



Reality Check

VOLUME 10 ISSUE 01

JANUARY 2012

Stress Wizard Coaching



Dear Reality Readers,

After much deliberation, I have selected a theme for the year. Many people have expressed strong desire to implement positive change in the world, but have had no idea where to start, whether or not their actions could make a difference, or how to narrow down the areas that need revision.

This year, Reality check will always include at least one article describing HOW to take simple actions to help solve a critical problem, and for the more ambitious among you, there will also be more radical ideas & op-

portunities for more proactive measures.

Also, our 2012 theme will include cutting edge information to help you stay awake and aware of HOW you can manage and fully engage your mind(s), both conscious and subconscious to best lead you towards success, health and meaningful purpose.

This year, my on line courses will focus on developing your relationship with your subconscious, which is, after all, the true control center of your choices. These classes differ greatly from my

usual work, in that they take a right brain approach, using play, ritual, music and aligning with universal archetypes to bypass and revise mental filters that would otherwise limit you. These classes are richly rewarding and Big Fun.

Please share problems and solutions that are important to you. We CAN make a difference- but only if we get off our asses and take action !

HAPPY 2012!

Raven



THE FUTURE IS A SACRED VESSEL FILLED WITH YOUR DEEPEST DESIRES. OLDEST FEARS, BEST LESSONS AND WILD SUCCESSES...YOU HAVE MORE SAY THAN YOU KNOW IN DIRECTING THE FLOW OF YOUR EXPERIENCES. GO WITHIN. DRINK DEEPLY AND AWAKEN.



A FEW FUN WORDS...Rob Breszny

The coming months will be a time when you'll thrive by seeking out novel ideas, using new words, and regarding your imagination as an organ that's as important to feed as your stomach. In that spirit, I'm offering you a slew of freshly made-up terms that'll help tease your brain ...

1. Assymectricity: energy generated by lopsidedness.
2. Enigmagnetic: a person who attracts mysteries.
3. Indumbnitable: incapable of being dumbed down.
4. Benevolent: helpful chaos.
5. Fauxbia: a fake fear.
6. Craptometry: ability to see through all the BS.
7. Adoregasm: when you treasure someone to the point of ecstasy.
7. Micropalypse- A Very Small Apocalypse
8. Formaldehydration- when zombies get thirsty
9. Telepathetic- when one's telepathic skills are limited to trivia

Check our Breszny's excellent and entertaining book, PRONOIA

LIKE THESE? Submit your own and I'll publish them next month! ~R

New Year Life Review by Bronnie Ware

"What if this was the last year of my life?" is a powerful and useful tool for getting priorities straight and making better use of time.

For many years I worked in palliative care. My patients were those who had gone home to die. I was with them for the last three to twelve weeks of their lives. People grow a lot when they are faced with their own mortality. I learnt never to underestimate someone's capacity for growth. Some changes were phenomenal. When questioned about any regrets they had or anything they would do differently, common themes surfaced again and again. Here are the most common five: **1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.** This was the most common regret of all. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. **2. I wish I didn't work so hard.** They missed their children's youth and their partner's companionship. By simplifying your lifestyle and making conscious choices along the way, it is possible to not need the income that you think you do. And by creating more space in your life, you become happier and more open to new opportunities. **3. I wish I'd had the courage**

to express my feelings. Many people suppressed their feelings and settled for a mediocre existence- they never became who they were truly capable of becoming. *Many developed illnesses relating to the bitterness and resentment they carried as a result.* **4. I wish I had stayed in touch with my friends.** Often people do not truly realize the full benefits of old friends until their dying weeks. There were many deep regrets about not giving friendships the time and effort that they deserved. **5. I wish that I had let myself be happier.** This is a surprisingly common one. Happiness is a choice but people were stuck in old patterns and habits. Fear of change had them pretending to others, and to their selves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again. When you are on your deathbed, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying. **Life is a choice. Choose consciously, honestly. Choose happiness.**
Sources: <http://www.activistpost.com/2011/11/top-5-regrets-of-dying.html> <http://www.inspirationandchai.com/Regrets-of-the-Dying.html>

Sometimes
I'm a figment
of my own
imagination



Cutting Edge...What's New & Revolutionary

[Scientists About to Find The Force - \(Giz Modo - December 8, 2011\)](#)

If confirmed, this will be the biggest news in the history of physics since the birth of the Theory of Relativity: CERN scientists may have already found evidence of the existence of the elusive Higgs boson. According to most physicists, there's a Higgs field that is everywhere. The elusive Higgs particle would be the carrier of that field, interacting with all the other particles, "sort of the way a Jedi knight in Star Wars is the carrier of the "force", as *National Geographic* eloquently put it. Obi Wan said, "the Force surrounds us and penetrates us. It binds the galaxy together."

[Next-generation Camera Pill](#)

[Could Transmit HD Video from Inside the Body - \(Giz Mag - November 28, 2011\)](#)

Norwegian researchers are in the process of developing the "next generation" of camera pill. The endoscopic capsule itself, which is still in development, will incorporate a tiny HD video camera, light source, radio transmitter, battery, and presumably a microprocessor. It will be able to record high-definition video within a patient's digestive tract, transmitting it in real time through their body tissue via ultra-wideband radio waves.

[Thankfulness Linked to Positive Changes in Brain and Body - \(ABC News - November 23, 2011\)](#)

A positive outlook and feelings of thankfulness have a direct and

beneficial effect on the brain and body. **"If [thankfulness] were a drug, it would be the world's best-selling product with a health maintenance indication for every major organ system,"** said Dr. P. Murali Doraiswamy, head of biologic psychology at Duke University Medical Center. Studies have shown measurable effects on multiple systems, including mood neurotransmitters (serotonin, norepinephrine), reproductive hormones, social bonding hormones (oxytocin), cognitive and pleasure neurotransmitters (dopamine), inflammatory and immune systems (cytokines), stress hormones (cortisol), cardiac and EEG rhythms, blood pressure, and blood sugar. **The Arlington Institute • PO Box 861 • Berkeley Springs, WV 25411 FutureEdition**



PROBLEMS & SOLUTIONS

THE ISSUE: Plastic & Paper Bag Pollution

THE FACTS: Approx. 380 billion plastic bags are used in the United States every year. That's more than 1,200 bags per US resident, per year. Approx. 100 billion of the 380 billion are plastic shopping bags. An estimated 12 million barrels of oil is required to make that many plastic bags. Only 1 to 2% of plastic bags in the USA end up getting recycled.

- Thousands of marine animals and more than 1 million birds die each year as a result of plastic pollution.
- Even when they photo-degrade in landfill, the plastic from single-use bags never goes away, and toxic particles can enter the food chain when they are ingested by unsuspecting animals.
- Approximately 14 million trees are cut down every year for paper bag production. Paper production requires hundreds of thousands of gallons of water as well as toxic chemicals which lead to acid rain and water pollution.

WHAT TO DO: One step towards the fix : make or buy reusable bags made from canvas or denim. STOP using plastic and paper bags immediately. Period.

LINKS: The Issue: http://www.envirosax.com/plastic_bag_facts
http://news.nationalgeographic.com/news/2003/09/0902_030902_plasticbags.html **Seattle Officials Likely To Ban Plastic Bags** www.huffingtonpost.com

THE ISSUE: Sick Homeless Veterans

THE FACTS: There are about 196,000 veterans homeless in America on any given night. Many of these men and women have substance abuse problems resulting from PTSD and difficulty adjusting to civilian life. Among veterans, the unemployment rate is 12%. Military suicides have increased since the start of the wars in Iraq and Afghanistan, according to a Center for a New American Security Suicide report. In the fiscal year 2009 alone, 1,868 veterans of these wars have made suicide attempts, according to armytimes.com. A veteran commits suicide every 80 minutes, a fact the study attributes to the Veterans' Administration

WHAT TO DO: GO TO: <http://www.woundedwarriorproject.org/> To provide unique, direct programs and services to meet the needs of injured service members

You can volunteer, donate or recommend the program to vets and their families, so that they can receive support, mental health services and financial assistance.

LINKS: <http://front.moveon.org/7-facts-about-our-veterans-that-will-shock-the-hell-out-of-you/#.Tu9HZIYT0s4.facebook>

[Veteran Suicide: Are We Losing the Battle? - \(Huffington Post - November 2, 2011\)](#)



**ALL THINGS
SPLENDID
HAVE BEEN ACHIEVED
BY THOSE WHO DARED
BELIEVE THAT SOMETHING
INSIDE THEM WAS SUPERIOR
TO CIRCUMSTANCE...**
(BRUCE BARTON)



What Can We Do To Build a Better World?



Rebecca Solnit | Occupy Your Heart [Rebecca Solnit, TomDispatch.com](http://TomDispatch.com)

Solnit begins: "Usually at year's end, we're supposed to look back at events just passed - and forward, in prediction mode, to the year to come. But just look around you! This moment is so extraordinary that it has hardly registered. People in thousands of communities across the United States and elsewhere are living in public, experimenting with direct democracy, calling things by their true names, and obliging the media and politicians to do the same." **READ MORE** Sometimes love, or at least decency, wins. One morning late last month, 75-year-old Josephine Tolbert, who ran a daycare center from her modest San Francisco home, returned after dropping a child off at school only to find that she and the other children were locked out because she was behind in her mortgage payments. True Compass LLC, who bought her place in a short sale while she thought she was still negotiating with Bank of America, would not allow her back into her home of almost four decades, even to get her medicines or diapers for the children. We demonstrated at her home and at True Compass's shabby offices while they hid within, and students from Occupy San Francisco State University demonstrated outside a True Compass-owned restaurant on behalf of this African-American grandmother. Thanks to this solidarity and the media attention it garnered, Tolbert has collected her keys, moved back in, and is renegotiating the terms of her mortgage. Hundreds of other foreclosure victims are now being defended by local branches of the Occupy movement, from West Oakland to North Minneapolis.

Stress Wizard Coaching

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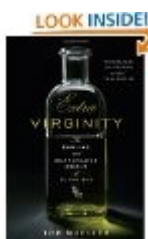
Creating Heaven on Earth One Person at a Time

REVIEWS

Beautiful Books:

Extra Virginity by Tom Mueller

An excellent book that covers the sacredness of olive oil, the culture and rich history of oil, and the deception of bad oil which infects the US market. Includes sources for excellent virgin oil.



Some New Kind of Trailer Trash by Brad Blanton PhD



Honestly...how can you pass up a book with this title?? It's funny, honest and touching. This book will have you feeling glad to be alive and more willing to ac-

LINKS

cept people flaws & all.

LINKS FOR CREATING A MORE CONSCIOUS NEW YEAR

Go here and create a vision board made of words! <http://www.wordle.net/create>

Go here and create a cut and paste style vision board on line! <http://www.oprah.com/spirit/How-to-Make-a-Vision-Board-Find-Your-Life-Ambition-Martha-Beck>

Here's the direct link without the article: http://www.oprah.com/odbimage/db_208158160_1

Go here to see top US cities ! <http://bestcities.milkeninstitute.org/>

Go here to protect your pets: [http://www.fda.gov/Safety/Recalls/default.htm#Link to Animal Health](http://www.fda.gov/Safety/Recalls/default.htm#Link%20to%20Animal%20Health)

Here's a video to motivate you, called 'HOME' : <http://www.youtube.com/embed/nGeXdv-uPaw>

A RETREAT

DANCING WITH YOUR UNCONSCIOUS

**\$195 includes lunch & snacks
Early bird discount \$165**

In this retreat you will have an initiatory experience that will take you into the underworld of your own awareness, where your creative potential will awaken hidden talents. Release the old & embrace the new.

Better than a 'resolution', this program will use pleasurable ways to achieve your desires throughout the year, and make changes that really last. We will use myth, ritual, story and art to align you with the archetypes and give you access to the language of your potent unconscious.

TWO OPPORTUNITIES TO ATTEND

Sat. Feb. 11th 9:30am-6:30pm **MIAMI**
To Register Call Dawn: 305.505.6465

Sat. Feb. 18th 9:30am-6:30pm
Delray Beach To Register:
Call Christine 561-704-0099

