

More about the "Psychic Change"

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Chevra:

I'm looking forward to our getting back "on board" tomorrow and cruising this vast ocean we call life.

We learned last week in "The Doctor's Opinion" that our freedom from our disease is going to come from our developing a new perspective and a new response to our life. In our discussion about this, we talked about how unfortunate there aren't any books; like the Chofetz Chaim that talk about Loshon Hara and the way we talk to others - but for our purposes, we need books that address the way we talk to ourselves. And how harmful it is when we put ourselves down. Apparently, we weren't the only Group talking about needing a "Psychic Change."

In fact, I just got a the Aish Daily Lift which "coincidentally" addressed this:

#698 All Events and Situations are Neutral Until You Have Self-Talk About it

Realizing that your self-talk is a key factor of the way you view any event or situation allows you to understand the power of your self-talk.

Your self-talk is the key factor that decides whether you will live a happy life or an unhappy life; whether you frequently experience positive things or negative things. Your self-talk is the key factor that changes encounters with kind, friendly, helpful people into encounters with cold, selfish, and uncaring people, or vice versa.

When someone really comprehends the power of self-talk, he understands on a deep level that his life experiences depend on how he views them. Your outlook is the key to the quality of your life. The difficulty involved with dealing with potentially challenging situations and people depends on your viewpoint and perspective. Your viewpoint, based on your self-talk, makes the

situation harder to deal with, or easier.

When you have a "good eye" and see events and people in a positive light, you will have a totally different experience than someone who has a "bad eye." With a "bad eye," you see problems and hardships and difficulties everywhere. With a "good eye," people treat you better and life events will work in your favor. You see opportunities, where those with a "bad eye" see misfortune.

(from Rabbi Zelig Pliskin's book: "Conversations With Yourself", pp.35-6) [Artscroll.com])

See Rabbi Pliskin's new book ["Life Is Now"](#)

So please join us Monday as we resume our reading in the Big Book - we will begin with Chapter One - Bill's Story.

Looking FORWARD

Duvid Chaim

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