

(proven) Solutions For Making Changes In Ourselves And Society

How would you like to overcome or cure unwanted behavior patterns? Behaviors such as over-eating, drug and alcohol addictions, sex abuse as a victim or perpetrator, depression, and behaviors thought to be inherited, all can be changed to become whatever we want to be.

What I summarize here is based on years of personal study and experience. As I attempt to share my understandings, I will refer to the contents of numerous authors who in one way or another confirm my belief, that we can truly change ourselves or develop any direction we choose in life. Too many of us believe that we are victims of our genes, society, or what others have done to us.

In every moment of our earthly experience, we make choices. We are now a product of those choices. Even those conditions we now experience as the result of circumstances in our life, are in some way related to choices we have made. We can choose to accept our present condition or pattern of belief, or we can choose to develop different results or beliefs. As the saying goes, if it is to be, it is up to me.

Most of us have a tendency to think that our efforts are really not important when it comes to the "big picture" about voting, offering our ideas and time, etc. This isn't so, according to the laws of the Universe. Do you recall the story of the Hundredth Monkey? On a certain Island, monkeys didn't typically wash their food before eating it. Then one day one monkey discovered the techniques of washing his dirt or sand-covered food in water. Some of his fellow monkeys saw this one monkey do this and began following his example.

Apparently, after about the 100th monkey developed this habit, something seemingly strange happened. On another island, monkeys began doing the same. Why? There exists around us a "thought atmosphere" that affects others. Scientists believe that this thought process of cleaning food was spread to others by this natural process. (*Life Tide* by biologist Lyall Watson (1979), referenced in *Unlimited Power* by Anthony Robbins (1986))

Our thoughts and their resulting actions DO affect others. One person does make a difference, and just as important, those thoughts and actions create results. There seems to be a critical mass point in time where our thoughts take form. I invite your help in making a difference by studying these materials and doing what YOU CAN to join our efforts

What follows is a brief summary of how habits can be changed, and they can be used by everyone. Any person can rid old habits and develop new ones in a year or more of intensive "re-programming" in a therapeutic setting where the person will focus on this restructuring process twelve to sixteen hours per day.

Have you ever tried to develop a new habit or make some kind of change in your life? Do you remember making a little progress and then slipping back a little into the old habit? Whether we tried to stop smoking, eliminate profane language, or develop good habits such as regular study, better parenting skills, the experience is usually the same. With PERSISTENCE we eliminated the unwanted behavior or developed one that was desired. We made progress and then slacked off a little. This process discouraged most of us so we abandoned the changing process, at least for awhile. This process repeats itself often and change appears impossible.

We have heard it said that diets don't work. Why? Because the diet doesn't become a lifestyle habit! We know this. This same principle is true whether we are doing an exercise program, religious studies, reading and viewing good material or whatever. **Our thinking processes and behavior changes must be consistent and lasting.** Sounds simple doesn't it? So what needs to be done to make lasting changes?

Science, in particular quantum physics, now explains the necessity of *perseverance* and *habit*. It is known that every cell of our being has its own intelligence. The accumulative intelligence of all our organs, etc. develops a pattern of behavior in us. If we want to change our behavior permanently, then we must create a new pattern of intelligence, in each part of us. Each part (cell and organ) is affected by our thoughts and feelings. If we want to "become a new being" with different behavior patterns, then we need to do so at least over a year's time.

Why a year? Each of our cells renews itself within hours to about 14 months, depending on the type of cell. As old cells are replaced by new ones, the genetic and intelligence patterns are passed on to the new cells. The messages from thoughts and feelings are also passed on if they have been impressed from generation to generation of cells. It's somewhat like telling a story. The more often we tell it, the easier and more natural it becomes. The new habit is now formed and becomes part of us. Playing a piano or doing gymnastic moves become natural and never are entirely forgotten because the cellular habits are passed on, the whole being "knows" the movements. So it is with any habit - a habit being a process that repeats itself.

One way to think of how our body cells are reprogrammed is to consider an infant growing into an adult. We will probably agree, for instance, that a young adult is the result of the thoughts and programming s/he accumulated over the years. Each cell of this person has a "memory" of all that it has now become. So it is with new cells, as we program them by our thoughts, feelings and behaviors, so they will become. As each new generation of cells and its practical behaviors evolve, so does the collective behavior of that person.

It is suggested, then, that in order to overcome addictions to alcohol, sex, drugs, overeating, etc., we must do intensive restructuring of our being at least for a year, preferably two years. **Every waking hour** should be focused on making discoveries about ourselves, learning new habits to replace the old ones, and focusing on them continually.

Consider this from Edgar Cayce's *Story of Karma*: "While we all are at different stages of development and may be working on different lessons, we do not make much progress until we can recognize our problems as opportunities. We begin to grow when we face up to the fact that we are responsible for our trials and misery. We are only meeting self. Our present circumstances are the result of previous actions whether long removed or in the recent past. So if we are beset with problems, blame not God, for they are of our own making. Our miseries are the result of destructive or negative thoughts, emotions and actions."

From Wayne Dyer's *The Sky Is the Limit*, "You are responsible for the thoughts you have in your head. You have the capacity to think whatever you choose, and virtually all of your self-defeating attitudes and behaviors originate in the way you elect to think. Your thoughts are your very own personal responsibility, and once you accept this as a fundamental part of your total humanity, you will be on the way toward

changing about yourself that which you feel displeased about. Emotions don't just happen. Actions don't simply take place. All of your feelings and behaviors are preceded by mental processes called thoughts, and no one can make you think something you don't want to think. Your corner of freedom, even when others are manipulating or even imprisoning you, is your ability to choose the thoughts which you have within your own mind. And once you understand that your emotions and behaviors come directly from your thoughts, you will simultaneously understand that the way to attack any personal problem is to attack the thoughts that support your negative emotions and self-defeating behaviors."

We are right now the sum total of all the thoughts in our experience. At times we are affected by "race thought" of other people's thinking. For the most part, however, we are the product of our own thoughts and actions. Think about it. Yes, we can blame others for some of our experiences. Even in those circumstances there was some of our own thinking that either led us to that condition, or was a direct result of our thoughts.

Realizing this, we can assume that if our thoughts had brought us to this point, our future holds the same results unless we change our thinking. Do you want your life to be different than what you are now experiencing? If so, change your thinking. This may sound easy but we need to really focus on our thoughts. When we catch ourselves in the old patterns, stop. Think immediately on another subject and/or do something else. The "*doing*" is extremely important, especially something you enjoy.

Habits are formed by repeating our thoughts and actions. When those behaviors you don't want come to mind, immediately switch to the thoughts that will lead to different actions. Develop new habits by new patterns of thinking and you will see new behaviors that will soon become automatic. This process applies to all forms of addictions as well as lesser habits. Let's go a step further in our understanding.

Each cell has its own lifespan, being replaced by new cells within days, weeks, or slightly more than a year, depending on which cells we are referring to. Each cell as it is replaced has the ability to take a completely new intelligence or consciousness, thereby changing its behaviors. From Deepak Chopra's *Ageless Body, Timeless Mind* we learn that by changing the impulses and patterns, we will change. Can you see the potential here? **As we develop new patterns of thought, eventually our entire being is renewed to become an entire new person.**

In essence, what is being stated here is that even addictions such as alcohol, drugs, deviant sex, over-eating, etc. can in a real sense be CURED! This is not to say a person can't make the same mistakes as before, if we choose. However, the emotional and thinking pattern is not a natural tendency any longer. We are truly renewed.

SUMMARY OF THE CHANGING PROCESS

1. Recognize shortcomings and their destructive behaviors.
2. See the need for change.
3. Accept yourself as okay, forgiving self for mistakes. There is no value holding onto guilt. Use it for identifying the problem and then move on.
4. Realize WE ARE WHAT WE HAVE THOUGHT ABOUT AND EXPERIENCED, AND WE WILL BECOME WHAT WE NOW THINK ABOUT AND EXPERIENCE.

5. Identify those thoughts that lead to unwanted behaviors.
6. Stop the unwanted thoughts when they appear, and replace them with different ones. Know what these "danger signals" are, and plan to have positive, joyful thoughts to replace them.
7. List the danger signals and the new thought images next to them. FEEL positive about the new thoughts and put them into action. ENJOY it.
8. Meditate on seeing these new behaviors with enthusiasm.
9. Make a habit of new positive behaviors. Even if awkward or challenging, work to develop the new habits.
10. Develop skills and knowledge to build self-esteem. Overcome fear with understanding.
11. Practice, practice, practice. Live these new habits with JOY!

The above thought and cellular memory process is NEEDED, as stated, in an intensive year or more of persistence. As individuals or institutions, we must understand that this process is NEEDED if we are to overcome addictions and bad habits. No other known process works. May we have the courage to persist in doing what we know MUST be done.

Applying The Principles In Prison

Here are excerpts from *Practical Safety Solutions* found on the www.psaes.info website:

Keep in mind that what we have done these last 200 years or so, has not really been effective. We pay millions for prison building plus upwards of \$30,000 per year to incarcerate each inmate. After release in Oregon, 53% re-offend within 3 years, about 74% in 5 years, and then we pay again! Over 4000 inmates are released each year. Let's consider a new brand of rehabilitation while the inmate is in prison.

Some will say, "We have tried this before---". This is not even close to being accurate, as I later describe rehabilitation. Others will say, "Why should we educate, provide therapy, teach vocational skills, etc.? They should be punished." As we have seen, punishment hasn't been effective. If our institutions were designed for rehabilitation and monitored for inmate changes, we could see a difference. It can cost less per inmate than our present prisons, if these proposals are implemented. The result will be better educated persons with higher values, higher self-esteem, and tools to succeed. Even IF the cost was higher while in prison, there would be almost no re-offenses, thus saving astronomically more than the extra cost. All felons should have the chance to take part in these programs. If they choose not to take part in the rehab program, keep them in prison for the entire length of their prison term. A reformed inmate could be released in two years or so, depending on their *demonstrated* progress.

There is no need for us to keep paying for incarceration when they are no longer a danger. The places where inmates take part in these intensive rehab programs might be called Rehabilitation Centers. As in mental hospitals, there would be no need for correctional officers. Typical correction officers operate from a psychological place of control and power whether they realize it or not. This has a very adverse affect on

inmates. Having no guards contributes much to a supportive environment. The professional staff would be responsible for order. In a rare case of violent behavior, a staff person's body alarm will signal other staff members to the incident area. As a force of 6-10 people, they surround and close in on the offender. This has proven effective in many places and eliminates the need to pay for extra correctional officers who in reality use a similar system.

If you are tired of having billions of dollars going into crime rather than education programs, consider these ideas to reduce the re-offense rate while taking the burden off tax payers and better insuring everyone's safety.

Education in Prison Or Rehabilitation Center

The mastery of basic skills is needed for success. A person feels better about himself when he is confident of his skills. All prison inmates need to be pre-assessed to assure they have mastery of the basic G.E.D. skills. Even if they are a high school graduate, they should be assessed since the average graduate is only 5th grade level, and many have not used the skills for years.

More students can be pre-evaluated and scheduled for the programs. Instead of the traditional attendance of 5 days in a class, schedule the student only once per week for the class. During this class, the week's assignments are reviewed by the instructor/aide and new assignments are made according to the student's readiness for increased levels. This personal approach is proven more effective than sitting in classes.

College courses should also be available to inmates. It has been shown over the years, that when prisons have college courses, the re-offense rate is as low as 3%. This is one of the best investments a state can make. Even if inmates paid for their own courses, they should not pay the cost per credit of current colleges. Inmates would have the ability to pay for the courses when they are paid prison wages that are outlined on the *Paying for the Costs of Crime* found in *Practical Safety Solutions* referred to above. Technology is such that courses can be completed with the aid of tapes, videos, and computers, in addition to a text under the supervision of an instructor, or by correspondence. A personalized program of study (as described in the *Personal Assisted Learning* program on the *psaes.info* site), assignments and the use of these devices would be available at a minimal cost because the materials can be used by other inmates for the one-time cost. Other overhead costs are reduced to almost nothing.

After being evaluated, students are placed with materials designed to their needs. They will be required to complete a minimum amount of assignments each day. Each assignment will be monitored for quality completion and mastery by the education staff. Inmates not volunteering for the education or other rehab programs will be moved out of the rehab center into a regular prison setting to complete their sentence.

It must be understood and accepted by each inmate that their program is designed to meet their needs. Some will require more courses and time than others. A counselor should review the results of the assessment that took place at the intake center before transferring the inmate to a rehab center. The results of the assessment must be shared with the inmate and potential goals developed.

Some will be concerned that an inmate may "con" their way through a designed program without actually changing. This can be avoided if each class or activity is

designed specifically to the inmates needs and carefully monitored for honesty, accuracy, and DEMONSTRATED changes and improvements. At such time an instructor or supervisor detects dishonesty, there needs to be an open communication process between the inmate and staff. Opinions must be verified by demonstrable facts.

Activity And Program Suggestions To Develop Changes

Here are some needed valuable activities for anyone to become involved in. As participants, whether doing self-help therapy or getting help within a prison, rehab center, or community program, consider the value of the following:

1. Keep notes and a diary on all activities, thought and changes, etc. during the months of therapy.
2. Open up in groups and counsel sessions. I think that Gestalt and Reality therapies are the most effective.
3. Work to improve diet and health practices.
4. Be involved as regularly and as often as possible in working on yourself.
5. Work at developing appropriate relationships. Also ---
 1. Work on drug and alcohol abuse, if needed.
 2. Increase sex education skills.
 3. Increase education skills, if needed.
 4. Develop vocational skills as needed.
 5. Develop social skills and activities. Experience new things.
 6. Read a lot from the libraries and other resources.
 7. Develop assertive skills and anger management skills.
 8. Through a professional or otherwise, I.Q., personality, and achievement tests would be helpful tools to discover some needs or establish awareness.

Using the guidelines from the *Self-Help Therapy* chapter in *Maturity And Becoming*, become aware of who you are right now and develop plans for improving.

Far too many addiction programs provide the same curriculum and treatment for all its clients. As with medical procedures for a patient, a thorough examination must be made to see what the person needs, followed by a program or treatment specifically designed to fit that patient.

Knowing that a person is the product of his past, all the circumstances, lifestyles, and habits of that person must be considered to determine just who that person is at **present**. Here are some of the key areas that need to be explored:

- (1) Determine the lifestyle and circumstances of his childhood.
- (2) What is the extent and focus of formal education? Did he complete high school? What were the interests and focus in college? What has been the focus in post graduate studies?
- (3) What are the subjects he has studied in the books and periodicals he has experienced? In what areas of study have been the primary interest, and has he written materials in line with those interests?
- (4) What kind of movies, television, and music does he enjoy?
- (5) Has he been in treatment programs before? If so, what was the content of that experience? What can he share of what he learned and the changes that were made?
- (6) Is his lifestyle one of being a recluse or is he considered a “people person”? How comfortable is he in relating to others?
- (7) Is he a healthy person, realizing that the medical field is now more receptive to the teaching that the body reflects a healthy mind? What is the eating and physical lifestyle? Does the lifestyle include alcohol and the use of drugs or other destructive substances?
- (8) Does he have a criminal history or a history of anti-social behaviors? If so, what awareness and changes has he made relative to those behaviors? Has he taken responsibility for those behaviors?

- (9) Are there current professional evaluations or diagnosis that have been done relative to his psychological profile?
- (10) What are his hobbies and interests?
- (11) Is he married or single? Are there successes and failures that he is willing to share about past relationships?
- (12) What are his communication skills? Is there good eye contact and a relaxed demeanor? Is he a good listener?
- (13) How is his self-esteem? Does his appearance and lifestyle reflect a positive lifestyle and good feelings about his future? Does his home reflect orderliness and cleanliness?
- (14) Does he have close friends? How do others in the community view him?
- (15) As a treatment provider considers contents of the program that may be used for the client, does the client have an adequate knowledge and practice of the program principles?
- (16) What are his outlooks and practices related to sexuality? Is there use of pornography or masturbation practices related to inappropriate persons? Is there a sufficient knowledge of human anatomy and practices related to intimacy in a sexual relationship?
- (17) What are his religious and/or philosophical outlooks on life and his practice of those principles?
- (18) As a treatment provider or evaluator, are there psychological tests that need to be administered before setting up a treatment program?

Hopefully, the awareness and skills a person needs will be developed in time – before someone gets hurt and the many negative results of being locked up occurs along with the long list of other damages. Many more than just the victim and offender is involved!

Notes from *Spontaneous Evolution* by Bruce Lipton (Google his name for great insights.)

Albert Einstein stated that a problem couldn't be solved at the same level it was created.

We must empower ourselves with the knowledge of who we truly are. With an understanding of how our programming shapes our lives and with the knowledge of how we can change that programming, we can rewrite our destiny.

The conclusion is simple: positive perceptions enhance health, and negative perceptions precipitate disease.

Psychologists estimate that 70% of our thoughts are negative and redundant.

Almost all of us have unknowingly acquired limiting self-sabotaging misperceptions that undermine our strength, health, and desires.

We must understand the mind and how the brain's divine dualities, the conscious and subconscious minds, control the expression of our perceptions.

Life experiences can actively redefine our genetic traits.

We relegate activities like walking and riding a bike to the subconscious mind which means we can carry out complex functions without paying attention. The trained self-conscious mind is quite adept at single tasking. It is the organ of focus and concentration. The self-conscious mind is so preoccupied with thoughts about the past, the future, or some imaginary problem that we leave the day-to-day, moment-to-moment tasks to the subconscious. Cognitive neuroscientists conclude that the self-conscious mind contributes only about 5 percent of our decisions, actions, emotions, and behaviors are derived from the unobserved processing of the subconscious mind.

The Influence Of Our Early Life

Among the earliest perceptions of life to be downloaded into the subconscious mind, were our mother's emotional patterns while we were in the womb. By the time the baby is born, emotional information downloaded from the mother's experiences has already shaped half of that individual's personality. The most influential perceptual programming of the subconscious mind occurs from birth through age six. It is important to realize that perceptions acquired before the age of six become the fundamental subconscious programs that shape the character of an individual's life.

Another interesting field that relates to this subject is that of epigenetics, which evaluates how environmental influence may affect the DNA of your children. Previously, DNA code in reproductive cells was thought to be unchanged (except by mutation). Now scientists are evaluating how the DNA encoded in reproductive cells may be changed by slight differences in the way people behave before they have children.

From life in the womb to the surprisingly resilient brain of old age, the social environment molds and shapes the expression of our genetic heritage until the genetic contribution is sometimes barely evident. A mother's tending can completely eliminate the potential effects of a gene; a risk for a disease can fail to materialize with nurturing, and a genetic propensity may lead to one outcome for one person and the opposite for another, based on the tending they received.

Your DNA may not just be a matter of inheriting family traits like hair or eye color or risk for certain diseases, but might also be influenced by how your parents behaved. Some influential factors include being overweight or smoking prior to conceiving children. This has led some to conclude that people who wait until they are older to have

children may have significantly changed the DNA of their future children through life choices and environmental exposure.

"Who we are -- our character, even our physical health -- depends on the people who tend to us and how well we get along with them -- our mothers, fathers, friends and lovers." "The first few years of life are critical for building these emotional responses to life. If a child fails to get warm, responsive contact with another person during those years, the disadvantages may never be fully overcome."

The good news is that whatever has been programmed can be deprogrammed and reprogrammed. We have the ability to rewrite our limiting beliefs and in the process, take control of our lives.

The new-edge science of epigenetics recognizes that an organism's biology and genetic activity are directly influenced by the interaction with the environment. Rather than being victims of our genes, epigenetic science reveals, that by controlling our environment, we have the power to control our biology and become masters of our fate.

There is an easy way out of our self-imposed matrix. We can simply reprogram our lives. By acquiring and acting upon new awareness, we afford ourselves an opportunity to rewrite the programs of cultural limitations. The first step in reprogramming is deprogramming.

The science of epigenetics recognizes that the environment, not the DNA in the nucleus, determines the actions of the cell. **The programmer of the genius behind the genes, is our own mind - our own thoughts and beliefs.**

The new physics acknowledges that we are not merely passive observers of our world but, rather, we are active participants in its unfolding. Quantum physicists have verified as fact that the world we observe is not real. Quantum mechanics acknowledges that the observer creates the reality with our beliefs, perceptions, thought, and feelings.

Self-consciousness is the neurological mechanism that endows individuals with the choice to respond or not respond to environmental friends. Freedom of choice translates as human free will.

How do we address this seemingly overwhelming programming? By making the unconscious conscious. **Practice this new behavior over and over.** Once we acquire information from a learning experience, we can memorize and practice it and take it so that former or similar problems or puzzles need not be re-experienced. This paragraph is the key to making changes in our earthly experiences. **We can overcome addictions and adopt any behavior we choose.**

We must do more than have good intentions. We must confront our own programming in order to transform evolutionary possibility into reality. Programmed in the mind's information field are behaviors that bind and restrain us like chains and being imprisoned. **The pathway for change must involve at least three fundamental elements: intention, choice, and practice.**

An Example Of A Conditioned Habit

Often times we also make decisions based on beliefs that exist below the surface, ones that may have been formed before we were able to understand their significance. Systematically evaluating beliefs can help one discover the meaning that porn, for example, has in one's life. Beliefs of self and others, beliefs of the meaning of life and of love and God; understanding these can help you see what led you to participate in and

what is giving you continued mental acceptance to use pornography as a solution in your life. Knowing what you believe helps you to understanding your addictions; however, if you have ever viewed pornography, as in this example, you have added to the complexity of the situation. You must now battle the pull of strengthened biological urges. We are guided by the beliefs we hold true and the thoughts we think, but those mental constructs are strengthened when we choose to act on them.

When an activity is performed, the brain learns from it. It adjusts and arranges itself so the activity can be performed more precisely the next time. When one looks at pornography the brain learns too, making this learning experience a much deeper one. This intense emotional experience in the brain, when accompanied by masturbation, is an even more powerful learning moment and greater still when orgasm is reached. These processes were never meant to be used to bind one to images, but that's just what happens on the biological level when one views pornography or has participated in any sex-involved activity.

"When something makes us feel good, there is a biochemical release in the brain," "This feeling or 'high,' as it is sometimes called, is also experienced by an addict or a criminal act. In addition to the high produced by the addictive behavior, the pursuit of an activity and the excitement of evading spouses, parents, bill collectors or employers can be equally satisfying to an addict. For example, some cocaine addicts have said that they got more of a high from the process of stealing for and chasing down the drug than they did from using it. The above two elements (repetition and emotions) are important to consider in seeking to be cured of sex addictions.

Mental Illnesses

One other possibility to think about as you seek your cure is whether or not you are battling any other complications in the mind, any mental illnesses. For example, some attentive doctors are starting to see that those seeking treatment for their addiction also struggle with ADHD, alcoholism and other addictions. There are biological connections that will be important to discover. It's all tied together and each part affects the other. Look past the one problem and see the entire picture.

What is the "Cycle of Addiction"? "Regardless of the type of addiction a person has, they will probably go through the following cycle: feeling good, a loss of control, repetition and then a feeling of denial." The actual Cycle of Addiction operates in the following pattern:

- The addictive substance or action produces a "high" or "desired" mood change.
- The addict organizes their life around the addictive activity (getting it, experiencing it, withdrawing from it).
- The behavior continues despite problems it causes for the addict in their life: (work, home, community).
- The addict denies that they have a "problem" despite evidence to the contrary.
- The "desired" mood change "wears off": the addict begins to crave their "next fix".
- The craving becomes unendurable for the addict and they get "high" again
- .. and so it goes

Healing does not manifest itself through force, humiliation or fear. *We heal ourselves when we are empowered with the knowledge that we are the masters of our own behaviors.* Another word for this is called "responsibility", responding to ones ability. The Universe, or God, is certainly a powerful resource for healing, but we are not puppets with no responsibility for our behaviors. To believe that dependency has complete control over us strips us of our inner power. God loves us enough to give us free will and does not *make* us do anything. Without free will, life makes no sense. Rather than asking God to "take this addiction away," ask, "help me know the first thing I must do to heal."

Science says that DNA can be changed with feelings, according to this link: <http://barbiezabel.blogspot.com/2006/11/science-says-dna-can-be-changed-with.html> What do the results of these experiments have to do with our present situation? This is the science behind how we can choose a timeline to stay safe, no matter what else is happening. As Gregg explains in *The Isaiah Effect*, basically time is not just linear (past, present and future), but it also has depth. The depth of time consists of all the possible prayers and timelines that could ever be prayed or exist. Essentially, all our prayers have already been answered. We just activate the one we're living through our FEELINGS. **THIS is how we create our reality - by choosing it with our feelings.** Our feelings are activating the timeline via the web of creation, which connects all of the energy and matter of the Universe.

Remember that the law of the Universe is that **we attract what we focus on.** If you are focused on fearing whatever may come, you are sending a strong message to the Universe to send you whatever you fear. Instead, if you can get yourself into feelings of joy, love, appreciation or gratitude, and focus on bringing more of that into your life, you are going to avoid the negative stuff automatically.

So here's your protection for whatever comes: Find something to be happy about every day, and every hour if possible, moment-to-moment, even if only for a few minutes. This is the easiest and best protection you can have. Keep your energy positive, be in alignment with your desires and enjoy each day. Each day is as nice as you believe it to be.

The philosophy of having a positive attitude (positive thoughts and beliefs) derives from the mechanics of thought. Being positive is not just the appropriate thing to do to make yourself more socially acceptable. It literally puts you in touch with positive life experiences. It's important to understand this. Your state of being is what creates your experiences. What you believe is what you experience. When you realize that it's your thoughts and beliefs that determine what you experience, you're on your way to having some mastery over your life. Just make sure that your beliefs are in alignment with the experiences that you wish to have. Believing that you don't have enough money is not in alignment with creating prosperity -- believing that you have everything you need, is.

Improving Community Treatment Programs

In order to get the total change from being an offender to a responsible person, consistent daily and hourly efforts must occur. This doesn't happen in treatment settings where the client is only seen once a week in a group setting. I have seen groups of 12 or

so men meeting for an hour where many of them sit week after week –perhaps paying \$35 per session – and not being involved in the process. Yes, a good listener may learn something once in a while but the changes we want are in the *application* of the sound principles.

Even if the hour was equally divided among the dozen men, that is only 5 minutes per client. And this wouldn't happen because the treatment provider will need time to present his/her material. A typical session I have seen repeated week after week is where the provider consumed about 75% of the time in his/her presentation, and then focused on one client with an occasional comment being offered by a group member.

Those same sessions were done with most of the members having already served prison sentences of many years without treatment for their needs. Being released without having been treated results in most being in a dangerous position to re-offend. So what is the answer? The concepts are outlined in *Practical Safety Solutions* (www.psaes.info) on reform, and should be reviewed. By the way, many treatment providers will not work with a client who appears to be in denial. Potentially, these are the persons who need the help, even more than the more willing clients. They are the most likely to act out their deviant fantasies, etc. If because of too many potential clients a choice must be made, then the most willing persons who want to change would be the preferred persons.

If someone has the opportunity for help while in the community, s/he needs to be thoroughly assessed to determine the needs. Then the appropriate provider is assigned. A program designed may require one or two group sessions per week and/or in individual counseling for follow-ups. Further assessments and written assignments can be done as “homework”. A weekly group session would offer group presentations by the provider and support from group members.

During each week a requirement that can be helpful, is to have the client at least telephone one group member during the week. Support as in AA, NA, SA, etc. is very important, especially when group members really care about the success of each other. Hopefully, a big brother/sister relationship can be developed so each person can develop and practice communication skills, etc. that are an important part of the treatment program.

Open relationships and positive activities with adults need to be encouraged. Active church activity when appropriate, health clubs, and volunteer activities can offer much. Adult sports programs are a good outlet to develop team skills and even positive opportunities to express anger.

Many offenders are workaholics, avoiding intimate relationships and situations they are uncomfortable with. Developing hobbies such as gardening, woodworking, music development, and theatrical skills can be helpful when not made part of the “work only” lifestyle. Learning to be alone and being quiet in a meditative mode is helpful. This helps a person to focus on peace and listening to the “inner self”.

So how does a treatment provider handle a caseload of about 24 clients so that the personal approach can be used? Schedule to see each client privately for 45 minutes each, being prepared to offer personal direction and a “listening ear”. Schedule about 6 clients per day for 4 days a week. Plan on two group sessions with about 12 clients per session on the fifth day for about 1½ hours for each session. This leaves about a dozen

hours each week for the provider to attend to administrative responsibilities. If caseloads involve more than 24 clients, additional providers and professional help is needed. Perhaps alcohol and drug education, and anger management can be offered by other qualified providers.

Hopefully the provider has a library of resources to loan to clients for studying and feedback. It is important that a client be able to clearly communicate what s/he has learned and to suggest how the concepts apply to their life. Materials on anger management, sexuality, parent training, communication, health, behavior modification, recognizing danger signals and how to manage them, and a variety of self-help resources could be part of that library.

Not all treatment clients are the same and they don't all have the same needs in their maturing process. Neither do they learn and use concepts at the same rate. Providers as much as possible should learn of the history and potentials of each client before working with them. Focus not on the errors of the past. Use them only as a tool to recognize a need for change. Then focus on developing new cognitive and behavior patterns. See that these new behaviors are persistently developed each hour and day. New habits will develop, leaving former behaviors behind. May it be so!

The Nature of Reality

The world, as we experience it, the physical planet, our bodies, etc. are made up of particles that are responsive to our thoughts, sounds, and images. Suppose you have an idea about something that you want. In your mind's eye you can see that thing clearly. You think about it a lot and talk to people about it. Wherever you go you notice its presence or absence. You imagine yourself, owning that thing, playing with it, working with it. You begin to make choices in your life based on how much closer to your desired goal each choice brings you. Eventually the desired object becomes yours.

Why? There are several important factors in manifesting what you want, whether it be a new car, the perfect mate, making self changes, or world peace. It all follows the same pattern because the nature of our reality is that reality responds to our words, thoughts, [beliefs](#), images, and choices.

Monitor your thoughts carefully. As you think of someone lovingly, angrily or lustfully, note how that person becomes unconsciously affected by your thoughts. Remember, thoughts are things. They are composed of the same electrical, spirit-based energy that pervades the rest of the universe. Thoughts have substance and power, and the more emotional energy people give them, the faster they will become a reality. The spoken word has the same force and creative energy. Therefore, those who learn to control their thoughts and words will control their future. Since humans are constantly creating, the only issue is whether they are being conscious creators or unconscious ones.

Everything we see on any given day is made up of not just cells or atoms but, of PURE ENERGY. This energy is called Quanta (plural for Quantum). Keep in mind Quanta is the unit measure of pure energy. These Quanta are part of what Quantum Physics is based on. This energy exists only when observed. (There are a lot of arguments about observation and they all have their validity but lets keep it simple.) Scientists say that Quanta are not a reality but instead they are a *probability* that exist in any given point

in time. So when a person focuses on (observes) a thing, it exists! This is because this Quanta, is now formed into the thing whatever it may be.

Many scientists, Einstein included, have proved that Quanta are not bound to space and time and can exist anywhere. These scientists also understand that your mind, body and soul are also made up of these Quanta and Quanta are influenced by other Quanta. In other words your mind and the minds of others, create and co-create everything through influencing Quanta!

A good explanation as to how our thoughts create reality, conditions and things, may be found at this link: <http://www.whatithinkabout.com/why-your-thoughts-create-reality-thought-energy-and-matter/> Type into your browser "creating thoughts to things" and you will find many links to help you understand how our thoughts can become our experience.

Thoughts and things are correlated. Every thought reminds you of a thing. Similarly, every thing reminds you of a thought. Always there is an action and reaction between things and thoughts. Things react to your thoughts, and thoughts react to things. Thoughts bring change into a thing, so does a thing bring change in the form of thoughts.

According to the modern sciences of psychology, physiology, and metaphysics, it has been proven that thoughts do transform, rearrange and set into motion and activity, the material particles in our brains thereby creating a specific mental state. The mental state produces a similar effect on the minds of your cells, organs, and physical body. The influence of thoughts on objects of the world is as effective as on the mind of your cells which constitute your glands, nerves, bones, skin, flesh etc. The psychic treatment can be given to the objects, conditions, circumstances, environment, etc. exactly in the same way as you give psychic treatment for physical conditions in your own body, or in the body of another person.

During the course of our lives, we have thousands of good and bad experiences. These experiences are a series of sensory recordings that are stored in the subconscious part of the brain we call the Creative Mind. We record experiences using our primary senses of sight, sound, touch, taste, and smell. The higher the intensity of emotions during any experience, the larger the imprint of the sensory recording. The frequency and intensity of these highly emotional events shapes our belief systems and determines our world view or "Truth Filter."

"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality."

- Earl Nightingale

Falsely Imprinted Belief Systems, or FIBS, are the result of sensory recordings that were imprinted and stored during highly emotional events in your past. The difference between true reality and a falsely imprinted belief is that the sensory recording was skewed with a negative or false belief that became implanted upon your psyche. If an authority figure told you that you were "no good, fat, stupid, worthless, or lazy" during an emotionally charged event, this information was stored into your Creative Mind and integrated as a part of your Truth Filter.

"As long as you are unable to access the power of the Now, every emotional pain that you experience leaves behind a residue of pain that lives on in you."

- Eckhart Tolle

"One can overcome the forces of negative emotions, like anger and hatred, by cultivating their counterforces, like love and compassion."

- Dalai Lama

Here is a You Tube link that has many other videos related to our thoughts:

<http://www.youtube.com/watch?v=QFcdUQsYEeE>

In Summary

You may find it of value to review the link *Maturity And Becoming* on the website www.psaes.info. that will detail more related information related to change. Much of the latter part of what you have read above, are statements related to how we form our present beliefs and habits. The important emphasis of this writing is related to HOW we can change - even permanently - what we are presently remembering and experiencing to habits that will bring us a responsible, productive, and joy-FULL life. The HOW may be reviewed above on the first 4 pages. May you have the courage and persistence to first **choose** and then habitually **act** on those changes you DESIRE in your Life.