



Jane Vlasblom Collins

AUTHOR

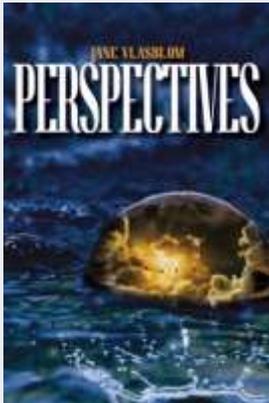
WILLING CHANGE - PERSPECTIVES – PERCEPTIONS

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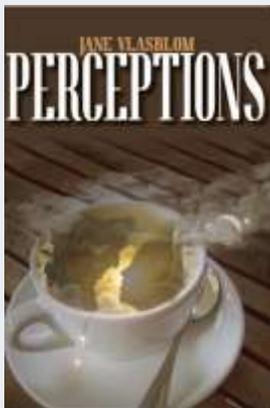
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Learn more about these books from the website page **The Trilogy**



BOOK ONE

A great book for any book club. There are so many aspects to discuss.
Beth



BOOK TWO

I greatly enjoyed the book. (Perceptions) I refer to it as a "thinking book" as it made me think about my own life.
A.J.

#SHAREYOURWISDOM

There is an interview show on Netflix that I have seen on occasion; Norm MacDonald is the host. Because I think of him as a comedian I was expecting his interviews to produce LOL moments but what I discovered was that he asks, what I consider to be, some profound questions. He has celebrity guests that in my opinion don't really appreciate the opportunity to ponder his ideas. Pondering has never received its proper due.

When he interviewed Jane Fonda, he asked her this, pardon my paraphrasing:

We all enjoy those special moments from the past that we cherish. Meeting someone special, getting an award, or a celebration party. We love to photograph every moment of our trips in an attempt to capture the feelings, the sights, and the majesty of the mountains or the sunsets. We love our memories.

So the question is this: If you knew you could go on the best trip you will ever experience and have the time of your life, but knew that you wouldn't remember it later, would you want to go?

Jane Fonda's answer was quick: No, because it would be a waste of time.

I pose that same question to you. Is a memory more important to you than the present moment? Keep in mind that the past is all in your mind and there is no way for you to go back and make it different or better. You can look at the pictures again to recapture the feelings but that is the extent of the value to you. In contrast, you can actually make your life different or better **now** by taking action. Isn't a brighter future more important than imagining the past? For that matter, shouldn't the present moment be your main focus because that is the only time in which you can make any change for the better?

Yes you were happy on that trip, but you were happy because you were there, doing what you did, with the person or people you were with. Is the purpose of your trips to have good memories or a good life?

Have you ever experienced discussing a memory with someone who was there but has a different version of what happened? How can you know who is right or if either of you are right? Let me add something else to ponder. We live in a sensory world where we only accept what our senses can detect – what we see, hear, touch, smell or taste. The past is gone and all you have is a memory of it. We can't touch it, see it, hear it... so why do we believe it is real?

Norm MacDonald may not give you laughs as much as you would like, but pondering can be good too.

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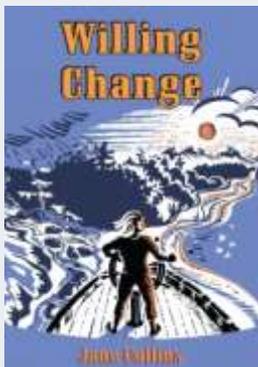
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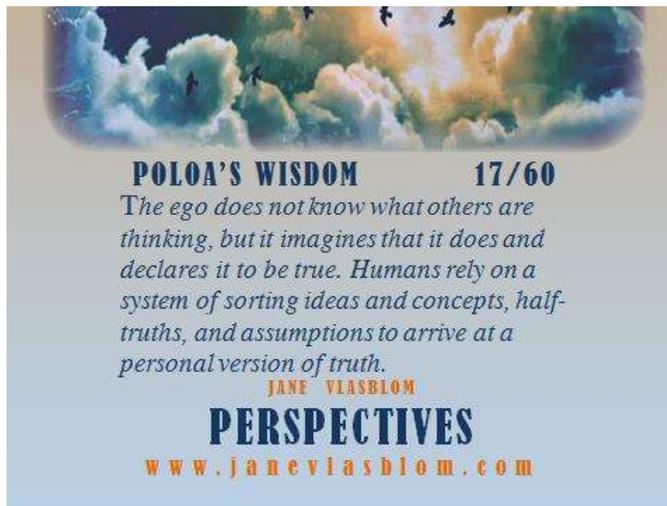
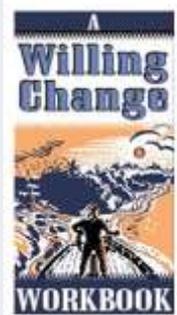
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Also by Jane Collins



Willing Change has received the Curriculum Services Canada CERTIFICATE OF RECOMMENDATION

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SHARE YOUR WISDOM

Poloa is the spiritual Guide of the main character in the Trilogy.

Check Instagram & facebook (Jane Vlasblom Collins) for more of Poloa's wisdom.

FROM MY PERSONAL NOTES

In my personal Guide Book, which is a compilation of articles, ebooks, and exercises that I have been collecting for three decades is a workbook for the Silva Method. Many of you were interested in a previous newsletter that included information about brain waves and the Silva Method is all about mind control, utilizing alpha waves. Here is an excerpt:

Faith is made up of three major components, which are desire, belief, and expectancy. When any one of the three factors is strong enough, then it may carry the others. When there is enough desire, then there may be enough energy available to insure success even if belief and expectancy are weak. All factors, however, must be present to some degree. If the desire is not very strong, then it takes greater belief and expectancy to get results.

- **Desire** is a motivating force urging you on.
- **Belief** is an acceptance about you or situation that sets the blueprint for what is.
- **Expectancy** is the facet of belief that is confident of the outcome.

The premise of the exercise is that you must feel good about and expect to get what you want in order to make it happen. I will leave it to you to do further research if you want to learn more. There are many simple exercises that you can try.

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