

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

**WHO'S
IN
CHARGE
OF
YOUR
BRAIN?**

**IF NOT
YOU,
THEN?**

**IF NOT
NOW,
WHEN?**

BY aLEX dIMOND

THE MUSHROOM MEMOS

A CALL TO AWAKEN

BY

ALEX DIMOND, MA

True Helping

MUSHROOM MEMO 13

True Helping

How can we best help another?
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

Fear 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

Have 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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