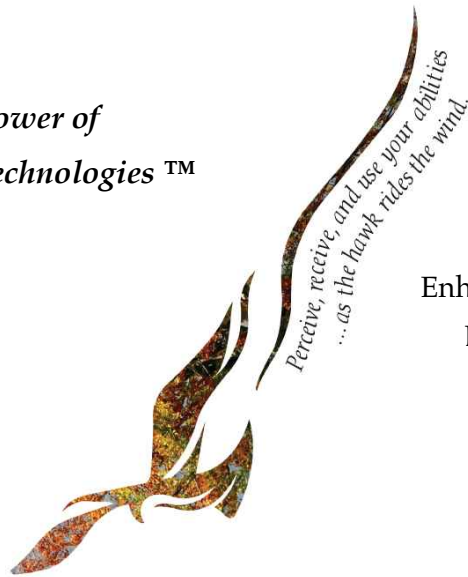


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Edited and published by Joel P. Bowman and  
Debra Basham for SCS Matters, LLC  
April 2013

## Welcome...

Here is your *Beyond Mastery Newsletter* for April 2013. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neurolinguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

Additional copies of this newsletter may be downloaded at the following link:

[www.scs-matters.com/beyondmastery/Newsletter-Apr13.pdf](http://www.scs-matters.com/beyondmastery/Newsletter-Apr13.pdf)

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This month the featured articles are “Who Are You?” by Joel; and “Home Is Where the Heart Is,” by Debra.

## Who Are You?

The aphorism, “Know Thyself,” was evidently inscribed in the entryway of the Temple of Apollo at Delphi. In a number of his dialogues, Plato attributes the saying to Socrates, which may be how the aphorism became associated with wisdom. Only the wise can really know themselves, while the rest of us delude ourselves with changing “personalities” based on circumstances. A number of eighteenth- and nineteenth-century writers, including Alexander Pope and S. T. Coleridge, echoed the sentiment.

One of my ongoing wonderings is whether the commandment, “Know Thyself,” is the principal challenge and obligation of Life. If you, like me, look back over your life, you may notice that however much you have changed, some core aspects have remained the same. External concerns—the things that have held your interest—may have changed, but something of what was “there” allows you to know that the younger “you” was “you.” When you look into the future and imagine a future “you,” you probably recognize that aspects of the “you” who is here now will still be part of the future “you.”

The question is how can we—how can **you**—discover and understand the unchanging core of “self”? And what happens when we do? I have also wondered whether the quest is more important than the discovery. One of the fables about the martial arts is about a young martial artist seeking a book that contains all wisdom. When he hears rumors of a master who knows where to find the book, he goes to see the master, only to have to fight him for information. When he wins, he is told to go see a different master. He spends years on his journey, fighting master after master.

Eventually, he finds the very old and frail master who has the book. The old master

welcomes him and says that he is glad that he has come because he has been responsible for the book for many years and is ready to complete his own journey. Before leaving, the old master gives the book to the young man, saying that it is now his responsibility to save and protect the *Book of All Wisdom*. The young man accepts the book. He looks at it briefly, and, when he looks up, the old master has disappeared.

The young man eagerly opens the book, only to discover that the only thing in the *Book of All Wisdom* is a mirror. In seeing his reflection in the mirror, he laughs. With his laughter, he becomes enlightened.

The wisdom is that we are enlightened when we know ourselves. Enlightenment—*in*-lightenment—is internal rather than external. In the story, gazing into the mirror is a metaphor for looking within, for seeking enlightenment within rather than without, and in recognizing that regardless of how many “masters” we battle and defeat, the only one that counts is the one within.

Those of us who seek—who are on “the path”—need to remember that the externals we encounter on our journey are the mirror that allows us to see within. Another saying that Plato attributes to Socrates is, “The unexamined life is not worth living.” I suspect that this is an exaggeration, as “examining” is a matter of degree rather than an either/or proposition. Most people have moments of self-reflection, even if they haven’t developed the habit of looking within.

Also, even those most committed to reading their own book of all wisdom, need to spend time attending to the external environment. Driving down the highway, for example, requires a great deal of external focus, especially if you want to live long enough to read your own book of all wisdom. Knowing yourself requires shifting your attention back and forth between internal and external, especially with increasing understanding of the interplay between the two. What are you learning from your encounters with the external?

A common saying is that, whatever advice you find yourself giving others, is meant first for you. If you think that someone else interrupts you too often, pause to think about how often you interrupt others. If you think that someone else is cheating, pause to think about how often you cheat. When you truly recognize that Life is the mirror containing all wisdom, you, too, will laugh the laughter of the enlightened.

### *Home Is Where the Heart Is*

It may not be wildly popular to write about this in all arenas, but the truth of the matter probably is that we are not fully at HOME as long as we are in physical bodies, unless we recognize each of us is an eternal being with an origin prior to our conception and birth, and a continuation beyond what is called death.

I have been experiencing an identity exploration (some call it a crisis) for a number of years. In essence, that began when I started asking, “Who am I?” instead of, “What do I do?” In a fundamental way, these may be wildly unrelated. I will let you decide for yourselves.

Make an image of a newborn baby. It may be a particular baby you know and love, or you may even imagine yourself having been an infant. In this imagination, you are looking at one who is unable to talk, walk, or care for the self. You are looking at a very *dependent* stage of our being.

Now think about something you have accomplished in your life. For some, that might be an educational achievement, for others it may be a relationship—such as being a

wife or mother, or a husband or father. Whatever that is for you, let yourself remember the feelings around some doing about which you feel a sense of pride or joy or think was a very good thing to have done. Let yourself notice all of that in a broader context. Ask about things like peace or love. Did you feel those feelings? Were you aware of thinking of yourself as fortunate?

Without being maudlin, if your life ended today, what would it have mattered that you lived? Of course, you can see why having had children might make the list of accomplishments. But some parents outlive their heirs. How might one answer the questions then?

I am starting to notice when I am coming from my heart. What I mean by that is I am willing to feel things that are not comfortable. Recently, a day's news included the death of a 33 year old sibling-in-love of my neice, the diagnosis of stage four colon cancer in the father of a friend; the death of a friend's dog; and heart surgery for another friend. I found myself needing to be out in nature, and rode my bike to a favorite place here on Pine Island, in South Florida. I did not expect it, but I was blessed to watch dozens of white butterflies flitting in a field. I had stopped to take a photo when the phone rang. It was news that a friend was on the way to the hospital with a pulmonary embolism.

When I was younger and in a formal religious community, I was often referred to as a "prayer warrior." That day, for sure, I felt divine love surrounding each of these situations and all of those touched by them. You can tell when you are holding a healing intention. Something inside you is lifted up as you lift up another.

Whether it is always true or not, I feel most at home when I am helping another feel at home. Sometimes this is done through a conversation—these days that can mean a text message or email, or a phone call or Skype. It is easy to give a smile, or a wave, or a "good morning." I share things that inspire me on Facebook and I feel better all day!

So, who am I? The personality profile that I remember the words to most say I am a "promoter/persuader." I would prefer to be called an "inspirer/encourager." More importantly, I want to look at life through the eyes of a healer, in the way suggested by these words (sent to me by my friend and colleague, Bonnie) from *Healing Stories*, by Mary Jo Bulbrook:

#### "Looking into the Eyes of a Healer"

My own eyes widen as I gaze into the eyes of a healer. I am first drawn to the deep pools of wisdom which gaze lovingly back into my own. In the depths of those eyes there is knowledge of ego, but ego kept in check by the universal understanding that all healing is a gift between God and the soul in wait. Then I see the mental body bright, intuitive, knowing, but waiting for the other to see their knowingness and accept in totality their grace. Tiny lines surround their physical eyes, eyes filled with compassion and caring. They too have experienced pain, and respect in turn the pain of the one they seek to help. The brightness of their physical eyes sparkle with spirit, for they know oneness, peace, harmony, blessings. Indeed, they know God. To all of us, with heartfelt gratitude may we heal ourselves as we gaze into our mirrors.

Inspired by a shared moment with Mary Jo—a heart healing, by Lori Protzman, Aeia, Hawaii.

By the time you are reading this, I will have packed my personal belongings, departed the safe haven of healing that I have called home for the past three months, and made the trek back to Michigan where I will not see Brown Pelicans coming in like stealth bombers on a raid, nor hear Dolphin's blowing outside my window. Incidentally, "dolphin" means womb, from the Greek *delphis*, which is related to *delphys*, as in the Delphic Oracle.

But as I come home again, I will see horses out my kitchen window, sit on my sofa for morning meditation, and hear the emergency preparedness siren at noon on the first Saturday of each month. I will have dinner at my favorite Thai restaurant, and I will have acupuncture. I will hug my sister, and go visit Bobbie and McGee (Joel's two kitties). I will reenter familiar places and reconnect with familiar people, but I am not the same. I may still wonder who I am, but I know that I am very, very blessed. Because home is where the heart is, my heart will be at home....

### *Language Tips and More*

For the current Language Tip and more, be sure to see [scs-matters.com](http://scs-matters.com). You'll find the link to the language tip on the left side of the home page along with links to Debra's "Wellness Tips" and our blogs. Our new website also allows you to stay current with SCS in a convenient and more timely way than our month-to-month comments in the newsletter. You can subscribe to all our posts by clicking on the "Posts" link at the top right side of any of the pages.

You can also stay in touch with us by Facebook, LinkedIn, Twitter, or Skype. You can also text or send a quick email message: [debra@scs-matters.com](mailto:debra@scs-matters.com) or [joel@scs-matters.com](mailto:joel@scs-matters.com), and within the continental U.S., you can call Debra at (269) 921-2217.

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