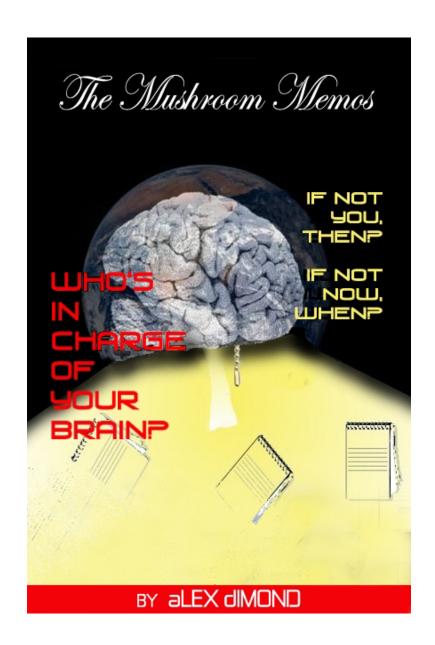
What they didn't tell us, how the world REALLY works.

The Mushroom Memos, A Call to Awaken

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## THE MUSHROOM MEMOS

#### A CALL TO AWAKEN

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ALEX DIMOND, MA

#### True Helping

### **MUSHROOM MEMO 13**

## True Helping

First, it is important to distinguish whether our assisting them, strengthens or weakens their energy.

We need to become aware that our helping comes from a place of support for the other's growth, and not from the release of our own anxiety, our lack of self value, or our need for control. Creating another to become dependent on us or diminishing ourselves through martyrdom, are *not* true helping behaviors.

True helping comes from compassion and learning detachment, which prepares us to walk through others' entanglements and not get caught up in them.

With an objective viewpoint, we can be most helpful by allowing others to reach their own conclusions, based on the lessons *they* need to learn.

#### The Fear Community

## **MUSHROOM MEMO 32**

### The Fear Community

ear is a motivator, instigator, and status quo maker. Fear keeps us on hyper alert and in a deficit energy spiral. In partnership with money, fear rules our planet.

Fear confuses us to mistrust our judgment and to distrust others. When we fight fear, we actually create more fear. Fear can be found most anywhere and as a basis for community, can be deadly.

Only when we learn to embrace our fear and release it from our hearts, will our world become courageous and loving.

#### Advancement

## **MUSHROOM MEMO 86**

#### Advancement

ave you noticed that when you begin to break away from old patterns or stagnant situations, you immediately draw the attention of others?

Some sense your energy shifting and support your new endeavor. Others may try to deter you from our chosen path.

Knowing this, you can become aware that when facing opposition, you are often on a track to something greater.

Tally ho!

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