

THE PELICAN

The newsletter for **Dynamics Of Living**,

100 Fourth Avenue South #221 St Petersburg, FL 33701

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www.DynamicsOfLiving.com

August 2008

Self-Fulfilling Prophecy

Do you know what a self-fulfilling prophecy is? Most people know that a self-fulfilling prophecy is an event that, because it is predicted and expected, is therefore more likely to happen, and even caused to happen.

For example, according to Success magazine, two different groups of psychologists were once asked to observe the same child playing. One group was told beforehand that the child was emotionally disturbed. The other group was told that the child was a genius. When the psychologists were asked to report on their observations afterward, each group had found evidence to support their preconceived ideas.

Now, it's important to realize that self-fulfilling prophecies are everyday experiences -not just laboratory experiments. What do you expect your day to be like when you get up in the morning? How do you expect your kids to behave? How much success do you expect for yourself?

You see, if you predict failure, failure is generally what you will find. And if you expect excellence, excellence is very likely what you will get. How we think about a situation determines how we act, and how we act, more than anything else, determines the results.

That is how self-fulfilling prophecies work. There's nothing magical about it. What you get in life is pretty much how you behave, coming back at you. To me, it makes perfect sense. What do you think?

Lou Tice The Pacific Institute

My muse is on vacation today. I have included some words from Lou Tice. I believe we all need to be more aware of how our thoughts carry us through our days. Be certain to choose the ones you want.

Betty Perry

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There are hundreds of Silva Grads in the area. For some reason only a handful attend the first Wednesday meetings. Is it the Time? Location? Day of the week? You can easily change that. Help start your own group or help someone start a group.

Coming together with other Silva Graduates gives you the opportunity to create wonder in your life. Whenever you join together with like-minded, positive people, you help to supercharge your programming and also the programming of everyone in the group.

In our website we are building a support center to help create and support more graduate meetings throughout the area and beyond, wherever the interest exists. Contact Jeff Hammel at Jeff@DynamicsOfLiving.com or call 813-956-5782 for more information. The potential for mutual support among the Silva community is great. Let's harness that power, Now!

Grad group now forming in Pinellas Park

Contact Norman Alexander 727-656-1023 normanalexander777@yahoo.com

SILVA SUCCESS

At the close of the Silva course when I wrote a list of goals I wanted in my life I listed the sale of 2 lobster boats and an acceptable price.

The boats are now sold and the market situation did not affect the price.

Thank you Silva Diana

Several weeks ago I had a total hip replacement. The orthopedist told me I would have swelling in my leg for 6 to 12 months. This was not acceptable. I wrote the Powerline and asked for help in reducing the swelling. The swelling was causing mobility problems as well as discomfort. Within about ten minutes I received an email back from Betty suggesting visualizations that I could use to help myself. Later that morning at an Alanon meeting, I went to level and imagined wrapping both legs with an Ace bandage to reduce the swelling. When I got up I realized I was walking better. Later that day while conversing with a friend in the walking pool he mentioned how he exercised first thing in the morning. I realized I had not been doing my exercises, physical or mental. I have begun these again. I am now walking at at least 80% rather than the 40% before the visualizations. I was determined to find a natural way to get my leg in shape quickly. Thank you for the reminder to use the Silva tools that I have.

Jim Clarke

I returned to the Silva course many years after my original class. I began to dust off the techniques and found that by taking the time to visualize my day as I wanted it there was a major difference in my life. I plan to continue to involve Silva in my life and it will be Better and Better.

Jim M.

PSYCH-K™ SUCCESS

Hi Betty,

I had to present my first two behavior plans to the Local Review Committee and the District Behavior Analyst. Normally first plans usually do not pass and have to be re-written. I was not able to write the plans before the class because of the intrusive thoughts. After the PSYCH-K weekend, I sat down and began to write the plans. Just being able to write these plans was a major accomplishment. When I presented the plans, they were approved. I am doing much better. I had a bit of a slip into fear. I had all kinds of thoughts from the past come up and I began to slide downhill into that depressed state. Then I remembered, I can sit in the whole brain posture and allow these thoughts to pass and I did that. In essence the old traumatic thoughts did not drag me into a depressed state, so I can get up and get things done that need to be completed. I have to return to court and it is a horrifying notion to return to this unjust system, but will use the PSYCH-K tools to help me through.

Thanks for teaching me this technique. Rebecca P

During the years I have been in practice using energy work to help clients I have attended many conferences and workshops. PSYCH-K is the first one that I could easily and effectively incorporate into patient care and get great results. J O.

PSYCH-K Grads remember there is a practice session after the Saturday Basic class. At 6PM.

Refresh your techniques by returning to the class \$100.00, bring your materials
Keep your tools working for you.

You Are Invited To A Whole New Way Of Living

Imagine walking into a room and walking out two days later the person you always wanted to be.

THE SILVA METHOD

The Silva Method is the world's premier personal development program

Some of what you learn:

- Alpha mental functioning
- Dynamic meditation
- Mind power
- Intuitive functioning

Don't let anybody fool you; your life today is the way it is because of how you think and what you know (or don't know) about the invisible world around you.

The Silva Method Guides you, inspires you, gets you on the right track and, most importantly, ignites an awakening to personal breakthroughs, *like diving into the owners manual for your brain.*

SILVA SCHEDULE

August 9 & 10 Tampa - Jeff

September 13 & 14 Tampa Jeff

October 11 & 12 Tampa Jeff

November 1 & 2 Clearwater Betty

November 29 & 30 Tampa Jeff

SILVA ULTRAMIND

October 29 & 30 Clearwater

Tuition

\$445 prepaid 10 days before class \$495 Later

Jeff @DynamicsOfLiving.com

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www.DynamicsOfLiving.com

www.silvamethod.com

PSYCH-K™

Have you ever met someone that has a phobia such as public speaking, snakes or flying? Have you noticed that they are completely paralyzed and can't even attempt to approach their fear, even if they want to?

The part of us that wants to is our conscious mind. It is the part of us that creates goals and direction in our life. When someone has a phobia, there is also a part of our mind that can paralyze us from achieving our goals and keep us from living the life we truly want . This part of our mind, the subconscious mind, is **a million times more powerful** than the conscious mind and it can support us or sabotage us!

Is there a part of your life that stays stuck no matter how hard you try to change or improve it? Are you repeating the same old patterns again and again?

Even life-long patterns of struggle can be changed quickly & easily by simply "re-programming" the subconscious mind to support us!

PSYCH-K SCHEDULE

August 23 & 24 Clearwater

Sept 6 & 7 Zurich

December 6 & 7 Clearwater

Tuition \$345 10 days prior to class \$395 later

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Time sensitive material

August 5, 2008

*The longer we dwell on our misfortunes, .
The greater is their power to harm us* Voltaire

*You grow up the day you have your first real
laugh—at yourself* Ethel Barrymore

*If you haven't got a sense of humor, you
haven't got any sense at all*
C.W.Metcalf's Grandmother McDonald

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SCHEDULES

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SILVA LIFE SYSTEM

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September 13 & 14 Tampa

October 11 & 12 Tampa

November 29 & 30 Tampa

SILVA ULTRAMIND

October 29 & 30 Clearwater

Graduate Meetings are a way to help yourself
keep your Silva tools in good working order.
Join us.

Clearwater: First Wednesday 7:00
Homewood Suites 2233 Ulmerton Road
Betty Perry 727-898-1954

Tampa Third Thursday
Contact Jeff Hammel for details 813-956-5782

Pinellas Park Grad Group now forming in Pinellas
Park, For more information: 727-656-4023
normanalexander777@yahoo.com

Powerline is a source of energy you can have for
the times when you or someone you know needs an
extra boost. The need can be personal, medical or
any other.

Contact: Norma Lazarus 727-576-6384

Jeff Hammel 813-949-2922

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