

For the Media: Segment Topics for Margaret Paul, Ph.D.

As a counselor, author, speaker, seminar leader and relationships expert, I am able to address a variety of topics and story ideas. I am willing to expand on the following topics and ideas through personal interviews or submitting original articles.

Examples of segment/topic ideas follow. On the subject of:

Relationships - Communication, Intimacy and Sexuality:

- When to End a Relationship
- Telling Your Truth...or Not
- Can This Relationship Be Helped?
- Why Marital Sex Often Dies
- Sexuality and New Relationships
- You Think You Are Healed? Try Having a Relationship!
- What Really Creates Emotional Intimacy
- Who's Responsible for our Feelings?
- Rejection and Engulfment: The Fears Behind Relationship Conflict
- Controlling Behavior: The Major Cause of Relationship Conflict
- The Two Most Common Sexual Problems in Committed Relationships and How to Resolve Them
- Will Becoming a Parent Enhance Your Relationship?
- If You're Unhappy in Your Relationship, Whose Problem is it?

- Book Interview: *Do I Have To Give Up Me To Be Loved By You?*

Parenting:

- Beyond Authoritarian and Permissive Parenting: Parenting With an Intent to Learn About Yourself and Your Child
- Minimizing Conflicts Over Homework
- Helping Children Become Personally Responsible
- Minimizing Conflict in Sibling Relationships
- Parenting Yourself When You Have Small Children
- The Courage to Be a Loving Parent
- The Major Challenge of Single Parenting and How to Resolve It
- Parents - What Kind of Role Model Are You?
- Teaching Inner Bonding to Children

- Book Interview: *Do I Have To Give Up Me To Be Loved By My Kids?*

Addictions: Substance Abuse and Process Addictions:

- Addiction to Thinking
- Subtle Addictions
- Addiction: The Underlying Feelings we Want to Avoid
- Power and Politics - Addiction to Sex and Power?
- Aloneness and Addictive Behavior
- Addiction and Internal Power Struggles
- A Cause and Cure of Substance Abuse: Food, Smoking, Drugs, and Alcohol
- Sexual Addiction
- Love and Connection Addiction
- Addiction to Caretaking
- Addictions to Activities

Self Help and Personal Growth:

- Discovering Your Passion and Purpose
- Trapped in Resistance: The Resistance Syndrome
- Welcoming Our Disowned Parts
- Step One: Willingness
- Being An Emotional Victim: Self Help for Personal Health
- New Approaches to Violence and Anger Management
- Racism: About Low Self-Esteem
- How to Manage Painful Emotions
- Taking Responsibility for Our Own Feelings
- Healing Anxiety and Depression
- Managing Your Anger
- Who Defines Your Self-Worth?
- Do You Have Problems Making Decisions?
- Getting Unstuck From Resistance and Procrastination
- What Depletes Your Energy?

Spirituality and Spiritual Growth:

- What Program is on Your Inner TV?
- Resistance to Loving
- Connecting to Spirit Through Beauty and Gratitude
- Managing Fear With Spirit
- Controlling God Through Core Shame
- Fear or Love: Which Runs Your Life?
- Spiritual Abuse: The Cause Behind Spiritual Disconnection
- Choosing Gratitude: The Quickest Way to an Open Heart
- Are We Becoming a Soulless Nation?
- What Really Brings You Joy?
- Caring for the House of the Soul
- Who's Praying--Wounded Self or Loving Adult?
- Connecting With Your Spiritual Guidance

Inner Bonding:

- Book Interview: Do I Have To Give Up Me To Be Loved By God?
- Book Interview: Inner Bonding
- Book Interview: Healing Your Aloneness

Press Releases

Relationships - Communication, Intimacy and Sexuality:

When to End a Relationship

Most people end their relationships much too soon. They end when they are unhappy, thinking that their unhappiness is the other person's fault. Until the unhappy partner has done the inner work necessary to create

personal power and inner peace and joy, regardless of how the other person is behaving (unless there is physical violence to the partner or children, or intense emotional violence to children), it is a waste of time to leave. You take yourself with you into future relationships, with all your same patterns, fears and beliefs that are your part of creating the present unhappy relationship.

The time to leave is when you are no longer reactive to your partner - you are no longer angry, withdrawn, resistant, or complaint in the face of your partner's upset. When you can stay open to learning and loving to yourself and your partner, regardless of how your partner is behaving, and if your partner still hasn't opened as well, then it may be time to leave.

Telling Your Truth...or Not

Deciding whether or not we choose to speak our truth needs to come from our own honesty with ourselves about why we are speaking the truth. Truth can enhance or destroy a relationship, depending upon the intent.

Telling the truth can harm a relationship when:

- The intent in telling the truth is to change or control the other person.
- What you think is your truth is really a judgement of the other person. Judgements are opinions, not truth.
- The reason you are telling your truth is to blame another and make him or her responsible for your feelings.

Withholding the truth can harm a relationship when:

- You are trying to control how another feels about you or treats you by withholding the truth.
- You are withholding your truth to not face the truth regarding how the other will respond to your truth. You might withhold if you fear the other really doesn't care about your truth.

Telling your truth can enhance a relationship when:

- Your desire in telling your truth is to take loving care of yourself.
- You are willing to know the other's truth in reaction to your truth.

- When your deep desire in telling your truth is to support your own and the other's emotional and spiritual growth.

The important thing in telling the truth is to be honest with yourself about your own intent in telling your truth. Are you truly being loving to yourself and others, or are you using your truth to control another and make him or her responsible for you? Are you speaking your truth to enhance the relationship, or to get the other to change?

Can This Relationship Be Helped?

Quite often individuals come in for help wondering if it is really possible to save or improve their relationship. Perhaps their partner is totally uninterested in working on the relationship. Perhaps their partner is an alcoholic or drug addict. What are their chances of saving their relationship?

Since two people always get together at their common level of woundedness, here is what I say to the partner who has sought my help: "As long as you choose to remain in this relationship, there are things for you to learn. Each partner contributes their 100% to the relationship. While it is often easy to see what your partner is doing that is harmful to the relationship, it is often difficult to see what you are doing. Yet until you learn about your part in this relationship system, you will take your own dysfunctional behavior with you into another relationship. It's generally a waste of time - unless there is physical abuse - to leave a relationship before healing your own end of the system."

Why Marital Sex Often Dies

Research indicates that over 55% of married women are not interested in having sex with their husbands. In my 40 years of counseling couples, I've worked with many men who also are not interested in sex with their wives. The problem is generally not a lack of sexual desire - it's that they are not interested in sex with their partner.

There is a very good reason for this.

Sexuality in long term relationships is the result of loving energy flowing between two people. If something is blocking this loving energy, the sexual energy between them often gets blocked as well.

There may be many reasons for loving and sexual energy being blocked, but the most common is what I call the “pull-resist relationship system.”

Sexuality and New Relationships

In the 40 years that I’ve been counseling, I’ve discovered that the one mistake people make in starting a new relationship is to have sex too soon. There are many reasons why people have sex too soon: they think it will create deeper intimacy, they are just in it for the conquest, they are afraid of rejection if they say no, they get physically carried away, they like sex.

No matter how wonderful things seem on the first or second date, this is not enough time to deeply care about someone. And sex without deep caring might be a physically satisfying experience, but it is flat emotionally and spiritually. It will almost always leave both people feeling like something was missing. Without the love and caring that comes with time, any problem becomes too much to handle, any deficiency or imperfection becomes cause to move on. Physical attraction is never enough to see people through the inevitable conflicts that come up in primary relationships.

You Think You Are Healed? Try Having a Relationship!

I’ve worked with many people who do just fine alone and think that they are emotionally healed. Then they get into a relationship and suddenly they are back at square one - getting angry, withdrawing, resisting, losing themselves in the relationship. What happened to all the emotional health?

Relationships trigger every unhealed issue - issues we didn’t even know we had. Relationship conflict can activate deep unhealed issues of rejection and abandonment, as well as deep fears of being dominated, engulfed, taken over.

When these fears are activated, which may not often happen outside of important relationships, we tend to go into our learned protective controlling behavior. Our controlling behavior then triggers our partner’s controlling behavior and the love becomes lost in conflict or distant.

What Really Creates Emotional Intimacy

We all yearn for that deep connection with someone, yet few people seem to be able to maintain emotional intimacy for very long. We often have it at the very beginning of relationships, before the conflicts start. How can we maintain that wonderful intimacy in a long-term relationship?

The deep and wonderful feeling of intimacy flourishes in an atmosphere of safety. We open up when we feel safe. We take risks when we feel safe. The challenge is - how do we create this safety?

Most of the time people feel safe when they are with someone who is very accepting, caring, and compassionate. The problem is that no one is completely reliable when it comes to these qualities. Most people have bad days when they may be irritable or grumpy. What happens to the safety when the other person's acceptance and caring goes away?

Who's Responsible for our Feelings?

One of our greatest challenges is to understand what it means to take personal responsibility for our own feelings and behavior. This is especially difficult when someone is behaving in a way that feels unloving to us -- attacking, blaming, lying, guilt, and so on. It is so easy to believe that our unhappy feelings are coming from their behavior rather than from our own response to their behavior.

If we pay careful attention to our feelings, we will discover that it is not another's behavior that is creating our unhappiness but rather our own unloving response. When we respond to another's unloving behavior by getting angry, blaming, withdrawing, complying, or ignoring it, we will likely end up feeling badly.

Rejection and Engulfment: The Fears Behind Relationship Conflict

Most people have grown up with deep fears of rejection and abandonment, as well fears of engulfment - losing oneself to another person's control. In most relationships, one person has a deeper fear of rejection and abandonment, while the other has a deeper fear of being controlled.

Most conflicts, regardless what they are about, have these fears and the protective circle they create, as the basis of the conflict. If one person gets angry when their abandonment fears are activated, the other then withdraws as their engulfment fear is activated. Or vice versa - one withdraws when their engulfment fear is triggered, which activated the other's abandonment issue.

Until couples learn how to deal with these fears that are behind most conflict, they will not be able to resolve conflict.

Controlling Behavior: The Major Cause of Relationship Conflict

Relationship problems are not caused so much by the issues - such as money, kids, sex, time, chores, and so on - but rather how a couple deals with the issues. Most people have learned many ways to control when issues arise. The most common are:

- Anger, blame, judgment
- Withdrawal, resistance
- Compliance

Some people try to intimidate their partner into doing things their way when they are upset by something. Others shut down or resist to avoid being controlled, while others comply, hoping to control their partner's anger.

All these forms of control lead to protective relationships systems where neither partner feels safe or loved. Until both partners open to learning about themselves and each other, rather than attempt to control, the same issues will come up over and over. The way they communicate rather than the issue itself becomes the issue.

The Two Most Common Sexual Problems in Committed Relationships and How to Resolve Them

In my extensive work with couples, I've found that the majority of couples that are experiencing sexual problems are suffering from the following:

1. One partner tends to use sex addictively - i.e. he or she (usually he) relies on sex to feel loved, connected, relaxed, adequate. This partner "pulls" on the other for sex and doesn't really care whether or not the other really wants it. He (or she) feels it is his right to have sex, feels very rejected if he doesn't get it, and usually responds with anger and/or withdrawal if he doesn't get what he wants.
2. The other partner does not feel sexual toward the partner at all. She (or he) may feel sexual within herself, or in response to others, but not with the partner. She often feels as if her partner is coming to her as a little boy needing to get love and approval to feel adequate, rather than as a man in his power, and she is very turned off by the "pull."

Unless these two people understand the system and do some inner work to heal it, it is likely that sex will remain a problem between them. In this

segment, I will discuss what a couple can do to change the underlying causes of these problems.

Will Becoming a Parent Enhance Your Relationship?

Whether children will hurt or enhance a relationship depends upon the dynamic of the relationship before having children. If the relationship is a deeply codependent one where one partner is the caretaker and the other is the taker, the partner who is the taker may feel left out and burdened by having a child. He or she may become more needy in the face of the caretaker partner giving lots of attention to the child. Often codependent relationships are fine until having children and then they fall apart. Having children can definitely hurt this kind of relationship.

A relationship can also be hurt by having children if money is a big issue and the children cause a financial hardship. In addition, if a woman who loves her career decides to stay home, she may end up unfulfilled and resentful, which can also hurt the relationship. If one or both partners feel trapped by childcare, this can harm a relationship.

On the other hand, if both partners are fairly whole and self-sufficient and enjoy sharing love, having children can enhance their relationship. They will receive great joy in sharing their love with their children and delighting in watching their children grow. Their children provide them with a profound common interest that creates growth for both of them. If both partners love children and love the whole experience of raising children, then parenting is experienced as a privilege rather than a burden. This kind of relationship is greatly enhanced by having children.

If You're Unhappy in Your Relationship, Whose Problem is it?

It's so easy in relationships to think that one's unhappiness is caused by the other person. "If only he or she was kinder, more affectionate, sexier, more responsible, not such a slob, better looking, earned more money, shared more feelings, lost weight, was more open, didn't get angry....and so on, then I would be happy. Therefore, if I'm unhappy, it must be the other's fault."

Yet, in a good relationship, each partner takes 100% responsibility for their own feelings of pain and joy. If I'm unhappy, it is my responsibility to notice how I'm behaving that may be causing my own pain. It's not the others' behavior that it is problem, it's my own reactions and whether or not I'm taking loving care of myself that causes me to feel peaceful, powerful, joyful, or angry, defensive, rejected, unloved, anxious, or depressed.

The unhappy partner needs to explore:

- How am I responding to my partner that is causing me to feel upset?
- How am I not taking care of myself in this relationship that is causing my unhappiness?

Book Interview Questions: *Do I Have To Give Up Me To Be Loved By You?*

- 1) The basic premise of your book is that there are only two intentions possible in any given moment - the intent to learn and the intent to protect. Could you describe these two intentions?
- 2) What are some of the primary ways people in close relationships protect against pain when they are in conflict?
- 3) What happens in a relationship when one or both people are in the intent to protect?
- 4) Can you ever get anyone to change their intent?
- 5) Why is it so difficult for people to stay open to learning in conflict?
- 6) Isn't it natural for people to just go into fight or flight in conflict? Don't we all just automatically react with getting angry or withdrawing or giving ourselves up or resisting?
- 7) You've added a new Chapter about your Inner Bonding process. Could you describe how Inner Bonding helps people to learn to stay open when they are in conflict with each other?
- 8) Is it really possible for two people in a long-term relationship to maintain their passion?
- 9) What does it mean to tell the truth in a loving relationship? Shouldn't you make sure you don't say things that hurt the other person?
- 10) You talk about telling your feelings as sometimes being a manipulation. Aren't we supposed to tell our feelings as part of good communication? How do we know when it is a manipulation and when it is good communication?
- 11) Does it take two people being open to learning to create a good relationship, or can it happen with just one person doing this?

12. What are loving ways of dealing with conflict?

Parenting:

Beyond Authoritarian and Permissive Parenting: Parenting With an Intent to Learn About Yourself and Your Child

- Authoritarian parenting: the parent wins and the child loses. The child learns to be a caretaker, giving up himself or herself to please the parent.
- Permissive parenting: the child wins and the parent loses. The child learns to be narcissistic - a self-centered taker, caring little for others' needs and feelings.
- Parenting with an intent to learn: both the child and the parent wins. Power struggles are minimized. Children learn to care about themselves as well as care about others.

When parents are open to learning, they are wanting to understand themselves and their child, rather than to control the child through anger or through giving themselves up.

Minimizing Conflicts Over Homework

Many parents get into power struggles with their children over their homework. They want their children to do well in school and so they may nag, set up homework times, take away privileges, or ground children who do not do their homework or do well in school.

Most children do not like to be controlled, so they may go into resistance to doing their homework or doing well in school. The more the parent gets upset, the more resistant the child becomes. Even if the child does capitulate in this area, he or she may become resistant in another area.

The way out of the power struggle?

- Parents need to let school be the child's job. This needs to be stated when the child first starts school.

- Parents need to let the child know that the child will be loved whether or not the child does well in school - that the love is not based on performance in school.
- The parents need to support the child in discovering their passion and purpose - what this child eventually wants to offer to the world.
- The parent can stay involved by being available to help when the child asks for help, or just want company when doing homework.
- The parents need to not be ego-involved with how their children do in school.
- Most children like to do well - for themselves, not for their parents. When doing well is for them rather than for their parents, most children will get their homework done and do well in school.

Helping Children Become Personally Responsible

Children become personally responsible when parents are role-modeling personal responsibility for their own feelings and needs. In addition, children need to be allowed to make their mistakes without punishment and to fail without a loss of love. Children learn responsibility when their parents set firm limits regarding what is and what is not acceptable.

Discussions of responsibility and limits regarding:

- Bedtime
- Homework
- Brushing teeth
- Getting up and ready for school on time
- Eating healthy foods

When parents are clear regarding their own limits about what they will and will not do and stay solid in their limits, not allowing whining or crying and tantrums to sway them, children will learn to respect the limits.

Parents might be able to control their children to a certain extent while they are young, but once they reach adolescence and are likely bigger than their parents, parents will have little control. Rather than trying to control children, energy is better spent setting a good example and controlling what we can control - ourselves and our own limits.

Setting our own limits and setting a good example for responsible behavior avoids the power struggles and resistance that plague so many family interactions. We want parenting to be fun rather than a burden, and it can be when we decide to take care of ourselves and allow our children to suffer the consequences of their own decisions, other than in issues of health and safety.

Minimizing Conflict in Sibling Relationships

Children create power struggles between them for many reasons. Some of these reasons are:

- Children may be imitating their parent's behavior with each other.
- Children may pick on their siblings as a way of getting back at their parents for trying to control them. Kids know parents get upset by their battles and their fighting often reflects an unconscious desire to do to the parent what the parent is doing to them.
- If a child feels pushed aside or shut out, fighting with siblings may be a way to get parental attention.
- When children have a fear of their parents' fighting with each other, they may be fighting as an attempt to direct the parents' attention toward themselves.
- When children are bored, fighting may be a way to involve the parents and/or create chaos to avoid taking responsibility for doing something about their boredom.
- The instigator of a power struggle may be expressing anger at his or her sibling for being the "innocent victim", or for getting more parental attention.

Focus on helping children becoming aware of the interaction rather than the issue of the conflict. Who initiates the controlling behavior and how do they do it? Who resists and/or instigates in passive-aggressive ways? Who usually gets blamed? Who is usually the tattler?

Most important in helping children with their conflicts is not taking sides or trying to solve the problem for them. Parents need to let their children know that they will become involved only if each of child is willing to take responsibility for their own end of the conflict.

Parenting Yourself When You Have Small Children

If you do not take care of yourself by having enough time for yourself, you will likely be much more irritable with your mate and children. Whether your job is being with your children all day, or you work out of the home all day, or you work in your home and tend to your children all day - you need some time for yourself.

A part of good parenting is letting your children know that their needs are neither more nor less important than yours. In the past, children were supposed to be seen and not heard and were given the message that adults were more important than children. In more recent times, many children are given the message that their needs and feelings are more important than adults' needs. Neither message is based on the truth of the equality of each soul. For children to understand this equality, parents need to role model loving their children and loving themselves - not one at the expense of the other. If children are taught that adults are more important than children, the children learn to be caretakers, putting themselves aside in deference to others. If children are taught that children are more important than adults, they learn to be brats, demanding attention and not caring about others. This is just one of the reasons why it is so important for parents to take responsibility for caring about themselves - for lovingly parenting the child within.

The Courage to Be a Loving Parent

It takes great courage to stay loving to ourselves and others when faced with others' angry and closed behavior. It especially takes courage when the people we are dealing with are our own children. Yet unless we have the courage to come up against our children's anger, resistance, and withdrawal, we will give ourselves up and not take care of ourselves to avoid their uncaring reactions. The more we deny our own truth and our own needs and feelings, the more our children will disrespect and discount us. Our children become a mirror of our own behavior, discounting us when we discount ourselves, disrespecting us when we disrespect ourselves.

The Major Challenge of Single Parenting and How to Resolve It

One of the greatest challenges for parents is to be loving role-models for our children, showing our children through our behavior how to take personal responsibility for their own feelings and needs. Our children need to learn from our role-modeling how to nurture themselves within and how to create a sense of safety in the world. In families where both a mother and father are present, both parents can participate in nurturing the child

emotionally and taking care of the child in the world, and both parents can role-model what it looks like to do this for themselves.

Single parents have a far greater challenge - they have to be both mother and father to the child. Mothering energy is that energy that nurtures while fathering energy is that energy that protects in the world - that is, earning money, setting boundaries with others, speaking up for oneself. While our society often defines women as the nurturers and men as the protectors, both men and women are capable of both nurturing and protecting in the world.

In order for a single parent to successfully be both mother and father, he or she must have learned how to be both mother and father to the Child within. In other words, we have to have learned how to nurture our own Inner Child - how to take responsibility for our own fears, pain, anger, hurt, and disappointment, and how to take care of our Inner Child in the world - earn money, set boundaries, and so on. There is no way to successfully teach our children these skills until we are doing them ourselves, which means that each of us needs to be in a process of learning how to do this.

Parents - What Kind of Role Model Are You?

Are you being the person you want your children to be?

Many parents today really try to be better parents than their parents were. They attempt to be there for their children - to listen to them, support them, spend time with them, as well as hold and nurture them. Their children grow up feeling loved and valued by these loving parents, yet often these same children struggle as adults in many areas of their lives. I have numerous clients who tell me that they had wonderful parents who truly loved and nurtured them, yet these clients are struggling with their work, their relationships, or their lives in general. Why is this?

The common issue is that their parents did not role model for them personal responsibility for their own feelings, needs, and physical health. They did not teach them through their own behavior how to take good care of themselves physically or emotionally.

Teaching Inner Bonding to Children

Inner Bonding is a powerful spiritually-based method for learning personal responsibility and enhancing self-esteem. Even very young children can easily learn this method. When they do, they have a powerful tool for accessing spiritual help and guidance regarding learning, self-worth, and developing personal power.

Book Interview Questions: *Do I Have To Give Up Me To Be Loved By My Kids?*

- 1) You speak in your book about two different intentions at any given moment. What are these?
- 2) You are talking about parenting children with a method that is neither authoritarian nor permissive. What is this method?
- 3) What would you consider to be the most important aspects of loving parenting?
- 4) Please address the issue of how to raise children who take personal responsibility for themselves.
- 5) We want our children to be caring about others, yet we also want them to be caring about themselves. What do parents need to do to teach children to be loving to themselves as well as others?

Addictions - Substance Abuse and Process Addictions:

Addiction to Thinking

Many of us are addicted to thinking. We believe if we can just figure things out we can control others and the outcome of things. We want to control how people feel about us and treat us by saying just the right thing - so we have to think about it over and over to discover the right thing to say. This is called "ruminating." Ruminating is obsessively thinking about something over and over in the hopes of finally coming up with the "right" answer, the right thing to say, the right way to be to have control over others and the outcome of things. Ruminating is also a way to have control over our own painful feelings, which is what addictions are all about.

The purpose of all of our addictions are to avoid pain, especially the deep soul loneliness that we all feel in this society. The problem is that our disconnection from our feelings - which is our Inner Child - creates aloneness as well. Our feeling self, our Inner Child, is left alone inside with no one to attend to the painful feelings. It is only when our desire is to learn

about how we may be causing our own painful feelings that we open to our inner experience. Our desire to learn also opens the door to our spiritual connection, which we cannot feel when our intent is to avoid pain with our various addictions.

Subtle Addictions

Many people are aware of the fact that addictions are used to avoid pain, and most of us are aware of the common addictions: food, alcohol, drugs, gambling, TV, spending, work, sex, rage and so on. Most people, however, are not aware of the more subtle addictions, the addictions that are often so covert and pervasive that they are as invisible to us as the air we breathe. Yet these addictions may be impacting us negatively as much as the more overt addictions.

- Are you addicted to blaming others for your unhappy feelings?
- Do you use anger or tears to attempt to make others responsible for you?
- Are you addicted to illness as a way to avoid personal responsibility for yourself?
- Do you constantly give yourself up in an attempt to control how others feel about you?
- Are you more focused on trying to control others feelings about you than you are in taking loving care of yourself?
- How much of your thinking time is spent in daydreaming about what you want to say to others or how you wish life was instead of actually taking loving action for yourself?
- Do you get obsessive in your thinking about what you will say or do in a particular situation?
- How often do you explain and defend yourself rather than open to learning?
- How often do you get angry or withdraw to avoid dealing with yourself?
- How much time do you spend analyzing and figuring out yourself and others as a way to have control?

Addiction: The Underlying Feelings we Want to Avoid

What is the pain we are striving so hard, with our various addictions, to avoid feeling? Most people feel a lot of pain. We feel anxious, frightened, depressed, hurt. Since we are often in pain, it doesn't seem to make sense that we are, at the same time as we are feeling all this pain, also avoiding pain. Yet that is exactly what we are doing.

As unhappy as we may be feeling, we are avoiding pain that we believe is even greater than the pain we are feeling.

I have discovered that there are three feelings which most people want to avoid at all cost: *aloneness, loneliness and helplessness*.

Aloneness is what we feel inside when we are disconnected from a spiritual source of love. Loneliness is what we feel when we cannot connect with another, either because our heart is closed, their heart is closed, or both of our hearts are closed. Helplessness is what we would feel if, when we want to connect with another and his or her heart is closed, we accept that there is nothing we can do to make them open their heart. Helplessness is what we feel when we accept our lack of control over others.

Power and Politics - Addiction to Sex and Power?

Many of the leaders in our society are guided by unhealthy intentions. Instead of seeking to serve the people and heal our nation's ills, their actions and decisions are primarily motivated by their desire for power. Many of the people running our country are run by their addictions to approval, sex, power and control.

There is no training required in personal responsibility to run for office. Our leaders are not required to heal their dysfunctional aspects in order to become honest and trustworthy people. The prerequisites for political positions mostly include having enough money, enough powerful people behind the scenes, being male, and being white.

Our political arena is designed to attract wounded people who need approval and power in order to feel worthy and validated. Obviously, such a person, with little or no internally derived sense of self-worth and integrity, is very susceptible to corruption. As the adage says: "Power corrupts and absolute power corrupts absolutely." Power corrupts when a person is motivated by his or her desire for power over others, and few

people have accomplished enough inner healing to transcend the desire for control over others.

Unfortunately, neither our government nor most big businesses are based on the spiritual principles of compassion and caring about the common good. I have no doubt that if our government was based on spiritual principles we would not have the hunger, homelessness, crime, health problems, and drug abuse that are endemic to our modern society.

Aloneness and Addictive Behavior

When we don't take loving care of ourselves, the Child within feels abandoned, alone. We disconnect from ourselves when we abandon ourselves, and we cannot connect with others or with Spirit when we are disconnected from ourselves. Therefore, we feel both alone and lonely - a state of despair - when we do not take loving care of ourselves.

One of the major ways we do not take care of ourselves that leads to addictive behavior is not standing up for ourselves, not speaking our truth and setting our limits in conflict with others. When we give ourselves up, abandoning ourselves in the hopes of pacifying another and controlling how another feels about us, our Inner Child feels alone, unloved and unimportant. Rather than feeling these painful feelings and taking responsibility for them, we may turn to our various addictions to avoid feeling these feelings.

One of the quickest ways of moving beyond addictive behavior is to make the decision that you are willing to lose others rather than lose yourself. When you choose to tell your truth, set your limits and take loving action for yourself with co-workers, friends, your mate, parents or children, rather than allow yourself to be verbally or physically attacked or abused, you will find yourself moving beyond your addictive behavior.

Addiction and Internal Power Struggles

Often, with substance abuse and process addictions, there is an authoritarian wounded self who tries to control the situation with declarations and rules. A resistant wounded self responds and an internal power struggle is created.

The authoritarian wounded self, believing it can have control by just laying down the law, sets rigid limits:

"Today I am starting on my new diet. I will only eat a prepared liquid food for breakfast and lunch and I will have a normal dinner."

An internal power struggle gets set up: one part of you is saying "Don't eat," while the other part of you is grabbing food, saying "Don't tell me what to do."

The authoritarian wounded self tries to have will power by setting rigid inner boundaries, but will power does not come from the wounded self. The will is within the loving Adult, and the power comes from your Higher Guidance. Will power really means using your will to bring through the power of your Higher Power.

A Cause and Cure of Substance Abuse: Food, Smoking, Drugs, and Alcohol

Substance abuse is caused by wanting to avoid feelings of emptiness, aloneness, loneliness and helplessness. People want to avoid these feelings because they have never learned how to manage them. They just feel overwhelmed by them and have to find some way to avoid them.

Learning how to manage difficult feelings so that we don't have to turn to addictions is one of the benefits of learning the Inner Bonding process.

Sexual Addiction

Sexual addiction is like any other addiction: it is using something or someone to fill you up or take away your pain. Sexual addiction is very common in our society and ranges from mild - such as being addicted to having sex with one's partner - to severe - such as molesting children.

A person is sexually addicted to their partner when having sex is more important than being loving, caring, and understanding. When a person believes that he or she has to have sex to feel fulfilled, adequate, worthy and lovable, this person is suffering from a sexual addiction.

Healing occurs when individuals learn how to define their own self-worth and how to fill themselves rather than seek to get filled externally.

Love and Connection Addiction

Love and connection addiction occurs when we believe that our feelings of worth and security come from others loving and connecting to us. This is called codependency - being dependent upon others for our sense of worth and security. When we do not connect with our source of spiritual Guidance, defining our own worth and taking care of ourselves to create inner security, we become dependent upon others to define our worth and make us feel secure.

Addiction to Caretaking

Caretaking is doing something for others with an outcome in mind - they will love us, approve of us, give us attention, give us money, and so on. It is giving to get something back, as opposed to giving for the joy of giving.

When we give from our wounded self, we are always giving to get something in return. This form of giving is manipulative because it always has an expectation attached of what the other should give back to us. We believe others owe us when we give from our wounded self, and we may feel angry and used when we don't get back what we expect. Whether we are giving compliments, attention, money, sex, time, food, presents, and so on - if we have an expectation of how the other should respond to our giving, we are caretaking. Caretaking is a form of covert control, as opposed to anger, which is a form of overt control. Both caretaking and anger have an agenda attached, but anger is obvious while caretaking is subtle. Caretaking is just another way of making another responsible for your worth and security, i.e. "If I give to others what they want, they will give me the love and approval I need." It is another form of making others responsible for your worth and security - one way codependency gets acted out.

Addictions to Activities

We can use anything as a way of avoiding feelings and taking responsibility for our painful feelings. Whenever we engage in an activity with the intention of avoiding our feelings, we are using that activity as an addiction. We can watch TV to relax and enjoy our favorite programs, or we can watch TV to avoid our feelings. We can meditate to connect with Spirit and center ourselves, or we can meditate to bliss out and avoid responsibility for our feeling. Anything can be an addiction, depending upon our intent.

Self Help and Personal Growth:

Discovering Your Passion and Purpose

Discovering our passion and purpose is vital to our joy and well-being. The problem is that many people have lost touch with any sense of their passion and purpose and have no idea how to access this information.

The blueprint for this information lies within our core Self, our essence, the true Self that is often buried during our early years. If our true Self was not

seen and validated by our parents, teachers, or other caregivers, it is likely to have gone underground. The self many of know as our “self” is generally our wounded self, our ego, the self we created to get love and avoid pain. Our wounded self has within it all of our fears and false beliefs, and does not have access to what is true for us.

How, then, do we discover our passion and purpose if the blueprint for this information is long buried? The good news is that while it is buried, it is not lost. Anyone can reclaim this information if you are willing to do the inner work of healing your wounded self.

Trapped in Resistance: The Resistance Syndrome

People who resist learned early on that resisting was the only way to maintain their integrity in the face of invasive, controlling parents or other caregivers. This may have been true when they were children, but it's not true now. In fact, when you are driven to resist out of fear of being controlled, you are not free to make your own choices. You are not even free to do the things you know are best for you. Paradoxically, *you are actually controlled by your resistance*. What used to safeguard your integrity now cheats you out of your personal freedom and sabotages your ability to grow and change.

Why is having control over not being controlled so important to us? How did resistance become so much more important than loving in our lives? If your parents were extremely invasive and consuming in their attempts to control you, you might have felt overwhelmingly helpless, alone and lonely. These are almost intolerable feelings, especially for a child. (In fact, the purpose of all addictions is to avoid these feelings.) So you came up with little ways - or sometimes big ways - to resist your parents, to assert your power, to hang on to some tiny part of yourself. Over time, this resistance came to be the only thing that made you feel safe. You became addicted to it. Resisting became part of your identity.

Symptoms of the Resistance Syndrome:

- Being stuck
- Having had controlling parents
- Wanting to change but not taking meaningful action
- Denying your real motivation
- Resenting the goal
- Getting satisfaction out of others' frustration with you

In this segment, I can discuss how to move out of the Resistance Syndrome.

Welcoming Our Disowned Parts

We need to learn to welcome, embrace, love and explore with the many wounded parts of ourselves. These parts exist due to the false beliefs that we have from our childhood experiences. These parts heal with love and truth, not with being disowned.

These part manifest as painful feelings such as anger, shame, guilt, anxiety, depression, hurt, fear, jealousy, rage, suffering and misery.

The six-step process of Inner Bonding is a powerful way of healing the painful feelings of our wounded self. The six steps are:

- 1) Choose the willingness to feel your pain, and take responsibility for it, rather than avoid it with various addictions. Welcome and embrace all feelings.
- 2) Move into a deep desire to learn about what you are doing or thinking that may be causing your pain. Access a personal source of spiritual guidance to help you stay in a loving adult state.
- 3) Explore through written or oral dialogue with the wounded parts of yourself to discover the fears and false beliefs behind your unloving thoughts and behavior that may be causing your pain.
- 4) Explore with a source of spiritual guidance: What is the truth of the false beliefs you have uncovered? What is the loving action toward yourself?
- 5) Take the loving action discovered in step four.
- 6) Evaluate the action to see if you are feeling safer, more peaceful, more inwardly secure.

Step One: The Willingness to Heal

We cannot begin a journey without our *willingness* to do so. Without our *willingness to do whatever it takes to heal*, we will not begin the journey of healing and evolving our soul. Doing whatever it takes means that we are ready and willing to feel, learn about and take full responsibility for our own feelings - our own pain, fear, anger, hurt, aloneness, loneliness, disappointment, depression, sense of safety, worth, lovability and joy. Willingness means that we are ready to become aware of creating our own

feelings with our thoughts, beliefs and actions. It means we are willing to face whatever it is we fear in order to heal the beliefs causing the fear.

Willingness means that we choose to be courageous and face our demons - the shadow side of ourselves about which we do not want anyone to know. It means that we are ready to move out of denial about the pain we are in, ready to stop hiding from ourselves. Willingness means that we are ready to become aware of how much we want control over our pain, over others, and over the outcome of things. Until we are ready to see, *without judgment*, how deeply we want to control everything, and all the overt and subtle ways we try to have control, we cannot choose to open.

Being An Emotional Victim: Self Help for Personal Health

None of us like to think of ourselves as victims. The term "victim" brings to mind a pathetic image of a person who is powerless. Therefore, It comes as a shock to most of us to realize how often we allow ourselves to be emotional victims.

We are being victims anytime we give another person the power to define our worth. We are being victims anytime we make approval, sex, things, a substance, or an activity responsible for our feelings of happiness and lovability. We are being victims anytime we blame another for our feelings of fear, anger, hurt, aloneness, jealousy, disappointment, and so on. Whenever we choose to define ourselves externally, we are handing away power to others and we then feel controlled by their choices.

We always have two choices:

- We can try to find our happiness, peace, safety, security, lovability and worth through people, things, activities, and substances.
- We can feel joyful, peaceful, safe, secure, lovable and worthy through connection with a spiritual Source of love and compassion - taking loving care of ourselves and loving others.

New Approaches to Violence and Anger Management

It is not possible for us as human beings to be violent when we are connected to our true, core Self and to a source of spiritual guidance. When we do the work we need to do to develop a spiritually connected loving adult self, we have an inner adult who places limits on our behavior regarding harming ourselves and others.

However, it is very common in our society for people to lose touch with their true, core Self. Since our core Self holds our intrinsic feelings of compassion and empathy for others, losing touch with this aspect of ourselves may cause us to be able to harm others without feeling any pain or remorse over it. The question is, then, how do we lose our connection with our core Selves and how do we reclaim this vital part of ourselves?

Racism: About Low Self-Esteem

The wounded part of us is based on the core shame beliefs that we are inadequate, flawed, defective, unimportant, and so on. In our wounded state, we may feel deeply one-down to others. In order to compensate for these difficult feelings and protect against feeling them, we may deny their existence and move into the opposite position: I am better than others.

Racism comes into the picture when the false beliefs about being one-up extend to race and religion:

- I am better than Blacks, Asians and Latinos because I am White, or, as is rapidly becoming the case, I am better than Whites because I am Black, Asian, or Latino.
- I am better than Jews, Buddhists, Hindus and Muslims because I am Christian, or I am better than Christians because I am a Jew, Buddhist, and so on.

All of these false beliefs of the wounded aspect of ourselves stem from fear and a deep desire to have control over not feeling the fear. Hate and the resulting violence are always protections against feeling the fear of believing, in a deep, unconscious place within the wounded self, that we are unworthy.

The way I see it, racists are waving a large flag that says: "I feel deeply inadequate, insecure, fearful, flawed. I am terrified of anyone knowing about these feelings, so I will hide them by pretending to be better than others. This will protect me from ever having to feel how defective I really feel." Hitler, with his highly abusive background and his deep self-hatred for the small part of himself that was Jewish, illustrates the extreme of what I am talking about.

The problems of racism and violence will not be resolved until:

1. Our child-rearing practices change to produce people with high self-esteem instead of deep core shame.

2. Adults commit to their inner healing work, which involves healing the wounded aspects of themselves that resort to hate and violence when threatened.

How to Manage Painful Emotions

What do you do when you feel hurt, angry, anxious, frightened, depressed, jealous, guilty, shamed? Do you act out, dumping your feelings on others? Do you ignore your feelings, turning to your various addictions instead? Do you shove them down until they make you sick? Do you rely on medications to not feel your feelings too intensely?

In this segment, I can discuss numerous healthy ways of managing and releasing painful emotions:

- Inner Bonding
- Breathwork
- Energy Release Psychotherapy
- The Anger Process
- Release to Spirit

Taking Responsibility for Our Own Feelings

Most of us grew up believing that others caused our feelings, and we cause others feelings. We may have heard from our parents, "You make me angry," or "You're upsetting me." It may be difficult to realize that the feelings of our wounded self are caused by our own thoughts.

When you do your inner healing work and create a loving Adult, then you know that you are not a victim of others' choices, that others do not cause your feelings and behavior, and that you will not die if you are alone or someone disconnects from you.

In this segment, I can discuss what this inner healing work looks like.

Healing Anxiety and Depression

Anxiety and depression run rampant in our society. There are many causes for anxiety and depression - physical, emotional and spiritual. Therefore, the symptoms need to be addressed on all these levels.

In this segment, I can discuss physical, emotional and spiritual ways of healing anxiety and depression without the use of drugs.

Managing Your Anger

Anger is often a cover-up feeling - a feeling that is covering an even more difficult feeling. Anger becomes addictive when it works to control others and cover over our feelings of loneliness and helplessness.

Blaming anger is often our reaction to fear, and comes from feeling like a victim. When our fears of being hurt, rejected, abandoned, smothered and controlled are triggered, we may protect against these fears by getting angry at whomever is activating them. Our hope is that the other person will stop doing the threatening thing.

Blaming anger gradually subsides as we learn to take loving care of ourselves, and to manage the feelings that lie under the anger.. The less we feel like a victim, the less angry we are. The more we develop our loving Adult and create inner safety and self worth, the more secure we feel. The more inwardly secure we feel, the less reactive we are to rejection and engulfment or the threat of it.

Anger is not truly managed when we just try to change our behavior. We need to change our intent. As long as your intent is to control and not be controlled, you may resort to anger when your fears of loss of self and loss of other are activated. Until your deeper intent is to be a loving human being, starting with yourself, you may continue to resort to anger when threatened.

Who Defines Your Self-Worth?

Do you define your worth externally, through others approval for your looks and performance? Is your worth defined by your weight, your hair, your money, your job, your car, your clothes, your house, your mate, the people you know?

The wounded self is the part of us that is externally defined. When we are operating from our wounded self, we are constantly trying to look right and perform right in order to get others to like us, love us, or approve of us. The wounded part of us feels worthy only when receiving validation from others.

This creates much anxiety. We feel unsafe when our whole sense of worth hinges upon having control over getting others approval. We may even feel panicked when we fear making mistakes and running the risk of disapproval and rejection. We may find ourselves judging ourselves in our effort to get ourselves to look "right" or do things "right".

In this segment, I can discuss how to define ourselves internally rather than externally.

Do You Have Problems Making Decisions?

Do you ever have trouble making decisions? Which carpet to buy for your floor. Which sofa to choose. What to wear that day. What you feel like doing on your days off. What kind of work you *really* want to do.

Making decisions can be difficult, but we make it especially hard when we try to decide from our mind, rather than from our inner experience. The arrogant mind often thinks it can figure out the "right" answer.

In this segment I can discuss how to access the creative part of ourselves that can make decisions from a place other than our limited mind.

Getting Unstuck From Resistance and Procrastination

Resistance and procrastination are ways of having control over not being controlled. When not being controlled - by others, by God, or even by our own authoritarian self - is more important than being loving to ourselves, we will get stuck in the resistance and procrastination.

There are three things you can do to break the cycle of resistance:

1. Notice that resistance is a choice and notice yourself making that choice.
2. Notice the consequences of that choice.
3. Shift your intent -- make a new choice that becoming a loving human being is more important than whether or not you are being controlled.

Each of these can be discussed so that individuals receive a clear understand of their resistance and procrastination and how to break out of it.

What Depletes Your Energy?

We live in very stressful times and it is vitally important that we do all we can to keep ourselves healthy. Do you sometimes find yourself feeling depleted, even when you first wake up or later in the afternoon? Often, this is because the people in your life, the environment and situations in your

life, what you put into your body, and/or your own thought processes are depleting your energy.

In this segment, I will discuss the various situations that deplete energy:

- People who deplete your energy
- Thoughts that deplete your energy
- Energy-Depleting Environments
- Foods that deplete your energy
- Painful energy-depleting Events

Spirituality and Spiritual Growth:

What Program is on Your Inner TV?

What's playing on your inner TV? Your inner TV is the screen in your mind upon which you create various scenarios. Perhaps the channel is "Reliving the Past." Maybe it's "Controlling the Future." Is your channel on "Obsessive Thinking" where you are ruminating over and over about a situation or about how you want to handle something?

Our mind tends to go on and on making up stuff, as if what it is thinking is always the truth. However, the mind has been deeply programmed since childhood to think and believe in ways that often have nothing to do with truth.

Truth is that which comes from the source of truth, which is Spirit. We are able to access truth when we are present in this very moment with a deep desire to learn about truth and love. When we are present to this moment - to our inner experience and our surroundings - we are present with Spirit, so Spirit is able to communicate with us. When our deepest desire is to be present with the truth, love and reality of this moment, we stop our obsessive or programmed thinking, which is always a way to control.

In this segment, I can discuss the difference between what we think when a wounded part of us is in charge of the remote control of our inner TV, or a loving spiritually-connected adult part of us is in charge of the remote.

Resistance to Loving

Understanding your intent is the key to understanding your resistance to loving. When you resist opening to Spirit, resist doing your inner work, it's

because your highest priority in that moment is to control and resist being controlled. Controlling and not being controlled becomes your god, your purpose. When control is your highest priority, you will not open to loving. You may believe that if you open you will be too vulnerable to being hurt, rejected, dominated. It is more important in that moment to avoid the pain of what you fear than it is to be loving to yourself and others, even though you are causing yourself worse pain by disconnecting from Spirit. So you punish whoever you think caused your pain - which may be yourself, God, a loved one - by staying in darkness.

All of this is because your wounded self thinks it can find its way by itself. It thinks if it stays safe by shutting down, not caring, numbing out with substances or processes, it will be okay. It wants control, especially control over not being controlled, more than anything, and it can't maintain the illusion of control and open to being guided by Spirit at the same time.

This is the human dilemma with which we all struggle: who is in charge of our lives - our wounded self or our spiritual Guidance? Many of us turn to Guidance when things are going well, but immediately revert to the controlling ways of our wounded self as soon as our safety and security are threatened. What do you do when someone is angry at you, blames you, doesn't do what you want? What do you do when things don't go your way? Do you do your inner work and turn to your Guidance for what is loving to yourself and others, or do you turn to your addictions to anger, withdrawal, substances and processes? How long do you stay stuck in your wounded self?

Connecting to Spirit Through Beauty and Gratitude

In working with some of my clients struggling to keep their heart open, I've mentioned focusing on an object of beauty, and have been surprised to find that many of them have no beauty around them - no plants, flowers, works of art or objects of nature. When they look around they see walls, appliances, computers and other buildings. Their left brain functions just fine in this environment, but what about the right - the creative, intuitive, spiritually-connected aspect?

There is nothing like awe and gratitude for something beautiful to open the heart to gratitude in general. If you can love the intricate design in the bark of a tree, or the vibrancy of a flower, or the balance of a beautifully thrown piece of pottery - that might lead you into loving and appreciating the beauty of you and your own soul. It might open you to feeling gratitude for your life and the sacred privilege of experiencing your journey on this planet.

Beauty and gratitude are soul foods. When you choose to open to them, you extend an invitation to love, peace and joy. This raises your frequency and opens the door to your spiritual Guidance. Your Guidance is always here for you, helping you on your soul's journey. Opening to beauty and gratitude, with a deep intent to learn about what is loving to you and others, will open you to your spiritual Guidance.

Managing Fear With Spirit

The illusion of control that we had before 9/11 was pulled out from under us with that event. How do we feel safe now, in such an unsafe world, when death can come out of nowhere?

In reality, our external safety is never assured because we are mortal beings whose bodies can be harmed. To think otherwise is to maintain a belief in controlling others and external events that does not exist, and never has existed.

The fear and anxiety will continue until we can tap into our personal spiritual guidance, our source of love, wisdom and compassion that is always available to all of us. While we cannot move beyond caring about the safety of our bodies, we need to move more into caring about the safety of our souls.

Would you feel scared if you were able to tap into a reliable source of spiritual wisdom to guide you in your decisions regarding when to get on a plane, when to stay away from a public place? If you knew that this guidance was available each and every moment, would you be so anxious?

The guidance is here, always. The challenge is to access it. In this segment, I will teach people a simple, yet profound way of accessing their spiritual guidance.

Controlling God Through Core Shame

Every day I hear clients say to me, regarding their beliefs about God, "God is not going to be here for me because I am not good enough." In essence, they are saying, "I am in control of whether God is unconditionally loving. My worth, or lack of it, determines whether the Spirit of Unconditional Love is here for me."

How did we come to believe that our worth or lack of it controls God?

Our child rearing practices foster the concept that we can control how others feel about us - if we do things “right” they will love us and if we do things wrong they won’t. This may have been true with parents, and it then gets transferred to God. We come to believe that our core shame - that is, our feelings of unworthiness or unlovability - control others’ behavior.

As we heal, we come to realize that others’ acceptance or lack of it has more to do with them than with us - that each person decides to be accepting or judgmental depending on what’s going on inside them rather than on our worth. When we understand that God is the essence of unconditional love, then we will know that that love is always there and is not controlled by our feelings about ourselves.

Fear or Love: Which Runs Your Life?

We each have the choice to allow fear to determine our actions, or to have the courage to allow what is loving to ourselves and others to determine our actions - even in the face of fear. When fear governs our choices, then we will try to control others and the outcome of things. When love governs our actions, we will allow our spiritual Guidance to guide us in what is in our highest good and the highest good of all.

We each have this choice each moment. Our choice to be governed by fear - which results from the false beliefs of our wounded self - will always lead to more fear and anxiety. Our choice to allow spirit to govern our choices will lead to emotional health, personal power and well-being.

Since we each have free will to choose what is most important to us in any given moment, we get to choose whether our lives are run by love or fear. Inner Bonding is a powerful process for moving out of allowing fear to control our lives and into being guided by love.

Spiritual Abuse: The Cause Behind Spiritual Disconnection

A personal experience of Divine Love is available to each of us, so why don’t more of us experience it? Why are so many of us suffering but unable or unwilling to take the hand that reaches down to us? How did we lose our trust and faith in God? Why do we turn to food, sex, TV, overworking, drugs, alcohol - almost anything - rather than fill our emptiness with the love and grace of a Higher Power?

The immense suffering most people feel today is the result of the many generations of spiritual abuse in our culture. Anything that disconnects you from experiencing the light of God, from knowing that you are a part of that

light and have that light within you, can be termed spiritual abuse. From birth, many of us were treated in ways that disconnected us from a direct experience of Divine Love:

- Separating the baby from the mother at birth, creating terror in the baby.
- Letting helpless babies cry without picking them up leads to feelings of abandonment and helplessness.
- Physical abuse, sexual abuse, and emotional abuse such as shaming and ignoring lead to feeling fearful, unloved, and objectified.

Many people transfer their experience of their parents onto God. If their parents were too busy, judgmental, or punishing, then God is too busy, judgmental or punishing. All abuse is ultimately spiritual abuse because it all disconnects us from having a direct and loving experience of God.

Choosing Gratitude: The Quickest Way to an Open Heart

Often the very things that we feel victimized by are the opportunities that God has presented to us to support us in our soul's growth. If we looked at all challenges in our life as opportunities to evolve our soul rather than as bad things happening to us, we would respond completely differently to them. If we moved into gratitude rather than into anger and fear, we would have totally different experiences of our lives.

Thoughts create feelings, and when our thoughts are of gratitude instead of fear and lack, we will feel the peace and joy we all seek.

How often do you thank God for the sacred privilege of life on this planet - the sacred privilege of having the opportunity to evolve your soul through your challenges here? How often do you thank God for your body, the house of your soul? How often do you thank God for the many opportunities that come your way to challenge you in your soul's journey on this planet?

Life here is a great gift. In the spirit realm we do not come up against darkness and so cannot discover our own light. Only by coming up against our own and other's woundedness can we discover how to heal it. Only by facing our fears can we discover love. God has given us this gift of life on the planet so we can recreate ourselves each moment as we evolve in our journey toward oneness with God-Which-Is-Love.

Are We Becoming a Soulless Nation?

Many people experience life as a burden instead of the privilege it is meant to be. There is a good reason for this: most people, even if they believe in a Higher Power/God, do not experience a direct, personal connection with a spiritual Source of love, power and wisdom. They may attend church or temple, they may pray or meditate, but a personal connection to a reliable source of love and guidance eludes them. They do not know how to experience this connection, especially when they most need it. Without a deep, powerful, and personal connection to a Divine Source of love and guidance, we are left feeling like children crying in the night, desperate and alone. From this inner aloneness springs the problems of our society: anxiety, depression, illness, substance abuse and other forms of addiction (gambling, spending, sex, and so on), divorce, crime, and all forms of violence, from rape and child abuse to racism, torture and murder. Are we becoming a soulless nation?

It is time to become aware that each of us as individuals carry a responsibility for the collective whole. We each play a part in the disintegration of our time. A soulless nation is comprised of soulless individuals, and while we may not be directly responsible for the external crimes and violence, each personal choice and act we make reverberates on the global web that connects us all. If we want to turn the tides and heal the planet, it is time for us as individuals to turn our attention within and commit to our inner work. It is through this inner attention that we will begin to regain our souls. And it is through regaining our souls that we will affect sustainable change for the collective whole.

Yet what does it really mean to turn our attention within and commit to our inner work? This segment is about what we can do to heal our wounded souls.

What Really Brings You Joy?

We have all been taught that we will be happy when we: find our soulmate, make money, work at something we love. Or, we will be happy and fulfilled when we have a house, have a child, do service. Yet I have worked with people who have and do all of the above and are still not happy, and I know of people who have little or none of the above and are frequently joyful.

You might try to find your joy with substances such as alcohol or drugs, but I have never met anyone using these substances whose energy was truly joyful. You might try to find your joy through getting love from others, or through sacrificing yourself and caretaking others, but I have never met anyone who was a taker or caretaker who was truly joyful. So, what creates joy?

Joy is not the result of what you *do*. Rather, you can find your soulmate, make money, work at something you love, have a house, have a child, or do service *with or without joy*. Joy is a state of *being* that enters your heart when you are open to learning and taking loving care of yourself. Joy cannot enter your heart when you are protected against your pain. When you protect against your pain, you close your heart to avoid the pain, and joy cannot enter a closed heart. Thus, joy is the result of doing your inner work to learn to keep your heart open.

Caring for the House of the Soul

I often meet very wonderful, open people who are devoted to a spiritual path, yet who consistently disregard caring for their body, the temple of their soul. For example, I know a brilliant man devoted to doing research regarding understanding different states of consciousness. He told me that he has had four heart attacks - the first at age 40. He was at least 50 pounds overweight.

Why? Why do so many consciously-evolving people disregard the body that God gifted us with to house our soul while we evolve our consciousness?

We live in such a lonely society that food becomes one of the few ways we have of handling our loneliness. Before TV, when people sat around and shared their lives with each other, there weren't so many overweight people. Perhaps getting back to sharing our hearts would go a long way toward preventing heart attacks.

Who's Praying--Wounded Self or Loving Adult?

More and more people are beginning to recognize the power of prayer, and often we are asked, "How do you pray?" The "how" of prayer is not nearly as important as the intent of the prayer, and the intent determines which part of you is praying- your wounded ego self or your loving Adult.

When the intent of prayer is to have some control over God or over a situation and to get what we want, we are praying from our ego self. These

are the demanding, begging and bargaining prayers, or the prayers we do because we “should.” Since our wounded ego self always has an outcome in mind and wants control over this outcome, all these prayers have an outcome attached to them. These are the prayers that go unheard because they do not come from the heart.

Prayer from the loving Adult is quite another matter. Here the intent is to invite Spirit or God into our hearts, to surrender our individual will and become an instrument of Higher Will in order to do God’s work upon the planet. We are not asking for Spirit to do something for us; we are asking for assistance in becoming one with Divine Love. In doing so, we become instruments of peace. Instead of trying to get something, we are wanting to give - to ourselves and others, and are asking for God’s help in becoming a loving human being. “How” we do this is far less important than our desire to do it. The stronger our desire to be an instrument of God’s will, the more we will operate from a prayerful attitude, conscious of our intent to be an instrument of God at all times.

Connecting With Your Spiritual Guidance

It is the birthright of each of us to have a direct line to God, whatever God is for you. Yet few of us have learned how to do this at will on a daily basis. Surprisingly however, it is not hard to do.

The spiritual realm exists at a higher frequency than we do here on the physical plane of Planet Earth. In order to access the spiritual realm, we need to know how to raise our "frequency".

So, how do we raise our frequency? There are numerous things you can do to help yourself raise your frequency, but none of them will work unless you have the intent to learn with Spirit about loving yourself and others.

Our intent is the most powerful tool we have for raising our frequency. There are only two possible intents in any given moment: to learn with God/Spirit about loving yourself and others, or to protect against your pain and avoid responsibility for your feelings.

You can try many methods of raising your frequency, from prayer to meditation to chanting, but if your intent is to protect instead of learn, none of these will do any good at all. The reason is that when the intent is to protect against pain, we close our heart so as not to feel whatever we are feeling. God cannot come through a closed heart.

Inner Bonding:

Book Interview Questions: *Do I Have To Give Up Me To Be Loved By God?*

- 1) What are the major false beliefs in the way of experiencing a first-hand connection with a spiritual source of guidance?
- 2) What is the Resistance Syndrome?
- 3) How does one move beyond resistance?
- 4) What are the major ways people try to have control over getting love and avoiding pain?
- 5) What is the key to having a strong experience of spiritual guidance?
- 6) What is Inner Bonding?
- 7) You discuss defining your self-worth externally through looks and performance, or defining it internally through the eyes of Spirit. Can you elaborate on this?
- 8) What is a safe relationship space?
- 9) How can two people create a safe relationship space?
- 10) How does a person discover their passion and purpose?
- 11) What do you mean by taking loving action in your own behalf?

Book Interview Questions: *Inner Bonding*

- 1) What is Inner Bonding?
- 2) How is Inner Bonding different from other self-help and healing processes?
- 3) How does Inner Bonding differ from traditional therapies? How is it different from the 12-step programs?

4) You use the terms core Self, wounded self, and loving Adult. Would you define these terms?

5) You write that there are only two intents - the intent to learn and the intent to protect. Would you elaborate on these?

6) Would you describe the Six Steps of Inner Bonding?

7) You say that the loving Adult is connected with a spiritual source of guidance. How do we make this connection?

8) Is Inner Bonding religious in nature? Do you have to believe in God to practice this process?

9) What are the issues Inner Bonding addresses?

10) Does learning to take care of your own feelings make you self-centered?

11. How can Inner Bonding help with relationships? Can you give examples of how a bad personal or professional relationship can be turned around by Inner Bonding?

12) What happens if one partner of a couple works with Inner Bonding and the other doesn't?

13) Why is it hard to love others if we haven't learned to love ourselves?

14) How can Inner Bonding help with parenting?

15) Why is Inner Bonding so powerful in healing fear and addictions?

16) How can Inner Bonding help manage day-to-day stress and anxiety? How can it improve our day-to day quality of life?

17) You say the first step to Inner Bonding is becoming aware of your feelings. What do you suggest for those who avoid feeling because they are afraid it will hurt too much?

18) How long will it take to start feeling better?

Book Interview Questions: *Healing Your Aloneness*

- 1) Inner Bonding focuses on becoming a loving parent to the child within us. Why do you believe this is the key to a productive and joyful life?
- 2) How do we know when we need Inner Bonding? What types of negative and destructive feelings will surface in its absence?
- 3) How can we become a better parent to the child within us? Can we use our parents as a role model?
- 4) You say the first step to Inner Bonding is becoming aware of you gut feelings. What do you suggest for those who avoid feeling because they are afraid it will hurt too much?
- 5) Highlight the six steps involved in Inner Bonding. How long will it take to start feeling better?
- 6) What makes your Inner Bonding theory unique from other self-help processes? Who can benefit the most from Inner Bonding?
- 7) Why is it hard to bond with others if we haven't bonded within ourselves?
- 8) Can you give examples of how a bad personal or professional relationship can be turned around by Inner Bonding?
- 9) What are the seven false beliefs that keep us from being happy and fulfilled? How do these beliefs harm the Inner Bonding process?
- 10) What do you say to disbelievers of therapy and self-help processes? Can you relay personal stories of how peoples' lives were transformed with the help of Inner Bonding?

TIRED OF BEING ANXIOUS, STRESSED OR UNHAPPY?

DR. MARGARET PAUL, BEST SELLING AUTHOR, SPEAKER, AND SEMINAR LEADER, OFFERS INNER BONDING® ,AN INNOVATIVE AND REVOLUTIONARY PROCESS DESIGNED TO ERADICATE SELF-DEFEATING AND UNFULFILLING BEHAVIOR, HELPING ANYONE WHO IS DESIROUS TO HEAL THEIR ALONENESS AND RECLAIM THEIR PERSONAL POWER.

“Whatever roles we play in life, the giver or taker, victim or oppressor, any of these positions have no balance and they hurt. Inner Bonding...enables us to

step out of our repeated cycles into a life of truly loving ourselves, having clear, powerful communication and loving others in a much healthier way.... I am eternally grateful to this five-foot-two, sparkly eyed spiritual warrior... for the exceptional gift she has to help others realize that peace, love and security are an inside job.”

Lindsey Wagner, actress, author and humanitarian

USA-Best-selling author and speaker Margaret Paul Ph.D., a highly respected pioneer in transforming human relationships, has developed a profound process centered around the power of our intention. Dr. Paul states that there are only two possible intentions at any given moment: the intent to protect against pain and our responsibility for it, or the intent to learn about loving ourselves and others. Our intent to protect leads to self-defeating behavior. Our intent to learn makes accessible the phenomenon of what truly makes a person happy: one's inner sense of connectedness to one's essence and one's personal spiritual guidance.. A best-selling author of 8 books, including the life-changing *Do I Have To Give Up Me To Be Loved By You?*, Dr. Paul has facilitated the healing of thousands of clients for over three decades.

Through her ground-breaking work, Dr. Paul explores how one becomes disconnected with themselves and their higher guidance and offers a powerful method to reconnect with that guidance, which Dr. Paul terms Inner Bonding. Her many clients and workshop attendees have experienced profound life-altering changes in their lives due to this innovative and revolutionary six-step process that teaches them how to take full personal responsibility for their feelings. Inner Bonding is a transformational roadmap for healing.

Additionally, many notable and internationally renowned pioneers of medicine, science, humanities and metaphysics agree with Dr. Paul's insightful approach and have fervently endorsed her timely work. Included in this esteemed list of enthusiasts is Neale Donald Walsch, author of the globally acclaimed *Conversations with God*, who asked to write the heartfelt introduction to Dr. Paul's latest book *Do I Have to Give Up ME to Be Loved by GOD?* He enthusiastically states:

"This book offers you a process, a powerful method for healing relationship and family conflict, as well as for healing self-destructive and addictive behavior....I am very excited about this material. It takes the truths found in...the newest wisdom literature and renders them functional in every day life. Anything that takes a huge wisdom and turns it into a practical tool is a treasure indeed. It is one thing to behold the wisdom, and quite another to be able to use it."

Inner Bonding is the process we have been seeking to heal ourselves and our planet.

We find ourselves living in an emotionally challenged country where there are nearly 7.1 million Americans are currently on anti-depressants. In a 2001 FBI Uniform Crime Report, it was announced that there were 1,436,611 violent crimes - murder, rape, robbery, and aggravated assault. This intolerable trend shows no sign of waning soon. To add to the country's seemingly insidious disintegration, the divorce rate continues to rise. The total number of divorce in 2002 reached 145,300, a rise of 10,300 (7.6 percent) over 140,000 the previous year. Ten years ago there were 53,500 divorces. On average 398 couples were divorced per day in 2002.

Dr. Paul's invaluable Inner Bonding process and insightful techniques speak directly to many of society's woes, providing a much needed solution to the emotional unraveling from within that many of us and our country faces: depression, anxiety, violence, divorce and sadly much more.

Dr. Paul is ready to teach your audience:

- Techniques to become connected with themselves
- A revolutionary six step process which promotes personal healing
- How to heal relationship problems
- How to create lasting happiness in their everyday life
- To reclaim their personal power
- To give up self-defeating and unfulfilling behavior

With a singular purpose, Dr. Paul addresses how people can create lasting happiness in their everyday life with the Inner Bonding process and eventually eradicate self-defeating and unfulfilling behavior. Dr. Paul simply teaches a loving way to create a powerful re-connection with one's core Self, enabling one to access truth and love, heal core issues of shame, anger and pain, especially for those feeling frayed at their spiritual core. The life-affirming approach reflected throughout the Inner Bonding process helps anyone who is desirous to heal their aloneness, improve their relationships, and reclaim their personal power.

About Margaret Paul

Margaret Paul, Ph.D. is the co-creator of Inner Bonding, a transformational six-step spiritual healing process. She is a best-selling author, noted public speaker, workshop leader, chaplain, educator, and Inner Bonding facilitator. She has been leading groups, teaching classes and workshops, and working with individuals, couples, partnerships and businesses for 40 years.

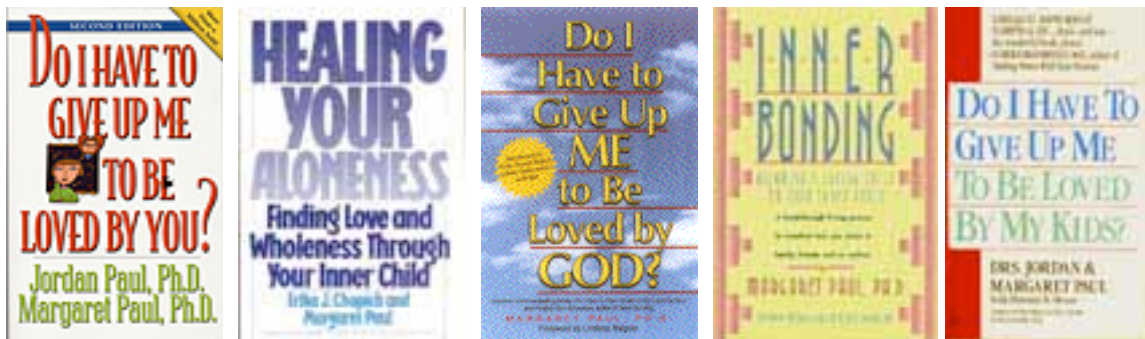
Margaret is the co-author of *Do I Have To Give Up Me To Be Loved By You?* (over 1,000,000 copies sold), *Free to Love, Do I Have To Give Up Me To Be Loved By My Kids?*, *Do I Have To Give Up Me To Be Loved By You?...The Workbook*, *Healing Your Aloneness*, *The Healing Your Aloneness Workbook*, and author of *Inner Bonding* and *Do I Have To Give Up Me To Be Loved By God?*

Margaret has influenced thousands of grateful people throughout the world. She is a popular guest on television and radio shows across the country including engaging appearances on Oprah and The Wisdom Network among many others. Her groundbreaking books have been translated into ten languages worldwide. *Healing Your Aloneness* and the *Healing Your Aloneness Workbook* are best sellers in Germany. She has three grown children and travels throughout the country conducting seminars and workshops.

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Review Copies:

For review copies of her books or an interview with the author
Contact Valerie Lippincott at 888-646-6372 or Valerie@innerbonding.com



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