

# PATHWAYS

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## What Are Your Thoughts?

Are you creating by default? One of the most compelling reasons to learn about the Law of Attraction is for the sole reason that this universal law is happening whether you consciously direct your thoughts or not. It is a law of physics. What we think about is attracted to us like a magnet. If you don't believe me, read about the works of Albert Einstein.

This is a sobering thought and when I first learned about the Law of Attraction, it was kind of scary to me. I think back on all those years I did not know anything about the Law of Attraction. Hindsight is 20/20, and I can see how I ended up in the situations I did. I was manifesting via the beliefs instilled in me as a child.

My parents grew up under poor circumstances, especially my father. As a result of their financially poor upbringing, my parents brought their beliefs of financial lack to me. In my father's case, he also brought the negativity and lack of spiritual and emotional support he received to my upbringing.

In recent years, I have come to know why my father had the belief system that he did. My father was brought up on a farm in Pennsylvania with four siblings. He was expected to work on the farm before and after he went to school in a one room schoolhouse. His family struggled to survive.

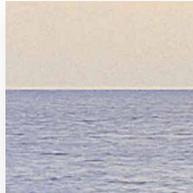
As a young man, he joined the Army as a way to escape the hardships at home. To him, the Army was

a far better environment than his meager experience on the family farm. He told us many stories about how the Army was the best thing that had ever happened to him. He received three meals a day; he traveled and received pay for what he was doing. I was amazed to learn my father had never been paid for his work. He had been expected to contribute to the family farm and thought he would never be able to break away from the poverty he lived in. Shortly after enlisting, my father was sent to Germany and became a Military Policeman. My father talks about these years with a smile on his face, recalling the joys and adventures he experienced.

Every month, my father sent part of his military pay home to be deposited into his bank account by his parents. It wasn't until he returned home from service that he found that his father had spent all of that money on the family farm. Of course my father was devastated to hear that he had trusted his parents, only to be betrayed by them. He came home from the Army with no savings. This experience instilled a sense of distrust, that he passed along to me.

My parents experienced such financial lack in their lives that, still to this day, they save every morsel of food. When we finish eating a meal, my mother stores even the tiniest scraps to eat the next day. While I don't believe in waste, I feel this belief that there is "never enough" can draw more experiences of not having enough.

I always tell my friends that it is a miracle I could turn the corner and develop any beliefs and attitudes of positive thinking, since this early belief system was permeated with lack and negativity. I didn't realize



how much my upbringing impacted me until later in life when I began to experience new environments and people who had different belief systems than those I experienced as a child.

Although I have turned the corner to break away from those childhood beliefs, I still find myself being drawn back there on occasion. That upbringing leads me even more to set aside specific time each day to make sure my thinking is deliberately headed in the direction I want it to. I've tried to set aside 15 minutes each day to "think about what I've been thinking." Is my life proceeding in the direction I want it to proceed? Do I feel lack in any area of my life? What can I do to help myself feel better? Is there a relationship in my life that is not going well?

Doing this deliberate thinking helps me stay on track and to get back on track if I need to. I now keep a "survival kit for deliberate thinking" with me at all times. I keep CD's in my car and audiobooks on my iPhone. I do anything I can to remind myself each day that we are creating, deliberately, whether we want to or not!

The question I am asked most often by my peers is how I am so successful attracting business. I never make marketing calls and I only meet with peers if it feels good to me. Some people have accused me of being crazy because I don't constantly market myself – after all, they believe there is a limitation of work out there.

When I began my independent consulting career, I succumbed to the traditional ways of the business world. I did all those things that we are told to do. Get out there and market yourself! Make those phone calls! Attend those business mixers! I quickly realized that marketing this way didn't feel good to me. Everyone I met told me that there wasn't any work to be had or they wanted me to work for less money than I felt was fair. Every morning I would sit down at my computer and make phone calls or meet the contacts of the day. What was going on? Why didn't this feel good to me? Would I ever work again?

After about a month of using this approach, I realized I wasn't being true to my beliefs. After all, the Law Of Attraction tells us that if we are doing something that doesn't make us feel good, we should not be doing it! I threw out the old rules and began "spiritual marketing". Spiritual marketing starts by becoming aligned energetically with what you are asking for. Becoming energetically aligned for me begins by meditating, walking my dog, going to dinner with supportive friends, etc. I feel joyful, happy!

When I get to this state of joy and am without resistance, I sit down to create the work I want to attract to myself. How do I want to feel when I am working? How much money do I want to make? How long should the assignment be? Once I consciously think through this, I release my thoughts to the universe with trust that I will receive the assignment that will be best for me. I don't worry about the next steps. I wait for synchronicities and guidance from the Universe on what to do next.

It's amazing to me how the Universe can create what I've asked for. My latest assignment came a couple of days after I completed my spiritual marketing exercise. My old boss called me and offered me an assignment that will last for a year. I was able to negotiate a part-time contract that will allow me to continue to work on some personal projects. It was perfect for me. Throw out the old ways of marketing and trust the Universe!

*Written by masters candidate, Laurie Salo. She invites Pathways readers to join her blog: [lawofattractionatwork.com](http://lawofattractionatwork.com)*



## Spiritual Marketing in a Bad Economy

One of the most significant contributions the Law of Attraction has made to my life is in how I conduct business marketing. I'm an independent consultant, so having contracts for work lined up is critical to my financial well being. I only make money if I am working!

Most consultants I work with accept every project they are offered even if it isn't right for them personally. In this economy, we often hear that it is hard to drum up business. Fear runs rampant!



# AIHT Ordination

**W**ould you like to be ordained? The American Interfaith Holistic Temple, the ordaining body for AIHT graduates, is planning to hold its first ordination ceremony October 2nd, 2011 in Stony Point, NY, in conjunction with A World Alliance of Interfaith Clergy's annual conference.

To be ordained, you must be an AIHT graduate, complete BHTC 102 World Religions, BHTC 104 Interfaith Ceremonies, BHTC 105 Interfaith Wisdom, submit the required minister's handbook, and attend the weekend retreat/conference.

The ordination tuition cost is \$750.00. This includes the three required courses, ordination gifts, and a one year membership to A World Alliance of Interfaith Clergy. The cost of the conference, travel, room and board is not included.

AWAIC will coordinate reservations. Candidates are responsible for making their travel arrangements.

All course work and the minister's handbook must be received no later than August 31st, 2011. This will allow

time for grading and making preparations for your attendance at the conference.

The retreat/conference will culminate with the ordination ceremony. Local hotels/motels are available for family and friends to also attend your ordination ceremony. The retreat/conference will be a wonderful time of networking and learning how to begin your career in interfaith ministry. Sessions will include ceremonies, business and legal aspects for a ministry, plus how to work with publishers and succeed at positively impacting those

around you and the world.

For more information, please contact Rev. Beverly Love at 800-949-4325 or [beverlylove@aiht.edu](mailto:beverlylove@aiht.edu).



## DAILY INSPIRATION

# Self-Belief

You can achieve anything you put your mind to if you have faith in yourself. However, even when you know you can achieve a goal, it is easy to fall prey to negative thoughts that put you off.

Negative thoughts are typically brought on by our own fear of failure or rejection. IF we want to go forward, we need to work through these feelings and let them go. This means that we have to challenge some deeply ingrained beliefs that we may have had since childhood. Maybe we need to be honest about how these beliefs are serving us. It could be that our negative beliefs are an excuse to stay stuck, or maybe they are getting us attention from others, even if it is negative attention.

We have all made mistakes and have done and said things we wish we hadn't. Even if you have made some monumental mistakes in your life, there are some things you have done well! Begin focusing on your positive attributes and work with them.

I began college when I was 35. I had several "failures" behind me that plagued my heart and mind. I was afraid at times, and the work was sometimes daunting, but I finished my



PhD when I was 50. No one had the ability to make me believe that I couldn't do it! Now there are new dreams to achieve.

The past is the past, and serves only as a teacher. Today is a new day, and time for a new beginning. Keep in mind you are a unique individual, with your own talents, gifts and ideas. There never has, and never will be another person just like you! With that understanding, you have much to give to the world!

Embrace your goodness! Dare to dream! Always remember, where our thoughts go, energy flows! Whatever you dream, you have the ability to achieve.

Rhonda McBride, PhD, LCDC, ADS



# Congratulations, Barney Cannon

*I'm Looking for God* is a children's book whose international message is finding its way into the hands of seekers of all ages. Its author, Barney Cannon, is also the recent recipient of AIHT's annual scholarship in holistic theology.

"As an adventurous young boy ponders the meaning of God, his journey around the world builds on a beautifully simple truth," says Barney; "that God is everywhere, and God is in everything."

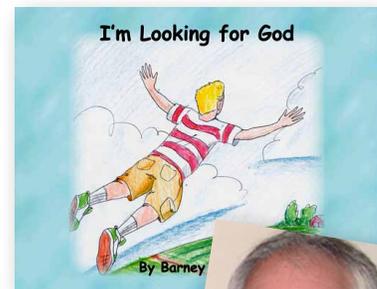
Barney's own journey for meaning has always involved bringing the concepts and ideas of alternative, complementary and holistic wellness to young people—from Arizona to Virginia, so far.

"Our 'Teach Your Children Well' project was a wellness group that began in Phoenix, with classes in yoga, nutrition, energy, reflexology, just about anything that a holistic practitioner would want to offer. The idea behind it is that there are plenty of places where adults can develop wellness skills, but fewer opportunities for children to learn.

"In our family, my kids seemed to think that the modalities that I was learning and using were kind of nuts, but when a friend or teacher of mine exposed the same ideas to them, they gobbled it up!"

Barney's recent relocation now allows him to teach new groups within the southeastern United States; contact him through [www.opendoorwellness.com](http://www.opendoorwellness.com)

*I'm Looking for God* is available through [amazon.com](http://amazon.com) and [barnesandnoble.com](http://barnesandnoble.com)



# What's Important to You Today?

I came across this question last night in reflection, and it reminded me to get back to the simple things that matter most. When I opened my journal, I landed on a page I wrote exactly two years ago with a visualization for success. As I was feeling particularly overrun by life last night, it was perfect timing!

I'm on the verge of another big change—as I was two years ago. At the time, we were about to move from Brussels, Belgium to Culpeper, Virginia and I wrote the visualization for six months into the future. It started with my relationships, covering how my husband, children, and even our old dog handled the transition and what they would come to find and love living back home in the United States. Then, it covered me: what I would accomplish, explore, and discover.

When we were overseas, my husband and I became convinced that we would have to move our family of six into a cramped townhouse in Northern Virginia because the cost of living here is so expensive. However, in my visualization, I covered housing next, stating that we were living in a spacious, single family home that had at least four bedrooms. The visualization covered our finances, and made clear that money was always available and never a concern. Finally, I covered extended family and friends, naming how they would receive us and visit often.

In all scenarios, that visualization, or something better, has manifested in my life. I never even realized it had all come into fruition until last night! Yesterday I was feeling overwhelmed, and I knew the best stress relief would be to do another six month visualization and highlight all the wonderful things that would unfold in the coming months. If you're feeling stressed simply answer the following questions and create a visualization of your own:

## In six months,

1. My relationships are ... Here you want to describe how your primary relationships are doing. What are the people you care about most experiencing and achieving? Imagine them fulfilling their passions and discovering their best life.
2. I am ... What are you doing, learning, reading, enjoying? Describe all of that here. Are you living up to your potential? Are you fit and active? Do you feel excited about your life?
3. My home is ... Redecorated, remodeled, moved to another, more fitting location. If something's not working in your environment, you imagine it better here.
4. My finances are... Reach for abundance. Debt is paid down, financial freedom is on the horizon, and out of the blue, you realized another source of income you earn while doing something you love! Get creative here, and imagine yourself prospering at every turn.
5. My extended family and friends are... How do they receive you when they see you? How do you get along with your co-workers? How has a difficult family member become a little easier to get along with? Imagine all the people who make you feel really good and record how more experiences like that will be coming.

by AIHT student Lisa Jacobs



# Holding A Vision

At times, goal setting can be tedious and frustrating. It is not something that can be accomplished with instant gratification and that is why most give up before they have even started. It takes commitment and willingness to create changes within our lives. We live in a society based on self-gratification. We speak of change and we think it's accomplished by just speaking it. Change is a combination of visualizing and taking action that creates an outcome.

Some of us have a way at looking at goal setting as if it were a chore, a task that our mind can claim unattainable. Sometimes our personalities will have us surpassing the goal and stepping right into an outcome before we have even begun. My belief is this approach sets us up for failure before we have given ourselves the moment to begin.



The drive behind dedication can prove challenging as we go through the act of accomplishing what we are trying to achieve. Yet, it is the end product that should considerably be our inspiration. It is the time in between start and finish that can leave us lacking and/or quitting. The obligation has to come from within and the staying power has to be the drive.

In our quest to reach a goal, our journey often provides us with challenges. For example, when we fall short or something doesn't happen in the timely fashion we have anticipated we often stop ourselves, create an inner story of failure and seemingly forget to continue moving forward. If we let go of perception and stop trying to see an outcome, we will continue to keep ourselves moving and reconfigure our shortcomings as we move forward. New experiences always create themselves to what they should be, not what we deem them to be.

Finding a way to stay in the flow of our movement takes riding through the turbulent times. Once you are on the roller coaster you can't just jump off - you have to follow through with the ride. The difference between the roller coaster analogy and life is that in life we have choices that control the outcome

of our ride. We also have the ability at any point to redirect the ride if something is not fitting to who we are or where we would like to be. Most find it impossible to gain their control and often feel as though they have derailed and lost control. All it takes is a moment of redirecting to get back on track. Once you have let your mind flow to the oppressiveness of failure then you begin to create an illusion of failure. If you take control and view the moment as just a moment, you can always pick yourself up and gain back your momentum. Negative reactions to what is set within our lives leads to negative moments of insecurity and self-doubt. To regain focus and stay on the path of completion, you must hold the vision of accomplishment and success.

With all that is happening in the world today, it's hard not to get caught up in fear and the illusion of self-doubt and failure. Though many are finding their successes in life, I do believe it's not only their timing but also their ability to hold a vision and keep themselves in their faith. After all, without our moments of despair we would no be able to come to fully appreciate the completion of a goal. If you are attempting to make changes within your life today, create a vision of accomplishment for yourself. Start with finding a way to let go of the defeating perception since it only limits your mind in the process and creates unwarranted negative chatter. Begin with taking steps to influence your thought process by developing positive chatter. Focus on positive self-talk when you are in the midst of accomplishing any task you deem unattainable. We are born to walk in our successes. At times it is in the constant reminders that we create our positive outcome.

*Holding a vision can be as daunting as walking through life blindfolded.*

Though moments in life will have us questioning aspects of ourselves, others or our lives, we must remain in the mindset that all we touch will eventually turn itself into gold. The alchemist couldn't transform metal if he or she held themselves in doubt over what they were creating. It is the mastery of the mind that leads us to our positive outcome. All you have to do is be willing to put forth your efforts and see which direction life will lead you. This view will help you through the more turbulent times and will also assist you in developing a keener sense of self and manifestation.

Become more present with yourself. Step out of your chatter to create what you dream. Don't stop yourself by living

in your imagination. Instead, allow it to create itself by living in a world that has no limitations. Holding a vision can be as daunting as walking through life blindfolded. If you trust in your inner abilities and have faith in the unseen, you will create abundance just by your efforts to create a new existence within your life.

Everything in life worth having takes time. If you don't have what you desire in this moment, then you must create the positive thought that it will come in its own time. Nothing in life ever happens a moment too soon. Know that of which you seek may not be in your highest good but that of which comes to you is designed for you.

Life is a forgiving process full of lessons. However, the untrained human mind can be limiting if not trained through the vision process. Mother Theresa once said "We can do no great things, only small things with great love". To create a vision within your life you must open your heart to your beliefs and begin with one step forward. Just holding the vision will allow you to create the vision. Start small and move at your own pace. As you move yourself forward, you will adjust your vision to meet your needs and all you set out to accomplish will be accomplished.



*Kris White is a Spiritual Coach and Holistic Minister. In private practice since 1995, she combines her natural clairvoyant abilities and holistic ministry skills to guide others to think "outside the box". Many find her work helps them to transform their lives. For more information about Kris or to schedule a personal coaching session, please visit [www.mysticaltherapies.com](http://www.mysticaltherapies.com)*

# Graduates

The following are graduates from December 1, 2010 — February 28, 2011 (except where noted).

## DOCTOR OF DIVINITY

Theresa A. Boden

## HOLISTIC HEALTH

### MASTER OF SCIENCE

Allison Obershaw  
Stephanie Anne Mesaric  
Deborah Fawcett

### DOCTOR OF PHILOSOPHY

KiMonica Bridgers Murray

## HOLISTIC MINISTRIES

### DOCTOR OF PHILOSOPHY

Dion J. Love

## METAPHYSICS

### BACHELOR OF SCIENCE

Jayasree Harikumar (November 30, 2010)  
Linda Alice Mott

### MASTER OF SCIENCE

Lisa M. Tunney (October 30, 2009)  
Janet Flores  
Sherie Hollis  
Rene Painter-Claypool

### DOCTOR OF PHILOSOPHY

Cynthia Lynch Bischoff  
Shelly L. Hathaway-Woodbine

## NATUROLOGY

### DOCTOR OF PHILOSOPHY

Christine Beserany

## PARAPSYCHIC SCIENCE

### BACHELOR OF SCIENCE

Marjorie E. Clarke  
Deborah A. Ehmann  
Margie Sue Brogdon  
Debbie Pierro

### DOCTOR OF PHILOSOPHY

Tracy Geane Kincaid





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## On The Road Again

Come and join AIHT at Hay House and Mishka conference events:

- ◆ *I Can Do It: Pasadena*, October 14-16, 2011, offers a powerful weekend of metaphysical workshops and networking. Speakers include AIHT adjunct faculty member Sonia Choquette and nine other AIHT curriculum authors: Joan Borysenko, Gregg Braden, Wayne Dyer, Debbie Ford, Louise Hay, Christiane Northrup, Doreen Virtue, Brian Weiss and Marianne Williamson. For registration: [www.hayhouse.com](http://www.hayhouse.com)
- ◆ *Celebrate You Life: Phoenix*, November 4-6. AIHT President Michael Parker and Senior Admissions Advisor Beverly Love look forward to meeting students and graduates. Speakers and workshops TBA; for more information: [www.mishkaproductions.com](http://www.mishkaproductions.com)
- ◆ *I Can Do It: Tampa*, November 11-13. Speakers include AIHT adjunct faculty member Sonia Choquette and 10 other AIHT curriculum authors: Joan Borysenko, Gregg Braden, Wayne Dyer, Debbie Ford, Louise Hay, Caroline Myss, Christiane Northrup, Doreen Virtue, Brian Weiss and Marianne Williamson. Come and meet members of AIHT Administration and Admissions departments! To register: [www.hayhouse.com](http://www.hayhouse.com)



AIHT curriculum authors Sonia Choquette, Joan Borysenko, Marianne Williamson, and Doreen Virtue.

## Media News

- ◆ *Celebrating on the Journey: A Guide to a Catholic-Jewish Seder for 100* by Charles Robert Costello, D.D. and Ph.D. Also by the same author: *Faithing on the Journey*
- ◆ *Wholarian Vision: How to Remember Your Connection to Everything* by Katrina Mayer, PhD: [www.vistacoaching.com](http://www.vistacoaching.com). Also by this author: *The Mustard Seed Way*.
- ◆ Looking for survey respondents: AIHT masters graduate Heather Rivera has created a survey for individuals who have sought hypnotherapy with the specific goal of experiencing one or more past life regression(s): [www.pastlifesurvey.org](http://www.pastlifesurvey.org). Because this self-reporting methodology is designed to yield anonymous responses, she notes, follow-up communication is therefore not possible. However, Pathways plans to report on Heather's progress, so stay tuned.



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