

Instead of me writing something to you

Instead of me writing something to you this issue, I decided to let you read what you have been writing to me. I anticipate you will find this inspiring. Thank you for all of your feedback.

From Connie Allen

Susan, it has been more than three months since I first met you and we had our 1:1 session, and a little less than 3 months since I took the Silva [Essential Mind Power] class, and I am so excited and so amazed at the differences in me and in my life...

which is, of course, what you said would happen. I began seeing positive changes immediately after you and I met and things just keep getting better and better. My sales improved immediately and this month I topped \$100,000.00 for the first time since I went to Entravision, which was 15 months ago. That's a big deal when you're selling the Hispanic market. Well, actually, that's a pretty big deal in general market, but it's twice as hard in Hispanic. I'm having fun, my relationships with my clients and my co-workers are better and I have so much business coming at me that I'm having a hard time keeping up with it all. Again, it's been amazing. And there have been many other non-work related positive things, as well, but I don't want to write you a book.

Connie

From Lance Rahn

I'm into my fourth day of change and let me tell you it's scary. I used so many behaviors to maintain the void, that now I'm needing new behaviors to keep stable. I'm getting ruthless because I don't need anyone to "Like Me". I had no idea the change would be so profound. My interactions with my peers have changed so much I'm uneasy about what I'm doing. I'm re-learning about relationships and working with other people. This whole change has and continues to have a very profound effect. Each day is a new learning experience with who I am and who I want to become. I'm more than ready for the Practitioner Training to begin.

We may have to have another meeting so I can align myself with who I want to be. I thought it would be neat and that the long-term affect would not be so huge. Nice terms, profound and huge, huh? I'm like a person with a new slate to fill for behaviors and attitudes. My wife loves it and I do too. I can't tell you how much I appreciate what you did for me. No more stress and no more procrastination. It really is wonderful to have those things lifted from my shoulders. But now I have to rebuild me, which is becoming a very interesting experience.

OK, I wandered all over the place, but this whole change thing since Friday has been both exhilarating and scary. I would not have missed it for the world, cause I really needed it done.

Thank you very much.

Lance

Morgan Jobe

I've been having some good experiences with a coworker recently. The training I've received from you has really helped me to communicate with her effectively. She seems to feel like I'm able to understand her point of view and offer her new perspectives on communication problems she's been having with various people at the office.

She paid me a complement today while we were discussing a problem she's been having with insomnia. She asked me if I've ever thought about being a therapist, because she thinks I ask good questions and listen well. I have a good teacher.

During our discussion, I persuaded her to accept the belief, at least for that moment, that all behavior has a positive intent. Once she accepted that, we were able to explore through casual conversation what she felt might be the purpose behind the insomnia behavior. I thought her answers were really interesting. She liked that our discussion was content free, and she seemed surprised at the possible answers she came up with. I can imagine a process I could have used if we weren't at work and she was open to it. It turned out to be a really good exercise for me.

Morgan

From Thomas R

Susan,

This is the craziest thing that has ever happened to me. I came in this morning and my computer was totally broken. It was making a grinding noise and it was totally black. I could not load anything, and absolutely nothing was working. I thought great. This stinks. I then turned the computer off and did not touch it.

Then after thinking about our class this weekend, I thought, what the hell. I'll just visualize my computer coming back on and working perfectly. I did that for about one minute. Five minutes later, my computer, turned itself on and loaded perfectly. Let me repeat that one. My computer turned itself on - What the hell is that? How does a computer turn itself back on. That was weird.

Susan, I thought I was going to need a new computer. Even my boss said that this was a total miracle. That was the coolest thing that has ever happened to me in the way of a miracle. Is this crazy or what. I love it.

Thomas

From Mary Freeman

Hi Susan,

Thank you for another successful, relaxing and enlightening Spirituality class!

As I was driving home thinking over how good I felt after the forgiveness exercise—and I pictured the motions of putting my hands on someone's shoulders, saying...."I forgive you for not meeting my expectations" it struck me (almost literally!) with blinding clarity that I could and should do that very thing for MYSELF! When the thought came to me—it brought a smile to my face and an uplifted feeling that it might be possible to express that feeling for myself and to clear away aspects that don't belong to me so I can free the space I need to clearly express myself!

Does that seem possible ... your having read and studied so much on the subject? It seems like a logical thing to me...and a necessity that would ease the way for further forgiveness and thus gratitude!!! How exciting!

Just wanted to share a few thoughts before I go to bed—because I'm feeling better and planning ways to keep that energy going!

I have to say, I also feel that the peaceful surroundings of your home, especially the waterfall sounds, has especially increased the depth of my meditation and the energy flow during the forgiveness exercise. I have the impression that being in your home creates a different level of ease within you as you guide us through the well thought out combination of NLP, meditation, and ancient methodologies, representing a beautiful compendium of your life's studies and experiences!

It is an honor and a pleasure to be in both Spirituality Workshops as you integrate and master the component parts. You have a unique talent and ability to analyze and adjust the teachings by the responses of those being taught!

I did want to share with you that my "forgiveness" partner has an exceptional ability to conduct an exercise. My impression was that he may have had a great deal of experience in NLP - which he indicated he had not - but rather had been 'around' it a great deal (if I understood him correctly). We have a wonderful group that seems to be receptive and that also has much to share.

Mary