don't know what to do with it so we flip it to the next person's lap, adding to their burden. They don't like it so they flip it back and give you a few of theirs. Alternatively, they absorb it and get sick.
- If we keep giving each other hot potatoes, everyone's burden increases. Examples include irritability, rudeness, yelling, passive-aggressive behaviors, addiction, control and power trips, greed, physical and sexual abuse, and more. Most of us do this at some level. It happens even if we are totally dedicated to not doing it.
 - a. Give some examples of others giving you their hot potatoes.
 - b. Give some examples of how you give your hot potatoes to others.
- The alternative is to manage our pain skillfully, to protect others by cooling off our own hot potatoes and not passing them along.
- Do you need some help in cooling off your hot potatoes? Try rolling the universal healing wheel. The wheel has fifteen methods and one hundred qualities designed to help you become a more skillful pain manager, to help you cool off your hot potatoes before you pass them on to others.

SCHOOL

- When you become aware that you have gone for a ride on the negative train of thought and you want to get off the train, practice the following method:
 1. Stop
 2. Breathe
 3. Present moment
 4. School
- When life gets difficult inside or outside, we try to get away. We run and resist by going into unawareness or fantasy. But the school of life is merely presenting a lesson we need to learn.
- Allowing the mind to wander is the equivalent of playing hooky from school. In mindfulness, we do not fight with the teacher or run. We pay attention, listen, and cooperate in order to graduate to the next level.
- Peace is not found by running away from problems; rather, we find peace by facing the problem or difficulty and going through it.
- Through the breath, we can enter rather than run from unpleasantness. By entering deeply into the present, we can extract the lessons and move on.
- When you are in pain, affirm:
 1. Life is school.
 2. Pain is the teacher if I open to its lessons.
 3. The lessons have to do with the cultivation of healing qualities.
- Consult the list of healing qualities listed in the spiritual alphabet. Which qualities do you need to develop to help you manage your current problem?
- Remember, the healing qualities in the spiritual alphabet are more powerful than any painful problem. By invoking and affirming these healing qualities, you create an inner atmosphere conducive to healing. As the healing qualities slowly burn up trouble-making negativity, you will experience a corresponding shift to peace and strength.
- Love, kindness, acceptance, and forgiveness are more powerful than any pain or problem. Be patient, understanding, compassionate, and gentle with yourself. This will help you face your problems, get the necessary lessons, and move forward.
- The teacher and the lessons are found in the moments of our lives. You cannot move up the chain of awareness without learning from these moments, and you cannot learn if you are not in school; that is, awake, aware, and focused on the present.
- The goal is to stay calm and suffer at the same time. We can do this if we create a healing space large enough to hold any problem or pain. Then we can allow our painful problems to exist in consciousness without the destructive aspects of denial, repression, or expression.
 - a. Denial and repression drive our painful problems into the subconscious and into the body, where they are stored as negative energy. The problem remains hidden and unresolved.
 - b. Destructive expressions of our pain manifest in a variety of ways, including exertion of power over others, irritability, anger, and aggression. In effect, we spread our pain and problems to others.

Healing Power: One Hundred Days of Love

- Alternatively, we can cultivate an internal healing space for the pain. We can do this by invoking an enlarged space filled with healing qualities. When we let our pain and problems play in an enlarged, peaceful, compassionate space, negative energy is released that has been repressed over the years within our subconscious and the body. By accepting pain and problems with compassion, we end the fear of releasing negativity. By stopping the fight within, the tension of repression dissolves.
- There is a profound feeling of peace when we turn the table on our suffering by offering no resistance. By fully accepting the inevitable suffering of life without repression and resistance, we gain internal power.
- When we gently and courageously enter our pain, we gain the knowledge and strength that will help us take on the next set of problems or lessons. This is pain control through acceptance or surrender.
- To shift gears from ordinary to higher consciousness, we need to think less, be aware of our breath, remain in the present, and accept pain as the teacher. Stay calm, be kind and gentle with yourself, and do the work. The result is non-injury, serenity, and spaciousness.



DAY 58: ONENESS

Even when tied in a thousand knots, the string is still but one.

Rumi

- An omnipotent power underlies and unites all. It is inside, outside, everywhere, extending forever in every direction, uniting all things and people. The great books and teachers call it the Tao, Buddha, Christ, God, or the Ocean of love.
- We do not enter this ocean. We are already in it. It is already in us. There is no separation. All is one. We live in this infinite ocean as a fish swims in water. The “water” is always right here offering peace, love, joy, wisdom, and safety. When we realize our oneness with the ocean, we know we are immortal, indivisible, and connected to all. (See *The Ocean and Wave* on Day 6 *Changelessness*, page 45.)
- Because of maya, however, we experience ourselves as isolated waves, separate from the ocean. Maya refers to the power inherent in ordinary consciousness that makes us think we are separate from the Creator, creation, and other creatures. Under the influence of maya, we experience the division, separation, limitation, impermanence, and suffering of ordinary or worldly consciousness.
- Maya is powerful and seductive. It is responsible for our hook to the physical plane. It tricks us into thinking we can achieve peace, love, and joy by focusing on the little wave of our life to the exclusion of the ocean. Under the spell of maya, we focus on our soap opera, possessions, and bodies while we exclude the Changeless One from our consciousness.
- We love maya, the physical plane, despite the limitations, impermanence, and suffering it imposes. However, in order to contact the Changeless One, we must reduce the power of maya as it has captured all of our attention.
- But the shift from maya to Oneness is not easy. To find the Changeless One behind the veil of ordinary consciousness, we need to do some work. *Healing Power* offers fifteen methods designed to help us do this work. With persistent practice of these techniques, we can experience our little wave as a part of the infinite ocean below. Then we know we are eternally safe and protected.
- The following exercises help us cultivate oneness.

BRING LOVE TO EVERY THOUGHT, FEELING, AND ACTION

- All religions, all this singing, one song. The differences are just illusion and vanity. The sun's light looks a little different on this wall than it does on that wall, and a lot different on this other one, but it's still one light. (Rumi)
- In ordinary consciousness under the influence of the ego, we experience the apparent division, separation, and impermanence of maya. In spiritual consciousness, under the influence of the soul, we experience Oneness.
- It's a matter of vibrations. Love is the key. When our consciousness and vibrations are freed of dross, when our love is pure and unconditional, we will be one with The Changeless One, the energy that permeates and flows through all things including us.
- No matter what the world and your body are doing, you can get help from the Omniscient, Omnipotent, Omnipresent love that is always right here, right now. We can mindfully remember to bring this love to every thought, feeling, and action.
- When you realize you have gone for a ride on the train of thought and want to get off the train,
 1. Stop
 2. Breathe
 3. Present moment
 4. Affirm: I bring love to every thought, feeling, and action.

FROM THE KARMA DRAMA TO LOVE AND ONENESS

- Karma drama: Under the spell of the external world, we focus on our soap opera, possessions, and bodies. We are addicted and attached to our story by the ego, which creates self-importance, attachment, and associated emotions. The hook is likes and dislikes, attraction and repulsion. We like the good and dislike the bad. Both sides keep us locked in the drama and result in a heightened state of reactivity. This corresponds to our energy going down to the lower three chakras and out into the world where it is attached to people, activities, events, and things. (See Day 18 Energy, page 78.)
- Love and Oneness: When we practice love, service, wisdom, and stillness, energy goes in and up to the higher centers in the spinal cord and brain. There is a corresponding movement from the emotions of the karma drama to love and oneness. There is less reactivity and more peace. Our service is ever-more refined and useful.

NOW BE SILENT

- Now be silent. Let the One who creates the words speak. He made the door. He made the lock. He also made the key. (Rumi)
- The mind of ordinary consciousness divides everything up; we see complexity and multiplicity. When we meditate and get into the room of stillness, we see the oneness and simplicity of love.
- Meditate and bring in as much stillness and love as you can. When you come out of meditation, bring that indivisible love to the complexities of your world. Everything improves with this simplicity.

MATTER AND SPIRIT

- The outer world is always calling, “I am people, activities, events, and things. Come out here and play with me.”
- The room of stillness is always calling, “I am love qualities and superconsciousness. Come in here. Be with me. Don’t lag behind in this seductive world which tricks you into thinking it is so important.”
- We stand between these two seemingly contradictory worlds, but there is no conflict when we roll the wheel and balance horizontal and vertical axis methods.
- When we stand between the two fields, matter and Spirit, and roll the wheel, the love field responds with ever-expanding healing qualities and higher states of consciousness. This principle applies whether your problem is tiny, small, medium, large, or huge. You can prove this to yourself through direct personal experience when you practice PMQ.
- Practice love and service on the horizontal axis and expand and purify your love with vertical axis methods; then you will experience progressively greater degrees of oneness until oneness is all there is.

A SHADOW OF THE BELOVED

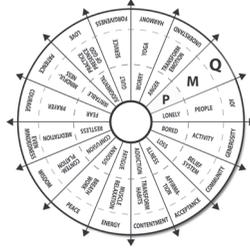
- In truth everything and everyone is a shadow of the Beloved. And our seeking is His seeking. And our words are His words. We search for Him here and there, while looking right at Him. Sitting by His side, we ask: ‘O Beloved, where is the Beloved?’ (Rumi)
- No one goes through life without the ups and downs of life: success and failure, health and disease, praise and blame, joy and pain, triumph and sorrow, and more. But the unified field of healing energy is everywhere present and cannot be broken. We can tap into this field to get help with any pain or problem.
- With long-term practice of PMQ, we immerse ourselves in the field of oneness, a field loaded with healing qualities and higher states of consciousness. May we never leave it and may it never leave us. May this love, compassion, forgiveness, strength, courage, and humor guide our every thought, feeling, desire, decision, and action and may we give this to all whom we meet.

AFFIRMATIONS

- We are the same being in different disguises.
- Every person is an extension of my Big Self.
- I look through the lens of oneness. In this field, every one is equal.
- I give myself a one-word command: Oneness.
- Oneness is love.
- All in One and One in all → supreme love → ecstatic joy.

POINTS TO REMEMBER

- The Sacred One is always right here, offering peace, love, wisdom, and safety. Whether eating, driving, walking, sleeping, working, dressing, cleaning, socializing, exercising, sitting, thinking, feeling, or dreaming, know you are in the Changeless One. Perform every action with the awareness that One Power connects all people, all objects, and all events.



DAY 59: OPENNESS

*Don't put blankets over the drum!
Open completely.
Let your spirit ear listen to the green dome's passionate murmur.*

Rumi

- I know you're tired, but come. This is the way. (Rumi)
- You are so weak. Give up to grace. The ocean takes care of each wave till it gets to shore. You need more help than you know. (Rumi)

MINDFUL SCHOOL

- Life is school.
- Pain is the teacher if you open to the lessons.
- The lessons always have to do with the cultivation of healing qualities.
- There are classes, teachers, subjects, and tests.
- Do you know life is school?
- Do you know what class you are in?
- Do you know the subject?
- Do you know the teacher?
- Have you been in this class before?
- Have you figured out the lessons you need to learn?
- *Healing Power* offers a curriculum of fifteen methods and one hundred qualities you can practice in response to your pain and problems. Stay open to these options. Try them on for size. Practice a little bit each day. See what works for you.

- Perhaps you know you are in school but you think you are more advanced than you are. If this is the case, the Principal of The Universal School of Life will make the adjustment for you. The right classes, teachers, and subjects will make themselves known to you.
- Perhaps you know you are in school but you sell yourself short by signing up for classes you have already mastered. That same Principal will guide you to the proper curricula.
- Perhaps you know you are in school and you accept your classes, subjects, and teachers, do the homework, pass the tests, and move on. Keep up the good work!

MEDITATION AND CONTEMPLATION

- The brain is more plastic, malleable, and receptive during meditation.
- Meditate. Bring in as much stillness as you can.
- Then read a portion from your favorite sacred text or saint.
- Drop that wisdom pearl in the room of stillness.
- Let your pearl vibrate and spread through your entire being and surrounding space.
- When you come out of meditation, give that enhanced peace, love, joy, power, and wisdom to all whom you meet.
- When we practice affirmations during meditation, we rewire our brain and thinking. We move in the direction of our affirmation. We experience a kind of mental health greater than we have ever known before.
- Meditation and contemplation are a hall of fame power couple for the ages. They work together for advanced healing like no other.

ABYSS PAIN VS TIME RELEASE PAIN

- We want to be able to sit with our pain and learn from it. Sometimes we can do this but sometimes, life presents complex and overlapping problems that overwhelm our defenses and bring us to the abyss.
- Abyss pain is dark, scary, overwhelming. We are afraid of being swallowed, breaking into a thousand pieces, unable to put it together again. What is the best way to manage abyss pain or severe pain of any kind?
- When pain is very intense, we can balance methods in two categories:
 - Methods that distract, soothe, and comfort.
 - Methods that may cause the pain to get worse before it gets better.
 - For the most part, soothing methods are people, activities, church, synagogue, mosque, twelve-step and other healing groups, progressive muscle relaxation, breathwork, contemplation, prayer, affirmations, mindfulness, the presence of God, service, and yoga.
 - Methods that may cause the pain to get worse before it gets better are meditation, habit transformation, and transformation of emotion.
 - The combination of techniques we need on any particular day may vary depending on how we feel.

Healing Power: One Hundred Days of Love

- When we feel strong and ready to take on some pain, we might schedule an hour for meditation and transformation of emotion. If an overwhelming pain wave emerges while doing deep inner work, we can shift gears and turn to more soothing methods: TV, popcorn, friends, twelve-step meetings, breathwork, and affirmations until we are ready to go back inside.
- Although some might profit from scheduling an hour, others may prefer a less formal approach. For example, we can practice transformation of emotion and meditation for as long as we wish or until the pain is too intense, at which point we can shift to more soothing actions like being with friends or going to the gym.
- We can move from emotional processing to being with a friend for dinner, to emotional processing, to watching television and eating popcorn, to meditation, to physical exercise, to going to a meeting, and so forth.
- With this balanced approach, we can learn how to:
 - a. Move into pain we do not know.
 - b. Release some of the pressure without breaking apart.
 - c. Ride increasingly bigger pain waves.
 - d. Control pain so pain does not control us.



DAY 60: ORDER

In seemingly empty space there is one link, one life eternal, one way of life flowing through everything, animate and inanimate, unifying everything in the universe, a oneness of life, a unity and harmony so vast, so perfect, breathtakingly perfect, that it automatically breeds reverence and humility.

Yogananda

- The techniques described in this work show us how to create order by placing our needle of attention on healing qualities referred to as love. We learn how to think, feel, visualize, and ultimately become these qualities. The qualities then help us broker and buffer any painful problem and in so doing, restore order to our inner life and align us with the higher invisible order of the universe.

REPLACE FIXED NEGATIVE CORE BELIEFS WITH HEALING QUALITIES

- Mark Twain said, “My life has been filled with misfortunes, most of which never happened.” Junk thoughts: we all have them. Some are more common than others. I am a loser. I don’t deserve to get well. I can’t do this. I am invisible. I don’t matter. I am wrong. I am bad. I am not good enough. I am weak. I can’t change. Do you struggle with fixed negative core beliefs? What is in your hall of fame of junk thoughts?
- Our goal is to root out fixed negative core beliefs and replace these with thinking patterns related to the healing qualities: peace, love, joy, power, wisdom, strength, courage, patience, kindness, compassion, and understanding. We are the qualities. This is the true self. To realize the true self, we have to get rid of every last trace of conscious and subconscious negativity.
- Change your thinking. Keep your thoughts consistent with the qualities. When negative or junk thoughts arise, switch to positive thoughts synchronized to the qualities. Stay with the qualities when the going gets rough.
- Review the list of one hundred healing qualities. (See page 11). These one word affirmations have unlimited potential healing power. They give off electromagnetic healing waves that hit every cell of your body, surrounding space, and other people.
- When you realize you have gone for a ride on the negative train of thought and want to get off the train:
 1. Stop
 2. Breathe

Healing Power: One Hundred Days of Love

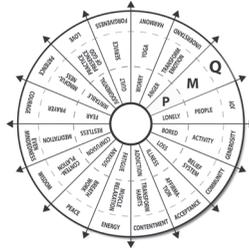
3. Present moment
4. Affirm peace, courage, compassion, or any of the listed qualities
5. Practice these like physical pushups: the more you do, the stronger you get

POINTS TO REMEMBER

- The mind is like a jukebox. Brain grooves are the records. Practice affirmations related to healing qualities. Eventually you will cut the new song habits of your true self, songs of peace, love, strength, courage, perseverance, forgiveness, understanding, and humor.
- Find your most negative thought and write a polar opposite affirmation to counter that thought. Replace *I can't* with *I can*. Challenge *I am an awkward, homely loser* with *I am compassionate, loving, kind, and warm*. What affirmations will you create to counter your negative fixed core belief?
- The goal is to manifest the qualities in full bloom at all times but this is impossible. Our imperfections get in the way. But we can make the qualities grow a little bit each day by making them our new fixed core beliefs and lifelong affirmations.
- Remember this is a slow process. It does not work overnight. It takes time and effort to build up the new brain groove so it can compete with the old one that has had the power for years if not decades.
- We can start by fixing the qualities to our mind first, then our heart, then our bones. Start with the mind. Fix your mind to the qualities and the qualities to your mind and don't let go. Rivet them in. Don't let anything knock you off that pedestal. Then fix the qualities to your heart and bones.
- Focus on one or a combination of qualities not just for a few minutes but throughout the day, 24/7 for the rest of your life. Give the qualities to yourself and others at all times. This is true mindfulness and wisdom in action.

AFFIRMATIONS

- Balance, rhythm, harmony, order. Make this your mantra for a day.
- No matter what circumstances arise, I trust in a higher, invisible order.
- I roll the wheel to align myself with the higher order of things.
- I do all I can to solve problems. Then I accept the outcome and surrender in peace to life as it is.
- I acknowledge pain and tragedy as part of the natural way of things.
- I resist the desire of the ego to be ruler of the universe.
- Rather than trying to control events, I gain an appreciation for the unfolding of the story, no matter which direction it takes.
- I bask in the mystery, tolerate ambiguity, and face the unknown.
- I accept on faith that what occurs is best, including struggle.
- I learned it is possible for us to create light, sound, and order within no matter what calamity may befall us in the outside world. (Helen Keller)



DAY 61: PATIENCE

When you go through a hard period, when everything seems to oppose you, when you feel you cannot even bear one more minute, never give up. Because it is the time and place that the course will divert.

Rumi

THE RUDE BUS DRIVER AND THE COLD-HEARTED NURSE

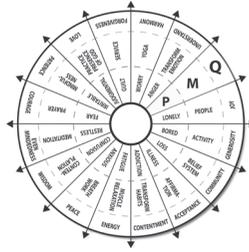
- Your day may be progressing pleasantly until one of the setups of life disrupts your harmony. Perhaps a rude bus driver does not accept your bus pass, or a nurse calls you from the doctor's office with the news that you need further testing because of a dark shadow in your chest x-ray. She does not give you any other information, and her attitude is cold and detached.
- On the recovery path, we try to respond to such difficulties with one or a combination of healing qualities. Though the bus driver was wrong and the nurse behaved unprofessionally, we try to remain calm, compassionate, and patient. Often, however, we lose control and contribute to the existing negativity with our own frustration and anger.
- When life springs a challenge—such as the rude bus driver or the cold-hearted nurse—we can respond with frustration and anger, or we can do an inner workout. The inner workout utilizes our will with a practice method to cultivate a healing quality. For example, we could do some inner push-ups, such as deep breathing and affirmations of loving-kindness. With repetition and practice, we expand our ability to give a compassionate response to irritable, rude, provocative people. When we encourage these habits in ourselves, we cultivate inner strength and peace while others profit from our work because we do not add fuel to their fire.
- To regain a positive response as soon as possible when you lose control, review the list of healing qualities, page 11. You might choose patience, kindness, compassion, and understanding as the qualities to inspire your response. Then consult the list of methods, page 14. You might try affirmations and breathwork to help you cultivate those qualities.
- In these examples, the rude bus driver and the cold nurse are the problem (P). Breathwork and affirmations are the methods (M) used to cultivate the qualities (Q): patience, kindness, compassion, and understanding. This is called rolling the universal healing wheel or practicing PMQ. When you roll the wheel, you are healing.

Healing Power: One Hundred Days of Love

1. Problem: Today I had to deal with a rude bus driver and a cold-hearted nurse.
 2. Method: I practice affirmations and breathwork.
 3. Quality: I cultivate patience, kindness, compassion, and understanding.
- The value of responding with patience, kindness, compassion, and understanding is clear. We feel better, and those around us—maybe even the bus driver and the nurse—feel better. Not only that, but our healing power goes up. Our cells love peace. When bathed in the vibrations of peace that come from practicing affirmations and deep abdominal breathing, the cells have a better chance to heal.
 - When presented with a painful problem, it is natural to become frustrated, frightened, or angry. However, it is not a good idea to get stuck or to focus on these painful emotions. Instead, turn the tables on the pain and make it work for you by invoking the imagery of school. Say to yourself, “Okay, school is in session,” and affirm:
 1. Life is school
 2. Pain is the teacher if I open to its lessons.
 3. The lessons have to do with the cultivation of healing qualities.

POINTS TO REMEMBER

- We need to recognize our problems, but we should not focus on them. Rather, we should focus on the method and the quality. Place your needle of attention on the methods and qualities—for example, deep abdominal breathing and peace—rather than on your anxiety. Then you will see the slow but sure development of patience or whatever quality you are cultivating.
- We climb a mountain one step at a time. Similarly, we build our practice each day by applying a healing method one step at a time. Healing qualities grow slowly. Patience is necessary. By taking small steps and building our program gradually, we will have a strong spiritual foundation upon which to build higher floors.
- You can start a practice such as meditation or mindfulness five to ten minutes twice a day and gradually build up your time. If this seems intimidating, try starting at thirty to sixty seconds twice a day. Practice any method for just a few moments and minutes and build from there.
- You progress by taking one step at a time. Little by little, you get there. No matter what comes, press on. Eventually you will perfect the techniques. Perseverance is the key. It gets easier, but you must persevere even on difficult days. Give your best effort. Your concentration will expand. Eventually you will learn to stay with a method at will throughout the day.
- Start where you are right now and begin your patient daily practice.



DAY 62: PEACE

Inner peace is not found by staying on the surface of life, or by attempting to escape from life through any means. Inner peace is found by facing life squarely, solving its problems, and delving as far beneath the surface as possible to discover its verities and realities.

Peace Pilgrim

- We have an absolute need for unlimited peace. This is called the Core Drive. We try to achieve the Core Drive exclusively on the horizontal axis of people, activities, events, and things, but this is impossible. On the physical plane, suffering is inevitable, time is limited, and death wins in the end.
- When we persist in our efforts to achieve permanent peace on the physical plane, our motor overheats. We get stuck in the mud. We become unnecessarily reactive. The restless mind, highly reactive emotions, excessive material desires, attachments, and bad habits, hyperactivity, physical pain, and the ego present an imposing array of problems.
- The saints and masters of the great faith traditions diagnose our problem: we are trying to achieve perfect peace outside. They give us the good news: it can be realized inside. In fact, they tell us, it is already there waiting patiently for our discovery as the true self. They call it the Buddha, Image of God, Child of God, the Soul, the true self, or higher self.
- We already have the deep, permanent peace we seek. It is always with us, inside. We can dwell there every moment of our lives. No condition of the world or body can touch it. To find this unlimited peace, we must look within. If we do not find it there, we will not find it.
- The permanent peace of the soul is our natural state, our true self, and our birthright. We can have soul-peace no matter what condition befalls us; however, we must do some work. We must introspect, face reality, and solve our problems. We must conquer our bad habits, restless mind, reactive moods, excessive desires, and egotism. We must go beneath the superficial waves of the world, slow down, and go inside. We must love and serve.
- In short, to get the lasting peace of the soul, we need to skillfully manage our suffering and develop a spiritual practice. If we do the work, peace slowly expands until it becomes permanent. Following is a suggested ten-step pathway to the immutable peace of the soul.
 1. Solitude
 2. Introspection

3. Contemplation
4. Affirmations
5. Meditation
6. Mindfulness
7. Practicing the presence of God
8. Love and service
9. Grace
10. Peace of the soul

1. SOLITUDE

- When we suffer, we turn to the world for support and relief. While it is obviously good to have the support of wise, compassionate people and meaningful activities, an important part of spiritual growth is shifting the locus of control from outside to inside.
- At times of crisis, the ultimate defense is the deep peace of the soul. To attain this, we need quiet time alone for introspection, contemplation of spiritual wisdom, affirmations, and meditation.
- Our addiction to the outer life makes it difficult to retreat. Cultivating the new ground of solitude is akin to withdrawing from a substance of abuse like alcohol or drugs. When we retreat, we may feel anxious and crave our habitual pattern of activities. If we answer the call of this craving too quickly and fail to go through the rigors of withdrawal, we will not bring the critical element of solitude into our program. It may be difficult or impossible to find the perpetual peace of the soul unless we have periods of retreat for introspection, contemplation, and meditation.

2. INTROSPECTION

- Instead of running to our favorite escape such as television, the Internet, radio, food, sex, shopping, or golf, we can sit in quiet solitude and look inside. If we stay with the feelings that come up, we discover what we have been avoiding: painful emotions, bad memories, flaws, mistakes, fear of loss, fear of the abyss, fear of death, and fear of fear. These painful problems arrive in the school of life to get our attention and show us where to work. We can work on these problems with any one or combination of the fifteen methods described in this model. When we do the work, peace expands. Peace is on the other side of every painful problem.
- In order to build a durable peace, we must face all of our problems. We must go through whatever comes our way. We have to work through every layer of pain. If we avoid a problem, it continues to show up in different forms, directing us to the necessary work. If we do the work, peace slowly grows. Eventually, we can remain at peace under all conditions, including the transition to the great unknown: death
- Staying in the pain is not just a good idea; it is the bridge between attachment, dependency, addiction and spiritual power. When the going gets rough, we panic, drop the experience, and escape to one of our worldly habits. On the other hand, if we ride every wave of pain until it dissipates, peace increases until it becomes permanent.

- Attaining immutable peace is a tall order. We need some additional tools. Following is a brief review of contemplation, affirmations, meditation, mindfulness, practicing the presence of God, love, and service. With these practices and grace, our painful problems eventually melt into the unlimited peace of the soul connected to Spirit.

3. CONTEMPLATION

- Contemplation of wisdom helps us manage the problems and fears we discover through introspection. Study a passage from your favorite sacred book related to peace of mind under all conditions. Then practice even-minded peace throughout the day.

4. AFFIRMATIONS

- In retreat and in activity, we can repeat affirmations of peace. The repetition or chanting of the affirmation helps us maintain peace of mind no matter what happens. Choose one or a combination of the following affirmations, or make up your own:
 - Peace is on the other side of every painful problem.
 - I am calm.
 - I am poised.
 - I am peaceful.
 - I am patient.
 - Peace is everywhere.
 - I swim in the ocean of peace.
 - Peace expands, filling my body and all space around me.
 - Peace flows through every thought, feeling, and action.
 - Peace flows through every cell in my body.
 - I am a peace warrior.
 - I stand serene in the center of life's storms.
 - I never lose my peace
 - I am in the peace of the soul no matter what comes to me.
 - Peace is in every movement of my body.
 - All worries dissolve in the light of powerful, peace thoughts.
 - I choose peace in all situations.
 - Peace is the order of this day.
 - Peace flows through me like a gentle wind.
 - Peace eliminates worries.
 - Peace eliminates mental restlessness.
 - Peace vitalizes every cell of my body.

Healing Power: One Hundred Days of Love

- Peace is inside and outside, left and right, above and below, in front and behind ... everywhere.
- I do everything with peace.
- I stay deep in the ocean of peace, below the choppy surface waves that try to bait me.
- No one can steal my peace.
- Nothing can touch me.
- Nothing can ruffle me.
- It does not matter what the world or my body does. I am at peace.
- The rougher it gets, the softer I get.
- I inundate my mind with constant thoughts of peace.
- I affirm continuous peace.

5. MEDITATION

- The ultimate retreat is in the stillness of meditation. Here we find the deepest peace, more than in any worldly activity.
- The Bible says, “Be still and know that I am God” (Psalm 46:10). The peace of the soul and Spirit is there, in the stillness.

6. MINDFULNESS

- We can practice the presence of peace in every waking moment of our lives. Practicing the presence of peace during activity is meditation in action, or mindfulness.
- When we are restless and distracted, we lose contact with serenity. To counter this, we can use breathing and affirmations related to peace in response to all events. When the chaotic world enters our life and we respond with a chaotic mind, we can follow these steps:
 - a. Stop: the first step is to realize that our mind is in a chaotic or negative state.
 - b. Breathe: take several slow, deep, abdominal breaths.
 - c. Present moment.
 - d. Affirm: use one or several of the affirmations above to help return the mind to its natural state of peace and poise.
 - e. Act: we can perform every action in the presence of peace.

7. PRACTICING THE PRESENCE OF GOD AS PEACE (FOR THOSE WHO HAVE A GOD)

- God’s peace is omnipresent, eternal, infinite, and perfect. It is the underlying force behind all creation. We can get a glimpse of the harmonious operations of this cosmic power in the balanced movements of the planets and galaxies and in the beauty of nature: flowers, sunsets, oceans, mountains, and sky.
- We can align ourselves with this great power by practicing the presence of God as peace in every action.

- When the mind is restless, follow these steps:
 - a. Stop: realize the mind is restless or negative.
 - b. Breathe: take several slow, deep, abdominal breaths.
 - c. Present moment.
 - d. Affirm: affirm the presence of God as the omnipotent peace that rules the universe and the beauty that infuses nature.
 - e. Act: Perform every action in the presence of that peace. Omnipresent peace permeates every millimeter of space. The more we focus on peace, the more we will feel it in our lives. Eventually we stay deep in the ocean of peace, no matter what happens on the surface.

8. LOVE AND SERVICE

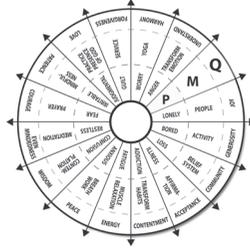
- Practicing selfless service reduces the ego and cultivates soul-peace. Personal difficulties dry up and blow away in the face of love and service. Where there is loving service, there is peace.

9. GRACE (FOR THOSE WHO HAVE GOD)

- God manifests changeless peace amid the most turbulent conditions. By grace, we can be in this peace. First we must do our part. In solitude, we can introspect, contemplate, affirm, and meditate. In activity, we can be mindful, practice the presence of God, love, and serve. With these practices, we purify our consciousness and help other people. With determination and will, we do our best and never give up. Slowly, peace expands.
- To get to the perfect peace of the soul, however, we need help. As we do our part, we can submit our problems to our Higher Power, asking for inner calm. With practice, our peace slowly expands until it is strong enough to weather the trials of life. This peace, this stillness, is a gift from God.

10. PEACE OF THE SOUL

- Buried underneath the rubble of our personal problems is the perfect peace of the soul. The soul is the witness. The witness is still, silent, spacious, and serene. Neither the world nor the body can touch us here. No pain, desire, impulse, or fear can enter. This is our haven. It is always at the center of our being. We can take shelter here no matter what happens. Nothing can be more important than finding changeless peace within. When we know this place, we need not fear any condition.
- We can slowly work our way to this peace by practicing retreat, introspection, contemplation, affirmations, meditation, mindfulness, the presence of God, and loving service. With these practices and God's grace, we learn how to live in the world and simultaneously maintain peace and poise. Then we are a force of peace in the world.
- At mastery, we can stay deep in the ocean of peace, unaffected by the turbulence of the surface waves of change. We know God inside as perfect peace, and outside as the infinite peace that rules the universe. When we learn how to be quiet within, we can experience the Changeless One who underlies all creation.



DAY 63: PERFECTION

How will you know the difficulties of being human, if you're always flying off to blue perfection?

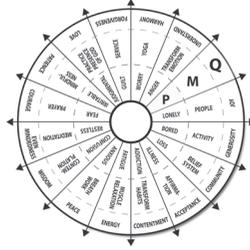
Rumi

- The saints and masters of the great faith traditions tell us that the pure, perfect, and unlimited peace, love, and joy we seek can be found inside. They call it the Buddha, Image of God, Child of God, the soul, love, or higher self. It doesn't matter what you call it. Just practice love and watch everything improve.
- Key principle: love is the great healer and great pain manager. It is more powerful than any painful problem. We know how to make it grow. As it grows, our pain is contained, reduced, or eliminated. We feel better, become better people, and experience higher states of consciousness.
- With the practice of the recommended methods, we can bring our energy and consciousness into a process of purification where problems and ego are burned off and replaced by healing qualities and love. Our consciousness is refined to an ever-increasingly higher grade of peace, love, joy, power, and wisdom which we then give back to the world as ever-more-useful service.
- This process of purification towards perfection sounds good and it is, but it all too often becomes a problem. We are climbing a mountain of healing qualities and higher states of consciousness with Buddha, Jesus, Krishna, and other God-realized masters at the top. We want to be there too but cannot due to our imperfections. The distance between where we are and the top may create unnecessary guilt, low self-esteem, and neurotic perfectionism. Following are some suggestions to help with this common problem.

DO YOUR BEST AND LEAVE THE REST

- In this work, you will find a versatile toolbox of fifteen methods. The list of methods is not intended to be all-inclusive. You are encouraged to heal by any method that works for you.
- The methods help us heal and manage our pain skillfully. With practice, you can wire the methods in the neurocircuits of your brain and make them your new good habits. Once these habits are in place, you can call upon them to help you manage your pain and problems.
- When practicing the methods, we learn how to turn it down a notch so we can enter a difficult situation with a wise mind, sometimes referred to as even-minded under all conditions.

- You can practice any one or combination of methods for any length of time. Study and practice the methods to see which ones work best. Start with one or two and build from there at your own speed. Take your time. Build it up slowly. We are in this for a lifetime.
- Start wherever you wish. You are encouraged to choose the methods that work best for you in any combination. Some people may only practice affirmations and breathwork. Others focus on meditation and mindfulness.
- Your ability to focus on your spiritual method and quality will vary from day to day. On days when you are tired and need rest, you might just watch TV and eat popcorn. At other times, when you feel ready, you can do the deep inner work of transformation of emotion and meditation, the two most difficult techniques on the vertical axis. Pick a method or combination of methods that suits your needs at the moment, and do not worry about perfection. Just do your best and leave the rest.
- To avoid neurotic perfectionism we give our best each day, knowing this is all that is expected. We can accept mistakes, failure, and awkwardness as part of the natural process of growth. We can see setbacks as opportunities to discover what we need for future successes. While engaged in the struggle to improve, we can cultivate humor, fun, laughter, and joy. This helps us not take ourselves too seriously.
- Advanced sages describe perfect peace, love, and joy when the soul merges with Spirit, an impossible goal for anyone but a master. While it is good to strive for this elusive goal daily, don't be a compulsive perfectionist and drive yourself crazy when you come up short. Cultivate understanding, compassion, forgiveness, and gentleness for yourself and others. Relax. Be human. Have fun with it.
- The only criterion for progress is doing your best. Practice PMQ and you will move forward. While you may not see your growth in the beginning, at some point you will. And remember this: effort is progress.



DAY 64: PERSEVERANCE

Your legs will get heavy and tired. Then comes a moment of feeling the wings you've grown, lifting.

Rumi

LITTLE STEPS, LITTLE VICTORIES

- We want perfect unconditional love and associated qualities but we cannot achieve this because of our imperfections. Make peace with your imperfections, keep that shining goal before you, and remember this: growth is slow, painful, and difficult but inevitable if we make the necessary effort.
- The way is paved with little steps and little victories. When we fall down we get up. We persevere. With work, effort, little steps, and little victories, we move past our current level, no matter that level, to a place beyond our imagination.
- You progress by taking one step at a time. Little by little, you get there. No matter what comes, press on. Eventually you will perfect the techniques and qualities.
- Perseverance is the key. It gets easier, but you must persevere even on difficult days. Give your best effort. Your concentration will expand. Eventually you will learn to stay with a method and quality at will throughout the day.
- Effort is progress. One, two, three, four, little steps, little victories.
- Use every circumstance and every moment as an opportunity to practice. Eventually you will experience the wonderful expansion of peace, love, joy, power, and wisdom.
- Healing qualities are the route to higher states of consciousness. Keep going and you will experience the peace that surpasses understanding, pure unconditional love, and ecstatic joy.
- On your way to this very high state, the only criterion for progress is doing your best. Practice PMQ and you will move forward. At some point, you will feel it.

ENDURE WITH COURAGE

- Winds may blow strong in my face, yet I will go forward and never turn back. I will continue forward until I have finished. (Teedyuscung, Delaware)

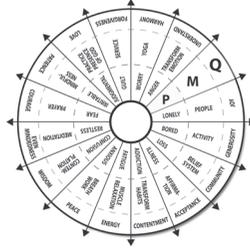
- When stuck with problems that will not go away, we can use our will power to practice methods, cultivate qualities, and endure with courage. This is the work.
- Accept and endure your problem with courage.
- Apply your will power to the methods.
- Apply your will power to cultivate the qualities.
- As you practice, the quality is growing but you may not feel it.
- Expect bouts of unskillful pain management due to old brain grooves carrying negative thought and emotional habit patterns that take over against our will.
- The way forward is practice. Practice is life-long. Be patient.

THE GREATER THE PAIN, THE GREATER THE VICTORY

- The deepest suffering requires the deepest healing.
- The bigger the pain story, the more work we have to do with methods and qualities to manage it skillfully.
- For example, problems can be 1–100 in severity. If you have a 1-unit problem, you need 1 unit of a healing quality to match. I am a little anxious so a little meditation can work to calm me down.
- A 20-unit level of anxiety would require deeper and longer meditation.
- An 80-unit problem will require day-to-day, hand-to-hand combat for weeks, months, or years. Despite the long-term effort required, the payoff on bigger problems is great. The healing qualities we need to manage that pain skillfully will have to match and exceed 80 units. Big doses of peace, courage, strength, compassion and the other qualities can then be enjoyed, shared with others, and deployed for tests to come.
- Perseverance is the magic of spiritual work. Make the effort. Never give up. Get in there and fight. Eventually you will breach the barrier and then another.
- Walk the spiritual path, say little, love much, give to all, judge no one, aspire to all that is pure and good, keep on keeping on.
- I may not be there yet but I am closer today than I was yesterday.
- I fall, I get up. I fall, I get up.

POINTS TO REMEMBER

- Healing qualities are the goal and we want to manifest them in full bloom at all times but this is impossible. Our imperfections get in the way. But we can make them grow a little bit each day by making them our lifelong affirmations. There is always another step to take.
- Focus on the cultivation of healing qualities in the moments of your life. The expansion of healing qualities is the result of every little effort in each moment. Results are subtle, but they accumulate minute-by-minute, thought-by-thought, breath-by-breath.
- Focus on one or a combination of qualities not just for a few minutes but throughout the day, 24/7 for the rest of your life.
- Give the qualities to yourself and others at all times. This is true mindfulness. This is wisdom in action.



DAY 65: PLAY

Zero is where the Real Fun starts. There's too much counting everywhere else.

Hafiz

- When Hindus speak of the creation of the universe, they don't call it the work of God. They call it the play of God or lila. The purpose of the play is school and entertainment. We are to learn how to love unconditionally and enjoy the ride on the way.
- Life is school. Pain is the teacher if we open to the lessons. The lessons always have to do with cultivating healing qualities, which add up to love. School is work and it can be hard but it is also fun and sometimes entertaining. There are recesses, holidays, vacations, and eventually graduation to higher states of consciousness known as liberation, bliss, nirvana, or God.
- It is difficult if not impossible to see life as entertainment, however, if we are immersed in the drama, consumed by our problems and suffering. By taking a step back from the role we are playing, we can take ourselves less seriously. We can do this by framing life as a movie or a sport. We are actors in a role, players in a game.
- By not identifying completely with our role, we gain distance and perspective. When we reduce our tendency to exaggerate the importance of events, we eliminate some mental restlessness and high emotional reactivity. When we calm the mind and create more operating space within, we can enjoy the show.
- To experience life as spectacular show, try meditation. In meditation, we transition from negative to positive thought, positive thought to stillness, and stillness to higher states of consciousness. (For a review of meditation techniques, see Day 79 Silence, page 264, and Day 83 Stillness, page 275.)
- The path of progressively greater degrees of stillness in meditation leads ultimately to the soul. The soul is always completely still, no matter what tempest is happening outside. The soul, also known as the witness, is our true identity and the home of all of the spiritual qualities.
- To find the soul in the stillness of meditation is a valuable skill. It not only brings deep peace no matter the external condition, but also reveals our true identity. It is in stillness that we see our consciousness not completely identified with our body, mind, ego, and the external drama of life. We can see that we are the soul, that we are warm, compassionate, loving, courageous, and strong.

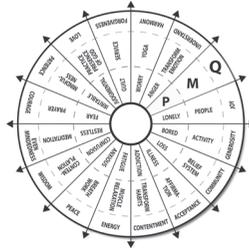
- On the way to progressively greater degrees of stillness, the mind continues to churn with all kinds of useless thoughts related to our concerns and insecurities. These thoughts come like waves, one after another. We are unable to stop them. But we can stop identifying with our thoughts as though they are the ultimate judge of reality.
- We must reduce the power of our thoughts so that we can give control of our consciousness back to the soul. We can do this in meditation by watching our train of thought without getting aboard the train.
- The mind will go on and on indefinitely, even after we start meditating. However, rather than being swept along with the movement on the train of thought, we can simply watch it go by, noting thoughts are merely thoughts. They are not the whole of reality, not who we are, and not in control of our lives. In this way, we can reduce their importance, their charge, and their ruling power.
- As meditation proceeds and the mind quiets, we have a chance to step back from the drama of life and view the story as if it were a movie or a play. We are still actors, but now rather than identify with the characters we play, we become the observer or witness. This detachment gives us a chance to relax in the face of our troubles.
- We gain perspective and objectivity as we begin to see that we are not our thoughts, ego, problems, or role in the drama. As we step out of the movie-mind and approach the soul, we realize that our ego and problems must be dealt with, but they are not who we are. We are the soul, a composite of the most wonderful qualities.
- If we practice with diligence and discipline, if we persist and refuse to quit, if we give it our best over days, weeks, months, and years, slowly but surely the mind calms and is replaced by stillness. There are progressively greater degrees of quiet resulting in a state of absolute stillness.
- When we enter and delve into this domain of stillness, we arrive at a state where we want to be all the time. Here we find the peace that surpasses understanding, a love that is pure, perfect, and unconditional, and a joy so intense that we call it ecstasy. This is a place of no pain and no problems, where nothing can harm us and nothing can touch us. This is the soul.
- When we stop the waves of activity from the world, body, senses, and mind and sit in the stillness and spaciousness of deep meditation, we absorb strength, courage, compassion, and wisdom. We become who we really are: compassionate, loving, serviceful human beings, capable of managing any problem or pain in the school of life. We enjoy the show in the theatre of life. We are ready for anything.
- Take a time out from school and have some fun. But be sure to get back to your classes. Don't be late and don't play hooky. Then you will be ready to pass the tests and move on to the next grade and eventually graduate to higher states of consciousness: liberation, bliss, nirvana, God.

POINTS TO REMEMBER

- Knowledge that is acquired is not like this. Those who have it worry if audiences like it or not. It's a bait for popularity. Disputational knowing wants customers. It has no soul. The only real customer is God. Chew quietly your sweet sugarcane God-Love, and stay playfully childish. (Rumi)
- There is one way of breathing that is shameful and constricted. Then, there's another way: a breath of love that takes you all the way to infinity. (Rumi)

Healing Power: One Hundred Days of Love

- Good work and joyous play go hand in hand. When play stops, old age begins. Play keeps you from taking life too seriously. (George Byron)
- If the Creator created anteaters, duck-billed platypuses, giraffes, clownfish, pink flamingos, and us, surely the Holy One has a great sense of humor and invites us to nurture a spirituality of play. (June Mack Muffin)



DAY 66: POSITIVE THOUGHT

*So watch your thought and its ways with care
And let it spring from love born out of concern for all beings*

Buddha

- What goes on in the mind is monumentally important. It has great power to do harm or good. It can be our greatest friend or our greatest enemy. It contributes to our health, and it can make diseases worse. It creates mental storms or gives us the peace we so desperately crave. Yet most of us remain unaware of how it works. We don't think about thinking.
- We allow our thoughts to wander freely like a pack of wild horses in the wilderness, with no goal or direction. Junk thoughts, false beliefs, distortions, and delusions play in the attic of our body-house without restriction. We get stuck in negativity. Fear, insecurity, worry, and doubt rule the day. The restless mind has a life of its own. It won't quit. There's a manic in the attic. We ask him to leave, but he won't go.
- There is a way out. We can change the way we think. We can replace restless, destructive thoughts with the wisdom of the ages. Powerful, beautiful, deep, peaceful thoughts can be our invited guests and can ultimately take up permanent residence in our body-home.
- This chapter introduces the science of healing affirmations. Here you will learn how to exercise the inherited but dormant powers of your mind. This work will help you in every dimension of your life. You will learn how to shift mental gears from negative to positive. Your relationships will improve. You will be more productive. Your healing power will grow. You will become a more skillful pain manager. You will feel better, become a better person, and experience higher states of consciousness.
- Thoughts, both negative and positive, have great power; they are magnetic, but unlike ordinary magnets, they attract their equals—not their opposites—according to their vibrations. Negative thoughts attract negativity; positive thoughts attract positivity. Remembering this simple principle can change the course of your life. You can change your destiny by changing your thoughts.
- The science of healing affirmations teaches us how to send powerful positive thoughts as chemical, electrical, and magnetic waves to our conscious and subconscious minds and to the cells in our body.

Healing Power: One Hundred Days of Love

- Through a simple maneuver involving free will and choice, you can learn how to deploy your own thoughts to break through limitations, transform bad habits, turn failure into success, and activate your healing powers.
- Thoughts have leverage in the inner workings of our cells having to do with transforming disease into health. By using affirmations to cultivate spiritual qualities, you can stimulate healing power. When you align your thinking with such qualities as peace, compassion, and loving-kindness, you set up harmonious conditions for the healing power to do its work. The right condition for healing is a mere thought away.
- The discovery that we are both the problem and the solution in the intimate proximity of our own minds is of enormous importance.
- A new level of responsibility and work is assumed when you learn how to apply the power of thought to affect any need or condition.
- Life is a battle between negative and positive forces. In the mind, this battle takes place between positive and negative thoughts. Negative thoughts contribute to the disease process. Positive thoughts promote healing. Following is a description of how practicing affirmations can help you transform your mind into a powerful, positive healing force for yourself and others.
- The subconscious mind is a vast storehouse of memories, thoughts, and experiences. Most of us have experienced rejection, humiliation, abandonment, and the loss of loved ones. Many have had terrible trauma, abuse, accidents, or illness. These harsh experiences can lead to negative thought patterns or habits that cause unnecessary, ongoing pain. These patterns are stored in our subconscious mind and brain cells in negative thought circuits that lock us into destructive ways of responding to the world. Following are some examples of this type of negative thinking.
 - I am ugly, bad, guilty, and worthless.
 - I do not deserve to be healed.
 - I am a helpless, weak, inadequate loser.
 - I cannot change.
 - I am doomed to suffer.
 - I deserve punishment.
 - I will never be able to get out of this problem.
 - I can't beat this habit.
 - No matter what progress I make, something will come along to take it away.
- In response to life events, such negative attitudes emerge from the subconscious rapidly, automatically, and habitually. They often manifest in relentless repetitions referred to as ruminations or obsessions. The mind can get stuck in ruminations for minutes, hours, days, weeks, and longer. Some deeply embedded patterns can extend their influence over a lifetime. We have a tendency to underestimate the mind's negative power, much of which is submerged beneath our awareness.
- The science of healing affirmations teaches us how to access the conscious and subconscious mind so that these negative patterns can be brought to awareness, rooted out, and replaced by positive new brain circuits and thought patterns.

- The result is a positive, calm, focused, strong, and resilient mind, sharpened and ready for problem solving, managing life's harsh realities, and creating health, success, harmony, and joy. This is a good definition of mental health.
- Positive thoughts act like medicine released from the brain's own pharmacy. This thought-medicine cannot do its work, however, if negative ideas, beliefs, or attitudes neutralize its healing power. When a positive affirmation is stated, there is often an attack of negative thoughts or beliefs, which emerge from their storage place in the subconscious.
- For example, you may be fighting low self-esteem because of prior abandonment. To change your self-image, you affirm, "I am good, beautiful, worthy, and strong." However, your subconscious mind sabotages your efforts to create a new positive identity by releasing the negative counter-thought, "You are an insecure, awkward, homely loser." This negative thought has had control of your self-image for years. It is a well-established thought circuit that does not give up its power so easily.
- The effect of the countering negative thought is the same as if you wrote something with chalk on a board and erased what you wrote. The negative thought maintains its power unless neutralized by a stronger, positive thought force.
- The science of healing affirmations teaches us to use our concentration, will, feeling, and faith to infuse the positive thought with the necessary power to take hold in the subconscious mind.
- With practice, the positive thought slowly grows in strength and associates with other positive thoughts such as, "I am a good person. There have been many victories. People actually do like me. I have a lot to offer."
- At some point, we can deploy an army of positive thoughts to rapidly and effectively neutralize the negative ones. Then, when the same provocative situation arises to test us, our mind stays positive, poised, and peaceful.

THE TECHNIQUE FOR AFFIRMATIONS DURING PERIODS OF REST OR MEDITATION

- You are always affirming something in your conscious and subconscious mind. You can find out what is in there and get rid of what you don't like by practicing the following technique. You can perform this technique during periods of rest and before, during, and after meditation.
 1. Sit: Sit with a straight spine.
 2. Breathe: Take several slow deep breaths.
 3. Relax: Relax the body and calm the mind. Gather as much concentration and stillness as you can. Throw out all problems, restless thoughts, fears, insecurities, and doubts.
 4. Open: Open yourself to the idea that affirmations work and that all conditions of the body, emotions, mind, and spirit are changeable.
 5. Affirmations: Choose an affirmation. With your will and concentration, eliminate all other thoughts. Hold the affirmation in the center of your being for several minutes and repeat it with increasing intensity.

6. **Feel:** Feel the affirmation. Allow it to permeate your conscious and subconscious minds, every cell, fiber, molecule, and atom of your entire being and surrounding space.
7. **Visualize:** Visualize yourself as you imagine yourself to be when the affirmation has become completely real.
8. **Repeat.** When the mind wanders, bring it back to the affirmation.

THE TECHNIQUE FOR AFFIRMATIONS DURING ACTIVITY

- We can perform this technique when we are engaged in activities that do not require our full attention such as walking, washing dishes, cleaning, or driving in rush-hour traffic.
- We can also do this technique when our mind wanders into negativity, when we are upset, or when we want to change the direction of our thoughts for any reason.
- When you realize you have gone for a ride on the train of thought and want to get off the train, stop and follow steps 2–8 in the prior exercise.
- You can repeat your affirmation, mantra, or chant throughout the day.
- Every thought sets up a corresponding vibration. When you repeat a word, thought, or chant reflecting a healing quality such as peace, love, or compassion, you will eventually experience peace, love, and compassion.
- Avoid mechanical or dry repetition. Feel the affirmation in your heart. When your repetition becomes mechanical, bring it back into your heart and infuse it with feeling.
- Repeat the silent chant when you are working, cooking, shopping, cleaning, driving, walking, exercising, playing sports, or helping others.
- Repeat the affirmation with interest, attention, and feeling.
- At some point, notice the affirmation repeating itself even when you do not remember it.

WRITING AND RECORDING AFFIRMATIONS

- You can write affirmations on note cards and keep them in your pocket at all times. You can pull the card out during the day whenever possible.
- Pick a relevant affirmation, and repeat it until the idea deeply ingrains itself in both the conscious and subconscious minds.
- We can also record affirmations.

POINTS TO REMEMBER

- Nothing is closer to us than our own thoughts. It is in this realm that we can change our reality and our destiny.
- We look at the world through our thoughts as though they are glasses. Negative thoughts fashion a dark vision of the world. Change your glasses. Think positive thoughts rooted in love.

- Healing power is a part of the wisdom of the body. We can help it do its work when we think positive thoughts.
- We can work on any problem by affirming any one or a combination of one hundred healing qualities. Choosing thoughts in alignment with these qualities lights the fire of healing power. In so doing, we make an immediate contribution towards the transformation and healing of the world by reforming ourselves.
- In each moment of our lives, we have a choice concerning our thoughts and attitude. A negative thought unchallenged becomes the truth. As soon as we perceive a single negative thought, we can eliminate it with an army of positive thoughts. When feeling restless, affirm peace. When judging others, counter with an affirmation of loving-kindness.
- We compound our problems with our excesses. In response to the difficulties of the world, we respond with mental restlessness, high emotion, bad habits, and greed. Our selfishness gives us the illusion of protection while creating more fear and insecurity. Instead, we can respond with compassion, peace, and understanding—powerful healers that neutralize all types of negativity.
- In a state of deep meditation, we can plant our affirmation and visualization in the subconscious mind. With continued practice, this thought-picture grows in strength and power until it has enough force to become a new habit.
- Healing qualities are the gateway to higher consciousness. We can create the qualities we lack through concentration, will, thought, and faith. Pick a healing quality, breath it, affirm it, and practice it in your actions. Each time we align our thinking with healing qualities, we move one step closer to higher states of consciousness.
- When we see something we dislike, we can affirm our vision of goodness and beauty. We can apply the scientific principles of healing affirmations to eliminate all traces of negativity.
- Even when our thoughts are distorted and wrong, we endorse them as the gospel. Remember this: negative thoughts are just thoughts, not facts. We don't need to believe them. We can take away their invasive destructive power and replace them with the wisdom of the ages, healing thoughts centered in love, compassion, kindness, and understanding. The body, mind, and soul love this.
- You have the power to magnify or reduce your pain. Here is how it works: Pain is both physical and psychological. All pain is experienced in the mind and can therefore be influenced by the mind. Fearful thoughts magnify the inevitable suffering of life—this is called stress, or reactivity. When you strengthen your mind by practicing affirmations and the other methods described in this work, you can remain calm even when the body presents challenges such as disease and disability. Some people refer to this as a positive mental attitude, the power of positive thinking, mind-power, or mental yoga.
- We can do much more to heal ourselves through positive thought. Negative thinking leads to negative emotions and vibrations, which impede the healing process. Positive thoughts, feelings, and vibrations stimulate healing power. Of course, we need to eat right, exercise, and eliminate our addictions to tobacco, alcohol, and drugs, but it is equally important to replace thoughts of fear, insecurity, worry, and doubt with affirmations of peace, strength, and courage. We may not be able to eliminate disease and disability, but we can always soothe ourselves with positive thoughts.
- The mind is like a living room. The thoughts you let in become your furniture, decorations, and guests. Who and what is in your living room? Do you need some new furniture? New decorations? How often do you clean the room?

Healing Power: One Hundred Days of Love

- Many people suffer from thoughts of sin, guilt, fear, and punishment. Such thoughts are harmful to the immune system and may lead to disease. Try shifting gears toward thoughts that stimulate healing power. Bring in some affirmations of kindness, understanding, and forgiveness for yourself.
- To illustrate the power of thought, Dr. Biasiotto at the University of Chicago conducted a study of three groups and tested each group on how many free throws they could make. Then he had the first group practice free throws every day for an hour. The second group visualized themselves making free throws. The third group did nothing. After thirty days, he tested them again. The first group improved by 24 percent. The second group improved by 23 percent without touching a basketball, except mentally. The third group did not improve, which was expected. Such is the power of the mind.
- Affirmations are mental push-ups. When you practice affirmations, you are tapping into your inherited mental power. This is called mind-power or mental yoga. Pick a goal, and line up all of your thoughts toward accomplishing that goal. Don't let a single negative thought come in. If you dwell on the negative thought or experience, that becomes the goal. Train your mind to eliminate all traces of negative thought.
- Applying the power of positive thought to healing your life is simple, relaxing, and enjoyable. The results are of great benefit over time. Practice affirmations. You will be amazed when you see how the wonderful power of thought can change your life! Never underestimate the healing power of positive thinking.
- With affirmative thought, we can give ourselves inspiration and guidance, comfort and solace, transformation and purification. Fill your brain with wisdom the first thing in the morning and maintain it throughout the day. There is tremendous healing there.

Healing Power: One Hundred Days of Love

- This wonderful Native American parable speaks to the two wolves in each of us. The negative wolf creates pain. The good wolf heals.
- Are you mindful of the battle between the two wolves in you?
- Which wolf have you been feeding?
- What changes would you like to make?
- To find your power in the story, choose the good wolf, love, a composite of one hundred healing qualities.
- Often, our only place of power in the story is love. When we get this, we are really moving along.

AN ARMY OF ONE HUNDRED HEALING QUALITIES

- We are born with an army of one hundred healing qualities. They are standard equipment, built into the body from the start. They are in the genetic code as the inherited wisdom of the body.
- The jewels of this life lie at the very core of your being. You have within you right now the habits of a sage. You are not just good, you are very good.
- Did you know you are born with an army of one hundred healing qualities adding up to love?
- How does that make you feel?
- Review the list of one hundred healing qualities, see page 11. The list is not dogmatic. Take what you need and leave the rest.
- Notice Quality 101: Other. You are encouraged to add any quality you personally find inspiring. Can you think of some qualities you would like to add?
- You are also encouraged to delete any quality you wish. Which quality or qualities would you delete?
- What does your list look like?
- Your army of one hundred healing qualities awaits marching orders. Have you called them up? If not, what are the barriers?

ROLL THE UNIVERSAL HEALING WHEEL

- When overwhelmed, we feel frail or inadequate. Nevertheless, we always have more power than we are using right now; this is true no matter where we are on the path of healing and enlightenment.
- We can tap into our latent healing power by rolling the universal healing wheel or practicing PMQ.
- To find your power in the story: 1. Define your painful problem. 2. Choose a method. 3. Choose a quality.
- You have one hundred healing qualities. The qualities are your power in the story no matter what form or direction your story takes.
- No one can give you the qualities or take them away. You already have them and you make them grow or shrink by the choices you make. Find healing qualities most useful to you in the moment and cultivate these with your method or methods of choice.
- The universal healing wheel is packed with wisdom. Practice PMQ and you will see how it works. You will learn how to sit with your pain, ride the pain waves, and find your power in the story.

- Right now, at this very moment, you have more power than you are using. Tap into that power and use it to do the work of self-healing. Focus all of your powers on the cultivation of love. Go to the source. The source is in you.
- There is a fountain inside you. Don't walk around with an empty bucket. (Rumi)

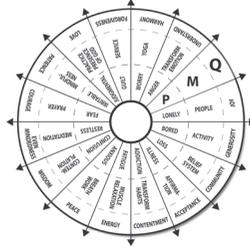
- If you do this work, you become a more skillful pain manager, expand healing power, and evolve. You feel better, become a better person, and experience higher states of consciousness.
- PMQ is the essential healing principle or $e = mc^2$ of all psychosocial, spiritual, and religious healing systems.

PROBLEM SOLVING AFTER MEDITATION

- It is not a good idea to work on your problems during meditation as meditation is about stillness.
- It is a good idea to work on your problems after you finish your meditation as the room of stillness is filled with love and wisdom.
- Meditate and bring in as much stillness as you can.
- Now, look at your problem from all angles. Consider your options and solutions.
- Your best option lies in the still small loving voice within.

STAY IN REALITY

- Keep your feet on the ground and your eyes on the stars. (Theodore Roosevelt)
- Positive thought is good but avoid magical thinking. Don't use affirmations to go out of reality.
- Think cosmic thoughts while you tie your shoes and be sure to see your doctor when you have a medical problem.



DAY 69: PURE AWARENESS

I watch the Cosmic Movie with calm detachment.

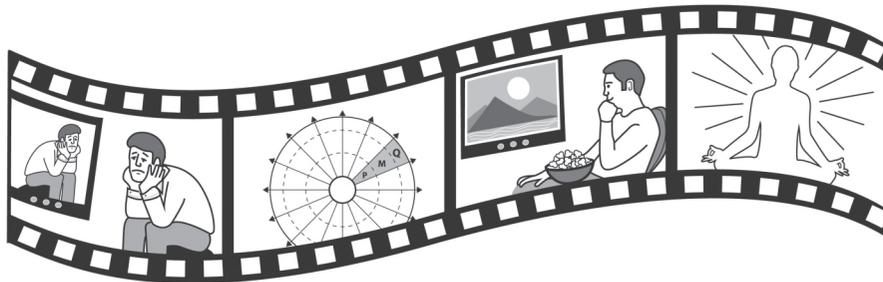
- There is a place in your consciousness that is not your body or mind referred to in yoga as the soul connected to Spirit. Since there is no body there, you cannot be hurt, cut, wetted, or burned.

THE MOVIE

- Our identification with the drama causes unnecessary reactivity. We can reduce this reactivity by rolling the universal healing wheel. The following exercise illustrates this principle using the movie as the metaphor.
- When we roll the wheel, the movie of life goes through four stages.

THE MOVIE

1. Immersed in the movie
2. Spiritualize the movie
3. Watch the movie
4. What movie?



Immersed in the Movie

- We are actors in a movie. When we completely identify with our role, we have the feelings of that role. This is a necessary stage. We all start here.
- Part of the story is painful. The pain story is seductive. It successfully grabs and keeps all of our attention.
- We are immersed in the pain story often without being conscious that this is happening and even when we are conscious of it, we still can't get out.
- To change this pattern, let the pain story unfold. Give the pain its day in court. Let it tell the story from its point of view. But don't stay there. Move on to the next step: infuse the pain story with healing qualities.

Spiritualize the Movie

- Roll the wheel. Practice PMQ. Permeate the story with ever-increasing love and her associated healing qualities.
- Keep weaving, working, and massaging the pain story with love qualities.
- As we roll the wheel and the qualities grow, we begin to develop a little space between the movie and us.

Watch the Movie

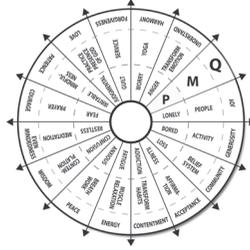
- Now we can watch the show without being completely absorbed in it.
- We are still in the movie as a participant but we are watching it as entertainment at the same time.
- Affirm the witness: I watch the Cosmic Movie with calm detachment.

What movie?

- In advanced meditation, when love is so great it completely dissolves the story, we enter a state of pure awareness and pure consciousness.
- In this state of superconscious love, there is no form but the formless form.
- There can be no story or form in a love this strong.
- What movie?

SUPERCONSCIOUSNESS

- Healing qualities help us in every aspect of life. When we bring out the qualities in response to life's difficulties, our consciousness will rise to a higher state. Our life is smoother and easier. We feel better and become better people.
- When the qualities become strong enough, they can no longer contain themselves. They inflate by nature. The expansion of healing qualities leads to higher states of consciousness: the peace that surpasses understanding, pure love, ecstatic joy, cosmic sound, cosmic light, unfathomable stillness, and more.
- Have you ever had a superconscious experience?
- What was it like?
- How long did it last?



DAY 70: PURE CONSCIOUSNESS

*And don't look for me in a human shape.
I am inside your looking.
No room for form with love this strong.*

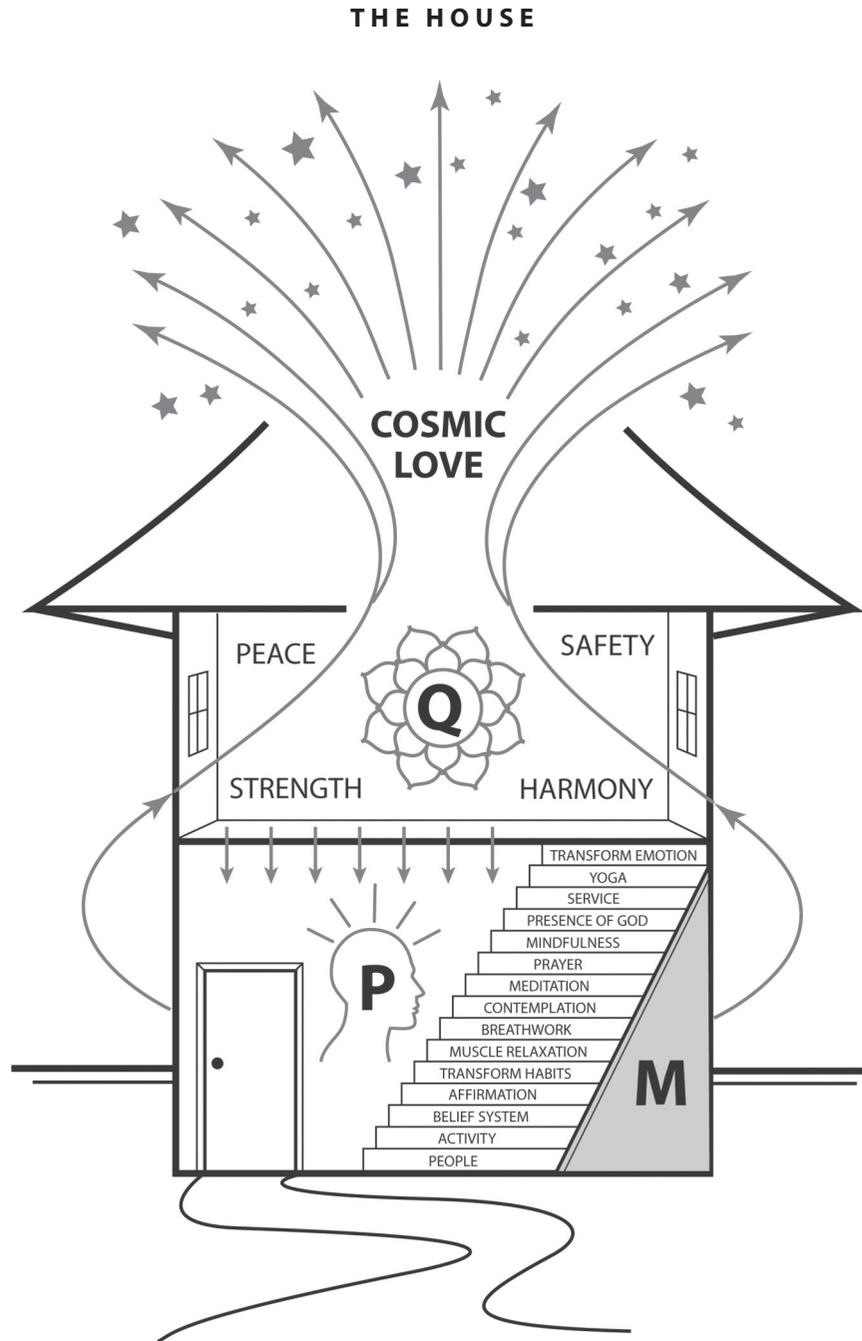
Rumi

THE THREE-STORY HOUSE

- Imagine we live in a three-story house. The first floor is our story. The second floor is our higher self. On the third floor, there is a Higher Power.

A THREE-STORY HOUSE

- The first floor of the house is ordinary human consciousness. It is under the control of the ego. This is where our individual and collective stories play out. As the story unfolds, we see the entire human condition: beauty and goodness, triumph and tragedy, humor and sadness, trials and tests, the good, bad, ugly, terrible, and great.
- The second floor of the house is filled with unlimited healing qualities. This is the higher self or soul. We can go there for solace and comfort. No matter the problems we face on the first floor, the second floor offers peace, safety, harmony, and strength.
- The third floor is the land of Higher Powers.



- The goal is to infuse powerful second-floor healing qualities into the first-floor story. When we add patience, kindness, love, understanding, compassion, forgiveness, strength, courage, and humor to the story, everything gets better. This is called spiritualizing the story or skillful pain management. The story and problems are the same but there is less reactivity and therefore less pain. The goal is to work with anything that shows up on the first floor and remain even-minded, patient, kind, and calm.

Healing Power: One Hundred Days of Love

- Our imperfections preclude our ability to succeed at this 100 percent of the time but what a wonderful goal. Go to the second floor of your house and bring healing qualities down to the first floor to help you manage your pain and problems. How do we do this?
- The steps to the second floor are the fifteen recommended practices: 1. People, 2. Activities, 3. Belief systems, 4. Affirmations, 5. Habit transformation, 6. Progressive muscle relaxation, 7. Breathwork, 8. Contemplation, 9. Meditation, 10. Prayer, 11. Mindfulness, 12. Presence of God, 13. Service, 14. Yoga, 15. Transformation of emotion
- If you practice these methods and the qualities become strong enough, they can no longer contain themselves. They inflate by nature. Gradually, they take over the first floor and expand through the ceiling of the second floor to the third floor of the house. Here there are no walls, no ceiling, no roof. This is the Big Space, the land of Higher Power and higher consciousness, sometimes referred to as nirvana, ecstasy, or God. Here you may experience a superconscious state: unfathomable peace, pure unconditional love, and ecstatic joy. This pure consciousness expands to infinity.

POINTS TO REMEMBER

- Our pain is important but not as important as how we respond. We can turn the tables on our pain and make it work for rather than against us. We can make medicine out of our pain. No painful experience is wasted on the first floor. We can always use our pain to propel ourselves to the second and third floor.
- Every painful problem, all tests, trials, tribulations, temptations, character defects, ego, pride, emotional reactivity, anger, resentment, guilt, shame, anxiety, and more have but one purpose: to get us to grow the qualities. Use the pressure of the problem on the first floor to push yourself in the direction of expanded second-floor healing qualities and third-floor superconscious states.
- In the beginning, we understand the goal of all first-floor pain is to get us to the second floor. Go to the second floor and bring the qualities down to first floor. This may be hard at first. We may find ourselves stuck on the first floor and find it difficult to get to the second floor, let alone stay there. All we experience is our painful problem. If we persist, however, we can get to the second floor for short periods of time and progressively stay there longer. There is ever-increasing peace, love, compassion, strength, courage, patience, and more. We feel better and become a better people. When advanced, we stay on the second floor all the time. Second-floor qualities take over the first floor. We remain even-minded under all conditions.
- Eventually we break through the ceiling on the second floor and enter third-floor superconsciousness: the peace that surpasses understanding, pure love, ecstatic joy, bliss, nirvana, God. It doesn't matter what we call it. It is gorgeous.
- With practice, superconsciousness occurs more often and lasts longer. At mastery, we live in a house filled with unlimited healing qualities and higher states of consciousness. What rooms? What walls? What floor? What ceiling? What roof? What house? Only love. Pure love. No forms. Disembodied consciousness. Infinity. Eternity. Immortality. Absolute Spaciousness. Blow off the second-story ceiling with your ever-expanding compassion and love. You will see the stars, then touch them.

Healing Power: One Hundred Days of Love

- It doesn't matter what the pain does. We keep coming back with love. When we get this pain-love dance right, the reward is great. We evolve spiritually: we feel better, become better people, and experience higher states of consciousness: unfathomable peace, unconditional love, and ecstatic joy. We then bring that refined and purified gentle, compassionate love to all whom we meet. This is skillful pain management by responding to pain with love.
- Respond to your pain with a method and quality, stay gentle with yourself, and persevere.

SCHOOL

- Life is school. Pain is the teacher and stimulant for the cultivation of healing qualities and higher states of consciousness.
- There are classes, subjects, teachers, pop quizzes, and scheduled tests. When you finish a class, there are new classes. When you pass a grade, you go to the next grade.
- In the school of life, there is always another class, teacher, subject, and test. No matter how far you get, there is always more to learn.

Classes

- There are a great variety of teachers, classes, and subjects in the school of life.
- Everyone has different classes. We get what we need.
- Some classes are required and some are elective. If we don't sign up for all the required classes at registration, the Principal of the University of Life School will assign them for us.
- What class are you in?
- Who is the teacher?
- What is the subject?
- Have you taken this class before and didn't finish or is this your first time around?
- What are the lessons?

Tests

- There will be many tests and battles on the first floor of the schoolhouse, tests of the world and tests of the body. (See *The House*, page 233.)
- The spiritual purpose of tests is to get you to the second and third floor of the house. The second floor is unlimited healing qualities and the third floor is higher states of consciousness.
- We want to win every battle but we can't. Tests are designed to bring out our weak spots so we can make ourselves stronger. Failure and mistakes are a natural part of the process as they show us where we need to do some work.
- The only bad mistake is the one we don't learn from. When you fall off the horse, brush off the dirt, figure out why it happened, what you need to do differently, and get back on.

- As you go through this process of purification and sometimes purification by fire, be courageous, strong, and persevere. Be gentle, compassionate, and forgiving toward yourself. Get help from your higher self and Higher Power.

Report Card

- If life is school, is it possible to know our grade and report card? Am I in kindergarten or graduate school? Am I getting an A, B, C, D, or flunk?
- When we respond to tests with healing qualities, we pass the test. When we react poorly, we stay in that class and continue practicing PMQ.
- With continuous practice of PMQ, you will respond to the tests and trials of life with less reactivity and ever-increasing patience, kindness, love, understanding, and other healing qualities.
- The grade and score are less important than doing the work as best we can, learning from mistakes, and moving on. It doesn't matter if you are a beginner or advanced, if your problems are complex or severe, or the degree of your imperfections. If you do your best, you get an A.
- Some try to be on the second and third floor of the house without dealing with their problems on the first floor. This is a consequence of the spiritual ego; it is blind to our current state and makes us think we are higher than we are. Stay on the first floor and roll the wheel. You can't get where you want to go without being where you are. Just do PMQ and you will go forward and rise. You can only lay one brick at a time. The second and third floors arrive on their own schedule through grace.

Recess and Vacation

- There are scheduled recesses every day for rest and relaxation and when we finish a set of classes and pass the tests, we get a vacation.
- When the bell rings, we return to class. School is in session. There is more work to do
- What happens when the bell rings, the teacher calls, the class starts, and we don't show up?
- What happens if we stay in the playground of life too long?
- If we don't find our way to class, does the class have a way of finding us?

THE COSMIC DENTIST

- Finding flaws and replacing them with healing qualities sometimes feels like going to the dentist. We don't want to go there but not going is worse—we may lose the tooth or get an abscess, which can be a threat to health or life.
- We go to the dentist, sit in the chair, and submit to the process. The dentist uses a pick and x-ray to find the cavity. S(he) then drills into the cavity to get the bad part out and fills in the hole with silver or gold.
- This is like introspection. We find our problem, drill to get the bad part out, and fill in the space with a healing quality. Be your own mental dentist. If you need a root canal, you might get help from the Cosmic Dentist. She knows what She is doing. (See Day 35 Honesty, page 131, Day 41 Integrity, page 147, or Day 43 Introspection, page 153)
- How good does it feel when we finish with the dentist? It is so good to walk out that door.

QUOTE

- Everyone sees the unseen in proportion to the clarity of his heart, and that depends upon how much he has polished it. Whoever has polished it more sees more—more unseen forms become manifest to him.
(Rumi)



DAY 72: RECEPTIVITY

By surrendering, you create an energy field for the solution to appear.

Wayne Dyer

- The following exercises help us become more receptive to the next step in our spiritual development—to help us get moving when we are stuck.

RELEASE NEGATIVE ENERGY FROM ITS SUBCONSCIOUS PRISON

- When we repress our problems, they take up residence secretly in the subconscious mind and body. They occupy space, tie us in knots, create tension, and make us gloomy. This repressed energy wants to be released from its subconscious prison to join the free flowing river of peace, love, joy, power, and wisdom.
- Stop running, resisting, and repressing all of which perpetuate trouble, increase tension, and rumination.
- You have the intelligence to understand and the power to overcome. Trust the healing power within. It knows what to do. Armed with this knowledge and faith:
 - a. Face your pain.
 - b. Gently name it.
 - c. Relax into it.
 - d. Be a compassionate nurturing presence for the pain.
 - e. Breathe into it and affirm soft, yield, open, surrender.
 - f. If you are afraid, pray. Ask for help and grace so you can stare down the monster and reduce its power.
 - g. Talk to a friend, partner, family member, or counselor.
 - h. Journal, draw, walk, dance.
 - i. Go to AA, church, synagogue, mosque, other healing ceremonies.
 - j. Create a ritual to honor your feelings.

Healing Power: One Hundred Days of Love

- k. Practice progressive muscle relaxation or do a body scan.
- l. Practice affirmations.
- m. Contemplate wisdom pearls from sacred texts.
- n. Meditate.
- o. Practice mindfulness.
- p. Practice yoga.
- q. Work, volunteer, help others.
- r. Eat popcorn and watch TV.

MINDFUL BREATHING

- Mindfulness is about allowing, welcoming, inviting, accepting, and then letting go.
- We can apply this principle to thoughts, feelings, and sensations.
- Use this technique throughout the day when you feel stressed, out of balance, or overwhelmed. It is very effective in reducing reactivity.
 1. Breathe: Focus on the breath just as it is or breathe deeply.
 2. When thoughts, feelings, or sensations arise, notice, accept, let go, and return to the breath.
 3. Thoughts: The goal is not to stop thinking. It is to accept and gently let go. Let thoughts enter and invite them to gently leave. Remember, thoughts are just thoughts. Notice the thoughts that are there and say, “thinking, thinking.” Then let go and return to the breath.
 4. Feelings: Notice any emotions that arise. Just observe the feeling and say, “feeling, feeling.” Then let go and return to the breath.
 5. Physical sensations: Notice any sensations that arise. Observe the sensation as pleasant, unpleasant, or neutral. Then let go and return to the breath.
 6. Sounds: Notice any external stimuli such as sound and say “sound sound.” Then let go and return to the breath.

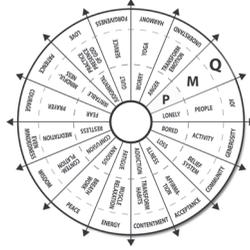
STILLNESS

- *Healing Power* offers four Higher Power options:
 1. The God of your understanding
 2. Higher states of consciousness
 3. Higher self
 4. Higher meaning and purpose
- No matter which of these you choose, stillness is the key that unlocks the door to higher states of consciousness.
- There is a place inside that is completely still no matter the condition of the world or body. Your Higher Power, however you define it, is in that stillness.

- Stillness provides the environment for us to receive a higher and more refined degree of love-qualities: peace, courage, strength, joy, power, wisdom, and more.
- In stillness, you will find a higher vibration of every healing quality.
- We may not be aware of this as these vibrations are so high (subtle) but in stillness those vibrations change our consciousness.
- Meditate and bring in as much stillness as you can.
- In stillness, you will experience ever-increasing peace, love, joy, light, wisdom, beauty, and more.
- When meditation is over, we manifest that love and wisdom through gentle, humble acts of service to humanity.

RECOGNIZE THE BLESSING

- This exercise is for those who have God.
- God's presence is continuous. Our receptivity is often lacking.
- When you realize you have gone for a ride on the train of thought and you want to get off the train:
 - a. Stop
 - b. Wait
 - c. Listen
 - d. Feel
 - e. Recognize the blessing and the help you are getting.



DAY 73: REVERENCE

*Will you ever begin to understand the meaning of the very soil beneath your feet?
From a grain of sand to a great mountain, all is sacred. Yesterday and tomorrow exist
eternally upon this continent. We natives are guardians of this sacred place.*

Peter Blue Cloud, Mohawk

- The story of life is unfolding in the sacred now, the place where we learn, enjoy, help others, heal, find our courage, work with our problems, manage our pain, and experience inner peace. To accomplish this, we need the mind to work with and accept the story as it unfolds.
- The mind is at its best when it accepts and works with one moment at a time, no matter what life throws at it. This requires discipline. Without discipline, the mind will try to escape, and when it does, it creates more problems. The undisciplined mind is the biggest culprit. It is a source of untold suffering. It wreaks havoc on our peace.
- The undisciplined mind disrupts our lives by taking us out of the present moment, where our life is at its fullest. Repeatedly, the mind takes us out of our current moments when it does not like what is going on. It fights when angry. It runs when afraid. It competes when jealous. It creates imagined calamities. It projects fantasies from its desires.
- The mind is strongly attracted to the past and the future. While it is good to learn from the past and have hopeful plans for the future, the mind goes overboard in its replays and projections. We relive past hurts, resentments, and regrets, which only serve to recycle anger, depression, and guilt. Our projections of the future breed unnecessary fear and insecurity.
- The mind builds a rigid structure of selfish, dogmatic, overvalued thoughts, opinions, likes, and dislikes.
- The mind tries to get our needs met by controlling and pushing events and people. However, the world does not conform to our egotistical desires; when things do not fit, we create new desires. Instead of working with what we have that is good, it escapes into fantasy, to what we think we want next.
- The mind is set up to deal with one moment at a time. Instead, when it doesn't like what is happening, it tries to avoid the moment and escape. This results in negative thought patterns, which only serve to compound our problems. We end up with the original problem and an increase in mental restlessness and rumination, signs that the mind is overheated.

- Mindfulness, an ancient technique of Buddhism, helps us manage our inner reactions to a turbulent and unpredictable world. We want to respond with poise and peace, but all too often our thoughts and feelings will not cooperate. While there can be no respite from troubles and pain, mindfulness helps us receive the tests and trials of life in calm repose. By avoiding the destructive excesses of the mind, we can receive what life brings with even-minded tranquility.
- To transform our consciousness from ordinary to sacred, we bring the mind under control by placing it where we want it to be: in the current moment, awake, attentive, and ready. It is in this alignment that we are most able to heal, learn, solve problems, manage suffering, relax, serve, and enjoy.
- Aligning the mind and attention with the present is a crucial element in the healing process. The next step, the step we need to take, is in these moments; they hold the continuity of our story, a story pregnant with lessons, entertainment, and opportunities to produce, create, love, and serve. In the lower state of ordinary consciousness, we miss these opportunities because we are preoccupied with other fields of awareness.
- To practice mindfulness, there is no need to make any changes other than the placement of the mind as we go about our usual activities. With practice, the mind remains calm and poised no matter what occurs in the material world. We remain in balance. We get the rhythm of the story. There is no force in it. We are ready for anything.
- The following exercise will help you get your mind where you want it to be rather than letting it have its way with you.

ONE CONTINUOUS SACRED RITUAL

- When you realize you have gone for a ride on the train of thought and want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Choose one or a combination of the following sacred rituals:
 - a. Witness: There is a place inside that is still, silent, spacious, and serene. We can learn how to go there at will.
 - b. School: It's time to learn. There may be discomfort.
 - c. Entertainment: Life is entertainment, a spectacular show. We are actors in a movie, players in a game.
 - d. Service: Help others
 - e. Warrior: Ready for anything
 - f. Ritual: Magical miracles everywhere
 - g. Other
- When we bring the unruly mind under control through mindfulness, we gain access to the calm witness, the student in school, the actor in the movie, the servant of humanity, the warrior who is ready for anything, and magical miracles everywhere.

Healing Power: One Hundred Days of Love

- The key is to mindfully choose the right frame at the right time. This is not easy. We want to stay in the witness, service, ritual, and entertainment. These are the most fun. They bring peace, love, magic, and joy. But sometimes we need to be in school. Without school, which is what most people avoid, we lose the full, comprehensive, and deep healing power of mindfulness.
- We can get our life back at any moment but we must accept what shows up. Mindfulness teaches us to be in the moment but we don't want to be in the moment if it hurts. When you feel yourself running, avoiding, or escaping, calm the mind down and face the difficult problem, pain, or conflict.
- The key is to accept pain as the guest teacher. If we do this, we can avoid the pitfalls of unnecessary worry, fear, insecurity, fury, and fantasy, which come in to steal the moments.
- Breathe, get calm and centered, have fun, enjoy the show, help others, and observe magical miracles everywhere. When pain shows up, go to school. Don't play hooky. Ride the pain waves. Get the lessons and move on to another frame. When we get the frame right, life becomes one continuous sacred ritual, offering up its knowledge and lessons, entertainment and joy, and opportunities to love and serve.
- We can apply mindfulness to any activity: mindful eating, mindful speaking, mindful listening, and more.
- Life is a string of unlimited opportunities to practice mindfulness. Every thing matters: every moment, every level, and every detail.
- Every action, no matter how mundane, is a part of one uninterrupted sacred ritual.
- Offer every action in service to humanity and to your Higher Power, higher self, God or Buddha. Then you will have strength and peace.
- Everyone and everything is Sacred. Cultivate, remember, and practice this wisdom. You will feel the reverence, the deep respect that comes.
- The Sacred is with you all the time. Relax, open, listen, attune, and receive. Can you feel it?

- **Outer Life:** In the course of living, we find the joys and pleasure of the outer world are limited and ephemeral. The world of events, objects, and people is always changing. Everything has a beginning, middle, and end. Joy alternates with sadness, peace with anger, health with sickness, success with failure, and pleasure with pain. We cannot avoid the ups and downs of life. Worldly pleasures do not last and suffering is inevitable.
- **Inner Life:** Although we cannot be completely satisfied with our lives on the physical plane, the wisdom traditions point to our inner being as a source of lasting peace. Discovering the inner path to contentment is difficult, however, as the external world is powerful and attractive, continuously seducing us into the illusion that happiness is within our grasp and the price is right.
- **Stillness:** Activity becomes a barrier to spiritual growth when it is compulsive, addictive, or used as a substitute for searching within for the superconscious peace, love, and joy bred of stillness. We can bring stillness into our lives when we practice vertical axis methods: contemplation, introspection, and meditation.
- **Rhythm:** The goal is to get the right activities at the right dose on the horizontal axis and balance that with the quiet and stillness of the vertical axis.
 - a. We can spend too much or not enough time in activities. What is your day like?
 - b. Are you at the correct activity dose?
 - c. Are you a hyperactivity junkie?
 - d. Do you have enough activities that involve other people?
 - e. Do you have enough activities that you can do alone?
 - f. What activities would you like to add?
 - g. Do you have enough service activities to help others in need?
 - h. Are there any barriers that keep you from expanding your activity program? If so, what steps do you need to take to move through these barriers?
 - i. Are you spending too much time on the horizontal axis with people and activities and not enough time on the vertical axis in retreat for contemplation and meditation?
 - j. Have you learned how to meditate?
 - k. Have you learned how to balance activity with stillness?
 - l. I am a drunkard from another kind of tavern. I dance to a silent tune. I am the symphony of stars. (Rumi)

THE PRESENT MOMENT

- The mind is busy telling stories about the past and future.
- We can't change the past or reach into the future. We can learn from the past and plan for the future, but most of us spend way too much time ruminating on past regrets and future worries and not enough time in the present.
- The more we stay in the here and now, the less stress we have. Mindfulness helps us stay in the present where we have power and leverage through choice and attention.
- We can choose what we pay attention to. When we place our needle of attention on healing affirmations, we reduce reactivity and create healing vibrations for others and ourselves.

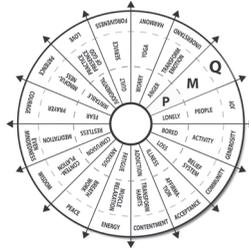
- When you find your mind wandering in the past and future:
 - a. Stop
 - b. Breathe
 - c. Present moment
 - d. Affirm
 - The current moment is the only one I have.
 - The most important moment is now.
 - The most important person is the one I am with now.
 - The most important thing I am doing is what I am doing now.
 - The best way to prepare for the future is to be totally present now.
 - Now is the moment that never ends.
 - By steady absorption in the moment, I get the rhythm of the story.
 - I respond to the show with peace and poise.
 - My life is one continuous sacred ritual.

HEALING QUALITY CLUSTERS

- You can bundle the qualities and use them for your walking meditation, affirmation, or mantra. This is a great exercise. It feels really good. It helps us get into the rhythm of the universe.
- Here are some examples you can use on different days depending on your mood, energy level, and need at the time. Give yourself these one-word commands:
 - a. Acceptance, courage, endurance
 - b. Compassion, love, understanding, forgiveness
 - c. Balance, rhythm, harmony
 - d. Patient, sweet, kind, tender, gentle
 - e. Stillness, silence, spaciousness, serenity
 - f. Courage, strength, perseverance
 - g. Soft, yield, open, silence
 - h. Surrender, trust, humility, devotion
 - i. Love, truth, beauty, goodness
 - j. Peace, love, joy, power, wisdom
 - k. Faith, trust, belief, positive thought
 - l. Surrender, obey, accept, attune, receive
 - m. Love, service, courage, faith
 - n. Simplicity, oneness, humility

Healing Power: One Hundred Days of Love

- o. Eternity, infinity, immortality
- p. Fun, laughter, joy, humor, play
- q. Changeless, oneness, unity
- r. Create your own quality cluster



DAY 75: SAFETY

At the heart of the cyclone tearing the sky is a place of central calm.

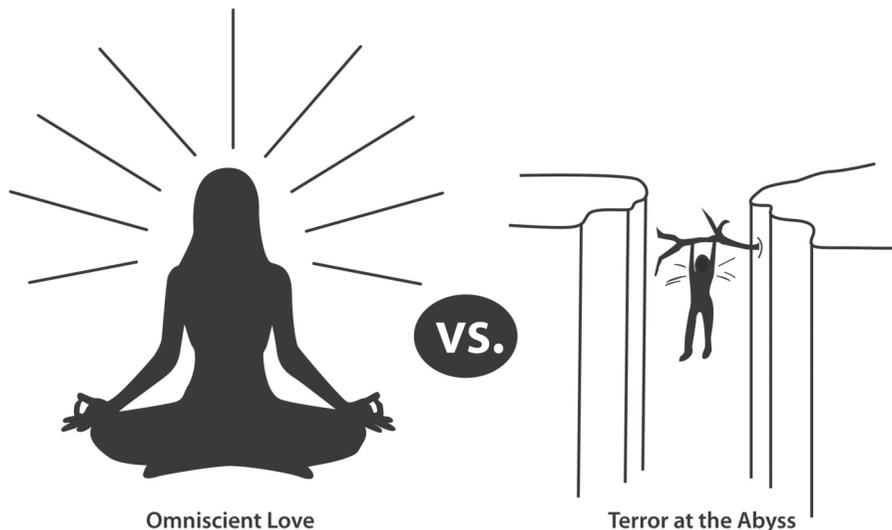
Edwin Markham

- Safety is everything. We have to have it for our families, communities, organizations, and ourselves. It is the drug-elixir of life.
- We want absolute safety, but this is impossible on the physical plane where safety is temporary and limited, a condition I refer to as the illusion of safety. We need as much of this illusion as we can get; when we feel safe, we have peace of mind. With peace of mind, we can function at our best.
- We get the illusion of safety on the physical plane by thinking we have more time. If you have an appointment later today, a dinner plan for tonight, and an expectation that you will have a tomorrow, you are most likely living within an illusion of safety. But what happens if a gunman walks into your building at work or if the building shakes from an earthquake? The illusion of safety—and your peace of mind—is replaced by brutal reality and fear.
- Life on the physical plane is dual and brutal. Duality is the ups and downs of life. Brutal reality is the down side of duality: death, pain and suffering, and the unknown.
- Brutal reality has ultimate power. No one escapes. It asserts itself in the life of anyone, anytime, in a seemingly endless variety of ways. It manifests as illness, disability, and trauma and includes other kinds of loss as well, both on an individual level, and—in the case of events such as war, earthquakes, and economic depression—at a cataclysmic, global level. Ultimately, brutal reality manifests as the death of both individuals and of large groups of people.
- At death, we go somewhere or nowhere. Often, we have trouble with small changes, let alone a radical transformation into the mysterious unknown. We don't like this power arrangement. The ego is about control—we want to be in charge, but we're not. Brutal reality has the ace in life's deck of cards. We can get as many cards as possible, but we can't get the ace.
- We try not to think about this part of reality. It is so difficult to understand and accept. But avoidance leads to even more trouble. If we're not prepared, if we don't have a plan or a program, we can easily get overwhelmed when life gets rough. Remember this: how you manage your pain determines whether

you move forward, slip backward, or stay stuck in this life. We need an antidote for brutal reality. What can we do?

- Recall the definition of the gap-abyss: the feeling of anxiety-panic we encounter when we introspect to find and work on our problems. Fear is the number one barrier to self-healing. Even making little changes can create a panicky feeling that we might unravel to the abyss. For deep healing, we must learn how to manage the feelings in the gap-abyss.
- In the gap, we feel anxiety.
- At the abyss, we experience panic.
- Even when just in the gap, it feels like we might enter the abyss and break.
- The gap-abyss is the rate-limiting factor in growth. It occurs when we introspect and find the need to make some changes. Fear stops us from moving forward.

THE CAVE OF DARKNESS: HEAVY LIFTING IN THE GAP-ABYSS



- Healing is like remodeling a house. We have to tear down some structure in order to rebuild. We deconstruct to reconstruct.
- When we deconstruct, it feels like God is holding us over the Grand Canyon by the scruff of the neck and asking if we trust Him. We say, “No! Put us back on land. Give us back the illusion of control and safety.”
- Deconstruction feels like death. A part of us dies when we move from one spot to another but spiritual practices help us fill that seemingly empty scary space with a higher grade of love.
- This might be a good time to review a few key concepts.
 1. The dynamics of healing are the same whether our problems are tiny, small, medium, large, or huge.
 2. Sometimes we have to have more pain to have less pain.
 3. Love qualities are more powerful than any painful problem.
 4. The bigger the pain, the bigger the quality must be.

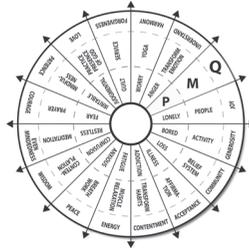
5. The mechanism to carry out these principles is rolling the wheel.
 6. When we practice PMQ, at some point, love comes in to contain, reduce, or eliminate the pain and guide us through what is left.
 - o Here is the typical sequence.

Comfort zone → Problem → Gap-abyss → Roll the wheel →
Increase love → Comfort zone → Repeat → Mastery

 - We feel comfortable and safe. The abyss is in the living room, hiding and silent; we don't feel it.
 - A problem shows up and sweeps away our illusion of safety. It points us in the direction of some work we need to do.
 - We understand the need to face the unknown and the gap-abyss as this leads to the next level of power the healing qualities have to offer.
 - Roll the wheel. Love burns up our problem and fills in the gap.
 - When we finish this layer of work, we feel safe and comfortable again.
 - Then another problem shows up. We are tested beyond our current capacity and go around again.
 - It's a process. We get thrown back into a painful problem and rediscover the healing powers of the wheel.
 - As we practice PMQ, the qualities are slowly moving towards unconditional and the locus of control shifts from outside to inside.
- This sounds good and it is but it is not easy to do. When the anxiety at the gap transforms to terror at the abyss, it not only blows away our illusion of safety but seemingly takes out our belief system and knowledge. Some call this the dark night of the soul, the cave of darkness, brutal reality, or a personal ground zero.
 - This is a tough place to be. We don't want to be here without any tools. We need a plan to manage the powerful feelings of the abyss so we can be as ready as possible.
 - Following is an example of how PMQ works at the abyss.
 1. P might be fear or terror at the abyss.
 2. Q would be any one or combination of healing qualities adding up to love. Qualities that come to mind for the abyss are acceptance, courage, strength, endurance, perseverance, patience, trust, faith, compassion, and surrender.
 3. We can use our two great powers, will and thought, to cultivate these qualities when tested beyond our capacity.
 4. We can fill the seemingly empty and terrifying space of the gap-abyss with love qualities by rolling the wheel.
 5. No matter how rough it gets, we persist. We keep rolling the universal healing wheel, choosing the methods and qualities that work for us when pain is great.
 6. We can do this whenever the abyss shows up and for however long it takes.

Healing Power: One Hundred Days of Love

7. If we do this work, eventually the Light of Spirit enters the cave of darkness bearing gifts of peace, love, wisdom, and strength.
 8. The illusion of safety based on an external locus of control gradually shifts to the reality of safety rooted in an internal locus of control.
 9. We eventually discover the absolute love and safety we seek in the outer world can only be found within.
 10. At mastery, we find the Ground of All Being is not terror at the abyss but the safety, security, and immortality of Omniscient Love.
 11. Make the effort. Effort is progress. This is heavy lifting at the gap-abyss.
- What PMQ will work for you when suffering is at its peak at the gap-abyss?
 - Quote from a member: Healing qualities are safe. They open the door without toxicity. When I match my problem with a quality, it doesn't damage others or me.



DAY 76: SECURITY

Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances.

Mohandas Gandhi

- Think of life as an ocean. (See The Ocean and Wave on Day 6 Changelessness, page 45.) The waves represent the physical plane where all things are in a state of flux. At times, the waves of the ocean are calm. However, it is only a question of time before the waves become choppy, stormy, or dangerous. We spend most of our lives on the surface, riding the waves of change. Their power is great. They command our attention and dominate our consciousness.
- Under the surface, the ocean is deep, vast, still, one, and changeless. The goal of meditation is to shift our consciousness from the transient surface of the ocean to its depths, for it is only there that we can experience the eternal peace and safety of changelessness.
- To get beneath the waves and benefit from the stillness, we must stop the world, body, senses, and mind. In meditation, we retreat from the world by sitting in a quiet place, closing our eyes, and keeping our body still. Then we discover the most difficult challenge: stopping the waves of the mind. Like the waves of the ocean, one thought after another pounds the shores of our consciousness. With practice, however, we can slowly reduce the intensity and frequency of our thoughts. (To review meditation, see Day 79 Silence, page 264, and Day 83 Stillness, page 275.)
- As the mind slows, we become increasingly aware of the underlying ocean and its deep healing power of stillness. Immersed, we may still see the changing waves above. However, we care less about their variance, enjoying the peaceful gentle power of the ocean underneath.
- With the consistent and regular practice of meditation, our identity slowly shifts. We are not the ever-changing surface waves. Rather, we are the changeless peace of the ocean below. Though the small waves, with a beginning, middle, and end, do define our lives, we are ever a part of the vast permanent ocean just underneath the wave. When we realize we are always one with the Changeless One, we are at peace no matter what the world or the body does.
- Practice your meditation technique and bring in as much stillness as you can.
- Feel the stillness within.

Healing Power: One Hundred Days of Love

- If restless thoughts enter, gently dismiss them and return to the feeling of peace in the ocean of stillness.
- Enjoy the stillness as you go deeper in silent meditation and affirm:
 - I am in the ocean of stillness.
 - Peace fills my brain and heart, every cell in my body, and surrounding space.
 - Peace is inside, outside, everywhere.
 - Peace spreads through the vast territory of my mind in every direction to Infinity.
 - Infinite peace surrounds my life and every moment of my existence.
 - Peace is the embracing language of Spirit within.
 - The soul connected to Spirit is peace itself.
 - I feel each breath take me closer to soul contact with Spirit.
 - God breathes immortal peace through me now.
 - I let peace surround, feed, permeate, saturate, spread, and expand through every cell, thought, feeling, desire, decision, action, and surrounding space.
 - Peace spreads to every city, nation, earth, planets, stars, galaxies, and cosmos.
 - I am in the Ocean of Peace.
 - I am peace itself.
 - I hold on to the peace I gained from this meditation.
 - May your life be filled with the ever-present peace of the soul-Spirit.

Healing Power: One Hundred Days of Love

- In this acceptance exercise, we pay attention to thought content. Instead of reducing and focusing to a single point, we expand to include anything or everything in the outside world, our bodies, and inner being. We want to see what is there, but we don't try to change it.
- We accept what is happening outside and inside even when we don't like it. We accept whatever is there because it has to be there for that moment. We accept what we cannot change. We create a space for it.
- We leave everything just as it is and detach, create space, reduce electricity, and reduce importance. Our experience can be negative, positive, or do whatever it does. We just watch it all with calm detachment.
- We don't analyze, judge, or try to change anything. We just breathe, see what is going on in the movie, and observe how we react.
- With practice, we become ever-increasingly attuned to what is going on inside. We see repetitive patterns of thought, feeling, and physical sensations. Most of these are long-term powerful habits that have been around for years.
- By sitting with and feeling everything that comes up, the full range of physical, mental, and emotional discomfort, we get better at allowing these things to be.
- When we get in touch with our reactions and learn how to ride the pain waves, we avoid unhealthy escapes and stay on task.
- When you are uncomfortable and find yourself running, resisting, fighting, and escaping:
 - a. Stop.
 - b. Breathe.
 - c. Present moment.
 - d. Observe: Look at outer events and inner reactions.
 - Outer event: What's going on in the movie?
 - Inner reaction: I am anxious. I am angry. My mind is racing. My palms are sweaty.
 - e. Accept: Don't try to change or fix anything. Invite and welcome whatever thoughts, feelings, and sensations come up. Completely accept whatever is there.
 - f. Let go: There is a place inside that is always still, silent, spacious, and serene. With the breath as your centering device, bring in as much stillness as you can. Relax. Detach. Let go.
 - g. Act: Each of the preceding steps helps reduce reactivity and slows things down. You have created space and bought some time. Now, even if you are still suffering, you can respond to the world with peace and poise.
- In this exercise, we observe, accept, and let go. We observe the thought, accept the thought, and let the thought go. Content is not important. There are no good or bad thoughts, just thoughts. We welcome and invite them all while we remain calm and gentle with the self.
- You can have a moment of not liking what is there and then accept it. I don't like it but it is here. I don't escape. I deal.
- This is skillful pain management through acceptance, a profound healing quality, one we must cultivate to reduce and eliminate destructive reactivity.

Healing Power: One Hundred Days of Love

- Masters, saints, and bodhisattvas model grand service to humanity. Although we may not have such a major role in the big picture, we can take some valuable lessons from their lead in order to be helpful in our immediate sphere of influence.
- Small acts of gentle, humble service have impact. Wherever we are, we do what we can. Mother Teresa said, “I can’t help thousands. I can help only the one who stands before me.” John Newton added, “If two angels were sent down from heaven, one to conduct an empire and the other to sweep the street, they would feel no inclination to change employments.”
- It does not matter what role we play. What does matter is how we play it. We do not need to change anything. What we do need is to bring love, kindness, and compassion to our actions. It is our attitude that counts, whether we are postal workers, waiting on tables, health care professionals, bus drivers, volunteers, or staying at home with children. We can perform any task in a state of ordinary consciousness or in the consciousness of service. The difference is love. Love converts an ordinary act to service. Service is love in action.
- The greatest service is giving inner and outer resources without attachment or expectation. Ordinary action generally focuses on external rewards and recognition. When we perform an act of service, giving our time, energy, and resources as an expression of our love, the reward is inner peace, satisfaction, and joy. In this sense, service itself is selfish, since we do it because it makes us feel good.
- Service is a universal healer, a potent medicine for individuals and the community. For individuals, it works as an antidote to the poison of guilt and as a powerful antidepressant. It takes us out of our tiresome self-ruminations, bolsters our self-esteem, and replaces feelings of insecurity with confidence. As service places us on the common ground with all of humanity, we grow in humility and equality. When we connect to others through service, our internal agitation is silenced.
- Service is also a powerful medicine for the community. It works against those forces that tear us apart. Political, religious, sexual, racial, and national identities create division and conflict. Loving service, by nature expansive and inclusive, is the glue that binds us back together. Service is anesthetic to our troubles. It stops the internal wars, heals the divisions between us, and shows us who we really are.
- Self-reform is integral in effectively serving humanity. The work starts inside. We need to deal with our own issues before we can successfully understand and assist others with theirs. We can do the necessary inner work by practicing the methods described in this model. Such practices as introspection, affirmations, meditation, and transformation of emotion are digging tools that can reach the deepest recesses of our being to root out all traces of negativity. It is only through rigorous inner work that we can eliminate our flaws and replace them with healing qualities. Then such jewels as humility, reverence, gratitude, and equality decorate our service to humanity.
- Each of us has a unique way of expressing love. With daily practice, we can find our distinctive service identity and personality. Next is a daily routine that may be of use in helping you discover your service voice. When we find our service voice and rhythm, our actions are naturally permeated with passion, focus, joy, warmth, and enthusiasm.

LOVE AND SERVICE: A DAILY ROUTINE

Morning Program and Evening Program

1. Progressive muscle relaxation
2. Breathwork
3. Contemplation
4. Meditation
5. Prayer

Daytime Program

1. Mindfulness
2. Practicing the presence of God
3. Service
4. Yoga
5. Transformation of emotion

Morning Program

The morning program is designed for self-healing. We start with progressive muscle relaxation and breathwork, which calm the body and mind. Contemplation converts powerful positive thought into reality; we fill our brains with wisdom. Meditation, affirmations, and prayer generate healing power that permeates every cell in the body and surrounding space. When we finish the morning program, we are aligned with love and her consort qualities.

Day Program

We can maintain the momentum gained in the morning program by practicing mindfulness or the presence of God. These disciplines convert ordinary acts to service by introducing compassion to our actions. Without changing anything, we can focus on the presence of God or perform each action mindfully.

If we pay attention to the details and the routine connections between us, we won't miss the myriad opportunities throughout the day to give and receive love. We have all had experiences with waiters, doctors, teachers, or any worker performing their task with indifference or disdain. In the consciousness of service, we infuse the same tasks with kindness and joy. Healing qualities are the currency of service.

Evening Program

After the day's activities are completed, repeat the morning exercise program. During the period of contemplation, review the day's activities with attention to successes, challenges, and ways to improve your ability to love and serve.

Balance

Many of us have a difficult time dealing with our own suffering, let alone the monumental pain of the world. We may try to avoid all suffering by denying problems and escaping into the distractions, entertainment, and pleasures of life. Some of us take on too much suffering of others, resulting in high emotional reactivity and burn out. How much is enough? Is there a way to find balance?

The daily routine described above offers a way to stay in balance while we help others and ourselves. The morning and evening programs are for self-healing. The day program is for helping others through mindful action or practicing the presence of God.

Through the practices of the morning and evening programs, we can withdraw from the pain and problems of the world and ourselves. In meditation, we leave suffering behind and enter a place of freedom, joy, peace, and beauty. We come out of meditation refreshed, ready to take on the next wave of problems. This is the full cycle of healthy spirituality, a way to stay balanced through renewal and regeneration.

Service Without Attachment to Outcome

- In service to humanity, we discover who we really are and what really helps.
- We come to know love as the power that heals the self first and then others. As we change ourselves, we change the world.
- The healing power of love is a magnet that draws to itself all good things.
- It is not what you do but how you do it. Add love to every action.
- The way is small acts of gentle humble service without attachment to outcomes.
- When we help others, we help ourselves. Healing power grows. We evolve.
- The goal is pure love and service without attachment to outcome.
- This is tricky, difficult, and sometimes impossible. The ego operating without our awareness, attaches itself to the outcome. When there is success, it claims victory for itself and feels good. With failure, it feels bad. These reactions are natural but they get in the way and don't go away so easily. The ego's works are hidden, subtle, invisible, and sticky. We don't even know it is there.
- The antidote to the problem of the ego is the soul connected to Spirit. What matters to the ego, does not matter to the soul. The soul's concern is pure love and service. The story and the outcome is up to God—Life—Universe.
- Perform your service act with love and leave the consequences to God—Life—Universe. At the highest level, S(he) knows what is needed and we don't.
- Whether people get better, worse, or stay stuck, our job is the same: serve and help in whatever way we can, however small. The story and outcome are not ours.
- When we practice love and service, we learn a kind of detachment that is not intellectual. Our hidden attachments come out and get burned off quickly or they burn us. When ego attachments burn off, soul qualities expand. We get peace, love, joy, wisdom, courage, and strength and give these to all whom we meet.
- Anonymous, loving, humble service to others without attachment to outcome: such an act is sacred. Practice these affirmations:
 - a. My job is pure love and service.

- b. The one I serve may go forward, backward, or stay the same. That part is not up to me.
 - c. I help in the way that needs to get done. I give the results to God—Life—Universe.
 - d. Service in the eternal present is the highest. There is no past or future, just helping.
 - e. I do the best I can in the moment.
 - f. Immersed in peace, love, and joy, I give what I can.
 - g. I connect with people. I help them. I let them go.
 - h. Pure service is sacred and holy.
 - i. Be of service to others and don't tell anyone. No one needs to know.
- In service to humanity, we discover who we really are and what really helps. We come to know love as the power that heals the self first and then others. As we change ourselves, we change the world. The healing power of love is a magnet that draws to itself all good things.

*I sought my soul, but my soul I could not see.
I sought my God, but my God eluded me.
I serve my brother and I found all three.*

Anonymous

POINTS TO REMEMBER

- The goal of all spiritual practice is love and service.
- Compassionate action is part of the wisdom of the universe.
- When we apply the principles of love, we solve problems.
- Service is a universal healer, a potent medicine for individuals and the community.
- When you help others, you help yourself.
- Work done in the consciousness of love is itself a sacred ritual. You are in the presence of God when you help others. This is the real church. This is mindfulness.
- Our ability to serve improves with practice. People are complex. As we practice, our understanding is increased, so we can serve in a more refined and sophisticated manner. We become more useful.
- Service = love in action → joy
- The person you are with at any given moment is the most important person in the world.
- Balance meditation and service for maximum spiritual growth.
- Seek guidance and direction in your routine meetings and relationships. You can do this by invoking stillness and silence at the start of an act. When calm and attuned, the still, small voice within reveals the best way to express love in that situation.
- No matter what the world does, cultivate love and practice service. Maintain a positive, calm mind and open, compassionate heart. Receive the good, the bad, and the ugly, and return only good. The ones who make a difference bring anonymous, humble service to others. They are healers. They will quietly change the world.

Healing Power: One Hundred Days of Love

- We may not be able to solve or fix other people's problems, but we can support them with compassion. We can be there and listen so they know they are not alone. We may not tell them what to do, but we can tell them what gets us through. We can help them do what they can. We can support their power, which can get them through any physical, mental, emotional, or spiritual barriers.
- Service is not always grand. Just showing up counts.
- Smiling is service.
- No matter what happens, we can love and serve. We can do the work of ego reduction and the expansion of love.
- Follow love, serve all of humanity, and keep your eyes open. You will find your place in the world. You will see healing and transformation. You will see expansion of love and her sister qualities. You will experience ever-increasing joy.

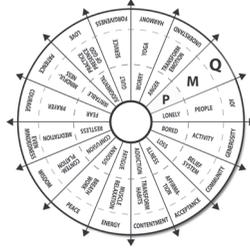
AFFIRMATIONS

- I help everyone.
- I am here to love and serve.
- I serve others with love.
- I meditate on love and give only that.
- I focus on love and forget everything else.
- I fill every moment with love.
- I fill every breath with love.
- I fill every action with love.
- The person I am with now is the most important person in the world.
- The person I am with now is God in disguise.
- I serve on the altar of the God within you.
- I serve on the altar of the Buddha within you.
- I see the Cosmic God in every face.
- I think of others. I am sensitive to their needs.
- I give my time to others.
- I give what I can.

EXERCISES

1. What is the difference between an ordinary act and an act of service?
2. Describe the morning, daytime, and evening routine of love and service.
3. How does the daily routine for love and service help maintain balance?
4. Make a list of ways you already serve.

5. Do you have a desire to expand your service?
6. Make a list of ways you might like to serve in the future.
7. What are some of the barriers keeping you from expanding your service?
8. Anytime you feel bad and do something, however small, for someone else, notice the effect. You will feel better. It may be subtle, but it is there.
9. Most of us are comfortable serving those closest to us. It is natural to help family, friends, and neighbors in need. To expand love and service to those that we do not know can be more challenging.
 - You can start by extending loving-kindness affirmations, common courtesies, and thoughtful gestures to all who cross your path.
 - You can formally volunteer in an organization that helps those in need.
 - You can begin to see all people as members of one family, as brothers and sisters, aunts and uncles, cousins, grandchildren and grandparents, as though they are your own.
 - You can transform any ordinary action to service by adding compassion.



DAY 79: SILENCE

Silence is the language of God, All else is poor translation.

Rumi

- In our culture, we are encouraged to surround ourselves continuously with stimulating activities. Between work, relationships, recreation, sports, the arts, radio, television, the Internet, magazines, and newspapers, we have plenty to keep us busy. Most of us have become activity junkies, staying in motion the entire day.
- In response to the barrage of continuous happenings in the outside world, the mind becomes restless and hyperactive, getting no rest except in sleep. We crave peace of mind, but we have distracted ourselves from the tranquility that is only found in the stillness and silence at the core of our beings. Meditation—an ancient technique currently undergoing a revival in popularity—brings such inner peace. During meditation, the body and mind slow progressively, eventually reaching absolute stillness.
- Right now, there is a place inside of us that is absolutely still and quiet, but our mental restlessness bars us from entering. The hyperactive mind keeps us from even knowing it is there. Meditation is the solution to this problem.
- When you learn how to meditate, you will be able to slow the mind down, replace negative thought with positive thought, and eventually get into the room of stillness.
- In the room of stillness, we reach the deep healing power of the spiritual qualities, which slowly and subtly overpower our ego and our problems. In the stillness of deep meditation, love burns up hate, kindness dissolves cruelty, courage defeats fear, and hope replaces despair. When we come out of meditation, the priceless gems of love, kindness, courage, and hope permeate our thoughts, feelings, and actions. With renewed strength and courage, we are in a better position to manage the harsh realities of life and can help others do the same. Stillness provides the opportunity for deepest healing.
- Presented below is one of many approaches to meditation. You can explore this or other methods until you find what works best for you. It may be of great value to have a teacher of meditation. You might also review Day 83 Stillness, page 275 where you will find additional training on meditation.

MEDITATION TECHNIQUE

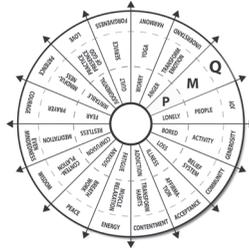
1. **Sacred Space:** Go to a quiet place in your home. Try to return to the same place each time. This is your sacred space. You might want to build an altar. Turn off the phone and all other distractions so you can remain undisturbed for the duration of your meditation.
2. **Posture:** Sit on a chair with your back straight and make yourself comfortable. You may prefer to sit on a cushion on the floor with legs crossed or in the lotus position. Close your eyes and lift your gaze to the point just above and between your eyebrows. Try to keep your attention fixed on this point throughout meditation. This is known as the third or spiritual eye. If you notice your attention has shifted to a lower level, gently bring it back up. There should be no strain of the eyes when you do this. Relax your body and all muscles. During the meditation, keep your body as still and relaxed as possible for as long as you can.
3. **Release all concerns:** Relax your mind, releasing all thoughts, concerns, and problems. Forget everything and everybody. Let go of the drama of life for the period of this meditation. Use your will to toss out the world and all its problems, cares, and concerns. Relax and surrender to the stillness and peace that is always present within you.
4. **The Breath:** Breathe slowly and naturally as you adopt a quiet, open, receptive state.
5. **Prayer or affirmation:** Start your meditation with a prayer, affirmation, or visualization that relates to peace and compassion for yourself and all people. In this way, the heart progressively opens.
6. **Mantra:** Pick a word or brief phrase that comes from your belief system. Repeat it silently. Words such as one, ocean, love, peace, harmony, our Father who art in heaven, shalom, or Om can be used. You might try focusing on your breath without the repetition of a mantra. If you try this method, make your breathing slow, quiet, and regular. Your mantra or point of focus will protect you from the turmoil of the world and the restlessness of your own mind.
7. **Concentration:** Try to maintain your concentration on the mantra. You will notice your mind wander off into its typical pattern of mental chatter. As soon as you notice that your mind has drifted off, bring it gently back to the mantra. This pattern of going back and forth between the mantra and the routine chatter of the mind is a natural process of meditation. Do not worry about how well you are doing. When thoughts return, gently return to the point of focus. Do not strain. The correct position is calm concentration without tension. Gradually, thinking slows and finally stops.
8. **Stillness:** The ever-increasing stillness bred of meditation brings the body and mind to a state of deep peace, rest, and relaxation. When you stop the superficial waves of thought and are immersed in stillness, relax and feel the peace. Don't think. In this state of open, quiet receptivity and stillness:
 - o Healing qualities grow.
 - o The ego shrinks.
 - o Problems burn up.
9. **Prayer:** Toward the end of your meditation, you can commune with your Higher Power, seeking guidance, protection, or healing for yourself and others. You can close your meditation with a prayer for all who need help as well as for harmony and peace between all individuals, nations, races, and religions.
10. **Closure and reentry:** Do not stand immediately when you are finished. Continue to sit quietly, enjoying the peace that occurs from slowing down your mind. Then open your eyes and sit for another moment before rising. You are now prepared to give the benefits that you have gained from meditation to all who

need your help. Your peace, joy, love, and other healing qualities grow in meditation. You will be able to offer these to your loved ones and to all whom you meet.

- Meditate for ten to twenty minutes in the morning and evening. If this is too long, meditate for even one minute at a time. You can gradually extend this as motivation and time allow.
- Some will meditate on a regular basis. Others will meditate whenever it feels right or fits into their schedule. Best results occur with regular, long, deep meditation. Advanced practice can be one to two hours, twice a day. Longer meditations of three to ten hours are reserved for special occasions or retreats. You can increase your time in meditation slowly according to your desires and needs. The amount of time spent in meditation can vary depending on your level of responsibilities to family and work and on your desire to go inward.

POINTS TO REMEMBER

- We need to build in time for solitude.
- Retreat. Turn off the radio, TV, computer, and Internet. Practice contemplation and meditation. You may be anxious at first but soon you will learn how to be alone and comfortable. Wonderful experiences occur in stillness and silence that cannot be had in any other way.
- In meditation, we learn how to reduce and finally stop our thoughts, feelings, and desires. This leads to progressively greater degrees of stillness. In stillness, our restlessness, problems, habits, compulsions, attachments, and ego slowly burn up and are replaced by healing power, healing qualities, and super-conscious experience. Here we experience absolute safety and protection from the problems of the body and the problems of the world. This is the greatness of meditation.
- Meditate. Enter the room of stillness. Stay there. Wait patiently. Little peace, love, joy, and safety expand to changeless peace, pure love, ecstatic joy, and absolute safety.
- In silence there is eloquence. Stop weaving and see how the pattern improves. (Rumi)
- If the mind can get quiet enough, something sacred will be revealed. (Helen Tworikov)
- Silence gives us a new way of looking at something. (Mother Teresa)
- Inner silence is the greatest teacher. (A member)
- If you are to be a leader, you must listen in silence to the mystery and the Spirit. (Leaf Dweller)



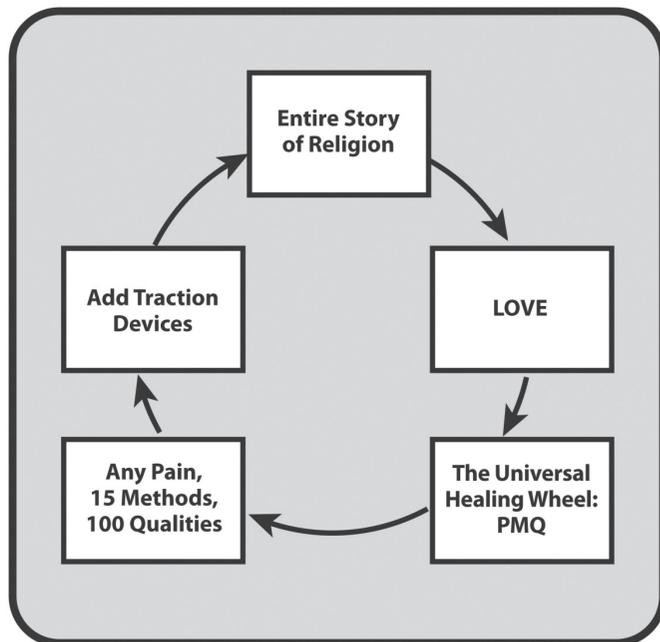
DAY 80: SIMPLICITY

The Universal Healing Wheel or PMQ is the essential healing principle, the $e = mc^2$, of all psychosocial and spiritual healing models. It is the essence of and link to all religions. It is the unifying theory, what actually works, the Holy Grail, too simple to be true it seems, but this simplicity is its elegance; it has the essential building blocks for healing and the add-ons from the stuff of religion make it the total package.

FROM COMPLEXITY TO SIMPLICITY

- Healing Power is a complex model with a lot of working pieces. It can be overwhelming. However, if you continue your study, you will see the pieces come together like a puzzle. If you look at one little piece, you will not see the whole picture. But if you stay with it long enough, its simplicity becomes apparent, and you will see the pattern. Here is how this works.
- The entire story of religion contracts to a single word love. Love expands to PMQ (pain, method, quality). PMQ branches out into any pain, fifteen methods, and one hundred qualities with traction devices.
- Start with the entire story of religion. This is obviously complex.
- We can reduce this down to a single word, love. Love is the elegant essence of religion. This is as simple as it gets.

STORY OF RELIGION



Healing Power: One Hundred Days of Love

- Love is expressed through the universal healing wheel or PMQ.
- PMQ expands to any problem, fifteen methods, and one hundred qualities.
- Add back the traction devices from the stuff of religion and we are back where we started—the entire story of religion.
- The universal healing wheel, with traction devices, captures the entire story of religion while offering a cafeteria of options. You choose the degree of complexity and structure that works for you.
- You can be atheist, agnostic, religious, or spiritual.
- Your belief system can be simple or complex, fixed or opened.
- Your practice can be as simple as breathwork and a few loving-kindness affirmations to full-on religion.
- Some will want just a few nuggets to chew on for months before they add more on later. Some will want the whole package. Others will choose something in between. The advantage of this is obvious: individuality, flexibility, and choice. One size does not fit all. There are lots of options. You create as you go according to your needs at the time.
- Your job is to choose how little or how much of this you want or need. Your practice can be one minute twice a day all the way to one continuous sacred ritual.
- The amount or type of structure you require is personal but the universal goal is love. Love is the report card. The vehicle is not important. Ethical humanists can be more advanced than religious persons and vice versa.
- The path laid out is from beginning to mastery. Mastery is beyond us but included as the ultimate vision achieved by others and available with sustained long-term practice. How deep do you want to go?
- If you are overwhelmed with the complexity of the model at this point, hang in there. Study, think, contemplate, discuss, and practice. Put the pieces together one at a time. You will see how it works. Complexity won't be a problem at some point. The elegant simplicity of it all emerges as PMQ with or without traction devices. The only problem left is whether or not you will practice. If you do, then and only then can you unpack this wisdom through direct personal experience. And you will keep it as simple or complex as you wish.

COMPLEXITY, SPEED, AND DEPTH

- You can build your own program with the wheel and traction devices.
- You can keep it as simple or complex as you wish.
- If you want to keep it simple, you can stay with a single PMQ. Pick your problem, favorite method, and favorite quality, and work right there for as long as you wish.
- For more complexity, you can choose any one or combination of traction devices from the entire palate of religious colors. (See Day 54 Mindfulness, page 183.) P—Mindfully Choose From a Palette of Colors.
- Furthermore you can change the problem, method, quality, and traction device in the moment according to your need and how you feel.
- With these working parts, you can go at your own speed and as deep as you wish.

- When the time is right, you can respond to your deepest suffering with the deepest healing.
- You control complexity, speed, and depth.
- How much complexity do you need or want?
- How fast do you want to go?
- How deep do you want to go?

LOVE IS A PART OF THE SOLUTION TO ANY PAINFUL PROBLEM

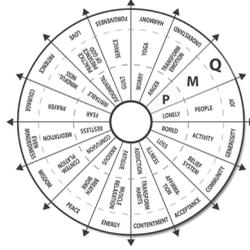
- Our problem may be complex but the solution is simple, love and her consort qualities. We need love, compassion, patience, and kindness no matter the nature of our problems, however complex they might be.
- Love is the great healer and the great pain manager.
- Love qualities contain, reduce, or eliminate our pain and guide us through what is left.
- Love is a part of the solution to any painful problem.
- When we add love qualities to our story, it may not eliminate all of our pain but it is the line of least resistance.
- Following the way of love is the least painful way to go through life. All other routes are more painful. Love is the best possible ride.
- Look for love over pain as a means of expressing creativity and evolution.

POINTS TO REMEMBER

- The answer to our painful problems is simple. Grow some qualities. How? Practice PMQ, also referred to as rolling the universal healing wheel. When we practice breathwork, affirmations, mindfulness, and meditation, healing qualities grow, painful problems are contained, reduced, or eliminated, and we evolve. We feel better, become better people, and may experience higher states of consciousness.

QUOTES

- There is nothing to chase after. We can go back to ourselves, enjoy our breathing, our smiling, ourselves, and our beautiful environment. (Thich Nhat Hanh)
- We are happy in proportion to the things we can do without. (Henry David Thoreau)
- Happiness is not what you have but who you are. You are already who you need to be. (Diogenes)
- Nothing is more simple than greatness, indeed, to be simple is to be great. (Ralph W. Emerson)
- Simplicity is the nature of great souls. They live and serve as incense burners. (Papa Ramdas)
- Simplifying breeds peace and harmony. Progressively simplify your life. Plain living and high thinking. What is better?



DAY 81: SINCERITY

Sincerity is the key which will open the door through which you will see your separate parts, and you will see something quite new. You must go on trying to be sincere. Each day you put on a mask, and you must take it off little by little.

G. I. Gurdjieff

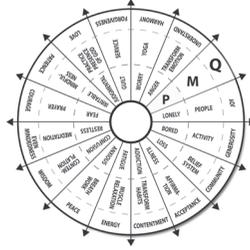
SHIFTING THE LOCUS OF CONTROL FROM OUTSIDE TO INSIDE

- Through a series of painful lessons, life teaches us that the unlimited peace, love, and joy we seek in the outer world, can and must ultimately be found within. This necessitates a shift in the locus of control from outside to inside. *Healing Power* presents fifteen methods, three on the horizontal axis and twelve on the vertical axis. How much work we do on each axis is personal and individualized.
- Most of us do most of our healing and pain management work on the horizontal axis of people, activities, and belief system. This is good. The horizontal axis does give a little of the peace, love, and joy we crave but the unlimited peace, love, and joy of The Core Drive can only be found inside. (See The Ten Steps, page 109)
- For deeper healing, we need to do progressively more work on the vertical axis. Readiness is key. We must be motivated, comfortable, and ready for the next step in vertical axis work. However, we are not ready for a deeper level until we are ready for a deeper level. No one is going to mediate in a consistent way until the timing is right.
- *Healing Power* attempts to speak to you at your current spot on that spectrum, recognizing your experience is universal. It hopes to receive you just where you are: at the brink between the outer world and the inner world of the true and higher self. It receives you at the doorway where the shift occurs and guides you to your inner being as the very thing you have been looking for the whole time.
- But you must be ready, and ready means saturated with the world to some degree. If not, you will go back to the horizontal axis of people, activities, events, and things again and again until you finally figure out what it will give you and what it won't give you.

- When you have finally had enough suffering, when you have a passionate desire to change, when you are ready to do some work, you can upgrade your vertical axis practice. But you must be ready, world saturated, and hungry. Otherwise, the external world will have the predominance of your attention.
- For more information on this topic, please review Chapter 8, Shifting the Locus of Control, *Healing Power Revised*, p. 115–123.

QUOTES

- Sincerity is an openness of heart; we find it in very few people; what we usually see is only an artful dissimulation to win the confidence of others. (La Rochefoucauld)
- Sincerity is impossible, unless it pervades the whole being, and the pretense of it saps the very foundation of character. (James Russell Lowell)
- Sincerity is the way to heaven. (Confucius)



DAY 82: SPACIOUSNESS

In ordinary consciousness, a problem is like a big fish in a small pond. It creates lots of waves. As we advance, after we have done some deep inner work, we enter the ocean of ever-expanding space where the same size fish has less and ultimately no effect on us. At some point, we will be ready for anything: pain, change, the unknown, and death.

- When we feel overwhelmed it is as though “there is no room in the inn.” This is a time to create more space. Advanced sages have it. They say it is like an ocean.
- Ordinary consciousness is like a small pool. When we have more space, the same pain or problem makes a much smaller wave than when the pool is small. In the ocean, even big problems create barely a ripple.
- In the next exercise, we are going to use The House as our metaphor and we are going to learn how to create more space by converting problems to invited guest teachers.

INVITED GUEST TEACHERS

- Review The House on Day 70 Pure Consciousness, page 233.
- The first floor is our painful problems.
- The second floor is unlimited healing qualities.
- The third floor is the land of Higher Powers.
- Every painful problem, all tests, trials, tribulations, temptations, character defects, ego, pride, emotional reactivity, anger, resentment, guilt, shame, anxiety, and more has but one purpose: to get us to grow the qualities.
- We use the pressure of our first-floor problems to push us in the direction of expanded second-floor healing qualities and third-floor superconscious states.
- Then we transfer the healing power of second-floor qualities and third-floor superconsciousness to the first floor to help us manage our painful problems.
- To convert problems to invited guest teachers:
 - a. Introspection
 - b. Guest-teachers

- c. Healing and purification
- d. Action
- e. Repetition
- f. Mastery

a. Introspection

- The first floor represents the physical plane. This is where we struggle with issues, problems, flaws, and symptoms. Some of these we can fix. Others do not respond so easily.
- All of us have problems that take up residence on the first floor of our home against our will. We do everything we can to eliminate them. However, no matter what we try, some problems will not budge. We cannot fix them or evict them. On the contrary, the more we struggle, the more upset and agitated we become.
- Make a list of problems you are unable to eliminate from the first floor of your house. For example, you might choose highly reactive emotions.

b. Convert Problems to Invited Guest Teachers

- When agitated, it is often because we have not created enough space for the problem. We have treated the problem as an uninvited guest. When we find ourselves in this dilemma, we can accept the problem in our home as a resident instructor.
- Go to the second floor of your magical house where there is unlimited space. Bring a portion of that space down to the first floor and create a guest room for your problem. Fill the room with an atmosphere of acceptance, thus making the uninvited problem a guest teacher.
- We can create as many rooms as we need. There is an infinite supply of space on the second floor of this magical house. We can do this with all of our problems so that on the first floor all we have are invited guest teachers in the school of life.
- This sets the stage for healing and purification.

c. Healing and Purification

- When we respond to first-floor painful problems with second-floor qualities, we heal and purify.
- The atmosphere on the second floor is still, silent, spacious, and serene. Here there is unlimited love and associated qualities. The goal is to bring these qualities to the first floor to help us manage our painful problems.
- Go back to the second floor to get whatever qualities you need to manage your problem. We have one hundred qualities to choose from up there!
- The steps to the second floor are the recommended methods: affirmations, mindfulness, meditation, loving service, and more. When we practice these methods, we climb to the second floor, where we draw from an unlimited supply of space and healing qualities.
- Practice meditation, mindfulness, service to humanity, or any other methods that you enjoy and absorb the qualities you need to skillfully manage your first-floor problems.
- For highly reactive emotions, you might choose peace, spaciousness, and understanding. Permeate all of the rooms in your house and their invited guest teacher problems with these qualities.

d. Action

- Bring your expanded peace, spaciousness, and understanding to all of your thoughts, feelings, desires, decisions, and actions.
- Give these qualities to all whom you meet.

e. Repetition

- All first-floor problems are teachers with the goal of helping us expand healing qualities until these qualities are unconditional.
- Repeat this process of healing and purification until the qualities become unconditional.

f. Mastery

- In the end, we bring peace, spaciousness, and understanding to all people and conditions.

POINTS TO REMEMBER

- Do not try to escape your problems. They are invited guest-teachers, but they do not own the house. Welcome these guests into your home but not as permanent residents. Remember, our problems are teachers, helping expand our healing qualities until these qualities are unconditional.
- When we practice spiritual disciplines, we expand the space in our house so it will be big enough to hold our problems. When we have a lot of space, problems can show up with barely a ripple.
- What happens if we do not have enough space in our house to hold our problems?
- Did you know you can create more space and make your rooms bigger?
- Did you know you can fill the rooms with love, light, and any of the one healing qualities?
- Is your house big enough?
- What will you do to create more space?

- In meditation, we learn how to reduce and finally stop our thoughts, feelings, and desires. This leads to progressively greater degrees of stillness. In stillness, our restlessness, problems, habits, compulsions, attachments, and ego slowly burn up and are replaced by healing power, healing qualities, and super-conscious experience. This is the greatness of meditation.
- When swarmed with problems, it is hard to believe that a room of stillness loaded with expansive healing power is in us. But it is. Go to the quiet room inside. Here there are no problems, just healing qualities.
- Stillness is the missing element in almost everybody's life. Are you ready to do some work? Try the following technique.

MEDITATION TECHNIQUE

- There is a place inside that is completely still no matter what is happening outside. This is the room of stillness. It is filled with healing power, healing qualities, and higher states of consciousness: the peace that surpasses understanding, pure unconditional love, intuitive wisdom, and ecstatic joy.
- The goal of meditation is to enter the room of stillness to experience the deep healing that occurs only there. Following is a ten-step technique designed to help you enter the room of stillness.
 1. **Cast Aside All Problems:** For the period of this meditation, use your will power to cast aside all worldly thoughts, problems, cares, and concerns. Meditation is a time for stillness and expansion. You can work on your problems later. They will be there when you finish your meditation. Take the whole drama—your people, issues, and problems—and leave it in a bundle at the door.
 2. **Posture:** Posture is important. Get comfortable, symmetrical, and balanced. Sit with a straight spine and chin parallel to the floor. This helps move energy or prana upwards from the lower to the higher centers in the spine and brain where you can experience higher states of consciousness.
 3. **Spiritual Eye:** Close your eyes and gently lift your gaze to the point just above and between the eyebrows. This is the third eye or spiritual eye, the gate to higher consciousness and intuitive guidance. With all of your will power and concentration, bring your mind, consciousness, and energy to the spiritual eye. Leave nothing behind. Practice with intensity but without tension. Check your gaze every so often to see if it is still there. If not, gently bring it back. Feel yourself centered here. This third eye training will expand your consciousness to higher states.
 4. **20 20 20 Breathing:** Inhale to the count of twenty, hold at the top of inspiration for twenty, and exhale to the count of twenty. Repeat this six to twenty times. You can change the count from twenty to any comfortable number such as eight, ten, twelve and so forth. Do the count at a pace comfortable for you. 20 20 20 breathing is itself a tremendous technique as it slows down the breath, which in turn slows the mind and body.

MEDITATION TECHNIQUE

1. Cast aside all problems
2. Posture
3. Spiritual eye
4. 20 20 20 breathing
5. Tense and Relax
6. Prayer, Affirmation, Visualization
7. Breath or mantra
8. Stillness and expansion
9. Action
10. Repeat

5. **Tense and Relax:** Inhale, hold your breath at the top of inhalation, and while you hold your breath, gently tense the whole body for three seconds. Then exhale and relax. Do this four to six times. Inhale, gently tense, exhale, relax. Inhale, gently tense, exhale, relax. Feel all the tension leave your body. Relax the body completely. Feel the peace.
6. **Prayer, Affirmation, or Visualization:** Choose a prayer, affirmation, or visualization that fits your belief system and the need you have at this time.
7. **Breath or Mantra:** The purpose of this step is to cultivate one-pointed calm, continuous concentration, a must for stillness and expansion. You can do this by focusing on your breath or mantra.
 - Focus on the breath: Breathe naturally. Watch the breath flow in and out without trying to control it. When the mind wanders, bring it back to the breath. Enjoy the interval of peace between the breaths. Concentrate on the breath and the peace that comes.
 - Focus on a mantra: A mantra is a word or phrase consistent with your belief system: Om, shalom, love, peace, harmony, our Father Who art in Heaven, and so forth. Repeat the mantra silently. Keep your concentration exclusively on the mantra. As soon as you notice the mind wandering, gently bring it back to the mantra.
 - Intensity: The best practice position is one-pointed calm concentration. Bring all of your attention and concentration to your point of focus. Be intense but completely relaxed. We can't get to higher states of consciousness when we are tense.
 - The yo-yo effect: When the mind wanders, and it will for years, gently bring it back to your breath or mantra. This going back and forth movement between the wandering mind and the mantra or breath is called the yo-yo effect. It is the natural process of meditation. The yo-yo effect is prominent and can last a long time. However, if you persist in your practice of meditation, you will notice a progressive slowing down of the yo-yo. As the yo-yo slows, stillness increases until stillness is all there is.
8. **Stillness and Expansion**
 - Now, forget the breath or mantra and let your body breathe naturally by itself.
 - Keep your body still. Don't move a muscle. Absolute physical stillness helps us get to inner stillness. When you think you need to move, remain still for two more minutes. That is the way to build progressively more stillness into your program.
 - Learn dispassion for the body. There will be some discomfort. Remain still as long as you can. Rise above temperature. If it's too hot or cold and you can change it, go ahead. If you can't, rise above it.
 - Relax, be patient, and don't strain. You can't force your way into the room of stillness. Just show up, be there, and be aware.
 - In the room of stillness, consciousness is deeply alert but there are no thoughts. The mind is perfectly calm.
 - Stillness itself is a lofty state but it is a springboard to even higher states of consciousness. In stillness, healing qualities expand and eventually transform into superconscious peace, pure unconditional love, and ecstatic joy. This is the Big Space, the land of Higher Power and higher

consciousness, sometimes referred to as nirvana, bliss, or God. This pure consciousness expands to Infinity.

- It takes time to cultivate stillness. Don't feel bad if you don't achieve this right away. In the beginning, the mind remains restless despite our practice. We keep thinking about our story and our problems. We've got things to do and people to see. It all seems so important.
 - No matter how domineering your mind-drama, just practice a little bit each day. You will see the mind progressively slow down. The more you practice, the further you go, the more still and quiet. You can do this. Just keep going. Eventually you enter the room of stillness.
 - As you enter the room of stillness, don't think. Just relax, feel, and absorb the profound healing vibrations of peace, love, compassion, forgiveness, understanding, courage, strength, patience, kindness, sweetness, and wisdom.
 - As you focus on these healing qualities, they slowly expand and permeate your body, mind, soul, heart, brain, spinal column, spiritual eye, every cell and fiber of your being, and surrounding space.
9. **Action:** As you come out of meditation, allow the expanded peace, love, joy, power, and wisdom cultivated in meditation to permeate every thought, feeling, desire, decision, action, surrounding space, and other people. Give these qualities to all whom you meet.
10. **Repeat:** Repeat this process once or twice a day or more. If meditation is intimidating, start one minute twice a day and increase slowly from there. As with any training, the more you practice, the better you will get.
- **Regularity:** You may start with a few minutes twice a day and build from there. More is better. Build up to 30–45 minutes twice a day. Make it a regular part of your schedule. However, your schedule may vary. On a busy day, you may only have 5 minutes. The next day you may have 30 or 60 minutes. Do what you can. Have at least a short meditation daily.
 - **Depth:** In the vast stillness of the ocean beneath the surface waves of activity, there is an unlimited supply of healing power. This is the best place to absorb love and her associated healing qualities. First get your meditation on a regular schedule. Then meditate longer and deeper. There is no limit to how long you can practice. The more sweetener, the sweeter it is. Our problem is we don't go deep enough. Make every moment count. Go deep and then go deeper.
 - **Inspiration:** While meditating, give yourself a pep talk. Remind yourself why you are doing this. "This is good for my physical health. This is good for my mental health. This is good for my spiritual health. This is good for my relationships. In meditation, the ego shrinks so the higher self and Higher Power can get in. This is free therapy. Deep healing in the room of stillness, nothing is better."
 - **Patience:** In meditation, we want to take advantage of the deep healing available only in stillness. But our restless, problem-focused, desire-plagued, matter-addicted mind will not stop and get out of the way. Thoughts keep coming. The mind races. It hops around like a bunny. Like a pinball machine, thoughts bounce off each other. It's chaos up there. For most of us, building the new brain groove for stillness takes years of patient daily practice. Be patient and persevere. Keep going. Every time you meditate, the brain groove for stillness gets a little bigger.
 - **Command the mind:** To clear the zone at the start or any time during your meditation, if your mind won't quit, give it a command: *Stop, wait, be still, feel the peace.* By commanding this with maximum

intensity—yet doing so calmly and firmly—you can will the mind to stop. Keep doing this. It works. Your mind will respond to your command as you get stronger.

- **Group:** We all need spiritual bodyguards. Meditate in groups. Group meditation enhances your individual meditation. Your individual meditation helps the group meditation.
- **Service:** In meditation, we expand love and associated healing qualities. In stillness, the qualities permeate all of our thoughts, feelings, and desires. When we come out of meditation, the qualities guide our choices and actions. We share the qualities with all whom we meet. This is love in action or service. Service helps our meditation and meditation helps our service. Meditation and service: a hall of fame power couple.

MEMORABLE QUOTES FROM STUDENTS IN CLASS

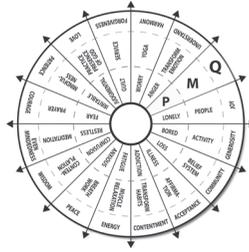
- Meditation will help you with everything.
- Meditation is an honest keeper. It tricks your body into a luxury state by getting rid of all the craziness.
- Inner silence is the greatest teacher.
- When we're in pain, meditation—rather than self-medication—is one of the most loving things we can do for ourselves. With breathwork and calm quiet reflection, we can illuminate a path that will take us through and beyond our pain. We can do this alone or with others.
- Riding the pain waves propels us towards the room of stillness where we find peace and ecstasy. This can be addicting. It is like a drug high at no charge and without side effects.
- The mind is like a puppy dog at first. You tell it to stay but it won't. Later, with practice and the development of the necessary brain grooves, it will sit and stay when commanded to do so. The mind takes orders but you have to practice.
- Shut out the world and commune with the person inside.
- I connect with my Higher Power. I see that God exists within me.
- In the room of stillness, there are no thoughts, only healing qualities. That's why I like to spend time there. It's free therapy.
- When you stop the mind, the whole package relaxes.
- Meditation: the heart of the matter.

POINTS TO REMEMBER

- Be still and know that I am God. (Psalm 46:10)
- Put your thoughts to sleep, do not let them cast a shadow over the moon of your heart. Let go of thinking. (Rumi)
- We need to find God, but we cannot find Him in noise, in excitement. See how nature, the trees, the flowers, the grass grow in deep silence. See how the stars, the moon, and the sun move in silence. (Mother Teresa)
- Nothing in all creation is so like God as stillness. (Meister Eckhart)

Healing Power: One Hundred Days of Love

- The only language able to express the wholeness of truth is silence. Silence is our eternal speech. Silence is ever speaking. It is a perennial flow of language, which is interrupted by speaking. (Ramana Maharshi)
- The most important thing is silence. We cannot place ourselves directly in God's presence without imposing upon ourselves interior and exterior silence. (Mother Teresa)
- Silence is the language God speaks. Everything else is a bad translation. Thomas Keating.
- You do not need to leave your room. Remain sitting at your table and listen, wait, be quiet, still, and solitary. The world will freely offer itself to you, to be unmasked, it has no choice, it will roll in ecstasy at your feet. (Franz Kafka)
- Any trial whatever that comes to you can be conquered by silence. (Abbot Pastor)
- In the room of stillness, healing qualities abound. It doesn't matter if you make mistakes, are misunderstood or abandoned on the outside. In the room of stillness inside, you are forgiven, understood, and cherished.
- Make contact with the Beloved Friend by quieting the restless mind in meditation. The still small loving voice within is always there.
- The more you talk about it, the more you think about it, the further from it you go. Stop talking, stop thinking, and there is nothing you will not understand. (Seng-Ts'an)



DAY 84: STRENGTH

What hurts you, blesses you. Darkness is your candle.

Rumi

SAINTS ARE SKILLFUL PAIN MANAGERS

- Brother, stand the pain. Escape the poison of your impulses. The sky will bow to your beauty if you do. Learn to light the candle. Rise with the sun. Turn away from the cave of your sleeping. That way a thorn expands to a rose. (Rumi)
- Look at the lives of the saints. Many had tremendous pain but they were highly skillful pain managers. St. Francis, St. Theresa of Avila, and Sri Gyanamata had great pain but their love was greater. They learned how to endure in the cold hard light of day. By practicing techniques similar to those recommended in this work, they learned how to be in pain and maintain their love and higher states of consciousness at the same time.
- We also are bigger than our pain but to know this, we must integrate the following principles in our lives.
 - We have the qualities.
 - We are the qualities.
 - We can make the qualities grow.
 - The qualities are more powerful than any painful problem.
 - The size of our problem determines the size of the quality we need to manage it. Big problems are good as they offer a big opportunity to grow the qualities. *The bigger the P, the bigger the Q has to be.*
 - We need to manage our pain well or it recurs until we get it. When we master a certain level, the bar is raised. Pain and tests escalate. When we pass a test, class, and grade, we get another class, test, and grade. We must respond with ever-increasing qualities to pass a test and transcend to the next level.
 - Those who continue their practice become ever-increasingly skillful pain managers. A profound sense of peace and strength come to those who maintain their practice. We have to prove this to ourselves through direct personal experience. There is no other way to gain trust in the process.
 - There can be no love without pain on this plane of existence. Let the pressure of your pain push you deeper into love until your love is greater than your pain. Let love be your relentless taskmaster until love is all there is.

MIND OVER MATTER

- Remember the inevitable suffering of life and our reaction to it. We cannot control the former but we can always reduce reactivity. Many suffer from chronic physical illness that does not respond completely to medical interventions. There can be considerable residual disability and pain, made worse by our reaction to it. To put out the fire of reactivity, practice affirmations and breathwork.
- Don't underestimate the power of affirmations and breathwork. These techniques work. With practice, the mind can remain calm, positive, and strong, even when the body hurts. Even-minded under all conditions. What a good idea!
- When the body hurts, practice this mental yoga:
 1. Stop
 2. Breathe
 3. Present moment
 4. Choose a healing quality such as courage, strength, patience, endurance, perseverance, or even-mindedness.
 5. Affirm your quality and breathe gently, slowly, and deeply.
 6. When the mind wanders, bring it back to the breath and quality.
 7. With your needle of attention on the qualities, you can play songs of love, peace, compassion, kindness, patience, strength, courage, balance, rhythm, and harmony. These qualities feel good.

THE GOOD WOLF AND THE LITTLE FROG

- To cultivate strength, feed the good wolf (see Day 54 Mindfulness, page 183) and the little frog (see Day 98 Will, page 323).
- Put all of your heart, mind, might, and soul into your practice.
- Develop your concentration until it is one pointed, calm, and continuous.
- Leave nothing on the field.
- Develop your practice until it is one continuous sacred ritual.
- With the little frog and the good wolf in charge, you can't lose.

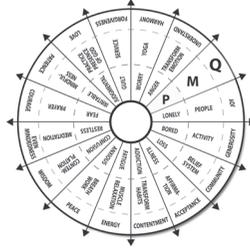
POINTS TO REMEMBER

- There are great reservoirs of strength even at your weakest moments. Surrender to find it. The darkest hour can be just before the light. Persevere. Peace and strength are on the other side of every painful problem. Learn to endure with courage and you will find your power in the story.
- Strength is not only physical, it is also mental. Fundamentally it is spiritual. The source of our strength comes from the guiding principles we receive from the Creator. The greatest of these is that we are all related. (Native American wisdom)

AN EXAMPLE OF GOAL SETTING

1. **Goal.** Joe wants to quit smoking.
2. **Thought.** Joe prepares his mind with the following affirmations:
 - I can change.
 - With will and thought, I cultivate strength and peace.
 - With great determination, I create new good habits and healing qualities.
 - I make up my mind strongly now.
 - I am busy doing my part because God helps those who help themselves.
3. **Will.** Joe knows his cigarette habit is very powerful so he will need the full force of his will. He starts working with these affirmations:
 - I have the will to change.
 - I will change.
 - I use the full power of my will to transform negative to positive thoughts.
 - Nothing can stop me.
 - I am strong.
 - I give one hundred percent of my effort.
4. **Action.** With his mind set at success, Joe conducts all of his activities in accord with his goal.
 - My mind is set at success.
 - My intent is unbending.
 - I refuse to smoke.
5. **Tests.** There are many tests. Cigarettes are everywhere. When Joe sees other people smoking, he wants to retreat to his bad habit but resists the craving by using the following affirmations.
 - I use any obstacle to stimulate my effort towards greater achievement.
 - The craving for cigarettes tries to throw me off balance, but my inner strength keeps me steady.
 - With great determination, I create new good habits.
 - The more work I do, the more results I get.
 - When I resist the craving, it disappears like a wave in the ocean, only to be replaced by strength and peace.
6. **Persistence.** Joe knows his battle against cigarettes is long-term. A friend offered him a cigarette at a party. He relapsed and gave in, but quickly picked himself up, using the following affirmations.
 - No matter how many times I fall down, I pick myself up and struggle again towards my goal.
 - When a host of difficulties and obstacles arise, I refuse to give up.
 - I possess the power of will and the power of thought. I make the effort now to draw these powers out through practice in the daily routines and challenges of my life.

7. **Success.** Joe experienced difficulties and setbacks on his way to success, but because of his persistence, he gave up smoking and no longer craves it. By exercising his will and affirmations, he replaced his smoking habit with peace of mind and strength. He affirms:
 - I am victorious.
 - I am successful.
 - I am calm and strong.
8. **Confidence.** Because of his success, Joe is more confident in himself. He is especially buoyant, as he has discovered the scientific method of healing through affirmations and will. He is amazed at how the wonderful gift of will power works. By simply learning how to think correctly, he knows how to expand his healing power, positive energy, and will. He beat the habit because he was thinking scientifically. He affirms:
 - I meet everybody and every circumstance with confidence and courage.
9. **Goal.** Joe sets new goals as he realizes that he can use his newfound positive energy to benefit himself, others, and the world. He affirms:
 - I am a strong-willed person who can accomplish much good in this world.
 - I exercise will and thought to help others and myself.
 - I try to make this Earth a better place to live by using my tools of will and thought.
 - No matter what challenge comes my way, I remain positive and live constructively.
 - I have an army of one hundred healing qualities.
 - I am unlimited peace, love, joy, power, and wisdom.
 - I am secure in my own virtues and self-worth.



DAY 86: SURRENDER

There is a necessary dying and then Jesus is breathing again. Very little grows on jagged rock. Be ground. Be crumbled, so wildflowers will come up where you are. You've been stony for too many years. Try something different. Surrender.

Rumi

- Surrender in this work is the same as acceptance, see Day 1, page 30. It is a wonderful and powerful quality and an absolute must for recovery and healing. Following are some exercises, prayers, and affirmations to help us cultivate this important quality.

RIDE THE PAIN WAVE

- We want unlimited peace, love, joy, power, and wisdom, more time, and no pain. But this is not to be. In ordinary consciousness, we are subject to a host of uncomfortable thoughts, feelings, desires, and bodily sensations that will not quit.
- When we try to resist or escape these painful feelings, we make things worse. We create unnecessary reactivity that adds a great deal of suffering to the inevitable suffering of life.
- Jon Kabat-Zinn: “You can’t stop the waves but you can learn to surf.” (See Ride the Pain Wave, page 31.)
- To manage our pain skillfully, we need to learn how to ride the pain waves without the add-ons: racing thoughts, highly reactive emotions, hyperactivity, egotism, and excessive material desires leading to attachments and bad habits.
- When you feel discomfort of any kind, practice the following technique. It still hurts but this way we get the best possible ride.
- Imagine yourself on a board, surfing the wave.
- Observe the pain wave as it emerges.
- Allow the wave to emerge just as it is. It is often our resistance to giving the wave some time and space that gives it even more power.

- Stay with the wave as it grows. It has a life of its own. Ride it wherever it goes. It may grow, reach a peak, and dissolve quickly or it may stick around for some time. We cannot control this.
- But we can steady ourselves on the board with breathwork, healing qualities, and our favorite wisdom pearls. To stay balanced on the board, breathe and affirm the healing quality or wisdom pearl of your choice.
- Stay with the wave no matter the size, shape, or duration.
- When the mind races, return your focus to your breath, quality, or pearl.
- When your emotions intensify, return your focus to your breath, quality, or pearl.
- When desires emerge and prompt you to an escape pattern that will ultimately cause more suffering, intend not to act, breathe, and focus on your pearl or healing quality.
- When any uncomfortable thoughts, feelings, desires, or sensations emerge, be aware, don't judge, be kind and gentle with yourself, and return your focus to your breath, quality, and pearl.
- Observe your moment-to-moment experience. Stay with it. The process is painful but what you are doing is important. You are getting comfortable with a wider range of experiences.
- Don't latch on to a particular idea, emotion, desire, or sensation. Just watch what comes and goes.
- Breathe, observe, accept, let go.
- If you fall off the board, get back on.
- Persevere. Keep on keeping on. This may be your time for the heavy lifting curricula sometimes assigned against our will in the university of life.
- Remember, effort is progress even if you can't feel it. The qualities are growing beneath the surface waves of pain. Eventually the qualities will become big enough to contain, reduce, or eliminate your pain and guide you through any pain that is left.

EMBRACE THE GAP: GETTING COMFORTABLE WITH THE UNCOMFORTABLE

- To become ever-increasingly skillful pain managers, we must become familiar with the great variety of ways pain manifests.
- Pain hits our inner being and body with a medley of uncomfortable thoughts, feelings, cravings, and sensations. It can be frightening and overwhelming.
- This is why mindfulness, meditation, and the other recommended techniques are so important as they help us get in touch with our pain so we can navigate our way through it skillfully. We learn how to get comfortable with the uncomfortable.
- We drop our resistance to the pain, name it, face it, and move with it and through it to go forward.
- To do this, we must tune into the varieties of stress and how it manifests in our thoughts, feelings, sensations, desires, fantasies, impulses, choices, and actions.
- Feel the pressure of the problem. As it takes shape and form, use it to propel yourself in the direction of the healing methods and qualities.
- If we persevere, we will see the quality is more powerful than the painful problem.
- Love, understanding, compassion, forgiveness, patience, kindness, courage, and strength will contain, reduce, and eliminate reactivity and guide us skillfully through any pain that persists.
- Practice PMQ as much as you wish. More is better.

THE PRAYER OF AN UNKNOWN CONFEDERATE SOLDIER

I asked God for strength that I might achieve. I was made weak that I might learn humbly to obey.

I asked for health that I might do greater things. I was given infirmity that I might do better things.

I asked for riches that I might be happy. I was given poverty that I might be wise.

I asked for power that I might have the praise of men. I was given weakness that I might feel the need of God.

I asked for all things that I might enjoy life. I was given life that I might enjoy all things.

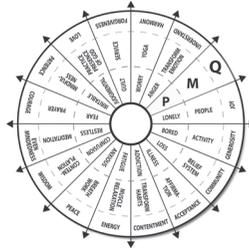
I got nothing that I asked for, but everything I hoped for. Almost despite myself, my unspoken prayers were answered.

ONE-WORD SURRENDER AFFIRMATIONS

- Visualize yourself at the third eye in a state of calm, quiet, patient, waiting.
- Apply the following one-word affirmations to a problem that won't go away and you will reduce your reaction to that problem: surrender, accept, receive, soft, yield, open, stillness, silence, spaciousness, and serenity.
- When you practice this exercise, some problems dissolve. The problems that remain create less of a stir.

QUOTES FROM GROUPS AND CLASSES

- I will work the condition however long or severe; I will wait for the qualities to appear.
- If you are irritated by every rub, how will your mirror be polished? (Rumi)
- Sometimes the only thing on the menu at the Brutal Reality Café is a big hot plate of damned if you do served with a side of damned if you don't. For most of us, this is a hard meal to swallow. Choosing to bear our suffering instead of pigging out on self-destruction often means a long wait for dessert. Fortifying ourselves with patience and faith gives us the strength to endure the wait until our reward arrives. (Tim Casebeer)



DAY 87: SWEETNESS

*When the heart has seen the sweetheart, how can it remain bitter?
Find the sweetness in your own heart, that you may find the sweetness in every heart.*

Rumi

THE SOFT SWEET LOVE OF THE MOTHER-FATHER

- Picture yourself holding a baby.
- This will take you to the place inside that is soft and sweet, patient and kind, tender and gentle.
- Place these qualities like a salve right into your wound.
- Such healing power there.

SWEETNESS OF SPEECH

- Words are bullets or healing powers.
- Avoid gossip, criticism, judgment, debate, and harsh words.
- Review the list of healing qualities.
- Align your thoughts and speech with the qualities.
- Your word has the vibratory power to spread truth, healing, and love.
- Speak truth guided by sweetness of speech.

LOVING-KINDNESS AFFIRMATIONS

- Loving-kindness affirmations help us move from our selfish ego to our serving soul.
- This training in service to others reduces anxiety.
- This is a long-term practice.
- It can be done in both meditation and activity.
- It is a great walking meditation.

Healing Power: One Hundred Days of Love

- Start with yourself. Wish others the same.
- Think of those who are good to you and those who are not good to you.
- Include family, friends, and strangers, even enemies.
- Keep your mind locked in your affirmation.
- May I be free from suffering. May you be free from suffering. May we all be free from suffering.
- May I be relaxed and safe. May you be relaxed and safe. May we all be relaxed and safe.
- May I be healthy and content. May you be healthy and content. May we all be healthy and content.
- May I be happy and strong. May you be happy and strong. May we all be happy and strong.
- May I feel peace, love, and joy. May you feel peace, love, and joy. May we all feel peace, love, and joy.
- As I heal, may I give this healing to those I love and those I don't.
- Create your own affirmation.

GUILT, SHAME, AND EMBARRASSMENT

- We must get rid of guilt, shame, and embarrassment to get to the sweet love that we are.
- When you feel guilty, ashamed, or embarrassed by your mistakes and bad habits, visualize yourself in a spacious room filled with patience, kindness, sweetness, tenderness, gentleness, understanding, compassion, and forgiveness.
- Absorb these qualities.
- Practice this until your love for yourself is unconditional.

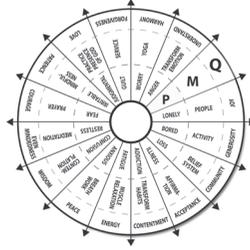
EGO-DRIVEN SELF-RIGHTEOUS ANGER

- It is all too easy to get stuck in self-righteous anger and resentment for the wrongs done to us by others. Anger is seductive, attractive, and magnetic, difficult to shed. But righteous anger is not love and it steals our peace.
- To reduce your negative ego-driven anger, call up your army of one hundred healing qualities and give these qualities to other people even when they are wrong and you are right. Righteous anger is a lower vibration of consciousness. Stay with the qualities no matter what other people do. Otherwise we are filled with emotions about what other people are doing to us.
- This is a big part of spiritual work as it involves ego reduction and soul expansion towards unconditional love. How else can you get to unconditional love unless this condition plays itself out again and again? Not getting your way is the only way. This does not mean you are a doormat. Protect yourself on the outside. Reduce your ego on the inside.

CONTAGIOUS

- One member noted how kindness and safety were the two qualities he felt when he first started going to Alcoholic Anonymous meetings. Then he became those qualities and was able to give them to others. His conclusion: the qualities are contagious.

- Drop kindness, safety, or any other healing quality into the center of your consciousness. Feel the healing vibrations throughout your system, and then send those vibrations to others and surrounding space.
- Start your day with a healing quality and focus on the quality all day long.
- Invoke a powerful memory of this quality working in your life.
- Think, picture, and feel the quality healing yourself and others.
- Keep it for a week, month, or longer.
- Close your eyes, fall in love, stay there. (Rumi)



DAY 88: TENDERNESS

Love has taken away my practices and filled me with poetry. A mountain keeps an echo deep inside itself. That's how I hold your voice. Why should we grieve that we've been sleeping? It doesn't matter how long we've been unconscious. We're groggy, but let the guilt go. Feel the motions of tenderness around you, the Buoyancy.

Rumi

THINK SOFT

- There is something inside of you right now that is supremely kind, understanding and loving. Go there, bring that out, and give that to everyone and everything that happens to you outside and inside. Be sure to include yourself.
- Let the qualities be your guide. The qualities are a corrective guiding force. When off, they get us back on course. What would the qualities do? How would patience, kindness, sweetness, tenderness, and gentleness guide me now? Think soft.
- The qualities are not just an affirmation, prayer, or checking in a couple of times a day. No, the qualities are to become our new mental habits locked into neurocircuits so we can respond automatically and spontaneously. Continuously affirm and practice the qualities you wish to manifest. When old habits persist, keep practicing anyway. We get there by rolling the universal healing wheel. Start where you are. You have the qualities. Gently build from there.

FOCUSED BREATHING

- Most of us pay no attention to breathing. Unconscious breathing often leads to breathing habits that create tension. We can change this by practicing focused breathing. Focused breathing stills the restless mind, quiets ragged emotions, and restores the peace. This is the quickest way to induce the relaxation response.
- The breath is always with us so paying attention to it requires nothing extra. To get centered and calm:
 1. Sit in comfortable position.
 2. Focus on your breath.

3. Make the breath longer or just watch it.
4. Breathe with a relaxed belly.
5. Make the breath sweet, calm, gentle, and slow.
6. When the mind wanders, bring it back to the breath.

MENTAL YOGA

- Yoga is merging the soul with Spirit through love, service, wisdom, and stillness. Mental yoga is keeping our needle of attention on these four disciplines. We can practice mental yoga every day, every moment, at all times, in all situations.
- Practice the following steps in the morning when you get up and any time during the day when you have a moment between tasks. We have to focus on our tasks but we can practice this technique so we will not be totally immersed in the world.
 1. Gently focus your attention at the spiritual eye, the point just above and between the eyebrows. This pulls energy inward and upward.
 2. Open up your heart.
 3. Visualize a saint, a master, light, or any manifestation of Spirit that arouses your devotion. Ask for help.
 4. Place your needle of attention on love, service, wisdom, and stillness.
 5. Affirm the sweet, tender, gentle love that you are.

IDENTIFICATION WITH THE EGO VS THE SOUL CONNECTED TO SPIRIT

- Review the three-story house on Day 70 Pure Consciousness, page 232.
- The first floor is the ego.
- The second floor is the healing qualities or soul.
- The third floor is Spirit or Higher Power.
- With the ego in charge, the central problem is one of identification. We experience limitation because we identify with our body, personality, and role in the drama of life. We think we are our desires, habits, attachments, flaws, and problems. We feel separate from others, creation, and the Creator. We accept ordinary material reality as normal. We believe impermanence and change have ultimate power.
- Because of these identifications, our perception and experience is limited to the vibrational frequencies detectable by the ordinary mind and five senses.
- But there is something deeper: the soul and Spirit. Our true self is second-floor healing qualities and third-floor higher states of consciousness.
- The higher self is unconditional patience, kindness, sweetness, tenderness, warmth, gentleness, and a host of other qualities listed in the healing alphabet.
- With advanced practice, the qualities expand into superconsciousness: the peace that surpasses understanding, pure love, and ecstatic joy.

Healing Power: One Hundred Days of Love

- This is going to take some time. Problems on the first floor of the house are compelling. We identify with our problems and think this is who we are. But we are not our problems. We need to face our problems and work on them but they are not our true identity. Never, even for a moment, assume the identity of the problem. This is not easy. Identification with our problems is a difficult habit to break. What to do?
- Practice PMQ. Roll the wheel and persevere. Keep going and you will see the healing qualities get bigger and slowly replace your ego and problems. Then you experience the soul connected to Spirit as ever-increasing patience, kindness, sweetness, tenderness, gentleness, warmth, and wisdom. You can then give these qualities to all whom you meet.



DAY 89: THOUGHTFULNESS

*Replace negative thoughts with healing qualities and wisdom pearls.
Then give that to all whom you meet.*

- We have a strong tendency to identify with our problems and think this is who we are. But this is not the case. It is a good idea to know what our problems are and work on them but we want to identify with our true self: a composite of one hundred healing qualities and higher states of consciousness.

THE TRUE SELF

- Follow the trace of your thoughts. When you see your mind focused on your problems and you want to shift gears to the healing qualities:
 - a. Stop
 - b. Breathe
 - c. Present moment
 - d. Remember, thoughts are just thoughts. They are not facts, reality, or the true self. They are passing mental events. They have a beginning, middle, and end. They arise, pass through our consciousness, and dissolve.
 - e. The true self is healing qualities and higher states of consciousness. Affirm:
 - I have an army of one hundred healing qualities. This is my true self.
 - I am still, silent, spacious, and serene.
 - I am peace, love, compassion, kindness, understanding, courage, strength.
 - Affirm the quality of your choice. These are your new lenses.
 - When negative thoughts return, breathe and affirm your quality.
- With practice, healing qualities slowly contain, reduce, and eliminate negative restless thoughts. The mind returns to its power position of peace and poise. Then you can enjoy the show and be ready for the next series of classes and tests.

WHO OWNS THIS HOUSE?

- We cannot get rid of all of our problems but we can learn how to live with and above them.
- We can do this by learning how to live on three floors of the house at the same time. (Review *The House*, Day 70 Pure Consciousness, page 232.)
- Painful problems are on the first floor.
- Unlimited healing qualities are on the second floor.
- The third floor is Higher Power or Spirit.
- Find your problems on the first floor but don't identify with them. They are invited guest teachers but they do not own the house. Welcome these guests into your home but not as permanent residents.
- Instead, identify with the second and third floor. This is the soul connected to Spirit. This is your best, higher, and true self. Focus there as you work with your first-floor realities.
- While we face everything on the first floor, we transcend and rise above it by getting to the second and third floor.
- Remember, your problems are teachers, helping expand your healing qualities until these qualities are unconditional.
- Call up your army of one hundred healing qualities from the second floor of your house and send them down to the first floor to take charge of the story.
- When your pain or problem persists, never forget this is not who you are. You are not your problems. Problems are guests. The owner of the house is love. You are love itself.
- Affirmations:
 - a. It doesn't matter what the world or my body does. I am the serene and compassionate space within and without.
 - b. I am not my problem, defect, illness, or symptoms. I am the warm compassionate love of the true self.

THE COMPELLING NATURE OF THE FIRST FLOOR

- Review *The House*, Day 70 Pure Consciousness, page 232.
- The first floor is the human condition.
- The second floor is love.
- The third floor is Infinity.
- There are many layers on the first floor: the world story, our personal story, our roles, relationships, responsibilities, personalities, attachments, and problems.
- The first-floor story is compelling and magnetic. It grabs all of our attention, sucking into its vortex our entire consciousness. It is important but we make it too important. It consumes all of our attention and energy.
- Don't let the first-floor story define you. Cast off these layers by spiritualizing the story with the love qualities from the second floor and contact with the Infinite One on the third floor.

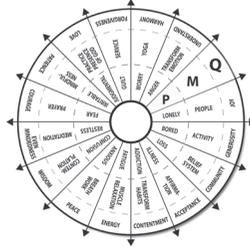
- Affirm:
 - a. I hold all of my problems in a compassionate space.
 - b. I hold all of your problems in a compassionate space.
 - c. I will work with this condition, however long or severe. I respond with love.

FIND THE POSITIVE

- When you realize you have gone for a ride on the negative train of thought and want to get off the train:
 - a. Stop
 - b. Breathe
 - c. Present moment
 - d. Find something positive in your inner being.
 - e. Find something positive in your body.
 - f. Find something positive in the environment.

POINTS TO REMEMBER

- Listening is thoughtfulness. Talk less and listen more.
- Think about others and be aware of their needs. We can't always figure it out and sometimes forget or miss the mark but keep trying and don't forget, small gestures mean a lot.
- The moon reflects accurately in still waters.
- Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. (Rumi)
- We focus on the wrong stuff and identify with what doesn't matter too much. Choose wisely through discernment. Monkey mind or stillness. Netflix or nature. Nature or meditation. Have a dialogue with your soul. (Miles Richmond)



DAY 90: TOLERANCE

We are equal and one yet different. Create some space and enjoy the diversity show.

- Judgment and intolerance are monumental problems. We need to do better. We need to learn how to deal with people who are different in race, religion, ethnicity, economic class, educational level, gender, sexuality, and age and see what we have in common. We need to learn how to tolerate provocative people. We need to learn how to reduce reactivity and create more space for our own problems. Following are some exercises to help us do this.

UNIVERSAL PRINCIPLES

- Please review the guidelines for groups and classes on page 27. Students of *Healing Power* endorse these for groups and classes. We can apply the same principles to all people and all conditions.

THE HIGHER SELF

- The roles we play in life, our educational level, economic status, race, ethnicity, and age obscure our true nature. Our bodies, personalities, or roles do not ultimately describe us. Similarly, we are not our problems, flaws, or illnesses. These superficial identifications veil our inner identity or true self, the soul, where we find all of the healing qualities.
- The qualities are our true identity, the higher self, our Buddha nature, the Image of God within. It is who we really are. At the very core of our being, we are warm, loving human beings filled with strength, courage, wisdom, and joy. When we lose touch with this higher self, we are in trouble.
- Do you allow stereotypes and judgment to define you? If so, how does that make you feel?
- Read the list of one hundred healing qualities. As you read, realize this is your true or higher self. How does this make you feel?
- You are a warm, kind, loving, compassionate, strong human being. You are not just good. You are very good. How does this make you feel?
- Affirm. Contemplate. Meditate. Go deep. Realize your Buddha nature. You are the qualities.

MINDFULNESS

- When we practice mindfulness, we create an increasingly serene space to hold our problems. We reduce the excesses of the mind so it can be in alignment with the higher purposes of the heart and soul. We build a powerful control center at the very core of your being. Events, the doings of other people, and our own reactivity will not ruffle us because we have more space and strength inside.
- When we realize we have gone for a ride on the train of judgmental thought and want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Practice one or more of the following affirmations:
 - All opposing forces merge in the One.
 - Unity and harmony permeate my thoughts and actions.
 - The Changeless One is in every person, house, flower, and blade of grass.
 - My awareness of unity creates unity.
 - My yearning for unity creates unity.
 - I keep the unity of the many worlds before me.
 - My world is broken. I heal it with oneness.
 - The world is broken. I heal it with oneness.
 - Every person is part of one family.
 - We are one.
 - All of humanity is in the same boat.
 - I am peace. I make peace. I am friend to all.
 - I honor diversity.
 - I am a part of one Great Body.
 - I am a part of One Person.
 - The infinite universe is One Being.
 - One Omniscient Power permeates and governs all things.
 - I see everything in Her, and Her in everything.
 - I see everything in Him, and Him in everything.
 - Spirit and matter exist in the same space. I focus on Spirit.
 - God and maya exist in the same space. I focus on God.
 - Division and unity exist in the same space. I focus on unity.
 - Change and changelessness exist in the same space. I focus on changelessness.
 - The Changeless One is in everything.
 - Everything is in the Changeless One.

- The Changeless One is everywhere.
- Every moment is an aspect of and a window to the Infinite One.
- I live, move, and have my being in a unified field of peaceful, joyful, loving energy that cannot be broken.

THE TRUE TEST OF RELIGION

- The true test of religion, spirituality, or any belief system is love. Does your path help you connect with others, or does it separate you?
- Judgment of others creates separation. Acceptance and support bring us closer. What thoughts, feelings, and activities are you engaged in that separate you from others?
- Finding the faults of others is easy. Instead, focus on their positive qualities. Give them support for their psychological and spiritual growth. What thoughts, feelings, and activities are you engaged in that bring you closer to others?
- The basis of all spirituality is morality and goodness. We must learn how to behave. First, do no harm to others in thought or word. Stop judging, criticizing, and gossiping. Then practice compassionate service. Notice the peace of mind and strength you kindle as a result. Keep going, and you will experience solidarity with humanity and creation.

THE EGO

- In ordinary consciousness, under the direction of the ego, we often feel superior or inferior to others.
- In spiritual consciousness, we are equal and one.
- No matter what your ego tells you, practice equality and unity with all others.
- Notice the harmony and rhythm that come to you as a result.

EQUAL LOVE FOR ALL

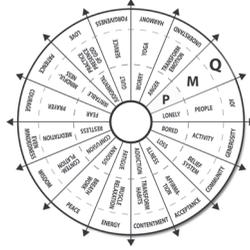
- Do I love everyone equally or am I favoring some over others on the basis of body type, personality, race, religion, nationality, sexual identity, economic class, educational level, politics, or other sources of division and separation?
- Is the person I am with the most important person in the world?

THE HEALING LIGHT

- We can use the consciousness of One to help us when we are in conflict with others.
- Think of someone who provokes you.
- Visualize the healing light of love melting his or her imperfections.
- Visualize the healing light of love melting your own imperfections.
- Picture yourself in harmony with this person.

POINTS TO REMEMBER

- Do not judge your neighbor until you walk two moons in his moccasins. (Cheyenne)
- Never forget: you have the help of an army of one hundred spiritual qualities to help you with judgment, stereotypes, and fear.



DAY 91: TRUST

These pains you feel are messengers. Listen to them.

Rumi

TRUST THE PROCESS: WORK—PAIN—JOY

- Spiritual belief systems make many grandiose, idealistic promises: eternal peace, unconditional love, and abundant joy. In the beginning, it is the hope for such experiences that gets many people involved in the rigorous discipline of the spiritual path. After doing the work, it is a natural human tendency to expect the promised rewards. However, there will be times when there seems to be nothing but work, effort, and pain without compensation. Progress towards healing, pain relief, and higher states of consciousness can be very slow or seem nonexistent.
- It is best to have no expectations; if our demands are not met, we might stop doing the work. If we are patient and try not to imagine how fast our growth should be, we can persevere and stay on our chosen path. Though results are often slower than we like, progress occurs if we make the effort. Everything gets better slowly with practice, a lot of practice, but not on our schedule.
- Effort is progress. When we roll the wheel or practice PMQ, we are moving forward even if we can't tell. The change is too subtle to pick up. New brain grooves that hold the qualities are forming but they are not strong enough to manifest.
- The new brain grooves remain even when you backslide. Just get back to your practice as soon as possible. It is very important to remember this, as one can become demoralized when there is only work and pain, no apparent forward movement, and sometimes backsliding.
- When you are deeply immersed in spiritual work and experience no change, always remember, you are making progress even if it is invisible. The qualities are growing even when you can't feel it. The reward comes on its own schedule.
- It is worth working and waiting for ever-increasing peace, love, joy, power, wisdom, and a host of other healing qualities. You will feel better, become a better person, and may even experience higher states of consciousness. Tell yourself the qualities are growing even when you can't feel it. This helps keep you in the game.

- Following is the work → pain → joy cycle in 5 steps:

THE WORK—PAIN—JOY CYCLE

1. Work and pain without apparent change
2. Feel better and become a better person
3. Superconsciousness
4. Repeat
5. Mastery

1. Work and Pain Without Apparent Change

- We are in pain. We do the work. We roll the wheel. We practice PMQ. The qualities are growing but not enough to feel. In this stage, there is work, struggle, and discipline without immediate reward.
- The length of this stage is determined by the extent of the problem. Some problems require just a few minutes of work. Others take longer. Deeply embedded severe problems may take years of work. The schedule is not up to us. Our job is to do the work. Relief comes on its own terms.
- Many quit here as they are looking for immediate gratification. If you are not ready for work and pain without immediate results, you will likely give up. If you persevere, you will feel better.

2. Feel Better and Become a Better Person

- The qualities are growing. You feel the change. There is a tangible experience of ever-increasing peace, love, strength, courage, joy, and other healing qualities. You feel better and become a better person.
- Keep going. You may experience a transformation of consciousness described in the next step.

3. Superconsciousness

- Love qualities inflate by nature. At some point, they cannot contain themselves. They break into superconscious states that defy description. We name this the Buddha, bliss, nirvana, God, or ecstasy. It doesn't matter what we call it. The experience is gorgeous. But words are signposts only. We have to go there. When we reach an expanded superconscious state, we know it, experience it, and feel it.
- These experiences last for a few minutes or hours to several days. But there is inevitably a return to ordinary consciousness. Back to school. Back to work.

4. Repeat

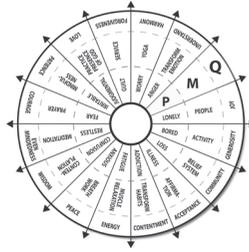
- Repeat steps 1–3.

5. Mastery

- There is a sustained state of superconsciousness. This is a very advanced stage and requires decades if not lifetimes of work and discipline. With continued practice, our spiritual qualities become strong enough that no external drama or condition of our bodies can shake them. We remain peaceful, positive, and poised no matter what life throws at us. We experience the soul and Higher Power as a durable love born of ever-expanding compassion, understanding, wisdom, and joy. We know we are the immutable peace of the soul, connected to Spirit, eternally safe and protected. We know our love is greater than any pain or problem. We can get through any barrier, no matter how insurmountable it appears. Nothing can stop us. Nothing can touch us. We are awake, aware, and ready for anything. Serene and compassionate service to humanity is the natural outcome of this state of consciousness. For more information on this, you can study the lives of Jesus, Buddha, Krishna, Rumi, or any God-Realized Master

POINTS TO REMEMBER

- Healing qualities are more powerful than painful problems. You can learn to trust this principle by rolling the universal healing wheel or practicing PMQ. When you practice PMQ, you will feel better, become a better person, and experience higher states of consciousness. You have to prove this to yourself through direct personal experience. You will see that it works. There is no other way to gain trust in the process.
- We have to let the pain in, match it with a method and quality, experience the growth of the quality, and observe how it slowly contains, reduces, and eliminates the problem and guides us through what is left.
- We can start by riding small pain waves and then building up to bigger ones. Practicing on and having success with smaller waves gives us the confidence to handle bigger waves.
- Breathe into your pain instead of pushing it away. Give the pain its due respect by inviting it in as a guest teacher and stimulant for the growth of healing qualities.
- Embracing our pain this way can be frightening. But after several successful experiences with this, we come to trust our ability to ride the pain waves without drowning.
- After many cycles, you will learn to trust the process. When new problems show up, you will not doubt yourself or the healing process. You will know your job is to roll the wheel and persist. The healing quality does the rest. It comes in to save the day but not on our schedule. We would like healing and pain reduction to occur quicker but it doesn't work that way. We have to wait and be patient. True lasting value only comes with patient daily practice.
- The universal healing wheel works for any problem: tiny, small, medium, large, or huge. The dynamics are the same. Take any problem and match it to a method and quality. Practice the method and cultivate the quality in response to the pain. The quality slowly grows and will help you contain, reduce, or eliminate your pain.
- Don't miss your smaller problems. They are training for bigger problems. Bigger problems present the biggest opportunity. They require more time, effort, work, and struggle. But the reward is great: even bigger peace, love, joy, power, and wisdom.
- When we learn to trust the process, we can go deeper. The deepest suffering requires the deepest healing. The bigger the P, the bigger the Q has to be. How deep are you prepared to go?



DAY 92: TRUTHFULNESS

The measure of a man's truth is the measure of his love, and Truth is far removed from him whose life is not governed by love.

James Allen

Hard are the ways of truth and rough to walk.

John Milton

- Reality can be fierce and cruel. We don't like thinking about it let alone go through it. However, knowledge of what we are up against is our best defense. If we understand the root causes of our suffering, we can build a powerful healing program in response and be more likely to succeed. We must not shrink, even in the face of our most frightening problems. If we face our problems head on, we can build corresponding healing responses. This work is about the triumph of love over pain. Love is the great healer and the great pain manager. It is more powerful than any painful problem.
- When we respond to pain with love, we are skillful pain managers. Skillful pain management is love itself. Becoming a more skillful pain manager is the same thing as becoming a more loving person. When we respond to the inevitable suffering of life with love, we get the best possible deal. We find our power in the story.
- Love is the true secret, the pearl of great price, the greatest gift, and the ultimate healer. It is greater than any painful problem. But saying this is not enough. We need a mechanism, a way to transform *love is greater than pain* from an idea to a reality. The mechanism for doing the work is the universal healing wheel or PMQ.
- When we roll the wheel, we hold our pain, method, and quality in the same space. (See Day 71 Purity, The Crucible, page 235.) This is where the magical combustion happens. In this crucible, in this heat:
 - a. Love contains, reduces, or eliminates the pain and guides us through what is left.
 - b. Love slowly grows until love is all there is.
 - c. We feel better, become better people, and experience higher states of consciousness.
 - d. At mastery, we are love itself.

POINTS TO REMEMBER ABOUT PAIN

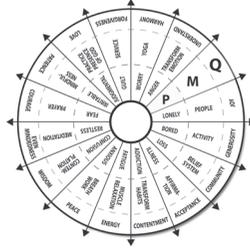
- Pain is any painful problem: physical, mental, emotional, interpersonal, or spiritual.
- Pain has two dimensions: the inevitable suffering of life and our reaction to it. We cannot control the inevitable suffering of life but we can control our reactions.
- Reactivity is what we add on to the inevitable suffering of life. We can reduce reactivity by practicing PMQ.

POINTS TO REMEMBER ABOUT LOVE

- The number one goal is love.
- Love is the great healer. It is more powerful than any painful problem. It is a fundamental solution to all of our problems. It is who we really are.
- In this work, love is defined as any one or combination of one hundred healing qualities. These qualities are the essential healing principle of every psycho-social-spiritual belief system.
- Love = one hundred healing qualities and higher states of consciousness = spirituality.
- Love and her consort qualities are the healers. Healing qualities are water on the fire of reactivity. They broker and buffer the pain of this life. Such healing powers as compassion, understanding, forgiveness, and humility are more powerful than any painful problem. They will contain, reduce, and eventually eliminate our reactivity.
- Consult the list of healing qualities (see page 11). These qualities are the attributes of love and reflect the character of the higher self, true self, or soul. We have these qualities. They are in the genetic code. We know how to make them grow.
- We can have a variety of goals related to the outer world of people, activities, work, training, recreation, volunteer, sports, culture, and so forth. While we work on these outer goals, the inner goal is always cultivation of love qualities. Once that inner goal is established, we can continuously affirm, feel, and visualize the qualities we seek to cultivate.
- We can use the qualities from moment to moment to manage our pain for the rest of our lives. Affirm compassion over cruelty, self-control over a bad habit, forgiveness over resentment, patience over irritability, understanding over judgment, or any PMQ of your choice.
- All you need is love and a way to make it grow. The universal healing wheel is the way. When we roll the wheel, love slowly grows until love is all there is. As our love becomes an unconditional, spontaneous, automatic habit, our locus of control shifts from outside to inside.
- Love is expansive by nature. At some point, it cannot contain itself. It breaks into a higher state of consciousness commonly known as the Divine Love, ecstasy, nirvana, or bliss. Kind and compassionate service to all of humanity is the natural product of this exalted state of consciousness.
- Repetition is the key to success. Throughout this work, you will discover a variety of practices that will help you grow love and keep this illumined goal before your eyes.
- It is in the daily victory of love over pain from moment to moment, thought to thought, and breath to breath that we find our liberation.

QUOTES ON TRUTH

- O' Great Spirit, help me always to speak the truth quietly, to listen with an open mind when others speak, and to remember the peace that may be found in silence. (Cherokee Prayer)
- Fight for truth but only with love in your heart.
- Tell yourself the truth. Do a searching and fearless inventory. Find and remove all traces of negativity but always remain compassionate, gentle and forgiving towards yourself.
- There are very few human beings who receive the truth complete and staggering by instant illumination. Most of us acquire it fragment by fragment, on a small scale, by successive developments, cellularly, like a laborious mosaic. (Anais Nin)
- There are many truths of which the full meaning cannot be realized until personal experience has brought it home. (John S. Mill)
- Truth is the pearl of great price. One cannot obtain truth by buying it—all you can do is strive for spiritual truth and when one is ready, it will be given freely. (Peace Pilgrim)
- Sit down before fact as a little child, be prepared to give up every preconceived notion, follow humbly whatever and to whatever abyss nature leads, or you shall learn nothing. (Thomas Huxley)
- Truth is a diamond that scratches every other stone. (Shantidasa)
- To live in the presence of great truths and eternal laws—that is what keeps a man patient when the world ignores him and calm and unspoiled when the world praises him. (Honore de Balzac)
- The deepest truth blooms only from the deepest love. (Heinrich Heine)
- Though the sages speak in diverse ways, they express one and the same Truth. (Srimad Bhagavatam)
- The greatest friend of truth is time, her greatest enemy is prejudice, and her constant companion is humility. (Charles Colton)
- We forget that Truth is self-sufficient, self-sustaining, and does not require human hand to protect it. (Paramananda)
- Whoever undertakes to set himself up as a judge in the field of Truth and Knowledge is shipwrecked by the laughter of the Gods. (Albert Einstein)
- There is no negotiation with truth. (Ferdinand Lassalle)
- Truth is not to be found by anybody who has not got an abundant sense of humility. If you would swim on the bosom of the ocean of Truth, you must reduce yourself to zero. (Mohandas Gandhi)



DAY 93: UNCONDITIONAL LOVE

*Love is the Great Healer and the Great Pain Manager.
 It is more powerful than any pain or problem.
 I take the love pill every day and PRN (as needed).
 I take it IV (intravenous) slow drip for long-term problems and IV push for crisis.
 The one thing I know, I always need more.
 It's all about love. Start your climb.*

HUMAN LOVE AND UNCONDITIONAL LOVE

- Religions preach and masters teach unconditional love as the goal of human life. This exercise describes the process of using human relationships as a starting point for the cultivation of unconditional love.
- Here you will find a description of how to expand and purify love through horizontal and vertical axis methods. This is a difficult and sometimes painful process involving purification and transformation. The result however is profound and worth the struggle: ever-expanding healing qualities and superconscious love.
- We have an insatiable drive for unconditional love. We must have it. In the beginning, we look to family, friends, and lovers to satisfy our craving for this perfect love. We all start here. However, human love can only satisfy a part of this need. Unconditional love is the only experience that is completely fulfilling.
- When we look to people for pure love, we fail; human love is imperfect. We all have egos, flaws, attachments, and bad habits. These barriers impede our ability to manifest perfect love. When our need for unconditional love remains unmet, we get anxious. In frustration, we desperately seek love in all the wrong places. We end up with codependency, multiple partners, addiction, and other such bad habits. The solution lies in the transformation of human love to unconditional love.
- We can achieve this change through a process of purification. This requires discipline, effort, and ego reduction. It takes time and it hurts, so we are slow to enter the process; even when we start, we resist its completion. However, this is the purpose of life. We are here to learn how to love when we do not. Until we begin transforming human to unconditional love, there will be restlessness, frustration, and dissatisfaction. To eliminate this unnecessary suffering, we must expand our love until it is unqualified.

- We can use our current relationships as a starting place. In our lives, we give and receive love in a variety of roles: parent, child, sibling, coworker, friend, neighbor, or romantic partner. In the daily grind of these relationships problems inevitably emerge. When we have an interpersonal conflict, we do some work on the horizontal plane: communication, problem solving, negotiating unmet needs, and so forth. (See Day 51 Listening on Interpersonal Problem-Solving Discussion, page 176.) This works but often our problem will not immediately dissolve. We are still in pain. This is good as it allows us to practice surrender or acceptance. We accept pain as the teacher and stimulant for the cultivation of higher love through the practice of vertical axis methods.
- Unconditional love is always available as the universal balm for any problem or pain. We can tap into unconditional love at any time; it is already with us, implanted in the body temple as the higher self, true self, or soul. Some refer to it as the Buddha or Image of God. We already have the superconscious love we are looking for. It is always inside, regardless of our outer condition.
- Through mindful introspection, we can identify any flaw that impedes the free flow of love. We leave no stone unturned, working to remove all traces of negativity, however long that might take. Pain is the teacher. The lesson plan is cultivation of unconditional love through the methods described by sages: meditation, mindfulness, spiritual study, breathwork, yoga, and so forth. When we do this work, love grows on the vertical axis. At some point there is a transformation of consciousness to Divine Love or superconscious love.
- Most people have never experienced superconscious love. It is different than human love or any other experience. We cannot imagine it until we experience it. At first, it may seem unattainable but we can find it by purifying and expanding our human love. When our love is strong enough, it eventually breaks into another realm described by saints, sages, and masters as ecstasy, the peace that surpasses understanding, bliss, nirvana, or the Love of God. Here, words fail. Divine Love has to be experienced.
- When we cooperate with the command to love and do the work, there is a radical transformation of consciousness. God's cosmic broom sweeps away junk thoughts, harsh emotions, and restless discontent. A flowing river of healing energy gently overpowers the ego. The veil of ordinary human consciousness lifts and separation ends. We enter the House of Love. Here we experience light, intuitive knowledge, unfathomable stillness, and ecstatic joy. We feel safe, secure, and immortal. The feeling is exquisite! We want to stay forever, but we return to ordinary consciousness, since there is more work to do. We are never the same, however: the memory of ecstatic love marks our return. One taste of Divine Love is addicting. Hooked for eternity, we yearn for more forever. We are willing to do whatever it takes to get more until we become pure love. Then we can return to our true home and stay forever.
- Connect human conditional love on the horizontal axis with unconditional love on the vertical axis in a continuum with a slow but steady increase in unconditional love. As we learn how to grow and balance love on the horizontal and vertical axis, there are fewer bumps. The ride is smoother, then smooth.
- In the end, there is no division between horizontal and vertical axis love. Love is one and unconditional. It takes a long time and a lot of work to get to this exalted state of consciousness. It is reserved for the masters. On the way, there is a slow and subtle increase in peace, strength, harmony, and balance with occasional glimpse of ecstasy. Later, ever-new joy.

POINTS TO REMEMBER

- Little love is human conditional love expressed on the horizontal axis in our relationships with relatives, friends, and colleagues. Big Love is the pure unconditional love we cultivate with vertical axis methods. With sustained long-term practice of the recommended methods, little love expands until Big Love is all there is.
- The transformation of human love to unconditional love is ultimately about self-reform and self-mastery. It is not about others' behavior. It is about our response. Instead of looking to others, we bring love from within. Instead of trying to control and change others, which usually causes resistance, we learn how to be content and comfortable inside. There is no expectation, demand, or need for others to behave in a certain way. We give love, no matter what. This higher love gives complete satisfaction while setting up the condition for others to change when they can.
- Whether your problems are physical, mental, emotional, interpersonal, or spiritual, love is the answer. It doesn't matter whether your problems are tiny, small, medium, large, or huge, throw love at them. When you regret the past, throw love at it. When you worry about the future, throw love at it. When you find yourself in the gap-abyss, the cave of darkness, or the dark night of the soul, hold on to love. Bring your love to brutal reality and serve there. Respond with love no matter what the world or your body does. Love is the great healer and the great pain manager. It is needed now more than ever. Take the love pill. Practice love until love is all there is.
- What is the difference between conditional love and unconditional love? How are they connected?
- Create yourself as a character in a story whose center is unconditional love.

QUOTE FROM GROUPS AND CLASSES ON LOVE

- Love is an infinite teacher. There is no end to its creative and healing powers.
- Love makes it all happen. It opens and calms you.
- Only love can change others.
- I tell my pain story to God in meditation. Then I sit there and wait for Big Love to come in and help me manage it skillfully because I can't do it alone.
- Your power in the story is always love. When you find love, you find your power.
- Love is in the details. It is in small things like tone of voice, facial expression, passing actions of hospitality, in showing concern to some kid on campus whom you don't know but whom you caught out of the corner of your closely observant ear or eye. Maybe this is another way of saying, "Good is in the details." There are good people everywhere and it is worth observing them carefully, because in the end it is those small things we see done with care that influence over the course of a lifetime. Everything else is abstraction. (Stephen G. Post)
- Everything that counts is for love. It is the engine of life.
- Always connect to the heart first.
- Listen to the voice of love, inside and out.
- Love is not an emotional sentiment but the ultimate truth at the heart of creation.
- Live from love within while you pursue your outer goals.

- Focus on giving love instead of all the bad stuff coming in. Love works better than any strategy.
- When there is no love, you can be the love that is missing. Create the love you are not feeling.
- Use any method you wish to cultivate love in response to your pain and you will evolve. It doesn't matter what pain does. Just keep coming back with love. Love and pain alternate, overlap and coexist throughout our lives. Love wins in the end.
- Talk to people. Befriend them.
- Unconditional love unties the knot of every problem, small or large.
- Be kind whenever possible. It is always possible.
- Love is the general in charge. The qualities are the soldiers.
- The answer to the cosmic puzzle is unconditional love. Cultivate that and see everything fall into place.
- Get out there and let love kick you around.
- Every painful problem, whether tiny, small, medium, large, or extreme, is a stimulant to expand our love until it is pure and unconditional. To accomplish this lofty goal, we need help from the God of Love. Love is the God of the Universe, the Healer of healers, the Power of powers. She is stronger than even the most brutal of realities. With our efforts and Her grace, we can transform the inevitable suffering of life into peace, strength, and wisdom.
- We share a seemingly infinite variety of painful problems that we manage either unskillfully or skillfully. When we manage our problems unskillfully, we get stuck or go backwards. When we manage our pain skillfully, we hold our ground and move forward. When we respond to our problems with love, we are skillful pain managers. Love itself is the skillful pain manager.
- Unconditional love is my goal. This takes time, lots of time. Results do not come overnight. When tests come, I persist in my quest.
- Even if I get beat and pulverized left and right, I never give in to discouragement. Tests and trials are opportunities for expanding love. I persevere.
- I hold on to the consciousness of unconditional love. I continue my practice no matter what life brings. I go on loving and seeking even if I have a debilitating or fatal illness with terrible pain. This attitude gets me through anything.
- Love is the only sane response in an otherwise insane world. (Corbett Monica)
- You can't force a person to grow. Just provide the right conditions and people respond on their own schedule.
- God loves you just as you are and too much to leave you there.
- I love myself just as I am and too much to leave me there.
- Love is the supreme goal of life, the ultimate experience, the salvation of man. Nothing is better.
- If only you could love enough, you would be the happiest and most powerful being in the world. (Emmet Fox)
- Love is a medicine for the sickness of the world, a prescription often given, too rarely taken. It cures those who give it and it cures those who receive it. (Karl Menninger)

potential to help us in every domain of life but it takes time to understand them. A deep wisdom pearl can grow throughout our life and even then not be fully understood.

- It is one thing to sit, read, think, and talk about an idea. But contemplation is not just thinking and talking. It is a deep spiritual practice.
- Pearls of wisdom are useless if they stay in our head. They must be realized. There must be a change in consciousness, a change in vibration to a higher state.
- Ultimately we must get beyond words to practice, experience, and transformation. This is very difficult for us. We like to stay with words. Words are much easier than practice. It is a lot of work to get beyond words.
- In contemplation, we apply an idea to our mind, emotions, desires, and ego. That involves a whole other level of understanding and commitment. Wisdom pearls come up against old thoughts and feelings that have to go. There may be discomfort.
- Most are not ready for this. When we are ready, when we see the need and begin our practice, the reward is great. We slowly discover we are the peace, love, joy, power, and wisdom described in sacred texts.
- The healing qualities described in the great wisdom traditions are within us. We can understand them better in contemplation and embody them through repetitive action. With practice, patience, and perseverance, we expand and express these virtues in our thoughts, feelings, and actions. We become peace, joy, kindness, compassion, courage, and strength. This is realization of wisdom. It is a part of deep healing and full recovery.
- Following is a method of contemplative study. With this technique, we slow down our reading so we can go deep into our consciousness, in order to convert words into personal realization.
- Include this powerful technique in your healing program. Start your morning and evening practice with a period of contemplative study. You will see that it not only works but also is supremely enjoyable.
- To realize any healing quality, set aside some time and follow these steps:
 1. Choose a topic
 2. Study
 3. Affirm
 4. Act
 5. Introspect
 6. Mastery

1. Choose a topic

- Pick an area where you would like to do some work, such as becoming more compassionate.

2. Study

- Find a quiet place to study. Eliminate all distractions: turn off the TV, radio, and telephone.
- Find a passage in your wisdom book having to do with compassion. Read this passage to get the overall picture.
- Go back and read the material again, this time jotting down the important points. When written, the material is impressed much deeper in the mind and consciousness.

3. Affirm

- Affirm one complete thought. This may be a sentence, a few lines, or a paragraph.
- Here is an example of a thought on compassion from the Dalai Lama: the feeling of kindness, love, and compassion is the essence of brotherhood and sisterhood. This compassionate feeling is the basis of inner peace.
- With your will and concentration, eliminate all other thoughts.
- Place the affirmation in the center of your being, and keep it there for several minutes. When your mind wanders, bring it back to your affirmation.
- Let the vibratory power of your affirmation spread throughout your body and surrounding space.
- Visualize yourself spreading love, compassion, and kindness with each action throughout your day.
- If you know a technique of meditation, you can include your affirmation and visualization before and after your practice. Affirmations are most effective when the mind is relaxed and opened, as during meditation.

4. Act

- Place note cards with affirmations related to compassion in your shirt pocket or another convenient place. Pull these cards out when you have a spare moment.
- Review these affirmations as a reminder of your theme for the day.
- You might give your mind a one-word affirmation such as “compassion.”
- Remember to let compassion be the governor of every thought, attitude, feeling, choice, and action.
- Notice how an oft-repeated affirmation will come into your conscious mind automatically. This is a sign that compassion is becoming a mental habit.
- Through repetition and practice, compassion slowly expands.

5. Introspect

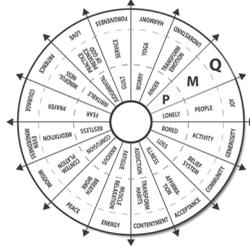
- In the evening, you can review your performance that day with respect to your chosen theme. When you fall short—and you will—take note of it and keep trying. For most of us, such a great quality as compassion requires a lifetime of practice. There will be many setbacks. This is natural.
- Do not allow your ego to slow your progress by denying mistakes and blaming others. Instead, humbly accept your limitations as part of the human condition. This will help you be more compassionate with yourself as well as others.

6. Mastery

- After many years of daily study and practice, compassion slowly takes hold, eventually becoming a habit. It guides all of your thoughts, feelings, and actions.
- As compassion slowly expands, it surrounds, feeds, permeates, and saturates every aspect of your being. In the end, you become compassion itself.

POINTS TO REMEMBER

- Without contemplation, the inherent healing power of wisdom pearls remains locked up, waiting, if not begging, for liberation. We have seen many preach about the enlightened life but come up short because they do not know how to transfer the life of the sacred written word into their daily lives. We can avoid this perilous trap by practicing contemplation.
- Through contemplative practice, we convert the great ideas and healing qualities embedded in wisdom texts from shallow words in our heads to real vibrations that permeate consciousness and action. Affirmations of love, compassion, understanding, and kindness are healing vibrations that go to our cells, surrounding space, and other people.
- The contemplation of wisdom is in the hall of fame of cognitive-behavioral, mindfulness, and meditative practices. It converts such great qualities as compassion or any other healing quality or idea from the surface superficiality of mere words to feeling, experience, and action.
- It is good to have a positive thought in your mind. It is even better to let it drop down to the center of your being, permeate your entire consciousness, and become a part of who you are. Wisdom thoughts are faithful guides and protectors when they become one's constant companions.
- You do not need a Higher Power or a religion to practice the contemplation of wisdom. All you need is some quiet time and your favorite positive thoughts, which can come from any source. Some people get their wisdom from spiritual writings, church, or the image of God or Buddha within. Others find it in secular work or from their community, family, relationships, or conscience. Some have street smarts. Where do you get your wisdom?
- When you are alone and suffering, remember this: healing qualities—which are already inside of you—are more powerful than painful problems. We can make them grow by practicing contemplation. Find one of your favorite wisdom books, read a meaningful passage, and sit with it for a few minutes. Then focus on one thought and the healing quality it reflects. Place that thought and healing quality at the center of your consciousness, and let it spread to every atom and fiber of your being as well as surrounding space. Notice how your pain is slowly contained, reduced, or eliminated and replaced by love, peace, compassion, courage, and strength.
- It takes time to cultivate the true compassion of a master, or to develop any of the wonderful healing qualities in the spiritual alphabet. Be patient and humble—your growth will slow down if you make the mistake of thinking you have already mastered the qualities. Acknowledge your limitations. With consistent daily practice, the qualities slowly grow until they become the unconditional, spontaneous, and automatic habits of a sage.



DAY 95: UNITY

All in One and One in all.

- A Singular Power inhabits all space, unifying and harmonizing everything in the universe. This Power is pure formless conscious energy. It is at once the source of everything and the link that connects all. It cannot be born, confined, limited, divided, or broken. It is eternal, immortal, changeless, and one. It is inside, outside, everywhere, extending forever in every direction, unifying all things and people.
- The great books and teachers call it the Tao, Buddha, Christ Consciousness, Krishna Consciousness, The Changeless One, bliss, Nirvana, God, The Giver, Divine Love, The Ocean of love, Big Love, the Big Space, Omniscient, Omnipotent, Omnipresent love, The Field, and more.
- We do not enter this field. We are already in it. It is already in us. There is no separation. All is one. We live in this infinite ocean as a fish swims in water. The “water” is always right here offering peace, love, joy, wisdom, safety. When we realize our oneness with the ocean, we know we are immortal, indivisible, and connected to all.
- We are always in the Changeless One, even as a wave is part of the ocean. However, because of maya, we experience ourselves as isolated waves, separate from the ocean.
- Maya refers to the power inherent in ordinary consciousness that makes us think we are separate from the Creator, creation, and other creatures. Under the influence of maya, we experience the division, separation, limitation, impermanence, and suffering of ordinary or worldly consciousness.
- Maya is powerful and seductive. It is responsible for our hook to the physical plane. It tricks us into thinking we can achieve peace, love, and joy by focusing on the little wave of our life to the exclusion of the ocean. Under the spell of maya, we focus on our soap opera, possessions, and bodies while we exclude the Changeless One from our consciousness.
- We love maya, the material field, despite the limitations, impermanence, and suffering it imposes. However, in order to contact the unified field of love, we must reduce the power of maya, since it and Oneness occupy the same space.
- The shift from maya to Oneness is not easy. In the next section, we will review how the material side of reality keeps us from knowing the oneness of it all.

THE LOVE FIELD AND THE MATERIAL FIELD

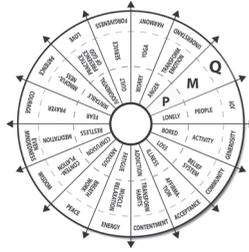
- In this exercise, we will look at two overlapping fields: The material field and the love field.
- The material field and the love field occupy the same space and compete for our attention.
- Please review the following table. Here you will find some key characteristics of the two fields.

THE LOVE FIELD AND THE MATERIAL FIELD	
THE MATERIAL FIELD	THE LOVE FIELD
Many	One
Form	Formless
Visible	Invisible
The human condition: good, bad, ugly, great, and terrible	The Qualities and higher states of consciousness
Limitation, impermanence, suffering	The Changeless One
Duality and brutal reality	Safety, security, and immortality
Ordinary consciousness	Superconsciousness
Body	Soul
Reactivity	The Qualities
Little peace, love, joy	Big Peace, Love, Joy
Human love	Divine love
Conditional love	Omniscient, Omnipotent, Omnipresent love
Attraction and repulsion	Equanimity
Likes and dislikes	Love everyone equally
Separation	Oneness
Maya	God

- The material field is the world as we know it in ordinary physical plane consciousness. It includes our people, activities, places, events, and things. It is the entire of the human condition: good, bad, ugly, great and terrible. It has most or all of our attention. Our energy is trapped and addicted to this layer of reality.

Healing Power: One Hundred Days of Love

- The love field is omnipresent. It occupies the same space as the material field. We are immersed in both fields at the same time.
- The love field and the material field are like magnets. They pull us in opposite directions. Our consciousness is caught in the middle of this tug of war. We have a choice. Which magnet do we follow?
- We cannot escape the magnetism of the material field. Our job is to live in it and respond with love, to remain in the love field as much as possible.
- We want to stay in the love field at all times no matter what the world or body is doing. This is equivalent to practicing unconditional love. This is difficult and sometimes impossible; there are a host of intruders on the physical plane that cause reactivity.
- How can you know if you are in the love field? Ask yourself the following questions:
 - Are my thoughts, feelings, desires, and actions permeated with love or something else?
 - Is my mind restless or positive, peaceful, poised, and focused?
 - Are my feelings out of control or am I calm and centered?
 - Am I compelled by material desires, attachments and bad habits or am I content with what I have?
 - Am I locked in a negative reaction or are the healing qualities in charge (patience, kindness, compassion, understanding, forgiveness, humor, and more)?
- The answer to the problem of reactivity can be found in the love field. The love field is always right here, everywhere present, inside and out, offering its gifts of unlimited healing qualities: peace, love, joy, power, wisdom, courage, strength, perseverance, and more. When we are thrown out of the love field by reacting to a provocative stressor, we get back to love as soon as we can.
- We do this by rolling the wheel. Practice PMQ. We see the problem in this case as reactivity. Pick a method and quality, and go to work. We work the quality until it reduces and replaces reactivity. Then we are back in the love field, comfortable and secure.
- When thrown out again, we roll the wheel again. This back and forth yo-yo between two magnets: the reactivity of the material field and the healing qualities of the love field, results in ever-expanding love until love is all there is.
- We are not alone, separate or isolated. We are part of the cosmic whole. Connect yourself to everything through love, the great magnetic unifying force in the universe.



DAY 96: USEFULNESS

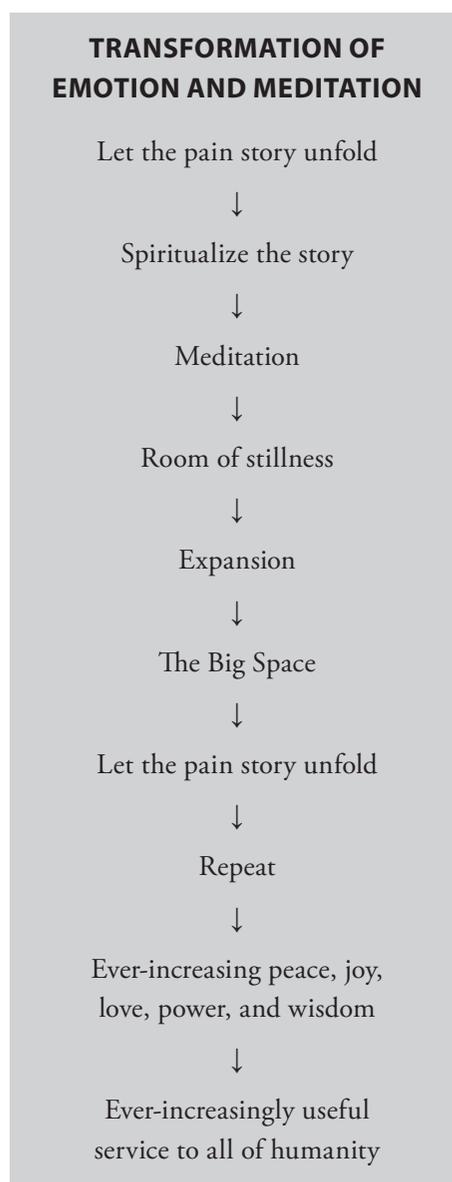
When we practice PMQ, we transform painful problems into ever-increasing peace, love, joy, power, and wisdom expressed through quiet acts of ever-increasingly useful service to all humanity.

- The following exercise will help us cultivate ever-increasingly useful service to others. It combines two profoundly helpful techniques: meditation and transformation of emotion. If you are not familiar with these techniques, you might review meditation on Day 79 Silence page 264 and Day 83 Stillness page 275, and transformation of emotion on Day 35 Honesty page 131, Day 41 Integrity page 147, and Day 43 Introspection, page 153.

MEDITATION AND TRANSFORMATION OF EMOTION

- The goal of meditation is stillness but sometimes, when we try to meditate, all we experience is our problems. Bad habits, hard feelings, conflicts with others, the need to forgive, insecurity, worries, resentment, and a host of other problems beg our attention and recognition. We can try to meditate but sometimes these problems require work, which must be done before we can get into the room of stillness.
- If this is the case, we may have to switch gears from meditation to transformation of emotion. We may have to let the pain story unfold and spiritualize the story. Then we can meditate and get into the room of stillness.
- For example, it is difficult or impossible to achieve stillness when we are angry and harbor resentment against those who have done us wrong. We may need to sit with our pain and let the story unfold to discover who remains in our inner prison. Then, if we choose to do so, we can spiritualize the story, in this case applying forgiveness to these individuals, thus liberating them from the inner prison. Then we can get into the room of stillness and absorb the deep healing vibrations that reside only there.
- When you try to meditate but find yourself ruminating on your problems, try the following method.
 1. Stop
 2. Breathe
 3. Present moment
 4. Let the pain story unfold

- Observe. See what is there.
 - Note the medley of thoughts, feelings, and bodily sensations. Embedded within these sensations, there may be a story you need to discover, lessons you need to learn, or tests you need to pass. I am afraid of loss, humiliation, rejection. I feel a pit in my stomach. I am not sure I can do this. I don't care. I want a drink. I am angry at my girlfriend.
 - Ride any pain wave that shows up. Stay with the wave as it grows. Ride it to its peak. Don't try to escape. Don't jump off. Let it all come out.
 - Breathe into the pain. Use the breath to steady yourself as you ride the pain wave, trusting it will naturally subside if you stay with it.
 - You may feel like you can't do this or that you are going to break but most of the time, if you ride the pain wave and get the necessary lessons, it will dissolve.
 - If you are new at this and feel overwhelmed, it may be wise to seek professional help.
5. Spiritualize the story
- When you have extracted the necessary information, infuse the pain story with healing qualities.
 - Review the list of healing qualities. Choose the ones you need for this part of your story. Most of the time we need more love, compassion, understanding, forgiveness, strength, courage, patience, kindness, and humor. These qualities will reduce and finally dissolve the pain story. Then we can meditate, enter the room of stillness, and participate in the deep healing that occurs only there.
 - See the "Transformation of Emotion and Meditation" diagram. Meditation and transformation of emotion are very powerful tools. Together they help us transform painful problems into ever-increasing peace, love, joy, power, and wisdom expressed through quiet acts of ever-increasingly useful service to all humanity.





DAY 97: WARMTH

Raise your words not voice. It is rain that grows flowers, not thunder.

Rumi

THE HIGHER SELF

- The roles we play in life, our educational level, economic status, race, ethnicity, and age obscure our true nature. Our bodies, personalities, or roles do not ultimately describe us. Similarly, we are not our problems, flaws, or illnesses. These superficial identifications veil our inner identity or true self, the soul, where we find all of the healing qualities.
- The qualities are our true identity, the higher self, our Buddha nature, the Image of God within. It is who we really are. At the very core of our being, we are warm, loving human beings filled with strength, courage, wisdom, and joy. When we lose touch with this higher self, we are in trouble.
 - a. Do you allow your problem or illness to define you? If so, how does that make you feel?
 - b. Read the list of one hundred healing qualities, page 11. As you read, realize this is your true or higher self. How does this make you feel?
 - c. You are a warm, kind, loving, compassionate, strong human being. You are not just good. You are very good. How does this make you feel?
 - d. Affirm. Contemplate. Meditate. Go deep. Realize your Buddha nature. You are the qualities.

REACTIVITY

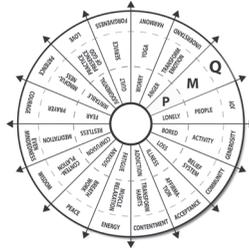
- Review the three-story house on Day 70 Pure Consciousness, page 232.
- We may not be able to fix or eliminate all first-floor problems but we can reduce reactivity by infusing the first floor with healing qualities: patience, kindness, sweetness, tenderness, warmth, and gentleness.
- When we find ourselves reacting, there is a shortage of healing qualities on the first floor. When we have enough healing qualities on the first floor, we do not react.
- Go to the second floor. Here you will find an additional supply of any one or combination of healing qualities you need.

Healing Power: One Hundred Days of Love

- Decorate every room on the first floor of your house with the beautiful and loving healing qualities of the second floor to become the sweet, tender, gentle love you are.

MEDITATION

- Meditate and get into the room of stillness.
- In the room of stillness, there are no words, thoughts, affirmations, prayers, questions, problems, or needs, only love.
- Do not think. Just feel the patient, sweet, tender, gentle love of the mother towards her baby.
- Receive her all-forgiving compassionate embrace.
- Feel her unfathomable peace.
- Feel her ecstatic joy.
- Affirm: It is great to be together in love and stillness. I am so happy to be here!
- Be soft like a pillow. Give that soft warm love to yourself. Put that tender gentle love into your wound like a salve.
- When you come out of meditation, give that warmth to all whom you meet.



DAY 98: WILL

Cultivating Will Power From Spark to Bonfire Two Frogs in Trouble

From the writings of the renowned yogi, Paramahansa Yogananda:

Once a big fat frog and a lively little frog were hopping along together when they had the misfortune to jump straight into a pail of fresh milk. They swam for hours and hours, hoping to get out somehow; but the sides of the pail were steep and slippery, and death seemed certain.

When the big frog was exhausted, he lost courage. There seemed no hope of rescue. "Why keep struggling against the inevitable? I can't swim any longer," he moaned.

"Keep on! Keep on!" urged the little frog, who was still circling the pail. So they went on for a while. But the big frog decided it was no use. "Little friend, we may as well give up," he gasped. "I'm going to quit struggling."

Now only the little frog was left. He thought to himself, "Well, to give up is to be dead, so I will keep on swimming." Two more hours passed and the tiny legs of the determined little frog were almost paralyzed with exhaustion. It seemed as if he could not keep moving for another minute. But then he thought of his dead friend and repeated, "To give up is to be meat for someone's table, so I'll keep paddling until I die—if death is to come—but I will not cease trying. While there is life, there's hope!"

Intoxicated with determination, the little frog kept on, around and around and around the pail, chopping the milk into white waves. After a while, just as he felt completely numb and thought he was about to drown, he suddenly felt something solid under him. To his astonishment, he saw that he was resting on a lump of butter, which he had churned by his incessant paddling! And so the successful little frog leaped out of the milk pail to freedom.

- In response to the tests and trials of life, we want to practice PMQ or roll the wheel with the maximum will power of the little frog.

Healing Power: One Hundred Days of Love

- Choose your problem, method, and quality. Then apply all of your will power to your method and quality. But a spark of will power will not do. We need a bonfire! If our will is weak and we run into a large barrier, we will not have the power to get through. When our will is strong, we can burst through the barrier that stands in our way. The stronger our will, the easier barriers are to breach. With continued practice, we can get through anything. But what if your will power is weak? How can you make it stronger?
- To understand the expansion of will power, imagine increasing physical strength. Let's say you're able to do twelve push-ups. You set a goal of twenty-five. To achieve twenty-five push-ups, you need to reach the current boundary of twelve and push past it with several repetitions of thirteen and then fourteen. With the sustained effort of pushing past your current limit, you will get to your goal of twenty-five push-ups. As you push through and expand your boundaries, your will power gets stronger.
- Will is the invisible muscle of our life, the power that gets us through an obstacle to our desired goal. As with physical muscles, our will power expands or atrophies depending on how much exercise it gets. We can use this principle to understand how will power grows.
- For maximum growth, we should identify realistic, attainable goals and pursue them no matter what obstacles arise. We set our desire and effort at one hundred percent. We do not let up.
- We do the work in a calm and continuous manner, chipping away at each barrier with all of our determination until it dissolves.
- Mistakes are part of the process. However, if we maintain our effort despite setbacks, eventually we progress.
- As we work our way through obstacles and resistance, we exercise our will and thereby increase its power. The more we exercise our will, the more will power we build. This cycle repeats itself with new barriers, forcing our will to higher levels. This is how we can increase our will power from a spark to a bonfire, a necessity on the healing path. We will need ever-increasing will power to help us through the trials and tests of life.
- Clearly, will is important on the recovery path as it helps us change, heal, grow, eliminate bad habits, move through barriers, accomplish goals, cultivate healing qualities, and serve the world.

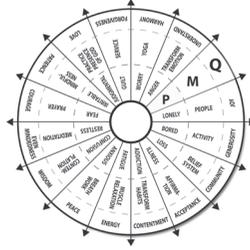
AFFIRMATIONS OF WILL

- I shift gears from *I can't* to *I can*.
- I can change
- I will change.
- I am successful.
- I make up my mind strongly now.
- My mind is set.
- My will is strong.
- I am ready to take on the challenge.
- I meet every circumstance with courage.
- No matter the challenge, I stay positive.

- I am filled with purpose, heart, and determination.
- God helps those who help themselves. I am busy doing my part.
- I possess the power of will and the power of thought.
- I use my will and thoughts to accomplish my goals, every step of the way.
- With will and thought, I work through any barrier.
- I act until my goal is accomplished.
- My will is calm, continuous, and concentrated.
- With great determination, I cultivate love, peace, and strength.
- The more work I do, the more results I get.
- No matter how many times I fall down, I pick myself up and struggle again towards my goal.
- I use my will and thoughts to love and serve.
- With will and thought, I make the Earth a better place to live.
- When difficulties arise, I refuse to give up.
- Love is my reason for being. I use my will to carry it out.

POINTS TO REMEMBER

- We need all of the will power we can get and more.
- Our heart and soul never asks us to be small, to play it safe. Our heart leads us only in the direction of more love, more kindness, more compassion, more understanding, more forgiveness. To move in that direction—especially in the face of those situations that are messy and painful—can sometimes take all the fire, all the passion, all the “Shvooooom!” we can muster. (Anonymous member)
- Choose a healing quality such as compassion, love, understanding, forgiveness, or courage. Focus on it with calm, continuous, intense concentration. You will see an increase in that quality. This is the greatest use of your will power.
- Use will and thought to accomplish your goals every step of the way.



DAY 99: WISDOM

If you keep open your eyes of wisdom and calmness, you will see there is a lot of enjoyment in this world—just as though you are watching a motion picture.

Paramahansa Yogananda

TAKE THIS SUPER PEARL TABLET AND CALL ME IN THE MORNING

- A wisdom pearl is not just a positive thought but a super-positive deep thought with the potential power to help us heal not just in the moment but over the course of a lifetime. Wisdom pearls have the potential to help us in every domain of life but it takes time to understand them. A deep wisdom pearl can grow throughout our life and even then not be fully understood.
- A wisdom pearl has multiple layers of meaning. We can only realize such wisdom with patient daily practice. We have to sit with it, work with it, contemplate it, practice it, and intend it over weeks, months, years, and lifetimes. Some examples:
 - Love is the great healer.
 - Even-minded under all conditions.
 - Make medicine out of your pain.
 - Pain is the teacher and stimulant for the cultivation of healing qualities.
 - Healing qualities are more powerful than any painful problem.
 - The perfect peace of the soul
 - Acceptance
- One super pearl is enough. We don't need hundreds or thousands. Take one super pearl tablet in the morning. This is your potent medication for the day. Swallow the pill. Let it dissolve in the blood stream. It will permeate and purify your entire system, a little bit, each day. Wisdom is a great cleanser. Be patient. Remain calm. Slowly the wisdom pearl becomes real. Following is an example of how this works.
- Most of us have moments throughout the day when we get frustrated or angry about things we cannot change. We consult our doctor and ask for help. She reminds us of the Serenity Prayer: *God, grant me the serenity to accept the things I cannot change* and says she has a medicine that will help us stay

even-minded even when things don't go our way. She says the pill will work for hours at a time but there may be a need for an extra dose. She gives us an unlimited supply of pills and says we can take as many as we need. There are no side effects. She reminds us that acceptance is more powerful than the painful problem but we must put this principle into practice. She writes the following script.

1. Take one super-powerful acceptance pill first thing in the morning.
2. Let it dissolve in your blood stream and permeate every cell in your body.
3. Let it determine every thought, feeling, decision, and action you take.
4. If a problem comes up that you cannot change and you get frustrated or angry:
 - a. Stop
 - b. Breathe
 - c. Present moment
 - d. Affirm, feel, and visualize acceptance until peace is restored.

FILL YOUR BRAIN WITH WISDOM

- Mohammed said one hour of contemplation is greater than sixty years of formal worship.
- Outer worship in church, synagogue, or mosque points us in the direction of the healing qualities and higher consciousness we want but the actual change must occur inside the body temple.
- Before and after your morning meditation, read from a sacred or spiritual text. Take a thought from that text and use it as your affirmation for the day. Choose a concept that inspires you to become more than you are, a direction you would like to take, or a quality you want to expand.
- You might choose your healing quality and corresponding affirmations and quotes from your favorite book of sacred wisdom, from this workbook, or from *Healing Power, The Workbook* (2015), Chapter 43 Fill Your Brain with Wisdom, One Hundred Healing Quality Pearls, pp. 288–312. You might like these pearls just as they are. If not, refine them to make them better or create your own.
- Drop your wisdom pearl into the center of your consciousness. Feel its healing vibrations throughout your system. Send those healing vibrations to others and surrounding space.
- During the day, whenever you are not focused on a task, bring in your affirmation. This will help keep your vibration spiritualized. Your mind will be positive, calm, strong, focused, and resilient. You will be ready to help, learn, and enjoy. You will be ready for anything.
- When we do this work, we change the way we think. We reprogram and rewire our brain. We move from the pain story to the healing story.
- Affirm and reaffirm your favorite pearls and qualities. Fill your brain with wisdom the first thing in the morning and keep it there throughout the day.

SITTING WITH A SAINT

- The words of great souls carry their vibrations. Contemplate their words. They will vibrate you to their presence.
- Focus at the spiritual eye.

Healing Power: One Hundred Days of Love

- Visualize your favorite saint, sage, guru, teacher, or master: Buddha, Krishna, Christ, St. Francis, St. Theresa, Rumi, The Bal Shem Tov, and others.
- Invoke the presence of your saint with a quality or affirmation: Buddha's compassion, Krishna's even-mindedness, or Christ's love.
- Open your heart to their wisdom and feeling.
- Realize you are moving in that direction through the power of your love and devotion.
- Slowly, you will absorb the qualities of your saint.
- You might also try visualizing your favorite affirmations, quality, pearl, or any aspect of God that arouses your devotion: light, peace, harmony, the Divine Mother's forgiveness, the Divine Father's wisdom, The Teacher, The Guide, The Protector, The Confidante, The Great Physician, the spiritual warrior's courage, and more. Slowly, you will absorb that aspect.

MEMORABLE QUOTE FROM STUDENTS IN CLASS

- At first I wanted to set the abuser on fire. Then I realized I was a slave to him inside. I realized he is sick and that I couldn't help him. I began practicing compassion for him, for others who harmed me, and for myself. Compassion is a healing power. It leads to a greater spiritual infusion and sense of freedom. When I contemplate compassion, I feel safe, secure, and peaceful. Then all I want is good things for him and me. I flipped it through forgiveness.
- I commune with the creator. It takes me into the safety zone.
- I read, sit with, and embed wisdom in my consciousness. I understand a piece of what is way beyond me. I can see what I am putting into place, another stone in my foundation. I contemplate a new life.
- I take in knowledge and wisdom and release the bad.
- Each time I read, I see new things. The same paragraph speaks differently the next time.
- The words on the page go to my head as an idea and then to my consciousness as a vibrational shift. It's like plucking a magical invisible string. It literally vibrates. Peace and safety become me.
- Omniscient love permeates the universe. We have a piece of this wisdom and love. We can make it grow.
Affirm:
 - a. I am a piece of Big Wisdom.
 - b. I am a piece of Big Love.
 - c. I make my piece grow.
 - d. I express it a little bit more each day.
 - e. This is my job, every day, every moment.
- You will not have wisdom until you have self-knowledge. Strength, understanding, and peace are found only through a journey within. By learning how to live, we bring meaning to our lives and to those we touch. (Native American Wisdom)
- You are a volume in the divine book. A mirror to the power that created the universe. Whatever you want, ask it of yourself. Whatever you're looking for can only be found inside of you. (Rumi)

Healing Power: One Hundred Days of Love

- e. Let these qualities surround, embrace, permeate, and saturate your problem.
- f. Notice the reduction in reactivity and restoration of peace.
- With the breath as a means of centering yourself, you can begin the process of disengaging from your identification with the negative patterns of the uncontrolled mind.
- With a single breath, you can invoke the witness. Here, there is a peaceful and compassionate space, large enough to hold all.
- Breathe and refocus on the calm witness early and often to reach for the peace and enjoyment that resides there, inhibited only by the undisciplined mind.
- I invoke the witness, watching and observing.
- I invoke the witness, still and silent.
- I invoke the witness, patient and breathing.
- I invoke the witness, serene and spacious.

THE MOVIE

- Review The Movie on Day 68 Pure Awareness, page 228.
- Practice PMQ and notice how you rotate through the four stages:
 1. Immersed in the movie
 2. Spiritualize the movie
 3. Watch the movie
 4. What movie
- Notice how you go in and out of the drama.
- How sometimes you can't change anything in the movie but you can always reduce reactivity by increasing the qualities.
- How the ego is slowly reduced and replaced by the qualities.
- How the qualities are slowly becoming unconditional, spontaneous, and automatic habits.
- How your mental power increases.
- How you can ultimately face anything life throws with courage and strength.
- How the four-stage movie takes you through a process of purification, sometimes purification by fire. The ego is reduced and replaced by unconditional love.
- The Witness is the place inside that is completely still, silent, spacious, and serene. Go to the witness early and often. There you will find the wise counsel of the still small loving voice within.
- Be full of love, compassion, and understanding. Be in the flow of the movie without attachment to the outcome. Stay out of the drama as much as possible. There is no control over most of it anyway. Watch the Cosmic Movie with calm detachment.



DAY 101: OTHER

- The list of healing qualities is not dogma. Feel free to change, add, or delete. Create your own quality, pearls, affirmations, and quotes. A beautiful example is the poem below by Ibn Arabi.

The Love Religion

The inner space inside
that we call the heart,
has become many different
living scenes and stories.

A pasture for sleek gazelles,
a monastery for Christian monks,
a temple with Shiva dancing,
a Kaaba for pilgrimage.

The tablets of Moses are there,
the Qur'an, the Vedas,
the Sutras and the Gospels.
Love is the religion in me.

Whichever way love's camel goes,
that way becomes my faith,
the source of beauty, and a light
of sacredness over everything

--Ibn Arabi

- You can find chapters on the methods in *Healing Power Revised* (2010), pp. 181–357, and *Healing Power: The Workbook* (2015), pp. 135–257. You will find a chapter on each method in each of these books.
- When you study a method, I recommend you read about that method in *Healing Power Revised* (2010) first, as the basic principles and techniques are described there with supplemental material in the workbook.
- You can build your program of practice methods in the sequence and combination of your choice. For example, you can choose affirmations and breathwork to get started. If you do this, you would study these chapters in *Healing Power Revised* (2010) first, and then study the corresponding chapters in *Healing Power, The Workbook* (2015).
- We all need the three horizontal axis options of people, activities, and belief systems but all of us don't need twelve vertical axis options. A recommended core curriculum would include affirmations, breathwork, mindfulness, meditation, and service. This is a good place to start and will suffice for some. You can build from there as necessary.
- STUDY THE QUALITIES: You might want to focus on the qualities.
 - Read Chapter 43, Fill Your Brain With Wisdom: One Hundred Healing Quality Pearls, in *Healing Power, The Workbook* (2015), pp. 288–312. Here you will find one hundred healing qualities with corresponding pearls of wisdom. This is a good chapter to read when you are alone and in a contemplative mood. You can also use this chapter in groups. It works wonders. Read a pearl and ask members what it means to them. There is plenty of wisdom in each of us. These pearls stimulate that wisdom. Shared wisdom is a powerful healer.
 - You might want to focus on a quality in detail. There are ten qualities each with a chapter in *Healing Power Revised* (2010) and *Healing Power: The Workbook* (2015): love, peace, humility, faith, courage, forgiveness, truth, intuition, oneness, and healing. Again, I recommend you read the chapter in *Healing Power Revised* (2010) first, as the material in the workbook is supplemental to that chapter.
 - Read *Healing Power: One Hundred Days of Love*.
- READ ANY CHAPTER: Scan the table of contents in one of the books and choose a chapter that captures your interest at the time.
- FOCUS ON THE UNIVERSAL HEALING WHEEL: If you want to focus on the dynamics of the Universal Healing Wheel, read Chapters 8–15 in *Healing Power, The Workbook* (2015), pp. 45–132.
- CHECK OUT THE ILLUSTRATIONS AND TEXT BOXES: In *Healing Power, The Workbook* (2015), on p. x, and in this workbook, page ix. Here you will find a list of illustrations, metaphors, exercises, and pearls of wisdom. I recommend going through these carefully. They are important and fun.
- QUALITY CLUSTERS: Some students may enjoy studying the qualities in groups or clusters. Following are suggested groupings. You may want to create your own clusters.
 - Unconditional Love, Compassion, Understanding, Forgiveness, Mercy
 - Acceptance, Surrender

- Belief, Faith, Trust, Positive Thought
 - Balance, Rhythm, Harmony
 - Fun, Laughter, Humor, Play
 - Cheerful, Enthusiastic
 - Courage, Strength, Endurance, Perseverance, Forbearance, Will, Fearlessness
 - Usefulness, Practicality
 - Confidence, Success
 - Contentment, Desirelessness
 - Honesty, Integrity, Sincerity, Introspection
 - Patience, Kindness, Sweetness, Tenderness, Gentleness
 - Stillness, Silence, Spaciousness
 - Acceptance, Courage, Endurance
 - Surrender, Trust, Humility, Devotion
 - Love, Truth, Beauty
 - Peace, Love, Joy, Power, Wisdom
 - Love, Service, Courage, Faith
 - Simplicity, Oneness, Humility
 - Changelessness, Unity, Oneness, Interconnectedness, Infinity, Eternity, Immortality
 - Pure Consciousness, Pure Awareness
 - Create your own cluster
- FOCUS ANYWHERE: You might want to open the books anywhere and focus on whatever shows up.

