

Metaphysical Mind

Hello Jason

This is Jason here from www.what-is-metaphysics.com, with the second issue of the Metaphysical Mind E-Zine/ Newsletter. In this issue:

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1. **Quotes:**

"Take time to work - it is the price of success
Take time to think - it is the source of power
Take time to play - it is the secret of perpetual youth
Take time to read - it is the fountain of wisdom
Take time to be friendly - it is the road to happiness
Take time to love and be loved - it is the nourishment of the soul
Take time to share - it is too short a life to be selfish
Take time to laugh - it is the music of the heart
Take time to dream - it is hitching your wagon to a star."
-Unknown

"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will."
-George Bernard Shaw

"Love is much more fundamental than any kind of thinking or believing.
It is the root and basis of who you are, at the most fundamental level.
This means that anything other than love as an _expression of your being

is artificial and unnatural and is a result of not knowing who you are."
-Bill Harris

2. Part I of New Age Series: What Is New Age?

New Age is basically a movement of people striving for personal/spiritual growth, people dedicated to developing their inherent abilities and working for the greater good. This metaphysical movement has been called many names, including self-spirituality and new age spirituality. Although, most of the time, it goes without a name, as the name itself, limits this infinite movement. But, for the purpose of this report I will use the name "New Age".

Basically, new age is a free-flowing spirituality movement. Although, I believe spirituality is the wrong word, since it is associated with religion. I prefer the term metaphysics (the philosophical study of being and knowing) as it is meant to compliment and expand upon religion just as New Age is. New Age is simply a network of believers and practioners who share common beliefs and take part in similar practices.

Although it has some attributes of an emerging religion, it is believed that it is the beginning of a universal religion. As it is already beginning to blend religions together, as we come closer to The Truth.

Those who are likely to sample many diverse teachings and practices and create their own belief system and practices, based on their own wisdom and experience, are considered New Age.

What New Age Is Not

New Age is not any particular religion, dogma, or secret society. New Age is not a set of belief systems and practices to be followed. It does not have any boundaries, nor is it closed to anyone. It is not at all close-minded. New Age does not even have a central location, membership, holy text, or even a leader.

Within the movement, there is no agreement on how to define it or even if it is a movement at all. There simply seems to be more and more people heading in the same direction.

New Age Contribution to the World

Many people have some bad associations with the term "New Age" since it has faced strong criticism from some, in my opinion close-minded, religions that do not understand New Age, and how it compliments them. The New Age movement has had a huge impact on society including:

- Improving creativity and mind power
- Developing the various religious beliefs
- A better understanding of metaphysics/spirituality
- Leading-edge exploration of consciousness
- Humanistic approach to business and management
- Bettering relationships and the understanding between people
- Understanding teaching and learning styles
- A holistic approach to health and well-being

These are just a few; of the infinite contributions this movement has made to society...

In the next issue you will receive part II of this New Age Series which will be called "Why Is New Age So Confusing?" If you have any comments or questions about this part of the series please let me know. My contact information is at the end of this E-Zine.

Jason Randhawa

3. Inspiration: The Red Marbles

During the waning years of the depression in a small southeastern Idaho community, I used to stop by Mr. Miller's roadside stand for farm-fresh produce as the season made it available. Food and money were still extremely scarce and bartering was used, extensively.

One particular day Mr. Miller was bagging some early potatoes for me. I noticed a small boy, delicate of bone and feature, ragged but clean, hungrily appraising a basket of freshly picked green peas. I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes.

Pondering the peas, I couldn't help overhearing the conversation between Mr. Miller and the ragged boy next to me. "Hello Barry, how are you today?"

"H'lo, Mr. Miller. Fine, thank ya. Jus' admirin' them peas ... sure look good."

"They are good, Barry. How's your Ma?"

"Fine. Gittin' stronger alla' time."

"Good. Anything I can help you with?"

"No, Sir. Jus' admirin' them peas."

"Would you like to take some home?"

"No, Sir. Got nuthin' to pay for 'em with."

"Well, what have you to trade me for some of those peas?"

"All I got's my prize marble here."

"Is that right? Let me see it."

"Here 'tis. She's a dandy."

"I can see that. Hmmmm, only thing is this one is blue and I sort of go for red. Do you have a red one like this at home?"

"Not 'zackley ... but, almost."

"Tell you what. Take this sack of peas home with you and next trip this way let me look at that red marble."

"Sure will. Thanks, Mr. Miller."

Mrs. Miller, who had been standing nearby, came over to help me. With a smile she said: "There are two other boys like him in our community, all three are in very poor circumstances. Jim just loves to bargain with them for peas, apples, tomatoes or whatever. When they come back with their red marbles, and they always do, he decides he doesn't like red after all and he sends them home with a bag of produce for a green marble or an orange one, perhaps."

I left the stand, smiling to myself, impressed with this man. A short time later I moved to Colorado but I never forgot the story of this man, the boys and their bartering. Several years went by each more rapid than the previous one. Just recently I had occasion to visit some old friends in that Idaho community and while I was there learned that Mr. Miller had died.

They were having his viewing that evening and knowing my friends wanted to go, I agreed to accompany them. Upon our arrival at the mortuary we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could. Ahead of us in line were three young men. One was in an army uniform and the other two wore nice haircuts, dark suits and white shirts ... very professional looking.

They approached Mrs. Miller, standing smiling and composed, by her husband's casket. Each of the young men hugged her, kissed her on the cheek, spoke briefly with her and moved on to the casket.

Her misty light blue eyes followed them as, one by one, each young man stopped briefly and placed his own warm hand over the cold pale hand in the casket. Each left the mortuary, awkwardly, wiping his eyes.

Our turn came to meet Mrs. Miller. I told her who I was and mentioned the story she had told me about the marbles. Eyes glistening she took my hand and led me to the casket.

"Those three young men, who just left, were the boys I told you about. They just told me how they appreciated the things Jim 'traded' them. Now, at last when Jim could not change his mind about color or size ...they came to pay their debt.

"We've never had a great deal of the wealth of this world," she confided, "but, right now, Jim would consider himself the richest man in Idaho."

With loving gentleness she lifted the lifeless fingers of her deceased husband. Resting underneath were three exquisitely shined red marbles.

Author: Unknown

4. Why Isn't It Working? By Dr. Alexandra Gayek

"I have been going through a not so good period in my life which is very puzzling as I feel I HAVE BEEN DOING ALL THE RIGHT THINGS, AND TRYING TO BE THE BEST PERSON I CAN.

"I feel as if there is a force working against me or maybe something is trying to tell me to change my thoughts or ways and move forward.

"What are your thoughts on this?"

This is a question I received from a reader recently. Have you ever wondered the same thing: WHY ISN'T IT WORKING?

If you're doing everything right, why haven't you gotten the results you're working toward?

Here are my thoughts, and you're welcome to chime in with your own in the discussion forum where you'll find this topic posted.

There are two possibilities.

One, you're doing everything right and the results aren't here yet.

The other possibility is that the net effect of what you're doing is moving you AWAY from what you want.

Let me say that another way.

In any moment that you are thinking, you are either moving toward what you want, or away from what you want. You are always in motion. There is no "neutral."

What moves you TOWARD what you want is to accept where you are right now, including all your thoughts, feelings, actions, and RESULTS up to and including this moment, as the perfect place to start to create anything you want.

What keeps you moving is to know you CAN create anything you can dream of, and you will certainly be successful if you start here and now and keep heading in the right direction. Continue to focus on what you want, the evidence you have of the parts of it that are already yours, and how wonderful it will be to have more of it.

What moves you AWAY from what you want is to judge and criticize yourself for being exactly as you are, to focus on what's wrong with yourself, other people, and circumstances.

What keeps you going away from what you want is to worry about what could happen, to focus on "what is" as if it were evidence of your lack of progress, and to ask "why is this happening?" or "why isn't it working?" instead of "How can I move in the other direction?"

Current conditions only have influence on future conditions to the extent that you focus your attention on them.

The mind-blowing concept here is that YOU are the one who creates your life.

The only force at work is what is these days referred to as the Law of Attraction. Mr. Wattles talks about it as the way thought, belief, faith, consciousness and mental concepts work: you get what you focus on and expect to get.

This is not just in the few minutes a day that you may decide to think "on purpose" about what you want. ALL your thoughts contribute cumulatively to your results.

If you spend half your time moving toward what you want, and half your time moving away from it, the cumulative result is you won't seem to be getting anywhere.

If you focus on the appearance that you're not getting anywhere, you're actually moving away from what you want.

If you focus on the fact that at least some of the time you're moving in the direction of what you want, that thought moves you closer to what you want.

Here's how all this works, using the original question and adding a possible specific scenario.

Imagine that the "not-so-good period" in the writer's life involved developing an unexpected illness, just when things seemed to be going well.

"How could this be???" she would ask.

If she's been doing all the right things -- focusing on what she wants, thinking about why she wants it, getting hopeful about getting it -- and has been doing this for a while, chances are she has built up some momentum.

Think of this as one end of a rubber band, stretched toward what she wants.

She has built up a pretty sharp contrast between what she wants and what hasn't changed yet. She's also more aware of the difference between what she wants and what she **doesn't** want.

Think of what she doesn't want as the other end of the rubber band.

So when she turns her attention back to what she doesn't want, it is much more uncomfortable than it was when she wasn't thinking much about what she wants. The rubber band is stretched back toward what she doesn't want at the same time as it is stretched toward what she wants.

Focusing on what she doesn't want, why she's getting it, why it hasn't changed yet, what's wrong with herself and others creates resistance -- a pull away from allowing herself to move in the direction of what she wants.

Illness shows up in the uncomfortable distance between what you want and your resistance to getting it. The more you resist, the tighter the rubber band stretches, the more stressed you feel, and the more likely you are to get sick.

You have two options to decrease your discomfort.

One is to decrease your desire, to try not to want anything. This, in itself is a desire, so for most of us it's impossible. It's also the opposite of what Mr. Wattles and I teach: desire for more life is natural and good.

Your other option is to decrease your resistance to getting what you want. That means to abandon your focus on what's **not** working, what you **don't** have yet, what's wrong with you, other people, and your circumstances.

It means all the energy you can muster must go into feeling better and better about the possibility of having everything you want instead of feeling despairing and scared and worried and angry and guilty and embarrassed about not having it.

That feeling better starts by allowing yourself to be right where you are.

Doesn't it feel better to respond to your inner doubts with "yeah, but what if I COULD have it all?!" instead of going along with your fears?

Doesn't it feel better to say "Where I am is where I am, and I'm okay," than to beat yourself up for not being somewhere else?

Isn't it nice to know that by allowing yourself to be right where you are you've already moved closer to where you want to be?

You really can heal from ANYTHING.

You really can have EVERYTHING you want.

You really are just fine right where you are

By Dr. Alexandra Gayek, who is giving away **free copies of the book "The Science of Being Well"**. Get yours [here](#).

5. Recommended Resource:

This issue's recommended resource is the free "Learn Hypnosis in 5 Days" E-Course, which contains embedded mp3 files, training worksheets and is complete with hypnosis exercises. This hypnosis training audio course is a ground-breaking, multimedia, world-first way to learn hypnosis online.

[To learn more about it and/or to sign up for it, click here.](#)

6. What Is New at www.whatismetaphysics.com ?

About two weeks ago, I put up my biography on my website, and if you haven't checked it out yet, you can do so by clicking here: [Jason Randhawa](#) I also wrote another article titled "What Is God" which you can read here:

[Metaphysics and God](#)

Currently, I am working on writing a report on the New Age Movement. I just finished the first section, titled "What Is New Age", which I put into this issue of my

newsletter. I will be sending you a new section of the report in each issue. Next issue's section will be called "Why New Age Is So Confusing?"

7. Bi-monthly Affirmation:

I am a spiritual warrior. I initiate actions that serve the highest good for all concerned.

Thank-You, for sharing this experience with me. I look forward to Sept. 5th, 2006, so we can share another similar experience together with the next issue of this newsletter.

Till then, may you enjoy all of the unconditional love that I am sending you,

Jason Randhawa

P.S. If you enjoyed this issue, please forward this to any family members or friends that you love, you can also send them to this link:

<http://www.whatismetaphysics.com/freemetaphysicsinformationpackage.html> , so that they can sign up for my newsletter, E-course, and Metaphysical library.

Remember: *Do unto others, as you would want them to do unto you*

P.S.S If you have any question or comments or you would like to submit an article, quote, or affirmation, [you can contact me here](#)

May you thoroughly enjoy this experience we call life!