



the **HIDDEN EXCUSE**

UNDERSTANDING AND CHALLENGING OUR EXCUSES

When you're faced with a challenge or obstacle, do you have a tendency to make excuses? It's a common human behavior. In fact, it's often a defense mechanism we use to protect ourselves from feeling vulnerable or failing. While excuses can be useful in some situations, they can also hold us back from reaching our full potential. In this article, we'll explore the concept of hidden excuses and how they can affect our lives. We'll also provide tips for identifying and challenging these excuses so you can move forward with confidence.

What are hidden excuses? Hidden excuses are subconscious beliefs or thoughts that we hold onto without realizing it. These excuses can be rooted in past experiences, fears, or insecurities. They often manifest as rationalizations or justifications for not taking action or pursuing our goals. For example, if you've had a history of failure in certain areas, you might tell yourself "I'm not good at that" or "I don't have time." These statements are hidden excuses that can keep you from taking risks or trying new things.

The impact of hidden excuses Hidden excuses can have a significant impact on our lives. They can limit our growth, prevent us from achieving our goals, and even contribute to negative emotions like anxiety and depression. When we constantly rely on excuses, we may feel stuck or unable to move forward. This can lead to a lack of motivation and a sense of helplessness. On the other hand, challenging these excuses can empower us and open up new opportunities.

Identifying hidden excuses Identifying hidden excuses can be challenging because they are often subconscious. One way to start is by reflecting on your thoughts and feelings when faced with challenges. Ask yourself:

- Am I avoiding a task or responsibility?
- Do I feel uncertain or nervous about something?
- Am I telling myself I'm not good enough?
- Do I feel like I don't have enough time?

Once you've identified some potential hidden excuses, it's important to take a closer look at them. Consider the underlying beliefs or fears that may be driving these thoughts. For example, if you're telling yourself you're not good at something, ask yourself why. Is it because you've had negative experiences in the past? Or is it because you fear failure or judgment?

Challenging hidden excuses Once you've identified and explored your hidden excuses, the next step is to challenge them. This involves questioning the validity of these thoughts and replacing them with more positive and empowering ones. Here are some steps you can take to challenge your hidden excuses:

- Recognize the excuse:** Acknowledge the thought or belief that's holding you back.
- Question its validity:** Ask yourself if this thought is truly accurate or if there's another way to interpret the situation.
- Replace it with a positive belief:** Create a new thought that's based on facts and empowers you to take action.
- Practice self-compassion:** Be kind to yourself and remind yourself that everyone makes mistakes and has challenges.

Challenging hidden excuses takes time and effort, but it's a valuable investment in your personal growth and success. By recognizing and addressing these excuses, you can overcome obstacles and achieve your goals.

The Hidden Door Understanding And Controlling Dreams

Deirdre Barrett

The Hidden Door Understanding And Controlling Dreams:

The Hidden Door P. B. C. Fenwick, Elizabeth Fenwick, 1999-03 An analysis of dreams and their symbols for interpretation **The New Secret Language of Dreams** David Fontana, 2008-09-03 Richly illustrated and highly informative the best selling Secret Language of Dreams has guided dreamers for over fifteen years Now this classic work has been completely rewritten and redesigned with a contemporary new look to offer a fresh approach to dream interpretation Dream expert David Fontana presents a comprehensive dictionary of common symbols and themes and provides in depth analyses of dozens of specific dreams demonstrating key techniques for uncovering the hidden messages of the subconscious Readers will also find useful tips for controlling and remembering their dreams and keeping a dream diary **Pieces of the**

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Cerebellum and Cerebrum in Homeostatic Control and Cognition Eric Parkins, 2021-11-22 **Cerebellum and Cerebrum in Homeostatic Control and Cognition** presents a ground breaking hybrid brain psychology proposing that the cerebellum and cerebrum operate in a complementary manner as equal cognitive partners in learning based control The book synthesises contemporary neuroscience and psychology in terms of their common underlying control principle homeostasis Drawing on research and theory from neuroscience psychology AI and robotics it provides a hybrid control systems interpretation of consciousness and self unconscious mind REM dream sleep emotion self monitoring and self control memory infantile amnesia and cognitive development This is used to investigate different elements of cerebellum cerebrum offline interaction including attention and working memory and explores cerebellar and cerebral contributions to various aspects of a number of disorders including ADHD ASD and schizophrenia Presenting original ideas around neuropsychological architecture the book will be of great interest to academics researchers and post graduate students in the fields of neuropsychology cognitive psychology neuroscience and clinical psychology

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The Myth of the Great Ending Joseph M. Felser, 2025-09-12 From Christian believers in the Apocalypse and the Rapture to New Age enthusiasts of prophecies concerning the year 2012 Doomsday lore has been a part of culture a myth that colors how we perceive the world Why do we remain obsessed with Doomsday myths even when they fail to materialize What if we haven't recognized the true message of these myths Blending history psychology metaphysics and story philosopher and author Joseph Felser explores the spiritual questions raised by these enduring myths Along the way he consults the work of Joseph Campbell Carl Jung Marie Louise von Franz Black Elk Wovoka Itzhak Bentov Jane Roberts Seth Hermann Hesse Ingo Swann

David Bohm Fred Alan Wolf J Allen Boone William James and Robert Monroe through ever widening circles of understanding Felser suggests that our obsession with The End of the World hides a repressed healthy longing for reconciliation with our inner and outer worlds with nature and our own natural spirituality He urges us to recognize and act upon that longing When we begin to listen to nature s voice and pay heed to our own dreams including visions intuitions and instinctive promptings the greatest revolution in all history will unfold We can create a future of our own choosing a beginning rather than an ending

Science and the Paranormal Arthur J. Ellison, 2020-01-07 Ellison was a dedicated paranormal researcher who believed the science was too narrow to account for things like out of body experiences io9 In facts not fiction this book presents the case for the paranormal Changing the way we look at the universe is not easy and requires a true openness to exploration and experiment Professor Ellison suggests that most of us are conditioned by our Western science based education to think that the universe is much simpler and material than it really is He argues that we should recognize the limits of the current scientific worldview that fails to account for genuine paranormal experiences including phenomena such as out of body experiences OBE reliably reported by thousands of people Science and the Paranormal is part of The Paranormal a series that resurrects rare titles classic publications and out of print texts as well as publishes new supernatural and otherworldly ebooks for the digital age The series includes a range of paranormal subjects from angels fairies and UFOs to near death experiences vampires ghosts and witchcraft A most valuable work and a lasting testimony to the author s remarkable contribution to the field Bernard Carr Scientific and Medical Network Review Written for the lay person in down to earth language this book is for those who want a broad brush of matters like the evidence for telepathy near death experiences survival research etc without having to plough through a century high stack of scientific papers A welcome introduction to human nature s further reaches Christian Parapsychologist The Haunting of Twentieth-Century America William J. Birnes, Joel Martin, 2011-09-13 In this sequel to The Haunting of America national bestselling authors Joel Martin and William J Birnes bring up to the present the story of how paranormal events influenced and sometimes even drove political events In unearthing the roots of America s fascination with the ghosts goblins and demons that possess our imaginations and nightmares Martin and Birnes show how the paranormal has driven America s political public and military policies The authors examine the social history of the United States through the lens of the paranormal and investigate the spiritual events that inspired momentous national decisions UFOs that frightened the nation s military into launching nuclear bomber squadrons toward the Soviet Union out of body experiences used to gather sensitive intelligence on other countries and even spirits summoned to communicate with living politicians The Haunting of Twentieth Century America is a thrilling evidencebased exploration of the often unexpected influences of the paranormal on science medicine law the government the military psychology theology death and dying spirituality and pop culture At the Publisher s request this title is being sold without Digital Rights Management Software DRM applied

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Constance Victoria Briggs,2025-09-12 An A Z encyclopedia of the unseen and the unknown world of psychics channeling mediums mystics near death experiences prophets shadow people death bed visions astral projection and more The Encyclopedia of the Unseen World includes concepts as well as descriptions of the spiritual world that have been extrapolated from a number of sources including Ancient and Channeled Writings Cultural Beliefs Mediums Mystics Near Death Experiences Psychics Prophets and Visionaries Scriptures and more Dreaming Ahead of Time Gary Lachman,2022-01-11 Can we see the future in our dreams Does time flow in one direction What is a meaningful coincidence Renowned esoteric writer Gary Lachman has been recording his own precognitive dreams for forty years In this unique and intriguing book Lachman recounts the discovery that he dreams ahead of time and argues convincingly that this extraordinary ability is in fact shared by all of us Dreaming Ahead of Time is a personal exploration of precognition synchronicity and coincidence drawing on the work of thinkers including J W Dunne J B Priestly and C G Jung Lachman s description and analysis of his own experience introduces readers to the uncanny power of our dreaming minds and reveals the illusion of our careful distinctions between past present and future An Introduction to Meaning and Purpose in Analytical Psychology Dale Mathers,2003-09-02 Examines the relationship between analytical psychology and meaning interpreting human suffering as arising from meaning disorders **Journal of the Society for Psychical Research** Society for Psychical Research (Great Britain),2001 **The Committee of Sleep** Deirdre Barrett,2001 Drawing on examples of artists scientists writers and others who have used dreams to solve problems the author of The Pregnant Man explains how dreams can foster creativity enhance inspiration and resolve problems Oníric Control Leon Prado/ Luis Santos,2025-03-19 On ric Control A Dream Traveler s Manual The sensations experienced by a dream traveler cannot be explained in words Becoming lucid within your own dream means accessing a limitless universe where the mind shapes reality and everything becomes possible Scientific studies prove that lucid dreaming can be trained allowing the dreamer to transform scenarios overcome nightmares and consciously explore their subconscious Techniques such as Mnemonic Induction of Lucid Dreams MILD Wake Back to Bed WBTB and Tibetan Dream Yoga were developed to awaken consciousness in the dream state and expand the mind s perception Throughout history spiritual traditions and modern research have revealed the impact of lucid dreams on creativity self knowledge and well being Mastering dreams is not a fantasy but a skill accessible to all who wish to explore the mysteries of their own consciousness **Verbunden mit geliebten Verstorbenen** Annekatrin Puhle,2022-03-08 Bewegende Erfahrungsberichte ber die wunderbaren Wege auf denen Verstorbene sich aus dem Jenseits melden Mit jedem Jahr br ckelt die Mauer des materialistischen Weltbildes das den Menschen einzureden versucht mit dem Tod sei alles aus Ein Mensch den man mit seinen physischen Augen nicht mehr erblicken kann existiert auch nicht mehr Was f r ein schrecklicher Trugschluss Annekatrin Puhle belegt mit dieser inspirierenden Sammlung von Erlebnisberichten wie eng verbunden die sogenannten Verstorbenen auch weiterhin mit ihren Lieben auf Erden sind Auf

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Furlotti, Erel Shalit, 2013 The Dream and Its Amplification unveils the language of the psyche that speaks to us in our dreams We all dream at least 4-6 times each night yet remember very few Those that rise to the surface of our conscious awareness beckon to be understood like a letter addressed to us that arrives by post Why would we not open it The difficulty is in understanding what the dream symbols and images mean Through amplification C G Jung formulated a method of unveiling the deeper meaning of symbolic images This becomes particularly important when the image does not carry a personal meaning or significance and is not part of a person's everyday life Fourteen Jungian Analysts from around the world have contributed chapters to this book on areas of special interest to them in their work with dreams This offers the seasoned dream worker as well as the novice great insight into the meaning of the dream and its amplification Contributors to this edition of the Fisher King Review include Erel Shalit Nancy Swift Furlotti Thomas Singer Michael Conforti Ken Kimmel Gotthilf Isler Nancy Qualls Corbett Henry Abramovitch Kathryn Madden Ron Schenk Naomi Ruth Lowinsky Christian Gaillard Monika Wikman and Gilda Frantz

Shadow Magic Nikki Van De Car, 2023-09-26 A necessary addition to any collection on magic and witchcraft Publisher's Weekly From the bestselling author of Practical Magic Nikki Van De Car comes Shadow Magic an expansive beautiful primer on cultivating your own innate power magic and strength through shadow work the mystical art of engaging with your deepest internal self Human beings are incredibly complex We are more than just our happiness or sunny dispositions and we have much to offer others and ourselves even on our worst days There is magic and energy and potential in these moments in the shadow and we cannot be the fullest expression of ourselves at our most powerful unless we embrace and embody all that we are Shadow Magic is here to assist you in uncovering understanding and celebrating your own shadow Author Nikki Van De Car teaches us to work with the shadow rather than trying to suppress or ignore it allowing each of us to uncover the whole integrated witch within Through foundational lessons on psychologist Carl Jung's concept of the shadow explorations of magical topics like the moon dream magic and symbology and rituals and spells for connecting to your own deepest self Shadow Magic invites all of us to harness the shadow's power to bring more magic into our lives The spells and rituals in this book will help you bring awareness and healing to whatever you may be carrying that you would rather leave behind As you do so you'll uncover your personal power including abilities and gifts that you may not have recognized within yourself You'll work with sigil magic and symbology with tarot and candle magic with the moon and with dreams Each section includes three spells for you to try one for creativity one for intuition and one for self love And along the way you'll encounter profiles of witches and women throughout history who embraced their own shadows even

when it wasn't popular Throughout this book you will learn to embrace what it means to be in relationship with your own shadow in a process of growth and exploration that will enhance all aspects of the self allowing for a fuller more magical life

LUCID AGENTS Sam Luckey, 2013-08 Sam served four overseas tours in the U S Army He served in the Military Police during two tours of South Korea and one tour in West Germany Once he graduated U S Army CID school he returned to West Germany as a Special Agent Courtesy of the US Army he also served stateside assignments in Arizona Texas Alabama and Georgia Sam observed the very best and the very worst of the US Military While in Frankfurt West Germany Sam was Team Chief of the most productive Narcotics Investigation Drug Suppression Team in Europe However when he was told that he would be taking over more more Narcotics Investigations as a CID Team Chief he declined and left the US Army with numerous medals and awards Sam no longer believed our current War on Drugs paradigm was productive Our Drug War mentality prevents Law Enforcement from doing real Harm Reduction and causes more damage and harm than the actual illegal drug use

The Hidden Door Understanding And Controlling Dreams: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. The Hidden Door Understanding And Controlling Dreams : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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