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**Weekly Tip
from Dr. Mark**

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To all of you who noticed that I haven't sent a *Tip* for two weeks, thank you for letting me know that you noticed! While it is never my intention to neglect this, it's been a whirlwind since the beginning of the year and in very good ways. A lot is in progress, seminar-wise, bookwise, and otherwise. Watch for developments, and check my [Seminars page](#) for the latest and greatest!

Blessings and Abundance, in all ways,
Dr. Mark

Just a Label

I met with a gentleman last week who participated in a chronic pain group that I led last month. It was a follow-up appointment; an opportunity to visit for a while one-to-one. He told me that he read [A Life Aligned](#) during the month, and while he couldn't be sure why, his life was changed. He said that he felt different. There was a shift in his values. He felt like he was a new person. What's more, he said that others saw the difference as well. He shared the book as a result and wanted to know if that was okay. I said, "*Of course that's okay!*" I'm always humbled by such stories, and I'm grateful to be hearing them more and more often.

What surprised me most though was what he said next. He asked me about my use of the word "Universe" in the book. As we talked, it became clear that as a devout Christian he was concerned that it might be wrong to speak of a higher power other than God. Despite the positive changes in his life, he was afraid that he was going about it the wrong way and that it would ultimately hurt him.

I explained that when working with Law of Attraction, labels such as *God*, *Universe*, *Higher Power*, *Higher Self*, and any number of others, simply acknowledge the belief in some power, an organizing 'being' if you will, that has your best interests at heart and always for the greatest good. Whether this being is within you or ascribed to something external matters only to the degree that you are comfortable with what you choose. There is no difference if it is a religious being or something otherwise spiritual or even secular. With Law of Attraction, the words are interchangeable. They all accomplish the same thing. They simply serve to focus your attention.

What *is* important, I told him, is that he give gratitude to something. It could be a rock, God, or even his own inner wisdom. It matters not. The simple act of appreciating in this way and expressing faith that he would be supported in his wants and challenges and desire to better his life was all that was required.

After our session ended, I thought about how many people haven't identified what they believe in. Some are afraid to do so because of 'baggage,' especially if they have been taught that they must use the word, God, and in a religious sense. Others simply haven't taken the time to really understand what they believe. I don't know why this is. What I do know, though, is that without *something* to believe in, faith is not possible. And without faith, there can be no surrendering to the knowing that all is well and that you will be taken care of no matter what your circumstances.

This week take a few moments to get clear about what you believe. Get *really* clear. Rather than simply saying, "I believe in ...," give what you believe in a name--something meaningful to you. Call it God, call it your Guide, call it a Wisdom Figure, call it what you will. Then, or if you are already crystal clear, make an intentional effort to connect with it more deeply. Give thanks for its protection. Surrender to the knowing that your God or the Universe is in your court always, with no exceptions. Allow yourself to know with absolute certainty that you're fully protected, especially in those moments when you feel alone or most isolated. Whether it is God, the Universe, your Higher Self, or your Inner Wisdom, your protector is there at all times. It is most powerful though, when acknowledged and embraced in faith.

I'd love to hear your experiences!

Blessings and Abundance, in all ways.

Dr. Mark's newest book is available now!

Described as "*mesmerizing*" and "*a must read...*"

A Life Aligned: The Journey to Allowing the Magic in Your Life

can be ordered at a bookstore near you or directly from

[Dr. Mark's eStore*](#)

*books ordered online will be signed on request, and a portion of each sale is given with gratitude to:

[The Center for Health Design](#)

Have You Experienced *A Life Aligned*?

Many, many of you have written with comments about *A Life Aligned* to tell me what the book has meant to you personally. Thank you! I am grateful for and inspired by your stories. If you have thoughts to share, please send them directly by [email](#).

Seminars!

We are currently scheduling dates for late Spring, Summer, and Fall across the United States. If you would like Dr. Mark to bring *A Life Aligned* and its *5-Point Process* to life for your organization, please [email us](#) to discuss your needs in depth.

Every seminar is different, no two the same. Each is customized to the attendees and the space. No group is too large or small, and venues of all types will be considered! The more unusual and interesting, the better!

"Through research, education, advocacy and technical assistance, The Center for Health Design supports healthcare and design professionals all over the world in their quest to improve the quality of healthcare through evidence-based building design."

Don't have a space in mind, but want to vote for a city/location anyway? [Let us know](#) and we'll see what we can do. After all, *anything* can happen!

[Champion an event](#) for us in your city, for free admission for two and other thanks yours!

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