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Please see below for **TRANSFORMATIONAL NEWS!**

## ***Find Your Switzerland***

Hi {!firstname}!

The holidays are upon us once again and hopefully you are preparing for a journey of fulfilled dreams, wishes, and an abundance of blessings for all!

It is a hard journey for many of us though, because interwoven with the good times there always seems to be a sprinkling of expectations no matter how hard we try to have none. It's human nature, I think - or at least it is human nature as we have accepted it to be. Expecting great things for ourselves is never bad. Indeed, a foundation of my work! But having expectations towards others - usually under the guise that it is best for them - is quite another animal.



When we put our expectations on others, we usually end up disappointed. Why? Because we are asking others to be different for us. Of course we will say that we want them to be different for them and not for us, but make no mistake: Our wish is really that they be different for us. When others are ready to do something differently, they will!

When we put out expectations on others, we are bound to end up angry, frustrated, and disappointed. And at least for that moment, we are likely to end up with an enemy. The solution of course has to do with acceptance - accepting others on their terms rather than on ours. In the heat of the moment it is very difficult to do this! How then, do we step back in order to let others be who they are?

In *A Life Aligned*, I call this stepping back *finding your Switzerland*. There are times when the best course of action is simple inaction. Switzerland has done pretty well for itself as a neutral country, don't you think? It rarely involves itself much in others' affairs. The result is relative peace and harmony with everyone, regardless of differences, and a lot more respect than many other countries can claim today.

This holiday season, find your Switzerland as holiday goings-on flare up around you. As others impose their expectations on everyone around them (and they will), and as others impose theirs on your (and they will!) hold only one expectation of your own - that you will be your authentic self in every situation. Shed any expectations (or demands!) that others be different than who they simply are. Stay neutral. Focus on *your own* authenticity and you can't help walking away feeling good!

Happy Thanksgiving to all who celebrate!

Blessings and Abundance, in all ways,



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### **TRANSFORMATIONAL NEWS!**

**UPCOMING TRAVEL:** *Houston* (November), *South Florida* (November, December, and ongoing), *Phoenix/Scottsdale* (November and ongoing), *New York Metropolitan Area* (December), *Santa Fe area* (home base), and *Your City* on request!

**I'VE GOT THE PROOF!** I finally have the first copy of *A Life Aligned: The Journey to Allowing the Magic in Your Life*. It is beautiful on the outside (I took the picture myself!) and my intention is that readers will find it just as beautiful on the inside. The 'street date' of December 1st is indeed a reality now! Preorders will be mailed on December 5th because I will be out of town until the 4th and they must be signed.

There is still time to pre-order your copy, **signed and shipped for free**, by visiting [www.alifealigned.com](http://www.alifealigned.com). Ray is already asking me when he can begin recouping our shipping costs, so I must say that once the pre-orders ship on the 5th, the free shipping will go away. Thanks to all for your support on this wonderful project!

**THANK YOU FOR THE GREAT SUGGESTIONS.** I will be mulling these over at Thanksgiving and making a decision about where to place some of the proceeds from *A Life Aligned*. Thank you all for the wonderful ideas! It is clear that different projects will need to benefit different programs, as choosing only one from this list is far from enough. An announcement will come out in December, and my thank you gift to all who made suggestions will go out next week.

**CURRENT SEMINAR LISTINGS.** Check [www.arcuri.org/workshops](http://www.arcuri.org/workshops) often for updates, as several public workshops are in the planning stages, in New York, Santa Fe, South Florida, Napa Valley, and other cities. Do you have ideas in this regard? Contact Ray Reese, below!

**CONTACT RAY REESE** to discuss creative ventures of all kinds. You can email Ray at [ray\\_reese@arcuri.org](mailto:ray_reese@arcuri.org).

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