

Your Inner Life Shapes Your Outer Life



*Serafin D. Talisayon
and
Graciela P. Cuchapin*

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and
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¹ <https://designrr.io/> - Serafin D. Talisayon is a paying subscriber.

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Your Inner Life Shapes Your Outer Life



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Preface

On 9 July 2023, Tatay Apin² sent a message to the Messenger group chat of our Rhema Practice Group about the inspiration he received on how our inner life activities/habits such as intentions, wishes, thoughts, emotions,

*“I want to say things in a simple, understandable, and practical way. I want to inspire and motivate people to look within themselves and try to be better in their relationships with God and their neighbors.” –
Tatay Apin*

² Apin is the nickname of Serafin D. Talisayon. “Tatay” is a Filipino word which means father; it can be used to address a person old enough to be one’s father.

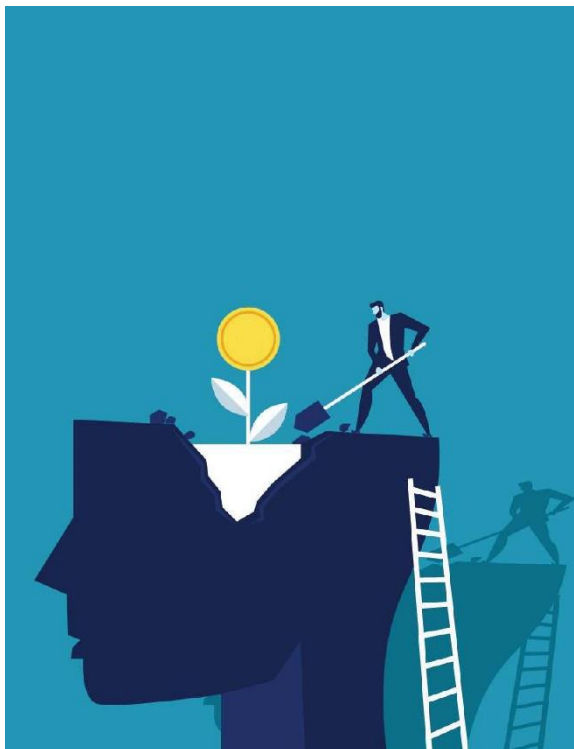
attention, and faith which has an impact on our outer life conditions. Along with the ideas flowing daily came the impression or instruction from Yeshua of posting a Facebook (FB) series entitled “Your Inner Life Shapes Your Outer Life”. Some statements or portions of the said postings were edited to fit more for this e-book.

Further, allow me to share the process of how we came up with the cover of this e-book.

On 20 July 2023 upon nearing the last three (3) drafts of the FB series of posts, Tatay Apin sent a photograph (see below).

The photograph helps convey the idea of cultivating one’s inner life, but we felt

that revisions would have to be made to put more color and spiritual meaning to what the picture already depicts, as follows:



- Leaves were made green, to represent growth and/or life.
- The sun was included to represent God as the true Source of who we are. He has seeded Himself in our hearts and minds, and if we are conscious of His Spirit, He cultivates those seeds in us to grow daily.
- The flower turned into a sunflower bearing the same bright yellow as the sun showing unity and oneness, as we are created in the image and likeness of God. Also, the sun (God) helps the flower (us) to bloom when we continue to be connected to the vine (Yeshua).

As much as I have enjoyed and learned from editing, researching, and

suggesting some additional ideas from Tatay Apin's original drafts, we both hope that you, our dear readers/friends will not only enjoy reading the book. We will be glad if you will do the suggested exercises/practices and keep within you the key principles behind each topic, to help develop a stronger connection with God... resulting in a stronger inner you.

***“For we are God’s handiwork,
created in Christ Jesus to do good
works, which God prepared in
advance for us to do.”
(Ephesians 2:10, NIV)***

Graciela P. Cuchapin
25 July 2023

Contents

Preface	5
1—Surprising Health Benefits of LOVE	12
2—Some Illnesses Result from Persistent Emotional Issues	17
3—Heal Yourself and Others through FORGIVENESS	22
4—Living Your Life PURPOSE Results in Longevity, Productivity, and Happiness	28
5—Choiceless Awareness Vs. Mental Fences	35
6—Everything You See Around You Started as an IDEA	44
7—Positive Thinking Leads to SUCCESS	50
8—Scarcity Vs. Abundance Mindset	56

9—Mind Over Matter	63
10—Positivize a Relationship	71
11—You Have the Power To CREATE YOUR NEXT REALITY	77
12—Help Bring About A NEW EARTH	82
EPILOGUE	92

1—Surprising Health Benefits of LOVE

Research shows that our thoughts and feelings do affect our health.

For example, here are some surprising health benefits of love according to the University of Texas (UT) Health Austin³:



1. Increase in life expectancy,
2. Healthy heart,

³ <https://uthealthaustin.org/blog/health-benefits-of-love>

3. Less depression,
4. Lower blood pressure,
5. Lower stress levels,
6. Eases acute or chronic pain,
7. Good for the digestive system, and
8. Improves sleep.

Our Rhema Practice Group has a group chat where everyone can freely share anything, e.g., song/s a member is/are listening to that resonates with them or is one of their favorites; an article/book/news (etc.) they just read and what their thoughts or '*humble opinion*' about it; activities/event that they are into or went to, and as at other times requests for prayer covering for a loved one or a particular prayer

request, hence, one's burdens or challenges are made lighter.

We also hold bi-monthly online meetings where we get to see each other. The group or what we call more as a *family* now is a safe haven where we can express ourselves without fear of being judged. Hence, we can say the presence of each one, the positive affirmations and/or the love and care we receive from each other, and the resonance of inspirations received which comes from the love of Yeshua which binds us together are our sources of joy and strength. In one of our conversations, Tatay Apin says he feels younger while I feel healthier.

Do you wish to improve your health condition? Aside from physical

disciplines, e.g., exercise and a healthy diet, another exercise is observing what you “exercise” in your inner life.

Begin looking inwardly at your life now. Who are your loved ones? Who are your close, loving friends? Who among them do you consider as soulmates?

DEEPEN AND WIDEN your circle of love.

Let your love flow... Let love win.

***“And now these three remain:
faith, hope, and love. But the
greatest of these is love.” (1
Corinthians 13:13 NIV)***

Comments:

Grace PC

Love (God) always wins!

Mary Ann Paulino

“Let your love flow... let love win”. I

like that! 

2—Some Illnesses Result from Persistent Emotional Issues

In the previous chapter, we shared with you that our thoughts and feelings affect our health, and this was proven by an article from the University of Texas UT Health (Austin).

Relatedly, Louise Hay, an author, publisher, healer, and a founder of the self-help movement compiled correlations between symptoms and/or illnesses and their corresponding emotional issues or (root) causes. She successfully healed herself from cancer by applying her non-medical methods of healing.



Do you suffer from a recurring or long-standing illness or disease? If so, it could be due to a negative habitual emotion. Consciously observe your behavior towards yourself and others. Be more aware and watchful of your emotions. By intentionally managing (your) negative emotions, you may IMPROVE YOUR INNER and OUTER LIFE.

For more information on possible cause/s of one's illness, copy the following link to your browser and check the table of illnesses from Louise Hay:

<http://thealterlife.com/article/emotional-causes-of-disease-by-louise-hay/>

Comments:

Mary Ann Paulino

I spent the whole afternoon reading Louise Hay's 'Emotional Causes of disease'. As stated, while this is not a universal cure, it's used by many people with different results.

It became clear to me that if we change our mindset, it will help us heal our physical bodies. The affirmations, if believed and internalized, will flow into our system and make right whatever ails us. Very powerful!

At 71, I am not exempt from feeling aches and pains here and there. 😊 I made my list. I will start doing the affirmations. I don't just hope. I believe it will work. Thank you for the wisdom shared.

Jeia Tirante

I observed the following sequence:
Thoughts —> Feelings —> Actions
—> Habits —> Health

Our physical being is influenced by our habits (what we eat, drink, etc.) which is formed by what we do on autopilot, which started with a single action being performed on a consistent basis. This action is triggered by how and what we feel, driven by the thoughts that we allow to enter our mind.

This “Thoughts → feelings → actions → habits → Health” could be a vicious cycle (negative effect on health) or an upward spiral (positive effect).

3—Heal Yourself and Others through FORGIVENESS

Do you know that your thoughts and feelings can affect other people? It does, either for good or for ill!

A well-documented experience in a mental hospital of problematic criminal patients demonstrated the efficacy of the Hawaiian prayer called *ho'oponopono* - which means "make things right". It is a powerful practice of healing prayer through forgiveness. *Ho'o* means 'to make' and *pono* 'right'; the double use of *pono* means with both you and others. It helps in restoring harmony within you and with others.

This ancient Hawaiian practice of forgiveness functions as both a communication concept for reconciliation and a tool for restoring self-love and balance.

In solo practice, it can also work like a mantra for self-love. And, even more surprisingly, it's super simple!

Ho'oponopono is a simple but powerful procedure that shows the EFFICACY OF YOUR POSITIVE INTENTION in your outer life and the outer world.

Here's how to do *ho'oponopono* 📝:

While thinking about a particular person or group, say the following statements to heal or bless that person/group:

**“I am sorry...
Forgive me...
Thank you...
I love you.”**



***“Dear friend, I pray that you may
enjoy good health and that all
may go well with you, even as
your soul is getting along well.”
(3 John 1:2 NIV)***

To know more about *Ho'oponopono*, you may check the following website: <https://graceandlightness.com/hooponopono-for-forgiveness/>

Comments:

Grace PC

The practice is consistent with #EmotionalIntelligence #EI... and more so, with prayer after devotional. 😊 🙏 🤲

Jan C. Basilla

More than 2,000 years ago, after teaching the authority to the disciples, (Matthew 18:21-22 NIV)

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”

Jesus answered, “I tell you, not seven times, but seventy times seven.”

This is meant to benefit you who forgive others more than every day at 70 x 7.

Mary Ann Paulino

Our thoughts become our reality. The energy we send out comes back to us - good and bad.

So, send out good vibes,
goodness multiplies. 🌸

Vivien Talisayon

I am sorry and I forgive you - heal
the sender and comfort the
receiver. Thank you: Being
grateful makes you happy and
humble. Be God-loving when
you say I love you.

4—Living Your Life **PURPOSE** Results in Longevity, Productivity, and Happiness

"Blue zones" are places on Earth where—for some reason—many people live beyond one hundred years. One of these blue zones is Okinawa, Japan. Many Okinawans not only live long, but they are also happy and productive in their 80s and 90s.

What could be the Okinawans' secret to long life and happiness?

Some experts believe that it is in their philosophy and practice of *ikigai*, which in Nihongo means "reason for being" or "life purpose". To discover your *ikigai*, answer the following questions:

- (a) What do you love to do or enjoy doing? (List your answers)
- (b) What tasks or actions are you an expert at or good at doing? (Create another list of your answers under this question)
- (c) What do/can you do that can be paid for? (This will be your third list)
- (d) What do/can you do that the world needs? (Answer with a fourth list).

If an entry is present in all four lists, THAT is your *ikigai*.

When you are doing your *ikigai*, you are productive, and you feel happy. You will see the professional or career direction that is natural for you. "Work" is not considered labor as you enjoy what you are doing. You may be tired, but you

are fulfilled because people compensate and appreciate you for what you do.



Like Okinawans, you will live a long productive life. I (Serafin) am speaking from experience. At 80, I am still active, productive, and happy, while still teaching, consulting, and pursuing a series of meaningful life missions.

Discover your *ikigai* and live a fulfilling life!

Some texts are taken from the book "*Our Hearts and Minds Together: A Practical Handbook on Emotional Intelligence*", published and available through Balboa Press and Amazon.com⁴.

Also, you may wish to check the following link for an interesting read from Forbes.com:

4

<https://www.balboapress.com/en/bookstore/bookdetails/847635-our-hearts-and-minds-together> or
https://www.amazon.com/Our-Hearts-Minds-Together-Intelligence-ebook/dp/B0BZCGCNWW/ref=mp_s_a_1_12?crd=2KJ7ZXSCR6J9&keywords=talisayon&qid=1680216214&sprefix=talisayon%2Caps%2C346&sr=8-12

<https://www.forbes.com/sites/chrismyers/2018/02/23/how-to-find-your-ikigai-and-transform-your-outlook-on-life-and-business/>

Comments:

Mitch Cabigon

Throughout the seasons of our lives, our Ikigai may take on different forms. As we transition from young adulthood to mid-life and beyond, it becomes crucial for us to regularly reflect on our lives to discover our new life mission and Ikigai. By doing so, we can align ourselves with our purpose and passion, and live a fulfilling life.

Catherine Pacia

Agree! My Ikigai transforms according to time and roles in life. I am about to start my new career a few days from now -- I feel like it is my calling.

Benedict Rimando

Thank you, Doc. Very interesting and relevant...

Bella Lucas

Thank you for sharing this!

Mary Ann Paulino

You're doing great at 80! 👍

Delfin Ganapin

I've also used this to find my Ikigai, to find not only joy in work but to gain courage in the struggle for

environmental sustainability, civic space, justice, and equity.

Serafin Talisayon

Del, two of the three "Pointing Fingers" coincide with *ikigai*.

5—Choiceless Awareness Vs. Mental Fences⁵

According to Fr. Anthony De Mello, S.J., "From the moment you teach a child the word 'tree', he can no longer fully experience a tree."

Concepts and beliefs in our heads shape our perceptions, decisions, and actions on the world and people around us. For example, we construct various mental fences inside our heads; in our minds, we place people inside the fence ("*kami*") separate from the people we place outside the fence ("*kayo*"). There are various mental fences that our

⁵ Some text are taken from the book "Our Hearts and Minds Together: A Practical Handbook on Emotional Intelligence", published and available through Balboa Press and Amazon.com.

minds can make up: national, political, religious, ethnic, or racial (skin color), economic class, and a lot more!

"The problems in the world stem from the difference between how we think and how the world works" according to English social scientist Gregory Bateson.

Sadly, we behave according to these mental fences inside our heads. We need to:

- a. Be aware of our unworkable mental boxes, and
- b. Learn to free ourselves from them.

We need to practice choiceless awareness advocated by philosopher Jiddu Krishnamurti, where *"there is no reaction, resistance, justification, and*

condemnation. It is free from ideas, ideals, and opinions. It is observing without prejudice."



A shocking cartoon by Mike Luckovich illustrates how the thinking of the "last Palestinian" and the thinking of the "last Israeli" determine their mutual behavior: after burying their respective dead comrades, the last Palestinian and

the last Israeli went after each other with spades. It was a sad depiction of how violence/warfare results from mental fences and differences in religious beliefs.

- [A Suggested Action](#)⁶

How inclusive are you? Ask yourself the following questions and write down your answers in full sincerity. Answer with a simple “yes” or “no”.

Do you feel superior (or inferior), do you avoid, do you dislike, or do you find it difficult to relate to or respect the individuals described as follows:

⁶ Excerpted with author’s permission from Talisayan: Healing Our Divided Planet. Balboa Press, 2016.

1. A person who owns less property and earns less income than you,
2. A foreigner,
3. A person whose skin color or race is different from yours,
4. A woman compared to a man,
5. A person who is blind, deaf, or lame,
6. A person whose religion is different from yours,
7. An office or workmate who often disagrees with you,
8. A very wealthy person,

9. A person who is affiliated with a political party you do not agree with,
10. A person who belongs to another group or organization which is the rival or competitor of your group or organization,
11. A mentally retarded person,
12. A prostitute,
13. A professor or teacher who thinks he is always right,
14. A person who owes you money, and
15. A prisoner or condemned criminal.

Reflect on your answers... Are you contributing to a more divided planet, or are you contributing to bridging divides and healing our divided planet?

Next, select any item which you answered with a "yes". Go and look for that person or a person that matches the description as described in the said item, go out of your comfort zone to talk to that person. As you do, observe your bias or attitude. Watch your discomfort as you try to bridge the divide within you. Afterward, reflect on what you learned about yourself.

Comments:

Grace PC

These mental fences cages
discernment and limit/hinder the

growth of partnerships/relationships. Just like with God when we “refuse” to entrust our cares to Him, we limit His goodwill because we covet His plans/purposes either by inaction or disobedience. Thank you po, Tatay Apin for sharing. 🙏❤️🤝

Mary Ann Paulino

We may not be aware but most of us have built-in mental fences. Our ideas, accumulated through the years, on anybody/anything, are so ingrained in our psyche. We have opinions/judgments on people, on things. It’s hard to connect heart-to-heart when we have already formed opinions in our minds.

Choiceless awareness is new to me. I learned it in the book “Our Hearts and Mind Together”. Just listen. Don’t be tempted to make an immediate judgment. When you take time to listen and discern with your heart how to respond, chances are you will respond with kindness. When you do, our mental fences will change. Hopefully, we drop them altogether.

When we connect heart-to-heart with people around us, we will have a kinder world.

6—Everything You See Around You Started as an IDEA

Wherever you are now, look around you: furniture and appliances, houses and cars, people and what they are wearing. At the time I am composing this text, I was sitting at my favorite spot in my office... I see my laptop, table and chairs, the painting on the wall, the fluorescent lamp, the aircon, the office building, and so on.

Each of these items started in the mind of someone. The office building was an idea in the head of an architect. The aircon was designed by one or more people somewhere some time ago. The *FB post* that became this Chapter 6

started as an idea in his head when Serafin woke up one morning.

Many things around us started as an idea in someone's head.

Imagine if the Wright brothers didn't believe—like almost everyone else during their time—that a heavier-than-air machine can fly, they wouldn't have invented the airplane.

I remember a fellow professor who jokingly said to a young lady instructor,



"You started as a gleam in your father's eye." Even you, dear reader, started as an idea in the head of your father before you were conceived by your mother! 😊

Seriously, even the universe and we started as an idea in the mind of God. Since He created us in His image, we — His children—are also ‘creators’ just like our Creator.

“Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.” So God

created mankind in his own image, in the image of God he created them; male and female he created them.” (Genesis 1:26-27 NIV)

How many things have you conceived and created?

What ideas that were in your head are now tangible visible products you and many others are using, reading, or enjoying?

Comments:

Roberto Nebrida

Indeed, the mind is powerful. "Mind development" should be an integral

part of the curriculum, especially in younger years. In one master course developed by Ed Morato et al, they offered an elective titled "Creativity and Intuition in Management" in an attempt to harness the power of the mind. Another management course by Henry Mintzberg was developed based on different "mind" sets as the focus of every module. He said there are four mindsets that a manager must develop: reflective, analytical, collaborative, and active.

Serafin Talisayon

My friend, the late Ed Morato, and I agreed that the typical MBA curriculum covers the

management of systems, finances, people, markets, and other external factors but completely missed the INTERNAL factor of self-management.

7—Positive Thinking Leads to SUCCESS

Scientific research shows that positive thinking leads to success. Here are some examples.

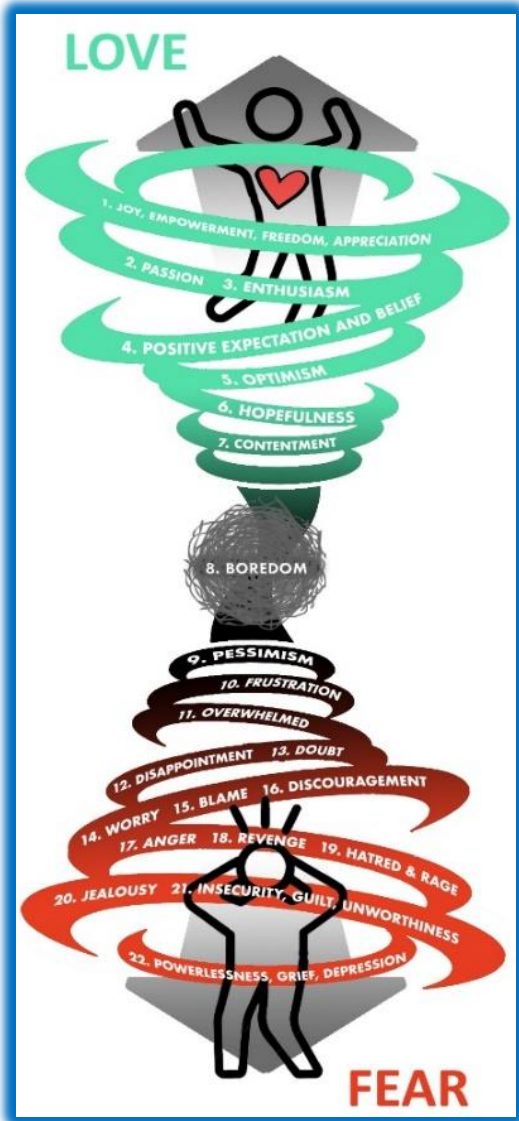
1) Psychology professor and writer Carol Dweck's lifetime work shows that a "growth mindset" (believing that one's abilities can be learned and enhanced) leads to success ("Mindset: The New Psychology of Success, 2006).

2) Research by social psychologist Barbara Fredrickson showed that positive emotions lead to exploratory, expansive, and creative behavior in various areas of life (Positivity: Top-Notch Research Reveals the 3-to-1 Ratio That Will Change Your Life, 2009).

3) After reading and applying "The Power of Positive Thinking" by Norman Vincent Peale, Helen Hadsell won in a series of contests and sweepstakes. She became known as the "contest queen".

4) Psychology professor Sonja Lyubomirsky found that success comes from being happy, and not the other way around (The How of Happiness: A Scientific Approach to Getting the Life You Want, 2008).

Let us get practical now and apply the above-stated practices in our daily life. Abraham Hicks constructed a scale of 22 steps ranging from very negative (fear) to very positive (love) emotions, see the figure at the next page.



Today, where do you see yourself on

this scale? What is the next upward baby step for you on the scale?

We desire that all of us succeed. Hence, the next time we caught ourselves thinking negatively, let us consciously sway away from such thoughts.

*“Finally, brothers and sisters,
whatever is true, whatever is
noble,
whatever is
right, whatever
is pure,
whatever is
lovely,
whatever is
admirable—if
anything is
excellent or*



praiseworthy—think about such things.” (Philippians 4:8 NIV)

Interested to learn more? Read Chapter 5.7 (Emotional Guidance Scale) of the book "Our Hearts and Minds Together: A Practical Handbook in Emotional Intelligence", available through Balboa Press and Amazon.com⁷.

Comments:

Pilar Habito

7

<https://www.balboapress.com/en/bookstore/bookdetails/847635-our-hearts-and-minds-together> or
https://www.amazon.com/Our-Hearts-Minds-Together-Intelligence-ebook/dp/B0BZCGCNWW/ref=mp_s_a_1_12?crid=2KJ7ZXSCR6J9&keywords=talisayon&qid=1680216214&sprefix=talisayon%2Caps%2C346&sr=8-12

Hope to have reflective moments with you, so inspiring!

Mary Ann Paulino

Love vs Fear.

The choice is ours. I hope we become aware of our moment-to-moment choices. I hope we choose the values that emanate love. Love wins. Always does. ♥

8—Scarcity Vs. Abundance Mindset

We previously talked about positive thinking and its many benefits. In this chapter, we will consider another subset of mind habits and how it affects the inner and outer aspects of our lives.

Stephen Covey coined the terms "scarcity mentality" and "abundance mindset" in his best-selling book *"The Seven Habits of Highly Effective People."*

The California Center for Functional Medicine compiled a review of literature pointing to



the health benefits of an abundance mindset, specifically the practice and feeling of gratitude. The feeling of gratitude attracts to your life more of what you are grateful for.



A good practice you may try, which I highly recommend, is making your [Gratitude List](#).

- ✓ What are the things, persons, events, conditions, or situations in

your life you are grateful for? List as many as you can notice or remember.

- ✓ Go back to your list the next day as you may have forgotten something and then add them to your list.

As you review your Gratitude List, you will realize the abundance and blessings in your life... which deserve our praise and thanksgiving to God's Divine Providence. God who is our True Source of everything we have is faithful. This alone is something we should be grateful for. ❤️

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not

*much more valuable than they?
Can any one of you by worrying
add a single hour to your life?”
(Matthew 6:26-27 NIV)*

Every day, observe and consider the many things — big or small — you can be thankful for...

When you find a coin on the street, pick it up and keep it together with other coins you may have found to remind you how fortunate you are...

When you find yourself a roof above your head...

When you (can) eat three times a day or more than that the three basic meals...

When you have the appetite to eat as others may have money to buy but are prohibited to do so due to health reasons...

When you have a job, it only means you are capable of doing something productive...

When you are loved and surrounded by loved ones and friends...

If we turn our attention to the many instances of kindness and love around us, our hearts are lightened by joy and gratefulness, and our minds are reminded, that indeed, **LOVE is everywhere as GOD is Love!**

For recommended readings, check on the following links:

Have a beautiful day!

- Love is Everywhere, Our Stories of Kindness

<https://www.cclfi.international/produced.../love-is-everywhere>

- Five (5) ways on how to shift from scarcity to abundance mindset by Forbes.com

<https://www.forbes.com/sites/carolinecastrillon/2020/07/12/5-ways-to-go-from-a-scarcity-to-abundance-mindset/>

Comments:

Jeia Tirante

This fixed versus growth mindset was also touched in Chapter 7 (book: Mindset: by Carol Dweck)

Jeia Tirante

I also read somewhere this good practice: We all have our TO-DO lists. Instead of thinking “I need to do this”, “I must do that”, “I should do this”, “I need to do that” — reframe it with a gratitude mindset: “I GET to do this/that.”

9—Mind Over Matter

Today let us look at other ways our thoughts affect the world around us.

There are numerous examples of what we call *mind over matter*⁸, as follows:

1. Firewalking—the puzzling ability of some people to put their minds in some kind of state that enables them to walk over a fire or hot coals—is a practice prevalent in many cultures around the world.
2. Clinical experiments have been reported where medical

⁸ <https://listverse.com/2013/05/21/10-amazing-examples-of-mind-over-matter/>

researchers showed meditators' ability to control their heartbeat, body heat, and other physiological processes that are normally involuntary.

3. Yogis and holy men have been reported or recorded on YouTube as being able to levitate (float up in mid-air) during meditation.
4. Parapsychology researchers are familiar with the phenomenon of psychokinesis—the ability of some people to move objects using the power of thought.

When Serafin was an undergraduate living in the dormitory at UP Diliman, he practiced yoga, meditation, and

vegetarianism. Surprisingly, the said practices led him to develop psychic powers such as seeing people's auras and astral travel also known as out-of-the-body experience or OOB. He, or his astral spirit, could travel around in the dormitory; he could see people, but they could not see him.

He discovered that whenever he felt afraid during OOB, he was quickly thrown back to his body—which all the while is "sleeping"—in a very unexpected and painful way. He realized that psychic power is dangerous if he cannot even manage his emotions. He vowed to stop the practice.

One early morning many years later, he violated his vow. He tried to do a "mind

over matter" experiment on his wife who was then sleeping beside him. He was wondering while being out of my body, he thought of placing his astral hand over her physical mouth and nose. He thought to himself: would she wake up and struggle for breath? When he tried to proceed with the experiment, *'someone'* gently held his hand and firmly moved it back. As he tried to look around to check who he/she is, he woke up. The message to him was very clear: **DO NOT MISUSE your psychic ability.**

Masaru Emoto's did a remarkable "mind over matter" experiment. He took samples of water and exposed them to music, spoken words, images, etc., and then froze them. He discovered that

positive and loving spoken words such as "I love you" resulted in beautiful ice crystals when the water sample was frozen. When harmful words were spoken on the water samples such as "I hate you" and "You fool", the results were broken, discolored, or fragmented ice crystals. He wrote a best seller from his experiments, "The Secret Life of Water".



Our bodies are composed mostly of water. If negative thoughts constantly occupy a person's mind, imagine their results on one's body!

The next time you find yourself swayed to think negatively, **PAUSE** and consciously **MOVE** to the positive side. Changing or renewing one's mind is always a choice. **MEDITATE** on what Yeshua said, as follows:

*“If you can?” said, Jesus.
“Everything is possible for one
who believes.” (Mark 9:23 NIV)*

Your thoughts can wield power. Use it well and for a good purpose.

God intended for us to be victors!

Comments:

Philip Emmanuel Castañeda Peñaflor
I'm trying to mantra on the glass of water before I drink, and it has positive results. OOBÉ is something I haven't experimented on yet. I think it needs a lot of discipline, including the kind of food you eat.

Serafin Talisayon
Sometimes I bless the food before I eat it and thank the farmers who grew it. I should do it more often. 😊

Philip Emmanuel Castañeda
Peñaflor

When I bless the food before I eat, it doesn't matter to me how it tastes because for me it always tastes good after thanking God for his blessing 😊

Benedict Rimando
Wonderful. Thank you.

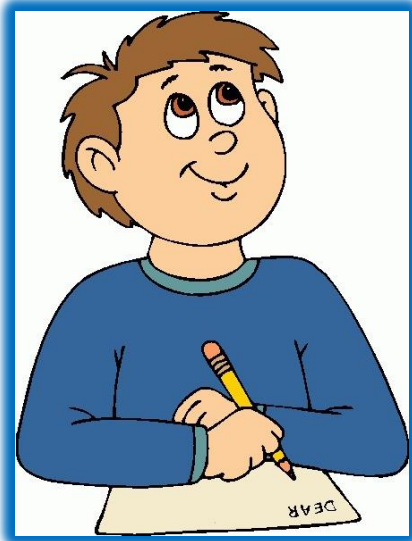
Miflora M. Gatchalian
Thank you for sharing, it strengthens my belief that great minds are fed and developed by good thoughts!

10—Positivize a Relationship

Many years ago, Serafin had a problematic relationship. They were dissatisfied and blamed each other. Communication was negative to nil.

An idea occurred to him. He noted that there was a mutual openness to improving the relationship because when he broached the idea, they both decided to give it a try. The idea is simple: make a LIST OF WHAT I LIKE ABOUT YOU.

They each worked on their list.




9

He was surprised that his list was long. They were both surprised at how long their lists were. After that, their relationship shifted from negative to positive. Up to now, it is generally positive though he cannot say he has no disappointments, but the


⁹ Photocredits: Clipartix

communications have since been open and quite good.

Our conclusion is: **If you positivize how you perceive a person, it will improve your relationship with that person.** Our inner life indeed shapes our outer life.

Try to practice with someone who will agree to do the positive listing with you ... and to make this more exciting and help spread positivity around us and among our FB friends, please share the result in the comment box below.



We are wondering what happens if you try it with someone you already have a positive relationship with; will the relationship be more positive? Feel free to share your experiences here: 

“Fools give full vent to their rage, but the wise bring calm in the end.” (Proverbs 29:11 NIV)

Comments:

Mitch Cabigon

Agree 100%! Looking for the good side of a person works well with mental exercise too! And instead of judging a family member, friend, or colleague, start by appreciating the person. We are all created fundamentally good (1 Timothy 4). It works like magic. 😊
Thank you Serafin for sharing your experience!

Serafin Talisayon

Mitch, it occurred to me now that there is a wholesale or "pakyaw" method of positivizing ALL our relationships. Remember *Chapter 6.3 on two-way forgiveness* in the EI¹⁰ handbook you co-authored?

We can do this exercise for ALL our relationships - past and present - by doing two-way

10

<https://www.balboapress.com/en/bookstore/bookdetails/847635-our-hearts-and-minds-together> or
https://www.amazon.com/Our-Hearts-Minds-Together-Intelligence-ebook/dp/B0BZCGCNWW/ref=mp_s_a_1_12?crd=2KJ7ZXSCR6J9&keywords=talisayon&qid=1680216214&sprefix=talisayon%2Caps%2C346&sr=8-12

forgiveness in one sitting. I will try it tonight. 😊

Mitch Cabigon

For many people, this is easier said than done, as it requires awareness and a recognition of the need to improve. However, it is not impossible! Just like what you're doing, all it takes is a decision to take action. 💪 🙏

11—You Have the Power To CREATE YOUR NEXT REALITY

According to quantum physics, physical reality is not a fixed thing. It is an indeterminate mix of probable realities designated by the physics variable Ψ . When a human observer sees or detects an electron, photon, or any elementary particle, he thereby selects one reality out of a mix of probable realities. For example, light is either/both a wave (radiation) or a particle (photon) depending on how it is observed.

The act of observation or **ATTENTION SELECTS THE REALITY** the human observer will experience. If you are technically inclined, read the Scientific American

Article by French theoretical physicist Bernard d'Espagnat on "The Quantum Theory and Reality."

Be careful where you habitually put your attention — that is where you are giving your ENERGY and where you will CREATE, ATTRACT, or STRENGTHEN YOUR NEXT REALITY.

Notice what you always watch daily or feed your minds with, e. g. via internet news, politics, artists, or influencers you follow on FB, YouTube, or other social media.

Be mindful of what you tend to notice in people and things around you.

If you keep watching and lambasting in social media politicians' actions you detest, THAT and all the thoughts and

emotions accompanying them become part of your reality. However, if your days are spent watching with love, joy, and amazement the many little new things a child can say or do as she is growing up, you create and amplify THAT reality in your life.

In Chapter 10, we saw that focusing our attention on what we like about a person improves our relationship with that person.

In Chapter 8, we saw that being grateful for something or someone attracts more of what we are grateful for.

As you spend your time with more *quality* activities or let your thoughts be occupied with positive or noble things,

YOU are CREATING and RE-CREATING WHO YOU ARE. Knowingly or unknowingly you positively affect and spread that to people around you.

YOU HAVE THE POWER TO CREATE YOUR NEXT REALITY. Use this power wisely!

Keep your heart with all vigilance, for from it flow the springs of life. (Proverbs 4:23, ESV)

Hence, BE VIGILANT because...

“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits,

*they become your character;
watch your character, it becomes
your destiny.” — Lao Tzu*

12—Help Bring About A NEW EARTH

In the previous chapter, we saw that we have the power to create our next reality. We also saw how love has surprising health benefits in the first chapter of this e-book. From Masaru Emoto's experiments in Chapter 9, loving thoughts affect water molecules in a glass; and of course, also those in our own body!

Success in life results from positive thoughts and emotions, especially the highest on Abraham Hicks' scale: **LOVE**. Acts of kindness convey love,

see “Love is Everywhere: Our Stories of Kindness.”¹¹

Dear Friends, may I ask a critical question:

- *What small change in your inner life can result in the biggest change in your outer life?*

This time, allow me to ask a more strategic question:

- *What thought, feeling, or intention can bring about the biggest change in the outer world?*

You may be thinking of the following right now...

¹¹

https://www.cclfi.international/products_services/love-is-everywhere

"Oh no, I am too insignificant and powerless for that!"

"That won't happen or can never happen." "Let's be realistic."

Is any doubt creeping into your mind as you ponder the strategic question? Entertaining doubt in your mind is your self-estoppel.

Remember Yeshua's Word:

"12 Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these because I am going to the Father.

13 And I will do whatever you ask in my name, so that the

*Father may be glorified in the
Son.*

*14 You may ask me for anything in
my name, and I will do it."*

(John 14:12-14, NIV)

On 23 July 2023, during the bimonthly video meeting of our Rhema Practice Group, we decided to ASK Yeshua for His further leading. Our dream is to demonstrate in Central Luzon a new development model—building upon the mainstream 3P or sustainable development model.

We added a 4th P and call it the "4P" model which means People, Planet, Profit, and Paraclete. To implement the 4th P we are currently co-creating a

training course in inspirational leadership titled "*Gabay sa Maka-Diyos na Pamumuno*" to be pilot-tested among farmer-leaders in Central Luzon. It consists of interfaith practices of discernment or listening to the Holy Spirit, the Paraclete. To be an inspirational leader — the highest competency in emotional intelligence, one must first be inspired.¹²

That night we asked Yeshua for His guidance in further developing *Gabay*,

¹² See https://www.cclfi.international/products_services/our-hearts-minds or to get a copy of the ebook: <https://www.balboapress.com/en/bookstore/bookdetails/847635-our-hearts-and-minds-together> or https://www.amazon.com/Our-Hearts-Minds-Together-Intelligence-ebook/dp/B0BZCGCNWW/ref=mp_s_a_1_12?crd=2KJ7ZXSCR6J9&keywords=talisayon&qid=1680216214&sprefix=talisayon%2Caps%2C346&sr=8-12

by praying the [Lord's Prayer](#). We reckon the Lord's Prayer as:

- Authored by Yeshua Himself;
- A prayer from Yeshua (The Son) to God the Father;
- A group prayer, notice "OUR Father", instead of "My Father"; and
- (Has) been prayed/asked by billions of people many times during the past centuries.

Further, when you/we use the Lord's Prayer:

- Yeshua is praying with you/us;
- You/we are asking/praying in unity with Yeshua, notice the phrase, *"Thy kingdom come, Thy will be done on earth as it is in heaven"*.

In summary, an example of a small internal change that can result in big external change is a LOVING INTENTION behind ASKING the FATHER to finally BRING HIS KINGDOM here on EARTH.



To know more or perhaps participate or contribute to how you can *Help Bring about a New Earth*, click the following link to download the ebook for free:

https://www.cclfi.international/products_services/new-earth

Comment:

Mary Ann Paulino

My starting point is myself.

New mantra to help bring about New Earth: Be kind.

Nothing fancy. Nothing big.

Nothing macro; just with myself for now.

I think being kind (from the heart not just a mind decision) allows me to see the goodness in each person, and eliminates the pre-conceived opinions on people and things. It's like a fresh start. Hopefully, kindness given allows

the next person to be kind as well.
Goodness multiplies.

Another small thing that I started doing is reciting this prayer. It is sending wishes to every person I meet. (Just recently found out it's called omnibus prayer.)

“I send you Light, Love, Blessings and Healing”. Silently, quietly and sincerely send this out. From my heart to the next person (yes, even to strangers.) The unseen positive thought goes out there. I believe wonders will happen.

Lastly, thank you Serafin for all these series. Lots of wisdom. I hope many will benefit from the great insights you put together. God bless.

EPILOGUE

Dear **Beloved Readers,**

We co-created this booklet with our thoughts on you. We wanted to share some of our own experiences along with relevant examples as stated in each chapter of this booklet to show you that your inner world of thoughts and feelings does impact your outer world including your physical body (see Chapters 1, 2, 4 and 11), other people (Chapters 3, 5, 7, 8, 9 and 10), and the world (Chapters 6, 9, 11, and 12).

We want you to realize the reality that ***you are a creator*** (Chapters 6, 8, 11, and 12). We initially planned to quote John 14:12-14 in Chapter 8. However, it dawned on us that

Yeshua¹³ is telling us *in this verse what internal change in ourselves can result in possibly the biggest change in the external world when we combine it with the Lord's Prayer!* We decided that this should be the key message in the final or 12th chapter.

In John 14:12-14, Yeshua reminds us that we can be powerful creators. The only thing we have to do is to **ASK HIM**.


One of the members of our Rhema Practice Group has anemia. According to Louise Hay, one of the possible causes of anemia is from having low self-esteem (Chapter 2). The very words of Yeshua in John 14:12-14 are an assurance that *we are empowered and/or enabled by Yeshua himself to do great things —*

¹³ Yeshua was a common alternative form of the name Yehoshua (Hebrew: **יְהוֹשֻׁעַ**, romanized: Yəhōšūaʿ, lit. 'Joshua'). The name corresponds to the Greek spelling Iesous (Ἰησοῦς), from which, through the Latin IESVS/lesus, comes the English spelling Jesus. - <https://en.wikipedia.org/wiki/Yeshua>

"even greater things" than the works Yeshua has been doing" if we ask God the Father in Yeshua's name. Tatay Apin personally experienced miraculous healing from three life-threatening diseases in 1987.¹⁴ From such a true-to-life experience, is there a better remedy for low self-esteem than what Yeshua is telling us?

Our Rhema Practice Group is in the process of co-creating a guidebook for training leaders in inspirational leadership, the "*Gabay sa Maka-*

¹⁴ As a term of endearment, Tatay Apin often use Yeshua when he refers to the Lord Jesus. Tatay Apin was miraculously healed by Yeshua. This healing was a *system reboot* for Tatay Apin. He learned to discern more from Yeshua and strive to implement his life missions... one mission after another. This story is told in detail in the first chapter of his e-book *Healing Our Divided Planet* (https://cclfi.international/products_services/transboundary_lea_rning) and also explained in Practice 6.6 of the e-book *Our Hearts and Minds Together: A Practical Handbook In Emotional Intelligence* (https://cclfi.international/products_services/our-hearts-minds).



¹² Very truly I tell you,
whoever believes in me
will do the works I have been doing,
and they will do even greater things than these,
because I am going to the Father.

¹³ And **I will do** whatever you **ask in my name**,
so that the Father may be glorified in the Son.

¹⁴ You may ask me for anything in my name,
and **I will do it.**

John 14: 12-14 (NIV)

Diyos na Pamumuno". As earlier discerned by two of the members of our group (Kuya Nur and Kuya Ericsson), the farmer-leaders in Nueva Ecija were chosen as the first pilot group. This is in preparation for a project where we will demonstrate our proposed new development model 4P. Adding the 4th "P" to the mainstream sustainable development model or 3P (People, Planet, Profit). *The 4th P stands for Paraclete*. We believe that an

inclusive social-planetary transformation is one inspired and guided by the *Paraclete, the Holy Spirit*¹⁵. We hope that this will be the contribution of the Rhema Practice Group to the vision described in Chapter 12.

Further, it is our heartfelt desire that you will not only read this e-book but ponder on every truth ingrained in it... that you will embrace your calling of being a co-creator with God as stated by Yeshua... that you will discover your life mission... and fulfill each of them one after another.

¹⁵ Etymology: Middle English *Paraclit*, *Paraclyte*, borrowed from Late Latin *Paraclētus*, *Paraclítus* "advocate, comforter," borrowed from Greek *paráklētos* "advocate, helper, comforter," an epithet of the Holy Spirit in the Gospel of John (as John 14:26), derivative of *paráklētos*, adjective, "called to one's aid," verbal adjective of *parakaleîn* "to call in, send for, summon, exhort, comfort, console," from *para-* PARA- ENTRY 1 + *kaléō*, *kaleîn* "to call, summon" - <https://www.merriam-webster.com/dictionary/Paraclete>

With much love,

Serafin D. Talisayon

and

Grace P. Cuchapin

6 August 2023

P.S.: We encourage you, dear readers, to share your thoughts or experiences with us. It will be our joy to know that this e-book ministered or resonates with you and that you will pass this on to every soul, one after another. You may find us via our Facebook accounts: Serafin Talisayon and Grace Channel (personal blog under gcuchapin).