

## **Be A Lamp Unto Yourself:**

### ***Insight, Wisdom and Spiritual Healing TeleSeminar Series***

*With Michael and Raphaele Tamura*

## **To Be or Not To Be: *Healing Who You Are***

Dear Friends and Awakening Souls,

“To be, or not to be...” So ponders Hamlet in one of the world’s most famous soliloquies. Shakespeare has the distressed Prince of Denmark reflecting that although it may be nobler to persist and suffer through the great hardships of life, ending it all might be the way to go for him. Yet, as he considers this alternative, he questions whether that choice might actually bring about a worse experience for him, since he knows not what kind of dream such a “sleep” might induce. The bard masterfully slips in not only an allusion to all of this worldly life being a dream, but also that death isn’t the end of our being or consciousness.

How many times have you considered being or not being, not in the sense of living or dying, but in being as you were or to change into being someone, something, or somehow different? *I am healthy. I am old. I am not fat. I am not stupid. I am tired. I am not your slave. I am stuck. I am not happy with this. I am angry. I am not sure about that. I am besides myself. I can no longer continue to be complacent and do nothing about this. I am a mother. I am not an artist. I am not good enough. I am happy.*

To be or not to be - is that the question? You might say that you are a “human being”, as in, you are a being, being human. If you’ve become aware even a little that you have a life and an awareness beyond this human life, you might think of yourself as a spiritual being currently incarnated in a human body and mind. If our consciousness continues after the death of the physical body here on earth, then, we *are*, whether we are incarnate or not. You are. I am. We are all non-body, spirit-beingness.

If we are eternal, what happens when we make a decision that we are not this or that? What happens to you whenever you decide that you are angry or sad or tired or sick? What happens when you believe that you are never going to be able to forgive someone? How many people live their lives believing that they are “not good enough” or that they

will never be happy? Beingness, by its very nature, is limitless and eternal. Yet, what happens when we decide that we are not?

We are always deciding, consciously or unconsciously, that we are or are not someone, something, or somehow, when and where. *I am not happy here when you do things like that! I am delighted that you think so! I am lonely here when you are gone. I am ecstatic when everything goes right. I can only be here when everyone else is gone. I cannot be myself around you.*

You may have noticed that whenever you have any problem in your life, it is due to you somehow being invalidated. And, all invalidation boils down to this: "I am not \_\_\_\_\_." It doesn't matter what you are not. It's that you are not. Invalidation means that you are not being who, what, and how you truly are, here and now. Validation means you are all that you are, as you are. Self-validation is the first and most important step to self-realization.

To validate and celebrate the spirit that we all are, we are dedicating the next 7 teleseminars in our Be A Lamp Unto Yourself Series to **Healing Who You Are** and restoring yourself to your true beingness. Through them, you'll be answering the question, "Are You \_\_\_\_\_?" Are you willing? Are you in your body? Are you present? Are you aware? Are you happy with yourself? Are you successful in what you do? Are you spirit and all that it means to be spirit? As we explore these questions in our teleseminars, you'll learn to heal yourself back to your beingness so that you can be more of who you already are, limitless and eternal. The more that you practice validating that which you truly are, rather than invalidating your beingness by thinking that you are not, the more you heal yourself and the happier you will be.

So, don't wait! Join us in learning to live the miracle now.

### **TS32 - Being Willing: Yes, Let's Do This Thing!**

Saturday, September 2

10:00 AM - 12:00 PM

Where there's a will, there's a way. Yes, everyone has a will, but how willing are you? With willingness, anything becomes possible. Your resistance, on the other hand, is the biggest obstacle to living the miracle.

During this class/healing session, we'll explore what it means for you to be willing, how willing you've been, and what makes you less than willing at times. We'll also teach you a few tools to help you validate your willingness. We will give a couple of the participants spot-readings on their willingness as well as the resistance they've been in that has limited their willingness and therefore their ability to fully accomplish what they wish to do. Through the meditation practice segments of the class, you'll learn some healing tools to heal your willingness so that you can get on with the life you are meant to live. As always, we'll finish the class with a silent healing on the whole group to help restore everyone's willingness and enthusiasm.

### **TS33 - Being In The Body: *Come Alive!***

Saturday, September 9

10:00 AM - 12:00 PM

Little children tend to jump out of bed with gusto each morning to face the day. They're alive! They have extra energy. It's because they are in their bodies more than most adults. It means they ARE more in their bodies. They haven't learned that they have to limit their beingness here quite yet.

In this class, you'll learn to validate yourself, your beingness, more, here and now, in your body. You'll learn simple, but powerful tools to help you be more in your body, have more energy, and come alive! A couple of the participants in the class will get spot-readings from us on how much they are in their bodies and what is keeping them out. By listening to and observing (energetically) to each brief reading, everyone will experience their own healing as well as learn about being in their bodies more. You'll then learn in the meditation some healing tools to heal yourself so that you can be more in your body and have more energy to use in your life. To complete the class, we'll give the whole group a silent healing to help everyone be more in their bodies, grounded and centered.

### **TS34 - Being Present: *All the Time in the World***

Saturday, September 30

10:00 AM - 12:00 PM

Once you are more in your body, you can be more present in your life in this world. When you are present in the world, you shine your light in it. It is your presence, who you are, that makes the biggest difference in this world. What you do is just an extension of you being present. The more you are present, here and now, the more you share who you are with everyone and the more you fulfill the real purpose for which you were born.

Our spot-readings will focus on the participants' personal questions for healing themselves so that they can be more present in the world and in their daily lives. What is keeping you from being more yourself as the immortal soul that you already are, express your inner creativity, and share yourself in this world? Through the meditation practices, you'll learn psychic tools to help you be here more fully in this world as yourself. The silent group healing session at the end will also be directed toward the healing of your presence in the world.

### **TS35 - Being Aware: *I Can See Clearly Now***

Saturday, November 4

10:00 AM - 12:00 PM

"I can see clearly now, the rain is gone," sang Johnny Nash in 1972. When we clear the rain and dark clouds of invalidation out of our mind, we, too, can see clearly our "bright, sunshiny" life. Yet, when we allow ourselves to become invalidated and live in the funk of not being who we are, we sleepwalk, unaware and unhappy, through our life. You are spirit and as spirit, you are aware. If you deny yourself being spirit, then, you cease seeing life clearly with your inner vision.

In this class, you'll learn to validate your beingness that is awareness. You'll learn to heal yourself, restore your awareness, and see more clearly. Through the spot-readings we'll give a couple of the participants in class, we'll explore how we tend to give up our innate spirit awareness and our ability to see the truth more clearly. As you listen to and observe the readings, you'll not only learn how you, too, may have limited your awareness and clairvoyance, but also, you'll begin to heal yourself back to being more aware. Then, in the meditation practice, you'll learn to heal yourself back to increased awareness of yourself and of your life. Finally, as always, we'll close the class with us giving the whole group a silent healing to restore more clarity of inner vision and awareness.

### **TS36 - Being Happy with Yourself**

Saturday, November 18

10:00 AM - 12:00 PM

We may tend to find ourselves unhappy with certain situations, conditions, or with certain people in our lives. Yet, can we truly be happy with anything in our lives, if we are not happy with ourselves, with who we are, first? With some religions long espousing such beliefs as "original sin", it's not hard for many of us to imagine that we were somehow

defective right from the get-go. No wonder such a large portion of humanity gladly settle for not being terribly unhappy as a kind of happiness by comparison.

So, in this class, we'll start with what it is to be happy with yourself. What do you think that you need to be completely happy with yourself? We'll give a couple of you spot-readings to find out how you may be holding out on happiness for yourself and offer you insights into what you need to become aware of and claim your happiness. Discover what you are looking at and experiencing within you that you interpret as a lack of happiness. What aspect of your beingness are you not validating and interpreting as some kind of lack? Then, you'll learn tools in the meditation practice to help you further heal how you see yourself and your relationship with yourself back into happiness. We'll complete the class with us giving the whole class a brief silent healing to help everyone restore more of their innate happiness with themselves. All of your happiness comes from being happy with yourself. So, learn to heal yourself back to who you are.

### **TS37 - Being Successful in What You Do**

Saturday, December 9

10:00 AM - 12:00 PM

Being successful means accomplishing what you set out to do. If a runner sets out to complete running a marathon, he is successful when he crosses the finish line, even if he came in last. On the other hand, if a runner sets out to break the world's record in running the marathon, he is only successful when he runs the marathon faster than the previous world's record time. We are all successful in somethings we set out to do and unsuccessful in other things. With more difficult goals, we may fail many times at accomplishing them before we finally find success. No matter how many times you might fail in the process, however, you are successful the moment you attain your goal.

We'll explore being successful in everything we set out to do. We'll also explore what makes us not set our sights higher in certain situations and, therefore, not end up attaining what may have been important in our lives. For example, we may not even consider accomplishing something that would help us greatly in fulfilling our purpose in life, for fear of failure. In the spot-reading segment of the class, we'll give a couple of brief readings to participants on what they need to be more successful in whatever they set out to do as well as what fears might be holding them back from even attempting what they need to do. In the meditation practice, you'll also learn a few important tools to help you enjoy more success with more certainty and less effort. What is limitless and eternal can't help but to succeed in everything. This class is for helping you to heal that part of you

back to being even more successful than you've been. We'll again complete the class with a short, but powerful silent healing on the whole group.

**TS38 - Being Spirit: *Playing Outside the Box***

Saturday, December 23

10:00 AM - 12:00 PM

Competitive business enterprises producing cutting-edge technology tend to foster their employees to "think outside the box". To be spirit and fully live your spiritual life in this world, however, requires you to step up from merely thinking to playing outside the box. Have you noticed that whenever anyone is truly playing - whether playing games, playing music, playing football, or playing on the playground with friends - he or she isn't really thinking anymore, not in the usual sense of the word. Both world-class athletes and musicians talk about "being in the zone". They've left all their intellectual thinking behind in their countless hours of practice and rehearsals and when they are "playing" in the big game or the performance, they're no longer thinking how to catch the ball or which note to play. They are just playing. They let themselves free of the box of step-by-step instructions and rules that they've practiced until they were able to do it without a thought. When they're playing, they let themselves play outside the boxes and be the limitless spirit they are. If they are able to be in that zone of beingness, miracles happen - what was previously thought to be impossible suddenly becomes possible. Playing outside the box is trusting in the spirit within you that you truly are and let yourself go. Playing outside the box is being spirit and living the miracle.

You'll learn to heal yourself to play more outside the box of your comfort zone and trust yourself as the limitless, eternal spirit that you are. You'll learn through insights and experience you gain in the meditation practices as well as in the spot-reading reading session and the brief closing silent group healing. Learn to heal yourself back to beingness and experience the freedom of being spirit.