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Welcome....

Dear Friends,

The website has been up for over two years now and though we do not have a lot of full members a number of people have signed up as site users and visits are up significantly in the last few months.

In the time since the site went live there have been some minor changes as well as a few hiccups along the way. One of those changes was the addition of the General Writings section to house my Thoughts of the Day. There are now over 80 essays in this section for visitors to enjoy.

I am quite pleased that the site has been visited by people from all over the world. It is heart warming to know that the material is well received and that people are finding interest in and



benefit from it as that is the purpose of the site.

One big change has just occurred as well, as the site has been upgraded to version 2.5 of Joomla. Included in the upgrade are some changes and a couple new features which are covered in the Upgrade Details section.

Once again, I must thank my Facebook friends for

their continued support of what I am trying to do and of each other. Both of these provide additional inspiration to me, and I hope to be able to continue on this path.

Please accept my humble thanks for your support and continued encouragement!

My best to everyone ☺

Website Update

It has taken some time to get the upgrade done but after months of working on the material and cleaning up format changes in most of the essays we went live April 27th, 2013!

I continue to add new essays to the site and as the number has grown I have added categories to the General Writings section along with an essay index.

I would like to thank all

those who have helped with the site and hope that it continues to be of interest and benefit to those who visit. More detail on the upgrade can be found further down in this newsletter.

Social Media Presence

“...been a long time since I have feasted on material as lovely as this. An infinity of thanks...”

Today many are using various social media sites to connect with people and share their thoughts and ideas. I originally used Facebook primarily as a vehicle to share my Thoughts of the Day and added a Facebook group as well as YouTube and Twitter accounts for the site. All of these are accessible through links on the main page of the website.

I use all of these in various ways to share new and existing content and to make site related announcements. The YouTube account will take time to develop as I am particular about what video's I share through it. While the list of video's is small at present I will continue to add those that are good quality and which support personal and spiritual growth.

If there are other social media sites that you think we should be on let me know, along with how you think they could be helpful by sending me an email through one of the site's email addresses (found under the menu item Contact Us)

Upgrade Details

The upgraded website went live on April 27, 2013. The project started in February and beta started in mid March. With full access to the site and forum, the testers began to go through, in earnest, nearly 250 pages of page headers, essays and exercises.

The testers had a script to guide them and they tested the web pages, links, and hot spots. They

also looked for grammar and spelling errors, reviewed the content for inconsistencies and so on.

They were a busy group and found hundreds of things I had missed and provided great feedback. They also shared many suggestions most of which were included. Their efforts led to a greatly improved website.

This part of the project

took slightly over a month to complete and they have my sincere thanks for all of their efforts.

Also to be thanked is my technical guru, Brandt of ServuIT who's changes to the look and feel of the site made it “warmer” and less corporate.

Site Statistics

These statistics are for 2013 are:

Visits by Regions

Total Countries: 95
Cities: 1183
Visits: 21,206
New Visits: 31.33%
Page Views: 73,696

Top Articles:

Long Shadow of the Dreamer, Relaxation and Meditation, The Human Condition, Dealing with Strong Emotions & Awareness Series Part 1: Learning to Work with Energy

History (to end of 2013)

Countries: 113
Cities: 1786
Visits: 26,500
Page Views: 88,326

Most (1 day)

Visits: 194
Page Views: 496

Ask The Twin Powers

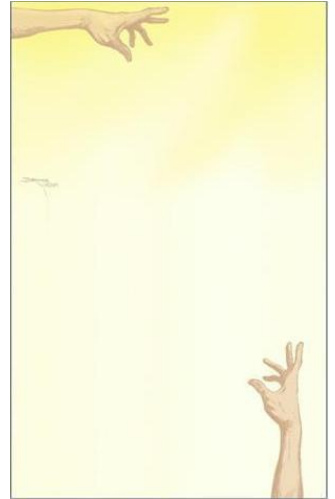
There are well over 120 essays and exercises available on the website that cover a wide variety of topics in the personal and spiritual growth area. Despite the breadth and depth of the material it is impossible to cover every aspect of the topics and or every topic. Further, one may have questions about what they find here.

To try to address this I have added a new feature called Ask The Twin Powers. It provides you with a way to get more information on or answers to questions you may have about what's covered and to ask questions beyond what is available so far.

It is doubtful I can answer all the questions that are

asked; however, I will try my best to do so where possible. If a question is about an area beyond my "expertise" I will try to give you ideas on how or where you can look for the answers you seek.

This feature is available on the main menu should you choose to avail yourself of it.



What's Next for the Website?

With the website up, my current focus is on:

- Changes to the Forums
- Online Meetings
- Consulting Services
- Guest Writers

The intent of all of these features is to provide a broad range of services to those who seek as well as an avenue of expression

for those who have thoughts or knowledge to share.

The Forum changes I would like to put in would be the ability to have comments under each article.

I will also start offering consulting services in '14 to provide assistance to visitors and members.

When I get my sound card

fixed I will setup online meetings so that we can chat about and explore various topics including ones you may suggest. I would also like to start including Guest Writers where each writer would have their own page. If you feel you can and would like to contribute contact me through my email address as listed on the Contact Us page.

Your Suggestions

One of the goals of this site is to give members the opportunity to contribute to the dialogue by sharing experiences, ideas on various topics or simply on how to make either the site or this newsletter better, more interesting or fun

The suggestions of the test group not only helped with presentation of the site content, it also shaped the way the website appears. I certainly welcome your input and suggestions, and encourage you to do so! Should you have an

idea for an article or would like to share a story, interest, knowledge or ideas related to the site, do let me know (refer to the last page for the Newsletter's email address to send them to).

I am looking for guest writers, so if you feel you can and are willing to contribute to the website let me know!

The Power of Our Conscious Mind

Our minds are not “us”, they are our interface to reality. They take in information, what is perceived, and process it. How they process the information may seem mysterious; however, fundamentally it is quite simple. The “mechanics of mind”, that is how they do this is built in and the same for everyone. What is different for everyone is what they do as this is guided by our conscious thoughts which direct the minds non-conscious activities. Our level of attention, our degree of objectivity and how well reasoned our thinking is affects how our mind integrates experiences. The more we do these things moment by moment the more balanced and “in tune” our minds become. Doing so tempers our emotional reactions as our thoughts are less judgmental and we have less negative reactions.

When we are not mindful we are letting our non-conscious mind decide things for us, which in turn leads to poorer choices and less freedom. Mindfulness helps us to recognize our and others ignorance so we become less judgmental. This helps us to build a clearer mind and we start to see things for what they are, not what we imagine them to be. Do we let our past decide things for us or do we try to stay conscious in the present moment? One leads to more suffering and the other is the road to a happier and more balanced life, even the one to enlightenment. The choice is up to us.

Guilt & Blame – Help or Hindrance?

From time to time we all make “mistakes” that impact us and others. When we believe the impact of a choice we made is negative we tend to feel guilty about it, when the choices of others impact us the tendency is to assign blame. We either believe that our life consists of a series of event over which we exert little or no influence (which is certainly understandable) or that we attract the experiences we have. Regardless of which you believe to be the case when you allow yourself to feel either guilty or blame you are locking ourselves into the past. Despite appearances, doing so serves no one.

We cannot change what happened, we can only move forward. In so far as thoughts and feelings of guilt get us to accept responsibility and give us reason to reevaluate our choices we can benefit, though we should not hold onto it. In terms of blame, letting it go does not mean absolving others for their responsibilities. What it does do is prevent past experiences from controlling us and frees us from bondage to them.

Unless one is overly callous, accepting that we attract the experiences we have makes letting go of guilt and blame easier for we see the bigger picture. We recognize that there is a lesson for us in the experience and learn from it. This also makes accepting our responsibility, whether we were conscious of it or not, easier be we the one “harmed” or were the one doing the “harming”. Even knowing this, letting go of guilt and blame can still require us to learn to forgive others and ourselves for our ignorance, but this is another topic altogether.

The Twin Powers
Edmonton, Canada

The artwork in this newsletter is that of [James Beveridge](#)

*Energy follows attention...
where are you putting yours?*



Visit us on the Web!
TheTwinPowers.com

Vision:

To share and nurture knowledge in a way that allows everyone the opportunity to explore, share and contribute to them.

Mission:

To become a respected and valued source of information, guidance and resources to anyone interested in developing themselves in a respectful and open environment.

The intent of The Twin Powers website is to provide a resource for those who are interested in or who already are exploring themselves, expanding their awareness and in connecting with others with similar interests. What began as a personal vision well over a decade ago officially went live on May 13, 2011. I wrote much of the source material, the foundation content, in the mid '90 and have updated it as well as added new content since then. Home base for the organization is Edmonton, Alberta, which is where I live!

If you would like to contact me, you can do so using one of the below email addresses:

Site Manager: Contact.Us@TheTwinPowers.com

Membership: Membership@TheTwinPowers.com

Information: Info@TheTwinPowers.com

Ask The Twin Powers: AskTheTwinPowers@TheTwinPowers.com

Site Host: Allan.Beveridge@TheTwinPowers.com

You can also join **The Twin Powers** group on Facebook, become a fan of the Twin Powers YouTube page or follow the site on Twitter!

A Website Guide

The website has two access levels, members and visitors. While only members have access to all the material and features of the site, non-members can benefit from reading what is available. Both groups receive announcements on the site and copies of the newsletter.

All the material and features of the site are accessible using the left hand Menu. The focus of the site is content to aid you in personal and spiritual growth. In addition, you can read about our vision, mission and values, keep up to

date on site activities on the Announcements page, check out the links we have provided or go to the Forums. The Forum is the place to ask questions, share ideas and thoughts or simply connect with site users and members.

You will find the core material on the site in two sections: *General Writings* and *Your Starting Point*. The compositions in the General Writings section are pieces that explore ideas related to the material on the site and you will find the core material in the section

titled *Your Starting Point*.

The material is laid out in a particular order, first introducing the concepts and then building upon them.

Each sub-section has a brief explanation of its content along with a map outlining the suggested reading order. The essays also contain references to the exercises so if you follow the material as presented you will not miss any.

We hope you enjoy your time on the site and do let us know what you think by emailing at one of the addresses above.