

THE GOOD NEWS

Superhero Training for Daily Living

07 EDITION

12TH JULY 2020

Weekly Affirmation:

When people ask,
"where is God?"
The answer is found in a
mental mirror that reflects
their perfect image.

When people ask,
"who is God?"
The answer is found by fully
embracing all in love.

When people ask
"what is God?"
They answer if found in the
exploration of their own mind
and body.

When they say,
"I don't hear God."
They have not truly
appreciated the sound of their
own voice, or the magnificent
sounds of nature.

When people say,
"I don't believe in God"
They will - the moment they
stop being disappointed with
self.

Every being is capable of
unfolding past their pain into
their love - the moment the
decision is made to truly love
themselves and believe in
themselves is the exact
moment God becomes visible,
touchable and livable



"The
moment
destiny
becomes a
thought it
also
becomes a
movement"

The Pleasure Principle

By: Dr. Sequeda Sutton

"Nobody Puts Baby in A Corner", this famous line from the movie Dirty Dancy reminds us the greatness is not meant to be hidden. Greatness has no desire to be exploited either - but it does like to shine. In the movie Dirty Dancing, Baby (the main actress) is sitting there looking at the dancers on stage; admiring them yes- but also wishing that she was up there. Watching someone else do what you know you can do or really desire to do, is both exciting and painful. Exciting because when you love something seeing it unfold over and over is always a joy. And painful because when you are separated in any way from your authentic self your body, your heart, your mind feels that pain. It's slow and agonizing and oftentimes to deal with it, we push it back, and then back a little more until it is tucked neatly in the corner along with those other carefully covered dreams. At some point, we must all appreciate that no matter how cornered we may feel or be, somehow inspiration and desire still finds us. I believe that there are exact moments in our cosmic co-ordinances when these two: desire and inspiration team up; we call this destiny.

The moment destiny becomes a thought it also becomes a movement. Since everything is happening within us and nothing is happening to us- destiny is merely our choosing to explore inspirational thoughts and desires through love and not fear. It's like when Patrick Swayze holds out his hand to Baby and gives her a little nod to say "it's ok you can get up." If you've watched the movie you can see relief fill her eyes. Why Relief instead of courage? Because when you finally take that leap to release yourself from corners, every cell in your body experiences one grand emotion first- RELIEF.

Continued on PG 2

The Pleasure Principle

Those cells feel relief because they are finally in harmony again. Let me explain that last statement. The word Re-lief is a beautifully combined word. We often think of re as again or to refresh, and that is the way it is mostly, but that is not the origin of the word. Spoiler alert this next part may get a little X rated (just kidding-umm maybe not)!!

Simply put Re means to harmonize. Its origin is Scandinavian and it is the second note on the major scale; the note D to be exact. Now, this is important because Major notes have a major effect on our vibrational frequency. The better (higher) our vibrational frequency the healthier and happier we are, and the more positive impact we have on others. The D or Re note is harmonized between the Sacral Chakra and the Sexual Chakra- which is right between the navel and the pubic bone. The reason that Re was used to reference words like: again, was because in its origin RE meant to experience harmony or the balance of oneness frequently, over and over with intensity. The Scandinavians believed that frequent sexual climatic pleasure opened a person up to this vibrational frequency. Now the second half of the word "lief," is a Germanic word which means happy Love. These two words came together to explain that when a person is experiencing Re (oneness, frequent pleasure) they are also experiencing love - but not just love, Happy love! Perhaps psychologically this is why relief is the most sought after emotion and Love is the emotion that emits the highest resonance.

Wait I already know what you are asking? "So do I have to have sex frequently to experience this happy love," cause I don't have anyone holding their hand out to me, pulling me out of the corner, and turning me on with some sexy dancing, like Patrick Swayze did Baby? And, I hear others saying "okrrrr!" "Yea that part!" Don't put your dancing shoes away yet because as always, I have an answer. Relief is not about the act of sex- it's about the mood, and the vibration of pleasure. Anyone can experience pleasure as much or as little as they desire. Relief- pleasure is the art of learning to harmonize our thoughts, words, and actions - and the ability to do this frequently.



It's about allowing ourselves to not only look at what we desire but also to experience what we desire. Now, I know you want to experience it in your body - but remember we are not actually inside our bodies; our body is inside of us. Inside of the I. Therefore, all experiences must start inside before it can be adequately felt in the body. We must become consciously aware of pleasure, goodness, joy, delight. Waiting to meet someone or experience an event before allowing oneself to experience pleasure is wasted energy. God designed us to know and experience pleasure- this is why the pleasure regions of the brain are so numerous, they remind us there is never a time we have to live without pleasure.

Continued on PG 3

The Pleasure Principle

The key is learning to be pleased within self. This has more to do with the feeling and gift of Faith. We can perceive by faith and live by faith. Without Faith, it is impossible to please God. Well since we are one with God...(remember that oneness I mentioned earlier), which means that you and God share the same body, the same consciousness, the same divine creative ability, and yes even the same thoughts about pleasure. God loves pleasure. Pleasure is why the universe is so harmonious. Divine pleasure is also why the universe, the earth is constantly releasing and climaxing, day after day. This principle of pleasure is why we experience breathtaking gasp when we see the beauty of a sunrise, a glorious sunset, a rainbow, or experience a freshness of the wind as it wraps around us in unforgettable embraces. A personal life philosophy of mine comes from the scripture in Psalms 68:19: "Happy is The Lord for daily he loads me with benefits" (International Translation). Because when I meditate on this scripture I understand that pleasure is a God principle. By now, we have all heard the creation story. The setting starts in the mind of God- that's consciousness. Then moves the joining of spirit and water: that's the molecular, atomic energy of intimacy. The setting travels deeper into the sound of God, that's frequency. It then cascades into the creativity of God: that's emotion. Next we see God breathing from within himself -into his self-image (man): that's oneness. And climatically, we see God satisfied and resting: that's Pleasure. Even the name Garden of Eden means voluptuous pleasure! I'm telling you God loves to be pleased, that very presence of pleasure is not an act, it is a trust and an oneness that's so deep, so harmonized- that all that is felt, all that is heard, all that is known is forever. To join with this love is to become one with this presence that is never absent.

So go ahead, let's look up from our corners and see the universal cosmic hand stretched out to us. Reminding us, and all those who would dare to doubt us- that nobody, (not even ourselves) has the right to put us in a corner. No one has the power to keep us from being satisfied. Nothing should take us out of the kind of internal rest that peace that pleasure brings. Look at that divine hand - grab it, and this time "Baby" we will trust ourselves to do the LIFT. Yes, I say we let love lift us, we let joy lift us, we let the strong arms of the Divine lift us up and show off this greatness! Remember the very first place (and first means principle) God chose for humankind to live in is called pleasure. Happiness then- is not an event it is a place of harmony that we can only live in from within. Pleasure is a God principle; imagining, smiling, laughing, giving, loving, helping, connecting, dancing and Faithing are the cords used to activate this principle. So when the songs of opportunity start to play we must ensure that we give ourselves permission to be happy about our opportunities to Dance in our own RELIEF. Cause the way I see it, since the universe is playing us music - we might as well dance, and if YOU are going to dance my friend; then Baby let it be...

Divinely, Inspirationally, Refreshingly, and Truthfully You!

THE GOOD NEWS

Superhero Training for Daily Living

Superhero Health:



Did you know that only about 5% of diseases are hereditary? That means no you didn't get it from your mom or dad - or the thought, this runs in my family... is a myth. The reality is although a certain sickness or disease may run in the family the likelihood of it passing to you is about 2%. The largest determinant of disease is CHOICE. Lifestyle choices to be exact to be exact.

Doctors used to teach that everything is determined by our genes - but that's not true. Your genetic makeup plays a very small role in the life you get to live. The reality is we have to choose health daily, hourly, weekly, moment by moment - until healthy living is a lifestyle.

But don't just take my word for it - watch this video by Dr. Deepak Chopra that reveals new insights and techniques to healthy living. Oh and pay attention because it gets deep!

Video: <https://youtu.be/hfcLLAKxfHU>



**Suggested Superhero Reading For the Month:
The Autobiography of A Yogi
By: Paramahansa Yogananda**

The Words of Cosmic Superheroes: Recognizing The Kingdom: A Conversation amongst Sages.

"If you think the Kingdom of God is above you, then birds will find it first. If you think it is in the ocean, then fish will discover it before you do. Look...the Kingdom of God is within you and all around you because it is you." (Jesus: The Gospel of Thomas; parallels Matthew and Luke)

"When one's heart focused on yoga [union] and recognizing all things as equal, then you will see the Self within-and within all beings"(Krishna: The Bhagavad Gita)

"The Way is not in the sky; the Way is in the heart".(The Buddha)

"One can know the world without ever leaving home. The Way can be recognized without a window. It is within." (Lao Tzu: The Tao Te Ching)

THE GOOD NEWS

Superhero Training for Daily Living

Superhero Shout Outs!

This week we would like to send a big superhero hug and thank you to Lasheema Underwood.

Lasheema is a Nurse, and we all know how important health care workers are during this time. One can only imagine the strains they are under. Lasheema we are lifting you and your family in prayer and love daily. We cover you with the protective grace of God as you enter the corridors of your work space. We pray that your mind and energy stays positive, healthy and refreshed. We pray that sweet rest sleep meets you at the end of your shifts and that your home atmosphere is peacefully peaceful. And Lastly we are wearing a mask when we go out- because we appreciate all that you are sacrificing so others can get better.

Upcoming Event



**Don't forget to check out the
Superhero Think Tank podcast
on Apple and Spotify!**