



ARTICHOKES & ATTITUDES

*Understanding attitudes
that hurt and heal*

Jane & Terry Hielman



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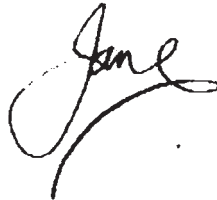
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Artichokes & Attitudes is channelled through spirit by Jane Hielman.

*It is a proud work of support to mankind for the healing of
our beautiful planet and the growth of light work around the globe.*

Thank you for sharing.

A handwritten signature in black ink, appearing to read "Jane". The signature is fluid and cursive, with a large loop on the left side and a long, sweeping underline that extends to the right.

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Part 3



Foreword

When looking at what is staring me in the face, I see a mirror; in this mirror is a person doing the best that they can. As I watch this person I see fear. In that fear, I see courage that has been shaken beyond personal understanding. Fear that is inherent in the situation and a way of unravelling this. As I move on to the next mirror I see a boy, a young boy, a timid fearful boy—a coward in fact—not able to express himself and looking for great support. As I see and hear the expressions of fear and courage, I know that the hatred that is uppermost in the mind is jealousy. Jealousy is the way of expressing loss and lack of contentment. This loss is paramount to the cause and purpose of the first light of insight. As insight develops and grows, the ability to respond will strengthen and the benefits will show in the process and purpose of attitude.

I go.

I grow.

I know the flow of thoughts and talents and behaviour will move the rock of obstinateness and hatred. And as the rock moves and the life force begins to flow, I know I will see light and love and freedom of thought and faith.

Attitude.

Question: How can I best effect change?

Answer: By knowing myself, my needs and desires and honouring the path that gives me the clues and leads me onto actualisation.

Jane L. Hielman

4 June, 1998

Artichokes & Attitudes

Attitudes that hurt



To offend

To offend is to bluntly and negligently hurt someone with words, body language or action.

An attitude of offence is one that creates a small amount of affront—enough to offset any comfort that may be felt by someone within a relationship, verbal or non-verbal.

The times when this is heard, known, controlled and hindered are the times when the ways of belief are offended. And when these ways of belief are offended, a person falls into an area of discomfort. The area of discomfort is heralded as a guard and the ways of guarding self can be diverse.

So as with offence and diversion we have a compromise. The compromise is that of being able to see the light and in this way being free to choose a new line of action which is less uncomfortable.

Where the attitude may be intentional or otherwise, response will be quite deliberate. In responding, the action will compound

the felony. The felony will incorporate a belief system along with action, recall from another situation and also the event.

The sequence within these events will be irrational and will lead only to following an adrenal surge. Any adrenal surge will have a flow-on reaction. This may be physical as in touching or stirring another up, or it may be emotional as in jeering or prodding, pushing with body language or words. As the memory is prompted, long lasting actions will come into play and so the image lingers and prolongs the contact.

As the contact with the offence is recalled, the adrenaline surge will again begin to rally and reliving a past offence will change with the mental replay.

As memory changes the dream or fantasy sequence will rise and the ways in which we wish we could act will surface. As these thoughts surface we gain a broader courage base and wisdom never before seen. As this wisdom rises we begin to act out the superhuman nature that we all aspire to. In this way the adrenal surge meets the fantasy and we lunge, usually unwisely, into a head-on conflict. This may be gently ongoing over a long period of time or it may be fast and furious.

At any point in time this reaction will be heralded as a false sense of security or foolishness. Pride goeth before the fall.

Rarely will the long term support feel warranted to qualify the nature of the behaviour.

Diary*

Make a list of attitudes and belief systems that you live by—Positive, Negative. Note how over time the negatives reduce and the positives grow and grow—keep these over a 6 month period and celebrate your growth.

** Use the diary pages in the back of this book, or use your own separate diary.*



To hurt

Hurt of a physical nature

Pain threshold

Safety

Hurt of an emotional nature

Hurt of a physical nature

When a physical injury occurs, there is a surge of adrenaline to right the slight or wrong that has taken place. There is often a summation of the injury before the reaction follows. Where there is no summation, the action goes unnoticed and the injury may continue due to lack of response, or may cease due to lack of stimulus.

However this situation manifests itself, the physical hurt will remain the focus of the challenge. As the challenge continues the

attitude of pain may take over and so reduce the interaction, or the injury may disable the response.

Where this does not happen there is a chemical change in the brain to override pain and discomfort and to follow through with the act.

The old adage of 'no gain without pain' is one for the macho image—we aspire to live only the life of the wise and so in exposing ourselves to the issues of physical hurt-pain-gain we look only at the physical self being exploited in the absence of the awareness of a mental process. As the mental process kicks in we may be able to override the surge of physical aggression or we may not. If we can, the fright-fight-flight response may kick in and we may make another choice—away from the initial hurt of a physical nature.

In the instance of people being influenced by addiction and stimulants, the pain threshold will most likely be suspended. Where this is the case more abuse is likely to take place than in a situation involving no substance abuse. This brings us to the point of pain threshold.

Diary

Make a diary of injuries, their frequency and severity and note what the attitudes were in your life prior to the physical hurt to yourself and others.

Pain threshold

This is a position held by a living being that will notify of a crisis situation within reasonable limits. It will open up the choices and remark to the owner of the body how best to handle the situation and what to do.

The degree of intensity involved in this situation will be influenced by several factors:

- Heat—the hotter the body, the greater the response.
- Force—the greater the force, the harder the fall.
- Reaction—as the reaction grows and expresses itself then the degree of difficulty of the incident will be expressed.

The idea that pain is a creation of the mind will be foreign to some. But pain is based in memory, response and reaction.

When memory reminds us that we experienced discomfort from this in our past, we know to change the stimuli. When the memory changes the stimuli, we are free to respond.

Response time will vary according to the intensity of the pain and the memory of after-shock.

Reaction will be in accord with the choices available and the degree of fear associated with the incidence.

We are more likely to react with fear if we *know* mum will be cross, we tore our clothes, we will need time off work, or we will miss a great party because we are in hospital.

Diary

In your diary note your attitudes to pain, duration and causes.

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Attitudes that heal



To heal

To shed, share and shower yourself and others with unconditional love, support, care and worth.

To show the strengths and values within the self and the soul that are of ultimate value in the healing process of body, mind and spirit.

To show understanding of self and others, to give time to quietness and clarity, to be unconditional in support. To mirror others from self with respect and wisdom.

To relate easily and effortlessly to the Higher Self and source, the source of love and wisdom and clarity.

To purge the self of all but purity and clarity.

Diary

Note regularity of meditation, of detoxification, of time to self, of condition of mental and physical self. Note the change to positivity, cleansing and clarity.



To attend

When taking on the position of attendance or attention we are allowing the best possible chance for change.

Whilst in the state of attention we are physically and mentally alert and capable of being greatly influenced by the interest.

To feel that having attention will allow an attitudinal change and to feel that this in turn will allow healing to take place is the optimal position to hold in regard to self change.

Attention is most fragile in people who hold karmic attitudes, longstanding and deep seated beliefs close to themselves, or who invest in addictive behaviour patterns or substances.

To attend is to hold dear all of the attributes of healing self to the point of beneficial change and growth.

Attend to self.

Attend to self discipline.

Attend to needs and wants.

Attend to development.

Karmic attitudes stem from the belief that we need to right any wrongs we have committed in this life or any other.

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*The benefits of the dark side
of attitudes*



Guilt

Whenever we feel that we have let ourselves or someone else down, so undermining an attitude or expectation that has been placed on our actions, we experience guilt.

Look at whether these expectations are real or appropriate.

When we ignore our own powerful intuition and so fall short of a goal we may feel guilt at not fulfilling our expectations.

When we feel responsible for a mishap or difficulty someone else has.

When we are caught out in an inappropriate situation.

Practical application

Practise a situation before carrying it out to see what the possible alternatives might be. If you feel any stress or pressure change the plan and see how it feels.



Remorse

Deep sorrow which appears unchangeable, a commitment to dwell on loss or sadness.

This is often doled out as a punishment by others, as a way of undermining our recovery from guilt or regret.

It is a heavy feeling and can hang heavily on the sufferer.

There is always a time to forgive and forget—no punishment should continue beyond the event, only the lesson learned and the corresponding memory.

Practical application

Identify remorse as a sadness over lost causes. Look at the situation prior to the choice made and see how it could have been different in the end result. Next time play it differently.



Regret

A way of dwelling on losses or 'failures'. Of things or events that might have been.

Ways of behaving that didn't reward.

Actions taken that didn't succeed or caused accident or injury.

Practical application

Live and let live, forgive and forget. We can't change the past, only the future. Cast regrets and memories to the finished pile and decide to start all new experiences with a fresh heart, fresh start. Say what you need to say. Begin anew.

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*The benefits of the bright side
of attitudes*



Growth

The result of good honest work. The combination of all empowering decisions, of choices and outcomes that strengthen the body, mind and spirit.

Open-mindedness that allows for renewal, hope and progress.

Diary

Always keep a note of thoughts, actions and changes that bring light—no need to explore dead ends. Growth is a progression of successes.



Optimism

The result of exploring choices, of looking at the bright side of life, of taking chances and seeing the humour and positivity. An optimist is *never* bored.

Diary

Record coincidences and benefits gained by taking the bright path in life.

To read more, please visit
<http://artichokesattitudes.mybook.net.au>

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via the above weblink
or by calling 1800 628 058.

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