



Welcome to the May 2009 edition of the SRT News.

In common with many of you, I have been experiencing challenges with my computer equipment. This has been ongoing since the end of last year and I truly hope it has now been finally rectified. However, in an ever-expanding universe we know that nothing is ever final! Apologies to those of you whose emails seemingly disappeared into the ether, or who wrote to me when I had no internet connection and didn't get a response for weeks, or to those of you who were on one of my very many lists, including newsletter subscribers and potential students (!) and whose details disappeared together with several weeks worth of emails and which have defied everyone's attempts to recover.

I wanted to share with you some things that had caught my attention. It seems that everything I have been reading lately has been about belief structure:

"All that we are is the result of what we have thought." Buddha

Our lives are a projection of our beliefs. Each of us is unique and therefore has a unique perspective based on our personal belief structure. Because we can only project our own beliefs, we each live in a world of our own making. Without our present life individual stories and dramas, who would we be? - much more free to really live in the NOW rather than in a past that we continue to keep alive in our thoughts!

Where did the beliefs come from in the first place? They have been taught to us by our parents and teachers, we have built up many of our own based on our judgments and we have brought in many from previous unresolved lifetimes. If unquestioned, the attachment to our beliefs can cause us huge suffering. How often do we ask whether our belief structure is serving us or whether it is continuing to keep us away from a peaceful existence? It isn't the event or the person that causes us pain, it is our thoughts or emotions, that is, our belief structure.

Byron Katie has written a book called, "A Thousand Names for Joy". She uses as her reference point the Tao Te Ching, an ancient Chinese book of wisdom written by Lao Tzu. After many years of depression she had an epiphany where she realised that if she didn't believe her thoughts then she was at peace and if she did believe them she continued to suffer.

She has uncovered four key questions to unravel beliefs: Is it true? Can you absolutely know that it's true? How do you react when you believe that thought? and Who would you be without the thought? She calls her system "The Work" and it is freely downloadable from her website www.thework.com

It seems to me that "The Work" fits perfectly with SRT. We all know people who need ongoing help to rid themselves of their long held and often tenacious belief systems, especially those that are continually being reinforced by the conscious mind. No matter how hard they try they cannot or will not let them go. Byron Katie's system of inquiry is simple, effective and very liberating. First carry out an SRT clearing to remove all past life programming and then, if you think it might help, tell your client about "The Work".

Every blessing, Linda Turner



Somebody told you a falsehood if they told you that you have to live with your past decisions, choices, and actions. The past is past and has nothing to do with you. It has nothing to do with Right Now. Do not let anything from your past inhibit you in this Present Moment. Start over. Start Fresh. Each day. Each hour, if it serves you. Heck, each minute. Just get going. Just do it. Just say it. With love. All else will take care of itself.
NEALE DONALD WALSCH