

More Words For Thought

by Tochi

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FOREWORD

We live in the belief that the creative spirit of the universe is an un-real element of our life. So we fail to recognize what God will do for us if we only "release" our belief in an un-real entity and accept that God is, and you are, the expression of God in this world.

This wonderful author and lecturer demonstrates what success is, as she shows us that the problem is in our thinking and not in our appearance.

Throughout her life Tochi has been a searcher and a student. Her thirst for knowledge is huge and her love of life experience is just as huge. She has experienced love, violence, pride, humility and kindness. Through it all this great woman has grown to become one of the most positive servants of the universe that I have ever met.

In her writing and lectures you will find a powerful person. She is intellectual and heart-filled. She can help you to laugh and cry and, most of all, become yourself.

When she asked me to comment on her book, I was somewhat lost for words. Not because of skepticism, but out of awe. You see, even though Tochi calls me her mentor and friend, more often she is my mentor. She has taught me to grow and stretch to release old ideas and see anew, the potential of God within my soul.

I am grateful to be able to lend just a bit to the blooming of a great author, lecturer and fantastic woman of full heart and mind. For her writing truly is in the image and likeness of God.

I pray that you will become your best. As you read this wonderful book, *More Words For Thought*, in the Spirit and "know the truth when you see it", you will meet Tochi and she will lift you up... to Excellence!

Blessings!

*Reverend Dennis Skiles
Livonia, Michigan*

PREFACE

“Most men take a problem, not to themselves, not into the chambers of their own minds, but to the first directory of persons whom they can consult.”

- Sar Valdivar (Ralph Maxwell Lewis)

Everyday, we see and experience the disparity in lifestyles, ambition and achievement among people. As a way of explanation, it is true and commonly accepted now that our reality is the product of our habits, and that our habits are the consequences of our thoughts. Correspondingly, there is an ever-growing interest in how we can change our lives for the better—to increase and enjoy prosperity, health, love peace of mind and spiritual connection with a Higher Power. This interest is reflected in the millions of books, lectures, seminars, workshops, audio and visual material that we purchase annually in order to find out the techniques by which we can develop ourselves.

The only way we can effect any permanent changes in our lives is by changing the way we think. Period. External changes like cosmetic surgery and winning the lottery won't do it. The routine performance of 'good works' like feeding the hungry or cleaning up the environment won't do it either. We must change the way we think in our minds to affect ourselves and those who come into contact with us. This is the only way. Focus on changing your attitude about people and situations. This way, you will become increasingly impervious to the 'slings and arrows of outrageous fortune' that will throw your way.

More Words For Thought is intended to be a very uncomplicated book of spiritual insights. The insights are meant to gently and gradually change your thinking habits, so that you generate your own answers. Nothing in here is purely theoretical or purely philosophical. Nothing in here will be new to you; however, when you deliberately use this

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book to transform the way you think, you will be engaging the best part of your consciousness in finding the answers to your dilemmas.

This is possible because you already know everything there is to know. You do not have to consult another person. The answer you seek is already waiting for your recognition. All that is required of you is an unconditional willingness, a calm focus and an unswerving determination to get what you desire. That is all.

To get the best out of this book, the following is suggested: Isolate yourself from all physical and mental distractions. Relax and become still within yourself. Briefly turn your mind to the dilemma or situation on which you need to gain clarity. Open the book find the relevant quote and corresponding passage that applies to you. This is the insight meant for you. Abandon yourself, totally, to it.

Contemplate what you have read for several minutes, and understand how it relates to your dilemma or situation. To adjust your mindset toward your solution, saturate your mind with the corresponding intention, every hour or every day as needed, until it becomes completely yours. Feel free to modify or change the intention—using the first person, positive present tense—until it resonates with you.

Do not spend any time wondering how, when, where or why your solution comes to you. That part of you that is responsible for affecting your wishes will make it so, as soon as you are clear and determined to play your part.

On a personal note, writing this book has solidified the conviction of the Presence in my own consciousness. My heartfelt wish is that these words of insight will enable you to experience the same. I hope and expect that this will be a very useful and practical book that you will refer to often, even as I do, as part of your regular spiritual practice.

Tochi
Michigan, August 2004

THE TRULY SUPERIOR PERSON

"It is useless to try and act superior until the inner self is superior."

- Vernon Howard

Lately, there has been a growing fascination with reality shows on television. Seeing the participants' lives spectacularly transformed in a matter of weeks or hours, we wonder: "Why not me?"

Often we begin to feel that we should be doing 'something' about our bodies, our skills, our clothes, our homes or our relationships, as the impression left on us is that a dramatic change in the outer or physical person will provide us with the most control over our lives and our experiences.

In the past, we have tried to use similar external changes to improve our self-confidence and self-control. In fact, trying to control our lives by feeding our desires for outward change is like feeding the proverbial bottomless pit—it never ends!

This is the source of our lives' many addictions to food, drink, drugs, sex, or whatever. We keep trying to gain a sense of control over our world by external means instead of using spiritual principles to correct our thinking and, consequently, our perceptions.

The truly inwardly superior person does not have a desire for urgent or dazzling perfection. Indeed, this person has no need to impress others, even though her or his demeanor may be impressive. This lack of desire to make an impression others comes from the knowledge that she or he is neither needy nor inadequate.

Understand this: once we can master our own thoughts and emotions, we will naturally be superior in our self-confidence and self-control.

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This is the thought:

There are many simple, yet powerful, ways through which I can feed my inner self, as long as I am willing to commit myself to the effort.

This is the intention:

I am everything. I have dominion over myself and my world. I am confident in myself and my abilities. I came with something on the inside, which will now manifest on the outside.



BEING RESOLUTELY FAITHFUL

“Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you.”

- Jesus the Christ

Remember the Biblical story of how Joseph was sold by his brothers into slavery in Egypt because he was favored by their father?

After many harrowing tribulations, over several years, Joseph finally became the second most important person in Egypt. He was then able to send for his famine-stricken family, including all his brothers, to live with him in the land of plenty. As they wept with remorse, he said to them, “Even though you intended to do harm to me, God intended it for good.” He assured them of his complete forgiveness and encouraged them to make something of their lives from then on.

This applies equally to us today. People may look at our success in life and without reason or warning, decide that our prosperity is preventing them from getting what they believe should be theirs, and try to inflict (what they perceive as) damage on us in order to gain their advantage. Depending on our orientation, do we choose to engage in a battle of egos... or choose to be lifted entirely above the battlefield itself?

Our restoration always comes when we have set before our inner eye the inherent goodness of the Universe as the sole light by which we choose to see and interpret our experiences.

Just as Joseph was kept safe through his trials by remaining faithful to the God of his understanding, so too do we remain protected, regardless of apparent adverse circumstances—when we remain true to the divine truth of what we are all about.

This is the thought:

Remain resolute in affirming Truth despite appearances. I focus on what I want to be, not on what I do not want to be.

This is the intention:

I shall not be moved. I remain strong, even when the storms of life come and go. I know the truth behind all things, in spite of appearances. I am a winner. I am determined to overcome.



FINDING THE HUMOR IN LIFE

"I make myself laugh at everything, so that I do not weep."

- Beaumarchais

As adults, many of us seldom laugh anymore. When we do, it is often done politely or with reserve. On the few occasions that we do let go, we quickly try to cover up the 'embarrassment' of having been 'out of control'.

Even as children, we had our laughter restricted, because it was too loud or inappropriate. As we grew up, we imagined that an unsmiling and repressed demeanor showed that we were as being 'serious'.

What's up with THAT?

Laughter is now known to be an inexpensive and easy way to rid our bodies and minds of stress. Many of us are familiar with the story of how Dr. Norman Cousins was able to heal himself with a continuous dose of funny movies that he watched from his sickbed. In fact, there are some Asian countries that have 'laughing clubs'—formed expressly for the purpose of getting their members to have a healthy dose of laughter first thing in the morning!

Laughter is also a powerful way to deal with our fears. Have you ever laughed after discovering that what you feared of was really nothing, at all? In the same way, we can get hold of our runaway emotions by laughing at the fear, even before we disprove its reality, like we know we eventually will.

To add more humor to our lives, we can choose to be light-hearted, especially when we have survived a crisis. Nothing enables us to recover faster than a good laugh at how fickle life can be. We should avoid dwelling on how bad things are, or on how much worse they could be; instead, let us laugh at how ridiculous it would be to imagine ourselves subject to the power of the problems.

Another way to find humor is to surround ourselves with people who make us laugh. We will find that they become those that we love to be with the most.

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This is the thought:

In what ways can I begin to reclaim my sense of humor, and my ability to laugh at life?

This is the intention:

I am innately happy. I am created to be happy, and have fun. I choose to laugh long, laugh deep and laugh well. I laugh for my own good.



ABOUT THE AUTHOR



Tochi is a remarkably powerful and effective speaker. Indeed, only after a few minutes with her, audiences rave about her high energy and captivating manner. She educates and motivates in her key area of spiritually-based self-transformation, using experiential workshops and researched talks as tools for personal change.

Tochi was born in Montreal, Canada. She has earned degrees in mechanical engineering, and is experienced in the areas of product design and analysis, cultural diversity, project management, website design, mentoring, advocacy for people with special needs, as well as volunteerism. Having lived and worked in nine countries on three continents as an engineer, Tochi is currently the president of two US-based businesses—Tochi Inc and One Thought Multimedia & Publishing Services.

Tochi has been interviewed on nationally syndicated radio shows, featured on television programs and is a contributing writer to some publications. The first edition of her book of inspirational and practical essays was first released in December 2002 as *Words Of A Woman*, and was republished in 2004 in an updated and expanded form as *Words For Thought*. She is also the author of *Reasons For Praise and Thanks!*, released in 2005.

Tochi is a member of a number of organizations. She also issues a weekly, inspirational e-newsletter from her website, *Tochi-Online* at www.tochi.us.

This book, *More Words For Thought*, is her second.