	
Transformational Tip from Dr. Mark	
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<p>WELCOME!</p> <p>Hello and welcome to another Transformational Tip. I appreciate and welcome the feedback! Today, take the time to create at least one moment in your day, your way, and see what happens!</p>	<p>Please note:</p> <p>This letter will not always format properly if viewed in Microsoft Outlook. Apologies in advance!</p>
<p>Taking Flack</p> <p>Good morning! It's the start of another beautiful day in Santa Fe. May your day be filled with good thoughts and good people. Remember that whether these are in your experience or not is not about the things or the people, but about how you choose to think about them, and where you put your <i>attention</i>, <i>energy</i>, and <i>focus</i>.</p> <p>I've taken some flack lately for my refusal to buy into certain things like what is being called a recession and for my virtual news blackout of the past several months. Actually it is very little flack, but enough that I feel called to write a bit to share my perspective.</p> <p>I'm far from isolated from what is happening around me. I know all about the Air France tragedy, and I just saw a headline (but did not read the story) that bin Laden is supposedly talking again. I don't miss much; there are a lot of "well intentioned" people around me who do their best to keep me informed. But I also don't get into too much detail, and I suppose that's my point.</p> <p>You see, it is important to keep things in a different perspective than we have grown accustomed to. The happenings in the world are there. That may be fact. There is no denying that people are losing their jobs, and that some people are losing their lives. But how all of that impacts us personally is our own responsibility to decide. None of us is a victim unless we decide to wear that label. It is not so much about what is out there, {!firstname}, as much as it is about what we do with it. It is about the meaning</p>	<p>LATEST NEWS</p> <p>Watch for the 2009 release of <i>Beyond A Life Aligned: Pure Transformation for the Body, Mind, and Soul</i>. In collaboration with Joseph Garcia.</p> <p><small>Boot Camp & Beyond</small> <small>Boot Camp Logo</small> Boot Camp & Beyond - check out our new promotional video: www.bootcampandbeyond.org</p> <p>UPCOMING SEMINARS</p> <p><i>Boot Camp & Beyond</i> Albuquerque June 14-July 1 in collaboration with YogaNow! REGISTER or More Information...</p> <p><i>Boot Camp & Beyond</i> Santa Fe / Tesuque June 23-July 28! REGISTER or More Information...</p>

that we give it. And that is something that we have 100% control over.

Lose your job? *Fact*. Sitting in the park for half and hour feels great? *Fact*. But if you stop sitting in the park because you lost your job and feel lousy, then you are choosing to give something that happened to you far more power than it deserves. You are allowing it to deprive you of something that feels good and that you still have easy access to. You are deliberately cutting yourself off from what you still have at your fingertips that represents the one and only same stream of well-being that your job may have also represented.

And when you do that, you get farther and farther away of any possibility of bringing your life back to a good place even if the economy were to recover tomorrow by leaps and bounds. It's not about what happens "out there". Ultimately, it is about what is happening "in *here*."

Law of Attraction teaches that the only way to bring in more of what feels good (like a perfect new job or situation, perhaps?) is to focus on those things that you already have access to that feel good. Remember, the Universe doesn't know the difference between eating an ice cream cone and going to an amazing job, if both feel good. It only knows that you are feeling good and in response it brings other things that feel good. Staying connected to things that feel a certain way allows in all else that supports you in feeling the same way more of the time.

So when I talk about a news blackout, or about refusing to buy into what is being called a recession, or going about my life *as-if* things are exactly as I want them to be, I am simply showing that I am in control of my present experience despite what others say is happening around me and even despite some tangible things that might happen to me. And by doing that, I find that business is up, good things and good people are flowing to me, exciting new opportunities abound, and that life feels very different--and sometimes uncomfortably so-- from a lot of people that I see around me.

And in the end, comfortable or not, how my life feels is all that matters--to me.

Blessings and Abundance, in All Ways,
Dr. Mark

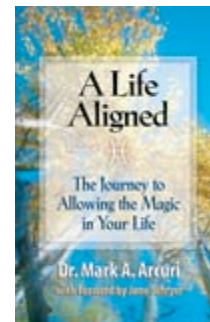
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And from CNN Health today: Mindfulness Busts Stress: <http://bit.ly/9wBB0>

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