



Boulders,
Curtains
and Walls

The Curtain Drops

I run into you in the grocery store. I say, "Hi, how are you?"

What now? Will you let me in.? Are there walls and curtains there? Do your eyes just stare at mine? How intimate will you be? Do you stare at me with energy pushing me aside, with fear that I will love you or hurt you? You've been there before -- that girlfriend, that lover, that teacher, that friend -- you've let them in. Now you hold back just a little bit more, maybe a lot. Yeah, let's just talk about the weather. Or, metaphysics: "Oh, yes, this class is so great and that class is so great. Did you read *The Tenth Insight*? Oh, what a wonderful book."

And so we spend our life in content, when the meat and soul of the matter is context.

"How are you?" I ask.

You think: "What'll I do? If I tell her the truth, really answer the question, she's going to think I'm whining. and if I don't tell her the truth, then maybe she's going to tell me the truth about how she's feeling, and I really don't want to hear about how she's feeling today. So, I'm just going to answer, "I'm fine."

The curtain comes down.

As each day goes by our curtains, our boulders, our walls become more permanent. The weather, the hat, the outfit become more important than the soul. You pick up boulders and throw them between us. Oh, yes, let me sabotage myself. I really like my stuff. Do you really like your stuff? Let's talk about our stuff. "Oh, yes, I'm a victim of sexual abuse. Oh, it's so bad, and I'm 57 years old and I still haven't dealt with it."

Boom! There goes another boulder. We wind around and dance, daily, staying away from the core, staying away from the pain, staying away from the love.

What is it going to take for you to let go of the old pattern and feel? What is it going to take for you to connect? What is it going to take for you to stop being so busy that you can have time for you?

Scary Stuff

I'm scared. I write books. I teach hundreds of healing and spiritual classes a year. There are thousands of people in metaphysical/self-help classes all over the country. They sit in these classes and absorb techniques and read the books. They talk about the techniques and talk about the books. I talk to these people. I ask, "How do you feel? What are you doing?"

I hear: "Uh, well, uh, the reason I'm not doing this is because I've been mutter, mutter, mutter...." and this month-long statement of rationalization, intellectualization, justification ensues. All in front of me, all boulders, curtains, and walls to stop me from getting to you. Yes, I'm scared. All our wonderful techniques and technologies are driving granite walls between us.

What are you feeling right now? Just notice. Don't judge. How many people have you pushed aside today? How many thoughts didn't you deal with? Think about it.

Make Yourself Uncomfortable

Feeling uncomfortable yet? If you keep reading this book, you may love me or you may hate me. You may feel angry, mad, glad, scared, happy. We'll see.

I'd like you to take a moment to think about and write down what you put in front of yourself, between yourself and intimacy and other people. What gets in the way of your getting close to your friends at school or work? Or to your family members? What prevents you from sharing the stuff that goes on in your head and heart? What gets in the way of your being connected to self, connected to Source?

These are our curtains that we can't see through. What gets in your way?

Quit reading right now and write it down:

Some of the curtains, boulders, and walls others have mentioned include: inability to be open to people; fear; busyness; anxiety, self-criticism and judgment; not wanting to get hurt; shyness; self-doubt; inability to manage my time; lack of trust; not feeling grounded; rejection issues; giving up freedom; worry; excuses; fear of success; and on and on and on.

The Disease of Niceness

These curtains, boulders, and walls are many and varied, even creative. They are symptoms of a disease that is going around the U.S. right now. I call this disease Being Nice.

What's wrong with "Nice"? After all, as Frank Burns from the M*A*S*H television program, now in endless reruns, said, "It's nice to be nice to the nice."

Yuck! This disease is not nice! It can eat your lunch, eat your breakfast, and eat your dinner -- not to mention your life.

Let's take a look at how we limit ourselves by being nice. Let's see what happens to our integrity and connection to Source:

Phone call #1: "Hi, Joan. You're moving Saturday, right? Want me to help? Cool. Can I bring the potato salad?"

Phone call #2: "Oh, Mary, hi. What? You're moving next Saturday, too? Look, I'll call Joan back and say I can only spend half a day helping her move. I'll make double the potato salad and bring you half, OK?"

Phone call #3: "Well, hi, Carol. Long time no talkee. Oh, it's your kid's birthday party Saturday? And you want me to help? Well, I don't know -- I kinda had other plans. OK. Tell you what. I can work this. I'll blow Mary off. Help Joan move for half a day, . and help you with your birthday party."

The problem with being nice like this is that by the third time around all your integrity and your agreements are out the window. It is time to get Real. It is time to look people in the eye and tell them the truth.

You might come up to me and say, "God, Starr, you're such a beautiful speaker, and that big black-and-white checked dress you wear makes you look like you weigh 300 pounds."

We're so well-trained in this society to be nice that if you were to do that, you'd flip over into the panic zone and think: "Omigod, am I going to get in trouble? Her face is getting red. Omigod, Real could get me into real trouble."

You'd fluctuate between the instant gratification of not dealing with Starr's upset about the dress comment and the possibility of dealing with her upset about not being Real. That's the space we have to move from -- that state of vacillation -- to get to where we are Real.

What does it mean to be Real? It means to be honest with yourself first.

So, if you're uncomfortable in a class or meeting, for instance, you raise your hand and say, "It's too warm in here. Could someone turn up the air conditioning?" You raise your hand and say something. You make use of the universal law that states, "Ask and you shall receive."

This Disease of Niceness makes you lose friends, makes you lose money, makes you lose clients. A client comes in and you say, "Oh, yes, your therapy is coming along fine. We're going to work a little bit on this and a little bit on that. You have only a little bit to grow. We should be done in six weeks, or maybe a little longer." And eight months from now that client leaves you because you didn't want to tell him, "Look, it's going to be a big job. You're dysfunctional."

I don't mean that you should say, "My name is _____, and I'm your therapist and you're loony tunes." When you tell someone something and you come from a place of healing and not from a place of condescending or superiority and you say, "Why are you sitting on your power? I know

you're a fabulous artist, and you're helping in art shows. What happened to your own exhibits? You've been dancing around your power for two years." You can say that to her and there is no niceness about it. And in a few months, she'll be sitting there in your class or your office again and then you'll be talking about another level.

Niceness doesn't win. People leave you when you're nice. If people leave you when you're Real, eight times out of ten, they'll come back. People leave you when you're Real if you tell somebody to get a life. "Oh," they'll say. "I've already got a life. I've had the same job for twenty-some-odd years and I like sitting and watching sports on TV. I have a life." A year later or two years later, they come back and say, "You know, I've watched football for two years, and I haven't moved up in my job, and my wife left me. My life is a shambles. You told me to get a life. And I blew you off. Now, please, help me."

When you're Real, you plant a seed. You start a small flame on this curtain so they can see. You put a drop of hydrochloric acid on their wall. You put a small crack in their boulder. So the very first thing I want to teach you is to be Real.

Get Real

Take a moment and think of one statement that you have to say to yourself. Get Real. Where have you been fantasizing? Where have you been intellectualizing and rationalizing? Just get Real with yourself -- with just one statement. We all know our areas -- correct? We've all been working on metaphysics -- right? We all know where we have an issue -- correct? Take only about 45 seconds to write it in the space below.

Where's the class you've been wanting to teach? Where's the book? What are you writing? Where is it? How many years have you been talking about this? A Year? Two Years? Six Years?

You go to mentors, you go to teachers, you go to masters -- you learn a technique, you spend good money, you get locked up in a little room with them and they say "blah, blah, blah, blah," and you say, "Yes, yes, that's where I need to be going. Yes, that's one of my choices." Something happens, and worse than being nice to other people, you become nice to yourself. What's that like?

You know what my mind says? I can sit down and see eight clients in a day and teach a class at night and see another client, and my mind says, "Oh, Starr, you're so tired, you've got to rest and it's OK if you eat that whole bag of chocolate chip cookies." I can see one client and spend 35 minutes on the computer, then ask my mind, "How am I doing?" My mind says, "Oh, Starr, you're so tired, you work so hard, it's OK if you eat half of those brownies." And any time I check in with my mind, I am treating myself. There's cookies, and the "Oh, go buy a new outfit, Starr; you deserve it. You deserve it. You deserve it."

And yes, there are times when I do deserve it. But I found something very magical and mystical. I found something called the 18-inch journey. It's the longest journey you'll ever take -- it's the 18 inches from your head to your heart. sometimes when I'm exhausted and I ask my head what to do, my head says, "Go crash." My heart says, "Starr, finish this last paragraph. There is a deadline on this and it needs to be faxed tomorrow." Sometimes my heart says, "God, you should've gone to bed a half hour ago. Now, get to bed and take some C before you do it."

My heart tells me the truth My heart is Real. It's a different voice. No matter what I ask my mind or my ego, it's cool - you deserve a treat. Think about it.

So we have these boulders and curtains created by the illusion that our body, our mind needs to be comfortable. I want to share a secret with you. When you are uncomfortable, old belief systems are falling away and light is coming into you.

I don't mean sitting on a tack. I mean that when you're just unsettled enough in your mind to start using thought, to start looking seriously at your life, you begin to grow. When you're uncomfortable enough to create space for spirit to come fill you, boulders, walls, curtains, and blocks will dissipate. The more uncomfortable you become, the faster you grow, the closer inner peace is to you.

I have a radio show called "Star Light." The first thing I say on the radio show is, "Hi, my name is Starr, and I'm here to make you uncomfortable with who you are, so you can fulfill your potential."

What do we do in the U.S. about uncomfortability? What do you do when you get uncomfortable? Some ignore it and get busy. Some go, "Ah, gee, something's not right in my life. Oh, it's the dishes! Couldn't have anything to do with my weight or my relationships, huh?! God, look, something's not working in my life, let's turn on the tube." Some people eat, some drink, some sleep. There are all kinds of techniques.

I encourage you:

not to be nice;

to be Real;

not to be comfortable.

Stretch yourself. Get into what's making you uncomfortable. Let it become your art and your teacher.

Your Greatest Tool

Nothing matters to us anymore. Say, I decide I want a new blouse, so I go out Saturday and Sunday and shop. I may go out shopping the next Saturday and Sunday, too. I want a new blouse. So I'm thinking, "What pants do I have, what skirt do I have, what shoes do I have, and what am I planning to buy?" I go into store after store and try on blouse after blouse. I end up with three blouses -- two nice blouses and one good blouse. The two nice blouses hang in the closet and the one good blouse travels with me on the road. But, the hole in my chest is still there.

Shopping no longer matters to us. Why? Because here in the U.S. we are not Real. We don't even use Real money. We flip out the charge card. We take our energy and we toss it into the wind, and we end up with this great big boulder sitting in front of us, blocking us from connecting with life. How can we get over or through this boulder? With a major power saw. And the biggest and best saw for any block in your life is being Real.

Go into Poland and stand in line for four hours for loaves of bread. Eating no longer matters to us. We can walk into grocery stores that have more food in them than a whole county sees in some foreign countries. We can purchase anything we want, and we're still stuck in our misery. We're still eating whole bags of chocolate chip cookies. We're still eating Haagen Das(TM) and Ben & Jerry's (TM) when we're not feeling good.

We're stuffing it, because we want to be nice and we want to be comfortable. "What will the neighbors think?" All our lives we've been told to "be nice, be nice, be nice." We're told to be nice to friends, strangers, relatives, and animals, and we're often nicer to them than we are to ourselves. And so we have these barriers. I can look at you and get only so close and the intimacy stops. You created these hurdles in front of you to protect yourself. You created these walls, curtains, and boulders. We all walk around bumping our walls and curtains together.

We talk to someone and we go: "Hi, haven't seen you in a few months, how ya doing?"

"Pretty good, Starr."

"Oh, you grew a lot. Good. Fine. Next."

We stop and we disconnect before we've even walked into the soul or the doorway into the person. Do you find that every year as we progress, we have fewer and fewer friends, but maybe tons of acquaintances? Why? Because when you stop having psychic agreements with your friends, they become uncomfortable in the relationship. The psychic agreements are like this: "You don't call me on my stuff, and I'm not going to call you on yours." We're so nice to each other. We're so spiritual. We go to classes together. There's no reality there.

The greatest tool I can give you is to check in with yourself. And when you find yourself in a situation -- looking into someone's eyes, say -- that becomes uncomfortable, go for it. Telling someone "I love you" while your behavior belies that statement is not working anymore. With the

photon belt coming through, people are really looking at each other. Are you ten times more psychic than you were ten years ago? Do you feel more than you did ten years ago? Are you doing things you never thought you would do two years ago? Just imagine if someone had told you two - three years ago that you would be where you are now, what would you have said?

The old ways are not going to work anymore, people. We're going to be put through this tremendous energy. We're going to get intimate. And if you can't be intimate right now, and you have to walk next to someone two years from now, and you know the time that they locked the little kitty in the closet until it died, and they picked their nose and ate it, and you know every secret, every thought of everybody, you're not going to cope. You're not going to be able to be there in your body, because you will go into overwhelm. You will not be able to be Real.

We are not showing each other our joys. We're not showing each other our sorrows? Is that Real? What would your life be like if you were uncomfortable 40% of your day? What if you had to look me straight in the eyes and look every person straight in the eyes? Would that be uncomfortable? What if every person came up to you and said, "Hi, how ya doing?" You'd be OK with that, right? What if they said, "Hi, how ya doing? You have a lot of anger repressed."?

It's getting to a point in time where we will hold no secrets. I want you to start being and practicing right now in your uncomfortability. I want you to make a space for Spirit to put enlightenment. You all have done personal work. You've handled enough stuff now so that you have space. Now pure light is going to start pouring in and it's going to come from intimacy and reality -- Realness.

House of Mirrors

I can go places and look at someone and say to myself, "Gosh, she's been married three times and has a lover on the side right now." I used to get uncomfortable about that and say, "Oh my god, Starr, you can stand in a grocery line and know all sorts of things about this woman who isn't even asking for a reading." But then I realized something. Now I say to myself, "Wow, this woman is making me uncomfortable. What part of me is uncomfortable? What is it in me?" I can look all the way over a roomful of people and say, "You've got this and you've got that and you've got this and on and on. It's easy for me to say that, but reality is about what I have.

We're hearing a lot about the photon belt these days. What is this? What about this ascension process? Are you confused? Are you reading on the one hand all these people say we're going to ascend with our body, while on the other hand, other people say we're going to become a light body? Some people say that the Earth is going to be dark for three days, while other people insist that new energies are going to be here. It's really confusing right now in the metaphysical/spiritual/enlightenment circles. Why? Because everybody's stuff becomes your stuff. The more we move into this photon belt, the more you're going to have to do about your stuff. That means you're going to

have to be uncomfortable and get Real.

People who teach metaphysics say to you that everyone in your life is a mirror. I'll tell you a secret that they don't tell you, though: It's a fun house mirror. It's distorted. So if I have, say, 2% greed in me, somebody might come into my life who has 80% greed in them to mirror me. Why? Because I said I want to be the best light worker. What happens when you say you want to be the best light worker possible? This: Anything unlike light in you, in your life, comes to the fore -- big time.

People say, "Oh, I want to be the best healer." Or, "I want to be a light worker or the best metaphysician/spiritualist." Or whatever. Have you said any of these? What happens when you say things like that? Everything like that jumps in your face. If you're not like light, it jumps right in your face. If you're not like light healer, it jumps in your face. The time has come to stop just putting it out there and to start putting it right here, in yourself.

When you're uncomfortable, you're growing. When you're uncomfortable and Real, you are producing, you are productive; you are modeling a vibration for society -- enlightenment.

The Truth is Not "Out There"

There is a philosophy going around now that speaks about broken, damaged, hurt, and disconnected people. But that's not the answer. Oh, you'll take that, because it's so much easier than reaching inside yourself or knowing yourself. Become uncomfortable with your power, and you will sharpen it. Become uncomfortable with your love, and you will share it. Become uncomfortable with your spirit and you will become.

Stop! Stop this game in your head that says it's out there -- that Starr can give it to me, that Yogananda can give it to me, that there will be a technique that'll fix it. No one is going to change you but you.

Get uncomfortable. Get Real.

I can give you these two things. Take them to heart. Take them to the office. Play with them. Change your mind tapes from "God, this person makes me uncomfortable. What wrong with him?" to "God, this person makes me uncomfortable. What's going on inside me."

"Gee, that person has dark energy. I don't want to hang around with them." Well, maybe that's the fun house mirror and maybe that person's 80% greedy, but you did say you wanted to be the best light worker, right?. You did say you wanted to be the best teacher, right?. Spirit is using the fun house mirror to show you that 2% in you, through your seeing the other person's 80%. Embrace it. I strongly suggest that the thing you like the least you become the closest with. What is the thing you like the least? You hate heroin addiction? Then work in the heroin addiction center. You hate violence? Go and help the victims of violence.

I took an extremely expensive workshop once. It was a year-long, live-in workshop for speakers and trainers. There was one thing that was worth all of the thousands of dollars I spent on that workshop. It was this: When you walk into a room, bond with the person you like the least. Everyone in the class will be at ease with you. But if you start pushing away from the person you dislike, in two hours your class will fall to pieces. One by one, your subconscious judgments will push everyone away from you. Next time you go to a party or to a workshop, find the person you least want to talk to. Stand in front of them and talk to them.

Do you have a coworker you just can't stand? How about a boss that just drives you crazy? Go to work and get in this person's aura tomorrow, and instead of saying, "This guy's an a-hole," or "This woman's a b----," look inside yourself and find what it is in you that needs to grow. What space is crying out "uncomfortability, uncomfortability -- I need light, I need light."?

Or how about this idea? I could develop a thousand-dollar training. You come to my house for a week. What we'll do is take pictures of that person you don't like. Destroy their personality, recreate their personality, eventually match their personality to that part about you that's not growing, that you dislike. We could also take that area you don't like about them and increase and enhance that area in you. Yes, you can do it the expensive way, You'll feel real good at the end of the thousand-dollar week. We could call it "Enemies are us."

Or, you can do it yourself. That whatever-it-is that makes you uncomfortable, if you know it, if you're Real about it, you can fill that space with light. You will end up with the same result, except that, with a long, drawn-out workshop, you'll also end up with a lot lighter pocketbook and will have invested a bunch of time that you could have done something else with.

What's happening daily, as this photon belt comes along, is that different teachers and books come along: "Here's a gold nugget -- here's a gold nugget -- here's a gold nugget." Remember in 1971 or 1980, you had to pay a tremendous amount of dollars to do two to four weekend workshops, for say, \$2700. Stretches and stretches of time to get one important piece.

You can do it yourself, right now! I guarantee you that if, daily, you would use your body, use your feelings, and any time you're uncomfortable, if you'd check in with what's going on with you, that you will do more processing, more enlightening and get rid of more boulders, bricks, blocks, walls, curtains, and beliefs that do not serve you, than -- I can't even say than what. I can't even say how many years of therapy or weekend workshoping you could save. That's not meaning you should quit your therapy or stop coming to my seminars. It means: Take your leading-edge tool and use it.

For instance: Say you're a nurse and your husband's girlfriend (whom you supposedly don't even know exists) is having major surgery tomorrow where you work. What are you going to do? Confront them? Be professional and nice? Nice!? No. You're going to be Real. Go off somewhere with her. Say, "I'm hurt! I'm angry! I'm scared! This hurts. This saddens me." Say, "Why don't you go to someone in another hospital? I'm hurt. I'm angry. I'm uncomfortable." Say it. Get Real. Show your uncomfortability.

When you show someone your uncomfortability and there's no act, no game, it's all above the line. No rationalization, no intellectualization. When you show someone your uncomfortability, they become so Real that they blow your mind and theirs.

Now, you don't say, "You so and so. I did this and you did that and all those years you were with me and blah, blah, blah, blah." Don't say, "You hurt me." Say, "I'm hurt. I'm angry. This makes me uncomfortable." Period. Tell these people the truth. Don't be nice.

You're going to see something happen that will amaze you, because their subconscious and conscious minds have been working on their story for weeks: "She's going to say this and this, and we're going to say this and this. Then she's going to say that and this, and I'm going to say this and this." They're going to have this whole story worked out. And when you say, "I'm hurt. I'm angry," the story is going to crumble into little places and pieces. And you will become Real.

Get this, people! It's not about the verbal dance. That's not going to work anymore. It's not about you said, she said, he said, we said, I feel, you feel, you made me, I made me. No. It's about now -- "I'm scared. I'm losing you. I'm afraid. I'm angry."

When you stand in that powerful connection with Source, there's nothing -- no thing -- this man or woman can do or say that will hurt you. When you start doing the verbal dance, he will drag every one of your buttons out and push them as frequently as possible. So, be uncomfortable and say it.

OK, so what if you do this and the people or person leaves you? Then you don't want to be in their vibration. If you can state your reality, your connection to where you are without a lot of games, and they leave, they are not vibrating at your level. I want people to leave; I want people to go to other teachers. I want people to grow faster than I. I want people to grow at their own pace. If someone finds another mentor, go, I say; go learn from that mentor, then come back and maybe teach us. I want my significant others to go on their life path. Yes, I hurt. Yes, I cry, and, yes, I whine and bitch, no matter how spiritual I am. But when you're Real, you will attract people who are also Real to you. And those you met eighteen months ago or eighteen years ago have very little to do with who you are today. If your physical body changes cells every seven years, how fast or slow does your consciousness change?

Let's take another situation. Say you work for a husband and wife team. The husband is trying to come on to you. The wife is very immature. She does thing that you allow yourself to get angry about. You don't know if you can take it anymore, but you think you want this job, you think you need this job. You've had lots of jobs over the last few years. And something always happens. Stop and think. Do you see a pattern? Could it be that you're not the type of person to work for somebody else? You say you have thought of owning your own business, but you're scared to death of that.

Well, I say you need to be scared to life! You're going to continue to co-create people in your life who make work miserable for you. This is about your pattern. This is not about the husband and wife you work for now. Let's get Real here. You are not to be employed by anybody. Period. The

longer you avoid your purpose, the worse your bosses are going to get. Notice the pattern. It's not that you're a bad employee. The reality is you need to get your own business. Stop being "nice" to these bosses, and get Real.

Notice the two situations. In one we have to speak to be Real. In the other situation we had to be Real in getting out of our own pattern. In the latter, the most uncomfortable thing in the world for you is to own your own business. That is the most on-purpose thing you could do. I could BS you; I could drive you in circles. I could say you've got this pattern, come to my workshops on Pattern Puzzles. "Come on down, folks, it's only a thousand dollars." You know what you would come up with at the end of the workshop? On your little piece of paper you would have:, "Need to own my own business." Out of all the processes and everything -- "You need to own your own business."

It's not funny and it is funny. We are literally spinning our wheels. Everybody reading this subconsciously knows exactly what they have to do to improve their life 1000%! Do you see how you could improve your life that much?

Begin to feel uncomfortable. You have to make a decision without any input. Do it. Get Real. No "niceness" about it.

Here's another situation: What if you dance around forgiving someone for 20 years? Oh, yes, you've had lots of therapy and it still isn't working. You're wanting to stay in that victim role for all your worth. What would happen if you weren't a victim? You would have to give up attention. You would have to give up the whining to your friends. And most importantly you would have to get purpose. And that scares you.

Or, maybe you have a purpose, but you're still a "victim" or "persecutor." You're not sure. You're confused. Do you know what confusion is? Think about it.

Confusion is a way of controlling and manipulating. When you get confused, everybody runs over and says, "She is confused. We have to straighten her out. My god, she's so confused." Confusion is a draw. For five times more energy than someone who does something. A person who is habitually in confusion is smart. They know how to get that energy. Confusion is covert manipulation and control. Listen. If you're going to get into control and manipulation, do it overtly. Be open. Be Real. Go to a therapist or reader who is Real. They are not going to say, "Forgive the person." They'll say, "Get on with your life." Write the person you need to forgive a letter, burn it in the fireplace and get on with your life. Put it out in the mailbox, bury it in the dirt. Do some ritual with it. Throw it in the ocean, dump it off a bridge. You can do it in a million physical metaphors. Hanging on to this pattern is such a big payoff you can't become the person/healer/teacher you really are. Period. Let it go. Get Real.

Mistakes

Another way to get Real is to own your mistakes. How many times did Edison fail before he came up with a viable light bulb? Something like 684? How many polio vaccines were there? 138. I learn by my mistakes. I believe I need to make eight mistakes so I can have two powerful statements - two gold nuggets.

I once worked for a 900 line. We did some other sales in between psychic phone calls. I told the people with me that it takes 12 phone calls, to sell a \$500 package. So instead of going, "I talked to two people and nobody bought the package," I taught them to rejoice. "Hey, I'm on number eight rejection! I'm on number ten rejection!" People would be yelling: "Hey, cool, this is number six!" All my people who were in my room between 900 calls were selling these packages and would be jumping up and down whenever they got a "No."

The out-of-state owner of the company came in, saw this, and he's going: "They're getting rejections, and they're jumping up and down?" I said, "Yes, and it's come down from 1 out of 12 to 1 out of 8 -- because they are so excited about their work." They knew that those calls were just as important and the sales.

Hey, mistakes are Real. I want you to rejoice in them. The bigger the mistake, the bigger the gold nugget on the other side of it. Rejoice in it. "I made a mistake. Great!"

That may sound like a strange philosophy, but it really works. If you can make a mistake and be gracious about it, you can say, "Starr, I really must be learning something. I really did a booboo. I put the wrong seminar on the wrong date. You're going to have to change your times to come to New Orleans." and I'll say, "Oh, cool, well, I can do that," or "Cool, I can't do that. How can we fix it?" But if you call me and say, "Starr, I was distracted, I was diffused, I don't know how to tell you this. I don't want to waste your time. But you're going to be so mad at me when I tell you this." -- if you talk to me like this and waste 15 minutes prefacing what you've got to say, I'm probably going to strangle you.

No. Don't treat mistakes like this. Your mistake becomes that negative energy. Your mistake becomes that deep. Mistakes are the foundation; they're concrete. Where would your house be without concrete? Can we see them? Can we see concrete? No. Do we know it's there? Yes.

Now, you don't go around and say, "Hi, my name is Starr. My biggest mistake was in 1971. My next biggest mistake was in 1982." We don't do that. Just be Real. Own your mistakes. It give you an aura of maturation, of quiet authority.

It's part of what's called "precession" -- something else that's accelerating now. Precession, the opposite of procession, means to come before something else. It's a sentence, a word, a seed that leads you through a string of events. How many times have you heard friends say something about a movie they haven't seen? Other friends will then say something in casual conversation 3 days

later, a week later, and then maybe 2 weeks later, you're seeing the movie. That's precession. Then you take me to see the movie. And it changes my life. That's precession. The precessions in the 70's and 80's were real long. Now, precessions are much shorter. Have you noticed?

You hear something about a book or something else, and -- boom! -- it's right there. Back in the 60's, I used to think about friends for 3 or 4 days and they'd finally call. Now, how long does it take? Two minutes? Seven minutes? Five? This is what happens as we start getting rid of those boulders. You don't even say, "Laaarrryy ffrroom NueewwOrleeans, call me." What happens is I'll be thinking, "God, I really like Larry and I haven't heard from him in three months. Hmmm. OK. Now, how do I finish this double chocolate fudge cheesecake?" And then, in this slice of consciousness, in the less-is-moreness, Larry calls. It makes a greater impact. The precession of thought leads to his calling me. If you do the "I Dream of Jeannie" routine, it doesn't work. Life is becoming simpler, not with all our gadgets and equipment, but with connection between the 18 inches between your head and heart. If it's in your heart, I guarantee you, it will be in your physical plane.

Look around your house. Is it filled with clutter? Clean it up. Do you want that in your heart? If you clean your environment -- boom! -- the As Above, So Below Law kicks in, and your heart also gets cleaned up. Why? Because, the law works both ways.

In a Byte

Be uncomfortable.

Be Real, not nice.

I don't like nice people. You know, these syrupy -sweet people: "Hi, did I tell you blah, blah, blah..." in this teeny little sweet voice. And two weeks later, you notice this dagger in your back. Nice people are not connected.

Become uncomfortable and stop the dance. Stop whatever it is -- the rationalization, the intellectualization, the justification. Well, he cheated me, and I'm me, and I'm going to cheat on him. Then we're going to be even -- or evil, whatever you want to say. You're both evil then. Remember that "evil" is "live" backwards. If you are evil, you are not living; you are taking from life.

Go out and incorporate at least one thing tomorrow, especially the uncomfortability, the Real stuff. You'll find a moment where it's going to be a little bit easier to be Real. You will find that moment.

Please do not be Real at the expense of your job or at the expense of someone else's career. I'm talking about appropriate realness. That means you can say the truth and be the truth, but you don't stand in front of someone and say: "I saw you take those disks home that had the company mailing lists on it," while the boss is standing right there. That is inappropriate. That is unfair. Say: "You took the mailing lists home. I'm not sure what to do about it. Are you going to return it?" This

is a private conversation.

Like anything else, being Real or being uncomfortable is to be blended with all the other spiritual things that you're doing. You're not to go up to some lady in the grocery store tomorrow and say, "Gee, when was the last time you washed your hair?" This is not about that. This is about looking inside of yourself, about your own action, about your own personal growth.

Forget nice.

Be uncomfortable.

Be Real.

Find what's behind those boulders, curtains, and walls.

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