

THE POWER OF THE POSSIBLE: A BOOK OF HOPE AND INSPIRATION

BY AURIELA McCARTHY

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Reviewed by Barbara U. Jones

If you have clients who have not been successful in creating fulfilling relationships and are puzzled as to why, *The Power of the Possible* would be a helpful book to recommend to them. Using stories of transcendence and healing from her own life and the lives of friends and clients, Ms. McCarthy lays out the changes she believes individuals must make in order to have the successful, loving relationships they want.

The author dedicates the book to Lazaris, whose love, she declares, is behind everything she is and every word she writes. Lazaris is an entity who has been channeled by Jock Pursel since 1974. Through Jock, Lazaris is said to speak privately with people all over the world, sharing his wisdom while generating a remarkable body of tools, techniques, and processes for spiritual development. Much of the wisdom woven throughout Ms. McCarthy's stories originates from him. Some might be skeptical that entities channel wisdom through living beings. What is important to this reviewer is the content of Ms. McCarthy's writing, not the source from which it might originate.

Ms. McCarthy speaks from the wisdom of her own experience on the spiritual path. Born in Riga, Latvia, she escaped from the former Soviet Union in 1980, fled

to the United States as a political refugee, and became successful as a high-end art dealer. A spiritual awakening led her to leave her prior marriage and career to live a life of reflection and study in metaphysics. Currently she helps people to live more functional lives and to solve their relationship issues. Her book draws heavily on her encounters and work with them.

She has found that many of the people she knows and works with share a predominant belief that the destructive things that happened to them in the past have scarred them forever. This can leave them feeling hopeless. Ms. McCarthy uses their stories to help the reader come to understand how they can transcend their own past painful experiences.

In addition to the use of everyday stories, the author offers wisdom common to many spiritual and psychological traditions, such as "Nothing changes until you do." She reminds the reader that many people stubbornly look for reasons outside themselves in order to explain why life remains fraught with problems. What we need to do instead, she advises, is to develop the discipline to refocus our attention toward the possibility of a positive outcome for our life, trusting the power of the possible while imagining healing and change. When we do this we start to operate on a higher level of resonance.

Resonance, she explains, is a phenomenon of physics. It posits that when two sources of energy are vibrating at different frequencies in time they will come to

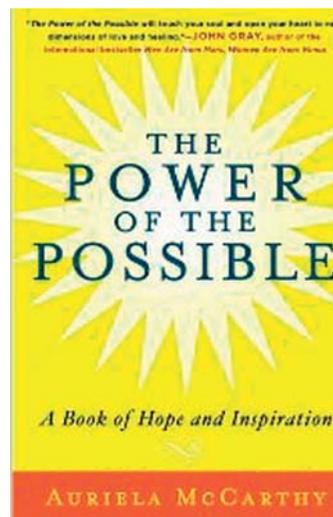
vibrate at the same frequency. Positive emotions and thoughts have a higher resonance than those that are negative. By protecting yourself from negative thoughts, experiences, people, and emotions, you raise your level of resonance. Thus you become a changed person, which in turn changes the kinds of experiences you have for the better.

For those of us who have been familiar with the human potential movement since the 1960s, becoming the change you want to see in the world is not a new concept. Well-known people such as Fritz Perls, Werner Erhard, Stuart Emery, and Byron Katie have been espousing the idea for years. How-

ever, many people still have little or no idea what is available in terms of wisdom teachings. Repackaged, well-known truths directed toward people who have tried and failed to create fulfilling relationships can be a catalyst for

them to receive spiritual guidance and to act upon it. In my opinion, this is where the value of the book especially lies.

Other useful concepts found in the book deal with important issues such as three common fears that come with being in a relationship (fear of loss, fear of humiliation, and fear of rejection), the importance of forgiveness (with suggestions as to how to forgive), and some basic principles of self-acceptance. In between the many stories and ideas designed to be helpful in improving relationships,



the reader is also encouraged to believe that happiness is possible, to spend his or her days filled with gratitude and love, and to utilize the virtues of courage and trust in embracing the power of the possible.

The Power of the Possible has received awards from six different sources including the Mom's Choice Awards, Reader Views



Literary Awards, and the Indie Excellence Awards. It is a nicely written book about the spiritual usefulness of self-growth in forming healthy, loving relationships. Though experienced therapists and teachers may feel they do not need to read it, they will likely find themselves surprised at what they will mull over and learn if they do.

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