

their influence is powerful, often arising at the moments we are most vulnerable.

Adopting this process of becoming aware of our highly individual inner communities allows us to work at a more differentiated and far-reaching level than thinking only in terms of our native states of mind. Because we are cooperating with a

basic brain process that underlies integration—differentiation followed by linkage—many of my clients find the work easy and natural, leading to a deep, relaxed state of well-being with more access to relational goodness. Near the end of therapy, George said with a grin, “Who would have thought my old man was the key to me finally finding a good woman!”

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The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honor. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give. Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have a potential to turn a life around. It’s overwhelming to consider the continuous opportunities there are to make our love felt.

- Leo Buscaglia

