

# Self-Empowerment

Summer 2015

The newsletter dedicated to nurturing personal development

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## Success! Yes, I Am!

The secret word for this issue is SUCCESS. I say it's a secret word because... sssshhh... it is much more powerful than you might have guessed by its common usage. I would like to blow the lid off this formerly common word and give it to you as a gift.

The first place one would normally look for the meaning of a word would be a dictionary. Here are a few dictionary definitions of success:

1. the favorable or prosperous termination of attempts or endeavors; the accomplishment of one's goals. (*He enjoyed the benefits of that day's success.*)
2. the attainment of wealth, position, honors, or the like. (*The president is known by many to be a success.*)
3. a performance or achievement that is marked by success, as by the attainment of honors. (*The production was an instant success.*)
4. A person or thing that has had success, as measured by the attainment of goals, wealth, etc. (*She was a great success with each new project.*)

I, however, would like to share with you *my* understanding of success. By way of example, let me introduce you to three friends of mine who, I believe, embody a greater meaning of success than the attainment of wealth, position, or honors.

### My friend Eva

Several years ago I completed a course in Holy Spirit communication, called The Voice for Love. The course gave us a method of dialogue with that part of our mind that I like to call *Inner Wisdom*. It is that part of Divinity within that offers us guidance, comfort, healing, and compassionate understanding that is often obscured by daily mundane ego-driven thinking. My friend Eva also completed The Voice for Love course.

Last year Eva was led to write openly on a public blog called "A Twelvemonth of Self Love: What happens when I meet my epic fears with love?" She posted every day for a year her dialogues with Spirit about fears relating to commitment, depression, guilt, honesty, and more. In the eleventh month there was a focus on fear of success. I was so moved by what she wrote on the 4<sup>th</sup> day of the 11<sup>th</sup> month that I decided to share it here. Eva wrote a letter to Success, as if Success was a being that

could hear her and respond. Guess what – it did! Here is Eva's two-way communication with "Success":

Dearest Success,

I have long tried to outrun you for fear of what it might mean if you caught up with me. I felt sure you would require something that I did not have to give. Would it be a talent I didn't possess? Or that I missed the cue of what to do next? Or would it be the embarrassment of not knowing what to say when I received the requisite honors or adulation. Whatever it is that I have avoided in you I sincerely apologize for. It seems both churlish and clueless to avoid something that could make my days more interesting, richer and possibly more fun.

I have been thinking about you a lot over the past few days (um years) and here is what I want to know. If success is so great, why doesn't everyone have it? I mean if success really is such a delightful, wonderful, worthwhile endeavor why can't we all have you? There I go again, casting doubt upon your name. Again, I apologize.

Let's start again. Hi Success, My name is Eva. We've met before but I am so glad you are here again today. Today, we can be together without agenda, ok? I will just be myself and you can be yours. What is your self exactly?

Love,  
Me

\* \* \*

Dearest Me,

I am the deepest part of you simply delighting in your every day. I am with you in all things.

You need but ask how and where and when for me to be revealed. I am always here right next to the one you call Failure. You see, we work together, a team of powerful ON/OFF energy flowing through your being in order to move you in a given direction.

I am your friend in all things. I am not limited to my definition in the dictionary. I am with all your endeavors, small and large. Even your failures. Failure gives you pause as you reboot, breathe and have the opportunity to ask "What next?" or simply power through into the next moment.

Think of me as an energy you can harness a little of or a lot of according to what you actually want in your heart. I am a feeling energy, too. Feel the deep

acceptance that I am; whole, pure, undiluted. I am open, welcome, and wonder rolled into one.

You are how I define my truth. I am your heart's desire.

Love,  
Success

Can you feel the depth of that exchange? Success can be a friend, an energy, a heart's desire, or something with which you can connect and dialogue. How awesome is that?!

As Eva spent 30 days extending love to her fear of success, she learned a lot about success from two different directions, internal and external. The internal messages were expressions of inspiration from Inner Wisdom in *her own mind*. The external teachings came from others who have shared what they have learned from inspiration from the Inner Wisdom in *their* mind.

From Jack Canfield's book *The Success Principles* Eva learned that there are 3 things that are part of the process of success: considerations, fears, and roadblocks. Considerations are the thoughts that tell you that you can't or shouldn't do something. "It's too hard. I don't want to wake up two hours earlier. It'll upset my family." Fears are feelings that include fear of being rejected, being judged as stupid, failing, public speaking, and many other fears. Roadblocks are external circumstances like financial limitations, rules against your idea, floods, etc. Since everyone has considerations, fears, and roadblocks, the difference that supports successful people is their willingness to keep listening to and following their heart despite those challenges. In the face of such challenges, successful people don't give up because of difficulty. They know that difficulties are just part of the journey.

I honor Eva's success in her openness and vulnerability, as she shared her year of epic fears and allowed inspiration to bring her (and us) a positive and expanded view that brings healing to each of the fears shared on <http://www.twelvemonthselflove.com/>

### **I Know Billy**

Billy is about 30 years younger than me, a whole different generation, raised in a different world than the one I knew at his age. This may be a bizarre way to describe him, but I see him as a "Punk Renaissance Man". Billy has a level of intelligence, curiosity, playfulness, and non-conformity that amazes me. I see him as a success, as a unique and wonderful individual. He publishes a monthly newsletter in which he shares his latest activities, books read, movies watched, curiosities investigated, adventures, and thoughts. He also publishes a number of zines. Wikipedia describes a zine as a small circulation self-published work of original or appropriated texts and images usually reproduced via photocopier. My favorite zine series of his, called "Last

Night at the Casino," describe his experiences as a casino employee. Some of his descriptions of the various characters who gamble remind me of my father's gambling anecdotes.

In his zine called "Proof I Exist" issue #19 Billy shared this anecdote that I found hysterical (expletive abbreviated by me):

Well, driving around town with a fake bag of groceries attached to the roof of one's car is about as ridiculous as you might imagine. When AJ mentioned some errands she had to run, I said, "We could drive!" She seemed confused as to why I was excited by driving, an activity I normally avoid. Then she remembered my art project. We went outside, hooked the bag to the roof, and drove off. Everywhere we went, the well-intentioned anxiety of onlookers was overwhelming. People yelled and honked and waved and used pantomime as communication. "HEY! You forgot your groceries!!" People were running down the street after us, people were flashing their lights and pointing. As expected as all this was, I hadn't really thought about how I should best respond. Mostly I'd just wave and say thank you, which only served to irritate people. "I just told him about the groceries!" they seemed to be thinking. "Why is he just driving off!?"

The best was going around fast corners or over speed bumps. Pedestrians seemed totally confused as to how a bag of groceries maintained such balance. Drivers behind me kept their distance, anticipating spilled food at any moment. It was pretty silly. Lots of shenanigans. Only one old man seemed upset. After ignoring his honks at a red light, he got out and walked all the way up to my car. "Ya know, you have a bag of groceries on top of your car." "Oh. Yeah, I know. Thank you!" "Is it attached or something?" "Yes." "So you're just f'ing around?" "Yes." Then he just turned around and went back to his car, unamused. So, yes, that was that!

Anyone who is interested in checking out Billy's creative variety of writings can contact him at [iknowbilly@gmail.com](mailto:iknowbilly@gmail.com). (Warning: material includes adult language and content.)

### **Reverend Rhetta**

My friend and spiritual sister Reverend Rhetta Morgan, founder of Ecclesia Spiritual Center, is a powerhouse of depth and prayer. She is an African American woman who has experienced many of the hardships, traumas, prejudices, and slights that are found in a life that includes oppression of black women and men. Her soulful spiritual path includes facing wounds of the past for healing, feeling emotions fully, allowing creative

expression to give voice to the release of old patterns, and embracing true empowerment with love and compassion.

I am so moved by the prayers that come from the depth of her being. Let's pray this with her:

*Breathing in the rhythm of infinite love, knowing embodied peace through an intimate connection to the Transcendent – I declare my gratitude and celebrate the magnitude of God's presence in my life.*

*I am aware of the power of love blossoming, in my bones – God's love arising as balance and creativity, guiding me to new depth and heights of awareness. I am grateful for the deep inner work over many years that has brought me to this truth; I am not broken, but fully my essential and whole self. From the awareness of my wholeness my reach knows no boundary, I am ordained to be God's hands and heart in the world. May the words I speak and the actions I am called to, be in alignment with Spirit's evolutionary arc toward healing, loving and the wholeness of all. Amen*

Contact Rev Rhetta at [reverendrhetta@gmail.com](mailto:reverendrhetta@gmail.com) or (267) 414-7471 for ministerial services, voice lessons, and Ecclesia Spiritual Center info.

### **Oprah & Chopra**

I couldn't resist the rhyme of Oprah & Chopra, but of course I am referring to Oprah Winfrey and Deepak Chopra. March 16, 2015 was the first day of a 21-day online meditation series called "Manifesting True Success." The series aimed to help people:

- \* open to the infinite opportunities that exist in the here and now
- \* find freshness, excitement, and meaning in each day
- \* give daily activities direction and purpose
- \* let go of past conditioning to start making successful decisions
- \* expand awareness to make success as effortless and natural as possible

Following is one of the powerful messages shared by Deepak Chopra:

The goal is to create success from within.

When success is defined by externals – how much money you make, the positions you acquire, your status and path through your career, it is easy to believe that such success is granted to the few.

But what if success is defined differently – as an inner state? If you turn within, you can be successful this very moment, because in reality being successful is a creative process, and you're

engaged in it already. In other words, true success is something we live. It is not an end state we arrive at.

The first step in creating success is to align yourself with the right choices. Some choices create a path to success, others block the path. Let's define success in terms of choices you can make today. It starts with the progressive realization of worthy goals. You set a goal that takes months or years to excel at. This is a time span you embrace, because you love what you are doing. Your vision of a worthy goal makes it much easier to respond to setbacks and crises which are normal on the path to any worthy goal. You aren't dismayed by external setbacks because your goal comes from within.

What is your worthy goal going to be? This is a unique and important decision. You don't have to decide once and for all. Your goal can and should evolve. The key to finding a goal that can sustain you for a long time is to be self-aware. Success is tied to knowing who you are and what you are here to do. Pick your worthy goal. For me it is service. You can pick a single word, too, or a phrase. Among the worthy goals that may inspire you are the following: Love and compassion for all, promoting peace, teaching others, pursuing creative expression, protecting the weak, promoting culture, exploration and discovery, being of service. Choose the goal without worrying that it must be permanent. Sit quietly and center yourself. Take a deep breath, exhale. Another deep breath, exhale. Now a third breath, exhale. Now think about the goal you want to achieve. Let's say you want to be of service. Ask yourself, "Am I already living my goal at least part of the time? Is this pursuit enjoyable and energizing? Does it come naturally and make me feel more like the person I want to be?" When you can answer yes to these questions, you're making your success a living reality – a life pursuit that will allow you to thrive today and tomorrow.

As we prepare to meditate together, let's take a moment to consider our centering thought "I create my success from within."

*"I create my success  
from within."*

Together Oprah and Deepak have produced several online meditation series that are sold in various formats via

<https://chopracentermeditation.com/store>

### **The Luck Factor Experiment**

Professor Richard Wiseman authored a book called *The Luck Factor: The Scientific Study of the Lucky Mind*. Although I have not read it, I recently read an article about one of the experiments described in his book. Professor Wiseman devised an experiment to test the difference between people who consider themselves "lucky" vs those who think of themselves as "unlucky." From his paper:

Take the case of chance opportunities. Lucky people consistently encounter such opportunities whereas unlucky people do not. I carried out a very simple experiment to discover whether this was due to differences in their ability to spot such opportunities. I gave both lucky and unlucky people a newspaper, and asked them to look through it and tell me how many photographs were inside. On average, the unlucky people took about two minutes to count the photographs whereas the lucky people took just seconds. Why? Because the second page of the newspaper contained the message "Stop counting – There are 43 photographs in this newspaper." This message took up half of the page and was written in type that was over two inches high. It was staring everyone straight in the face, but the unlucky people tended to miss it and the lucky people tended to spot it. Just for fun, I placed a second large message half way through the newspaper. This one announced: "Stop counting, tell the experimenter you have seen this and win \$250." Again, the unlucky people missed the opportunity because they were still too busy looking for photographs.

Isn't it interesting that the unlucky people immediately set a goal to "count all the photos in the newspaper" and were so focused on that goal they missed the opportunity for a shortcut and an unexpected windfall of \$250. The lucky people, in contrast, were engaged in what was happening as they looked through the newspaper and immediately noticed better options and their lucky breaks.

Wiseman discovered that lucky people have four characteristics that unlucky people don't:

1. They are skilled at creating and noticing chance opportunities.
2. They make lucky decisions by listening to their intuition.
3. They create self-fulfilling prophecies via positive expectations.
4. They adopt a resilient attitude that transforms bad luck into good.

Professor Wiseman claims that unlucky people can learn to be lucky by learning mindfulness in those four characteristics he discovered.

I think it is not too great a stretch to see the characteristics of the Luck Factor as applicable to a success factor. By being mindful, creating and noticing chance opportunities, listening to intuition, having positive expectations, and adopting a resilient attitude, we can experience a greater measure of success in our lives.

While I value to-do lists and goals, an overly focused attention to those goals may very well hinder successful living.

### Qualities of Success

There are a number of qualities that appear to have a great impact on our awareness of feeling, living, and experiencing success, including (but not limited to): flexibility, integrity, presence, balance, participation, contribution, playfulness, curiosity, creativity, and risk taking. I see those qualities greatly developed in Eva, Billy, and Rhetta. Regardless of whether they have achieved wealth, position, or honors, they stand as shining examples of embodying success. They inspire me.

Are you aware of the ways that you are a success, too? What are the qualities that you value in your life? Is there a quality that you would like to nurture more greatly in yourself? Bring your attention to seeing how it shows up in your life and what a difference it might make in the scheme of things to develop it even more.

To what extent do you focus on a specific goal? I recommend maintaining a meditative practice that offers inspiration and guidance. Today may be the day to put the task list aside and have a play day to nourish and recharge your battery, refresh your outlook, and inspire new creative ideas. Take a look at yourself in the mirror and



affirm yourself as success. You are a unique and wonderful soul. See the perfection that is there looking back at you. Let go of the dictionary definition and allow yourself to honor the awesome qualities that you possess.

So now the secret word success may have a broader meaning for you. I hope you see that YOU ARE SUCCESS in many ways as you embody the qualities of success, and that you can take steps to nurture those qualities, attitudes, prayers, and behaviors that can expand your experience of success in this life.

May you continue to find within yourself all the qualities of a life of success – integrity, curiosity, playfulness, balance, courage, vulnerability, and love.

Your fellow traveler,

*Rev. Jill*



## Too many things to do and not enough time to do them? This will help...

by DavidPaul Doyle



Do you ever feel like you are constantly being bombarded for your time and attention by nearly every single thing in your life? Do you ever feel overwhelmed by all the choices, or disheartened that you never accomplish the things that really matter to you?

How are we all to find balance in such a fast-paced world? How do we choose what to focus on and what to eliminate in our lives?

Life is more complicated than ever before. Doesn't it seem that every single thing in our lives is constantly competing for our attention: Facebook, the news, our favorite TV shows and movies, spouses, children, friends, relatives, household chores, hobbies, downtime, food, sleep, entertainment, e-mail, voicemail, work, Youtube, birthdays, holidays, exercise, books, CDs, and DVDs, relaxation.... The list never seems to stop. Every single one of these things seems to compete with all the others for our time and energy, practically on a moment to moment basis.

### **What are we to do about it? How do we find balance in today's world?**

I'd like to share with you what I do everyday to pick and choose how I focus my time and energy. Every morning, I sit in meditation before I even get out of bed. I usually meditate for at least 15-30 minutes, sometimes more. My first priority in meditation is to open my heart and join with God/Love within me. Once I feel connected, I let that Presence of Love fill my awareness to the brim so that I am overflowing with God's Love.

In that place, there are no should's, have to's, or fears about what needs to get done in my life. When I'm connected and joined with God in my awareness, there is only a sense of wholeness, fulfillment, and peace. From this place of consciousness, I then ask God, "How shall we express our Love together today?"

This is the time when God and I create our to-do list together. We decide together what is most important to focus on, what our priorities are, and how we want to express our Love in the world that day. I literally prioritize my day with God.

By starting my day from this place of completion and wholeness, and getting clear about what is in our highest good and how we want to express the love and Truth that we are together, the rest of my day flows beautifully, effortlessly, and naturally. By starting my

day from this state of consciousness, I bring that consciousness into my day and carry it with me throughout my day. I'm able to maintain my focus on what really matters, and I'm able to remember my wholeness and completion throughout my day. When I start my day from this place, it doesn't really matter what gets done. It doesn't really matter what falls away. I'm whole and complete and simply expressing what's in my heart to express in this moment, knowing that whatever comes through is perfect.

Does everything get done? No. But the things that are most important to me do get done. Not only that, I feel peaceful and filled with love while I'm doing them. I feel focused and clear about my priorities. I don't have regrets about the things I don't do, and I feel happy and fulfilled with the things that I accomplish.

If you feel overwhelmed by all that is going on in your life, I highly recommend that you start your day in this way. Start your day off by joining with God and restoring your mind to wholeness, completion, peace, and love. Once you are joined with God, ask God what is in your highest good to focus on today. Ask God to help you create your to do list about what's most important. Ask God to join you in moving through your day with awareness, peace, and love, remembering the Truth as you go about your day. If you start your day this way, I guarantee it will unfold in all the ways that are in your highest good ... and you will more than likely have more fun and joy along the way, not to mention a pretty productive day!

If this all sounds good in theory but not possible for you in reality, feel free to send me an e-mail. This topic is near and dear to my heart and I'm happy to try to help.

Blessings to you,  
DavidPaul Doyle

*DavidPaul, along with his wife Candace, is the co-founder of The Voice for Love, a leading spiritual organization and global community of people who join together in celebration to give and receive love, communication, inspiration, learning and support for being the Presence of Love in the world.*

Email [love@thevoiceforlove.com](mailto:love@thevoiceforlove.com)

<http://www.thevoiceforlove.com/>

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**Thank you for your donations  
to Agape Interfaith Ministries.  
Have a lovely Summer!**



## Daily Word

*I enjoy my journey to success.*

With my power of imagination, I see new possibilities for success and satisfaction. I hold a clear picture and feel Spirit energizing and leading me to positive outcomes. I am guided and empowered to do what is mine to do.

I ask Spirit for the next step and listen intently. Swift currents of faith move me onward as I navigate over, around, and through any obstacles. I trust the power of God to lift me up and move me forward.

While on the path to success, I enjoy the continual growth of my soul. I experience deep satisfaction in making progress and exploring new possibilities. My joy is in the journey!

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Love

Sent to you with  
Love & Blessings

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