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Chat with Dr. W. Dyer - 9/11/2002 - from: www.spirituality.com

Dyer 9/10/2002 2:00 pm - 3:05 pm

DISCUSSHOST: Welcome everyone to this live chat with Dr. Wayne Dyer. We are thrilled to have him 2:00 pm joining us and sharing his ideas. Let's go ahead and get started. Welcome Dr. Dyer.

Dr. Dyer: Hi there. It is great to be with you.
2:00 pm

ReflectPond: What are you thinking about right now on the eve of the anniversary of 9-11?
2:00 pm

Dr. Dyer: I am thinking that, as a people we have grown tremendously in the past year.
2:01 pm

Dr. Dyer: I was in San Diego that day. There was a full page ad in USA Today on 9/11 for a book I 2:01 pm had just released called "There is a Spiritual Solution to Every Problem". Little did I know how significant that message would be.

Dr. Dyer: Less than an hour after the paper was released, our country was turned upside down.
2:01 pm

Dr. Dyer: I feel there is a spiritual solution to the problems we face.
2:02 pm

Dr. Dyer: I told a story on MSNBC of a grandfather speaking to his grandson . Grandfather said I 2:03 pm feel as if I have 2 wolves barking inside me very loud. The first wolf is filled with anger, hatred, bitterness and mostly revenge. The 2nd wolf is filled with love, kindness, gentleness and mostly forgiveness."

Dr. Dyer: The grandson looked up and said "Which wolf do you think will win, Grandpa?"
2:03 pm

Dr. Dyer: The man responded "Whichever one I feed."
2:03 pm

Dr. Dyer: I think ultimately we will have to come to a place, as a people, where we recognize that 2:03 pm we all share the same God force, regardless of our appearances or cultural beliefs or location on this planet.

Dr. Dyer: There is a famous Native American saying.. "No tree has branches so foolish as to fight 2:04 pm among themselves." We must learn to no longer be so foolish and do whatever it takes to support the one tree and its many branches.

Dr. Dyer: That is why I am thinking about today.
2:04 pm

Phyllis: How will you personally honor the events of last year's attack, tomorrow?
2:05 pm

Dr. Dyer: I have a new book "10 Secrets for Success and Inner Peace." One of those secrets 2:05 pm says "embrace silence."

Dr. Dyer: I believe we have the capacity to resolve all the problems on this planet, including the 2:06 pm middle east, Afghanistan, Ireland, Indonesia, Africa and wherever tumult is rearing its head, through the use of silence, meditation and making conscious contact with God.

Dr. Dyer: One of the things we have learned in research is that through silence we can raise the
2:06 pm serotonin levels in the brain. They are enzymes that measure how much peace we have
through meditation and getting quiet.

Dr. Dyer: We also learned the those surrounding around those who meditate, even though they
2:07 pm don't participate, have their serotonin levels raised just by being near the silence and
contact with God.

Dr. Dyer: If we could put several million people around the West Bank and Israel and have them
2:07 pm all just meditate and get quiet, we could impact the entire region.

Dr. Dyer: If you take the word 'silence' and spell it out.. s i l e n c e
2:08 pm

Dr. Dyer: and rearrange those letters.. you will come up with another word.
2:08 pm

Dr. Dyer: l i s t e n
2:08 pm

Dr. Dyer: mistake.. the word was SILENT, not SILENCE.
2:08 pm

Dr. Dyer: Tomorrow I will be silent, projecting my conscious contact with God to all who would love
2:08 pm to be in that space.

DISCUSSHOST: That was S-I-L-E-N-T...not silence (sorry)
2:09 pm

Dr. Dyer: As Herman Melville once observed, "God's one and only voice is silence."
2:09 pm

Dr. Dyer: Now take S I L E N C E and rearrange those... L I C E N S E
2:09 pm

Dr. Dyer: Silence gives you a license to make conscious contact with God.
2:09 pm

Frosty: What do you see as the greatest obstacle to joy with people today?
2:10 pm

Dr. Dyer: In the prayer of St Francis of Assisi. He asks us to learn how to create a spiritual
2:10 pm solution to our problem.

Dr. Dyer: I think of this, not as a prayer itself, but as an 800 year old technology that represents
2:11 pm how to create an environment of joy and love and peace where such things as anger and
hatred and fear exist.

Dr. Dyer: He reminds us to bring higher energy to the presence of lower energy. When we do, we
2:11 pm not only nullify the lower energy but we convert it to higher energy.

Dr. Dyer: For example.. when you are in a dark room, you are in a low energy place.
2:11 pm

Dr. Dyer: When you bring light to the presence of that darkness, you not only dissolve the
2:12 pm darkness but you convert it to light.

Dr. Dyer: When you are in an environment of hatred and you respond by hating the hatred, you
2:12 pm have lowered the energy field.

Dr. Dyer: You must learn to bring love to the presence of hatred, to not only dissolve it but to
2:12 pm convert it to love.

Dr. Dyer: So it is with sadness and joy.

2:13 pm

Dr. Dyer: If you are sad over someone else's sadness or angry that someone is angry at you, you lower the energy field and weaken everyone in that field.

Dr. Dyer: When you respond to sadness or anger with joy and peace, you dissolve and convert that lower energy.

Dr. Dyer: The greatest obstacle to a life of joy is that almost everyone responds to sadness and anger and hatred with more of the same.

Dr. Dyer: Become instruments of peace and bring joy wherever you may be and all obstacles are removed.

DISCUSSHOST: Make sure you go to the Special 9-11 page in the upper right corner of the page for the latest articles, information, and upcoming events.

DanCarne: I have started to pray for peace actively. But, it seems so hard. And I think the reason being is that the world says that it won't do any good. How do you pray for peace in your life?

Dr. Dyer: I don't look at prayer as my trying to bring about my desired results.

Dr. Dyer: I look at prayer as a communion with my source and I detach myself from the outcome. I pay no attention to what naysayers might observe about the folly of prayer.

Dr. Dyer: I get quiet and I put this energy out to the world and I absolutely know that that energy of prayer and communion with God is doing what it is supposed to do.

Dr. Dyer: I remove my ego from the entire process and do not look at God as a giant vending machine in the sky!

Dr. Dyer: A machine dispensing goodies to some and baddies to others.

Dr. Dyer: Our problems all come from the fact that we have separated ourselves from our Source.

Dr. Dyer: Think of God as the ocean and yourself as a glass.

Dr. Dyer: You dip the glass into the ocean and what you have is a glass of God.

Dr. Dyer: Not as big, not as strong, but it is still God.

Dr. Dyer: When it is separated from its source it loses all the power of the source. But when it reconnects to the ocean it can sustain life, perform miracles, and all we have to remember is that our ego is a symbol of that drop of water separated from that source and then reconnect it in some way.

Dr. Dyer: All of our prayers are then answered.

Dr. Dyer: Sometimes the answer to a prayer is "no". It doesn't mean it hasn't been answered, it just means not now.

Don: I have become increasingly intrigued lately with the concept of time. Your book *Believe It When You See It* suggests "time" can be a misleading concept. How might I better realize the unreality of "time"?

Dr. Dyer: First of all, the title of the book is the opposite.

2:19 pm

Dr. Dyer: "You' ll see it when you believe it"

2:19 pm

Dr. Dyer: Time is one of those great mysteries because we live simultansoussly in 2 dimensions,
2:19 pm both of which have opposite rules.

Dr. Dyer: At the same moment in time we are in a body that had a beginning and will have an end.

2:19 pm

Dr. Dyer: And at that exact same moment, who we are inside this body, has no beginning, no end,
2:20 pm no boundaries, no form, is timeless.

Dr. Dyer: So the mystery always endures.

2:20 pm

Dr. Dyer: We are doomed to make choices. We are formless and in form all at the same time.

2:20 pm

Dr. Dyer: And time is what we, in our bodies, have come to bvelieve is what is measured by these
2:21 pm instruments we carry around on our wrists. When in reality time simply doesn' t exist at al
except in these bodies and minds that began and will end.

Dr. Dyer: As you begin to move to a new consciousness and see yoursrself, not as a numad being
2:22 pm having a spiriutual experience , rather as a spiritual being having a human experience,
time disappears into the void.

Dr. Dyer: And then you begin to understand that everythign is just ' now' .

2:22 pm

DanCarne: Dr. Dyer, thanks for talking to us today. I have three kids, 6, 9, 11. What should I be
2:23 pm talking to them about 9-11?

Dr. Dyer: I have 8 children, ages 12-35. I have told them all that these events, which seem so
2:23 pm horrific, are really our opportunities to discover our greatness and our divinity.

Dr. Dyer: Look at what happened when these events transpired on 9/11/01.

2:23 pm

Dr. Dyer: More blood was donated in the first day than could possibly be used. Much of it had to
2:24 pm be destroyed.

Dr. Dyer: Billions of dollars were donated. People ran into burning buildings to save strangers that
2:24 pm yesterday they were honking their horns at in dismay.

Dr. Dyer: Volunteers lined the streets, horns stopped honking in the streets all over America.

2:24 pm People became patient and loving in airports.

Dr. Dyer: Anger dissolved and was turned into compassion.

2:25 pm

Dr. Dyer: These events, inch by inch, move us to a higher ground, a higher place. Rather than
2:26 pm putting all of our emphasis on the horrors, lets use these events and others like them to
remind ourselves to be more compassionate, more loving, more peaceful, more divine
beings.

Dr. Dyer: I talked about raising children in a book I wrote years ago called "Waht Do You Really
2:26 pm Want For Your CHildren?"

Dr. Dyer:

2:27 pm I concluded by telling them to catch them doing things right whenever possible. So lets
look at what we have done right, how we have grown and how better we will be because

of events like holocausts, wars, starvation, and yes even the events of 9/11/01.

Piscapo: I just found this quote on your web site, "The past is over for all of us. The future is
2:28 pm promised to none of us. All we get is this one. That's all we get." Is this an idea you
came up with before or after 9-11?

Dr. Dyer: I wrote an essay in a book called "Wisdom Of the Ages" based upon the observations of
2:29 pm a man who lived 1000 years ago, in the 10th Century, named Omar Kyam. In a
collection of his poetry called the Rubayat, he said..

Dr. Dyer: "The Moving finger writes and having writ moves on. Nor all thy piety nor wit can lure it
2:29 pm back to cancel half a line, nor all thy tears wash out one word of it."

Dr. Dyer: A little tent maker in the middle ages, 1000 years ago, reminded us of this.
2:29 pm

Dr. Dyer: In my newest book "Ten Secrets for Success and Inner Peace" the fifth secret says
2:30 pm "Give up your personal history"

Dr. Dyer: I mean, don't live in the wake of your life.
2:30 pm

Dr. Dyer: The wake of a boat is nothing more than the trail that is left behind. NO matter how hard
2:31 pm you try, you can never drive the boat with the wake. it is just a trail left behind.

Dr. Dyer: SO, too, is the wake of your life. It is just a trail left behind. It is an illusion to believe that
2:31 pm it is what is driving your life today.

Dr. Dyer: What drives it is the same thing that drives the boat - the present moment energy that is
2:31 pm generated by the engine and nothing more.

Dr. Dyer: Carlos Casteneda told us "If you don't have a story, you don't have to live up to it." So
2:32 pm get rid of your story and get out of the wake.

candlelight: How do you manage to "shut out" all the interference that comes to your thought while in
2:32 pm silence?

Dr. Dyer: I call it getting in the gap.
2:33 pm

Dr. Dyer: I am releasing a little booklet on this, in December, along with a CD.
2:33 pm

Dr. Dyer: It is said that we have appx 60,000 separate thoughts every day! The only problem is,
2:33 pm we have the same 60,000 as we had yesterday!

Dr. Dyer: AND we'll very likely have the same 60,000 tomorrow.
2:33 pm

Dr. Dyer: With this many separate thoughts each day, there is almost no space between those
2:34 pm thoughts.

Dr. Dyer: A Zen proverb reminds us "It is the silence between the notes that makes the music."
2:34 pm

Dr. Dyer: Moving into the gap is accomplished by putting your attention first on a word. For
2:34 pm example, in the Lord's Prayer, put all your attention, inner attention, on the word "Our" for
30 seconds.

Dr. Dyer: Then shift to "Father" for 30 seconds. Picturing only that word.
2:35 pm

Dr. Dyer: Now go backwards in your mind and see if you can be 10 seconds in the gap between 2:35 pm those two words. Notice the bliss of the gap!

Dr. Dyer: It is out of the void that all creativity originates.
2:35 pm

Dr. Dyer: Just by practicing that simple technique of focusing on one word and then another and 2:36 pm then slipping into the gap between them, you will begin to train your mind to live comfortably in silence.

Dr. Dyer: You can read about this in the new release called "Getting in the Gap" from Hay House, 2:36 pm along with a CD demonstrating it, approximately December this year.

Dr. Dyer: You can reach them at 1-800-654-5126. The Hay in Hay House stands for Louise Hay, a 2:37 pm great spiritual teacher.

Lookingforjoy ~ A^ 9: What is your spiritual practice?
2:37 pm

Dr. Dyer: I always think of a story told of Ghandi, as he was on a train pulling out of New Delhi. He 2:38 pm was given a piece of paper and asked a question "What is your message"

Dr. Dyer: He responded to those outside the train "My life is my message."
2:38 pm

Dr. Dyer: I don't think of my spiritual practice as something that I work on each day, with 2:38 pm techniques.

Dr. Dyer: I think of a quote of Krishna Murti "Reality is not a concept, reality is my daily life."
2:39 pm

Dr. Dyer: Believe it or not, I work and practice all of these things in the smallest of ways, every 2:39 pm single day.

Dr. Dyer: I send love to a person who is in a hurry on the freeway, cutting me off.
2:40 pm

Dr. Dyer: I give a little extra money to someone in need on the street corner.
2:40 pm

Dr. Dyer: I move in on people who are arguing and try to bring an energy of love to that 2:40 pm environment, in a grocery store.

Dr. Dyer: In a thousand ways, everyday, my spiritual practice is sending love and try to be, not so 2:41 pm much a Christian, Jew, Buddhist, or Muslim, but to be Christ-like, or Jehovah-like, or Buddha-like or Muhammad-like.

DISCUSSHOST: Make sure you go to the Special 9-11 page in the upper right corner of the page for the 2:41 pm latest articles, information, and upcoming events.

BDBW: Aren't their actions you have taken and events in your life that you want to have as your 2:41 pm history? How can you differentiate between the past you want to help define you and that which you wish to leave in the wake?

Dr. Dyer: It is all in the wake.
2:41 pm

Dr. Dyer: Every bit of it!
2:41 pm

Dr. Dyer: This is not to say that I haven't learned a great deal from so many of the mistakes I have 2:42 pm made in my life.

Dr. Dyer: I remember an observation of St. Francis - "I have been all things unholy. If God can
2:42 pm work through me, he can work through anyone."

Dr. Dyer: AND they named San Francisco after him!
2:42 pm

Dr. Dyer: But all of it is in the wake. The good, the bad, and the ugly... and the divine.
2:43 pm

MS: What has been the most inspirational thing you have seen in the past year?
2:43 pm

Dr. Dyer: In a church service that I conducted on Maui, I took the names of 20 of the people who
2:44 pm had died in the World Trade Center tragedy and I gave those names to 20 different people.

Dr. Dyer: I asked them all to pray for the rest of their life, every day, for that person and their
2:44 pm family. All of them agreed to do that, everyday, for the rest of their life.

Dr. Dyer: They agreed to do it with joy, love and enthusiasm. Their reaction to that request,
2:45 pm inspired me enormously.

Dr. Dyer: I lost one dear friend, who was on the plane that flew into the WTC, who was in the
2:46 pm audience when I reorded my PBS special in Concord, Mass. Her name is Paige Farley, a counselor to my daughter Sommer. She accompanied our family to Machu Pichu in Peru and in many ways was a living Saint.

Dr. Dyer: I pray for her every day and her family. AND I have spoken to her brother recently and he
2:46 pm is beginning a foundation in her memory.

Dr. Dyer: Such is the power of this prayer.
2:46 pm

Dr. Dyer: I encourage all of you to find one name, out of the thousands, and maybe one name in
2:47 pm Africa of someone maimed and killed, and one in Ireland, particularly of a different faith than yourself, and remember them to God - every day for the rest of your life.

Dr. Dyer: Notice what happens.
2:47 pm

comida: you talked about a spiritual solution to every problem -- how do I know when I hit upon a
2:47 pm spiritual solution? how can I tell it apart from other solutions?

Dr. Dyer: A spiritual solution is nothing more than bringing higher energy, faster energy to the
2:48 pm presence of lower, slower energy.

Dr. Dyer: Love, kindness, peace, joy, faith - these are higher spiritual energies. When you bring
2:48 pm them to lower energies of hatred, anger, fear, depression, worry, you will see those lower energies are converted.

Dr. Dyer: That is all a spiritual solution is - converting lower energy to higher.
2:49 pm

Dr. Dyer: Energy does not come in good or bad, right or wrong, moral and immoral. These are all
2:49 pm human judgements.

Dr. Dyer: Energy comes in two measures only - high and low, fast and slow.
2:49 pm

Dr. Dyer: The higher and faster the energy, the more you approach God. AND the lower and
2:50 pm slower energy cannot survive in the face of these higher and faster energies.

Dr. Dyer: The Tenth secret in my new book, is called "Wisdom is avoiding all thoughts that weaken you."
2:50 pm

Dr. Dyer: Thoughts of low energy weaken the muscles of your body. If you want to see how it works, read a book called "Power Vs. Force" by David Hawkins, MD, also available through Hay House.
2:50 pm

Dr. Dyer: Once you know a thought is weakening you, you can bring God to the presence of that lower energy. Doing so, you convert that energy to higher and more spiritual energy.
2:51 pm

Dr. Dyer: That is how you will know.
2:51 pm

YLRR: Guilt seems to get in the way of joy for me. I'm not bad, yet I tend to feel guilty. How can I get out of this guilt-habit?
2:52 pm

Dr. Dyer: Guilt is a wasted emotion.
2:52 pm

Dr. Dyer: Try feeling guilty for 10 minutes about the outcome of the war of 1812.
2:52 pm

Dr. Dyer: Notice that, no matter how guilty you feel about how that war turned out, it doesn't change the outcome.
2:52 pm

Dr. Dyer: Yesterday is just as over as 1812.
2:52 pm

Dr. Dyer: In fact, this morning is just as over as 1812. You feeling guilty about anything that happened between 1812 and this morning, will have no impact other than to immobilize you in the present moment.
2:53 pm

Dr. Dyer: Guilt is using up the present moment to feel bad about something that is already over.
2:53 pm

Dr. Dyer: It is not living in the past, it is living in the now, but using it up - obsessing about what could or should have happened.
2:54 pm

Dr. Dyer: When you find yourself using up your present moment, being immobilized over something that has already happened, remind yourself of the insanity of such a stance.
2:54 pm

Dr. Dyer: Learn from the past but don't live back there in guilt.
2:54 pm

HarryJB: What are you doing differently this year that you weren't doing a year ago?
2:55 pm

Dr. Dyer: I saw a definition once of true nobility. It said true nobility is not being better than anyone else. It is being better than you used to be.
2:55 pm

Dr. Dyer: As a humanitarian, teacher, father, as a human being, I am just a little bit better than I was a year ago.
2:56 pm

Dr. Dyer: A little softer, a little kinder, a little less egocentric, but otherwise still running and swimming and speaking and writing and breathing and living each day, reminding myself of what Rumi said in the 13th Century - "Sell your cleverness and purchase bewilderment."
2:57 pm

Dr. Dyer: I am more in awe, now of every moment I have, than I was a day ago, let alone a year ago.
2:57 pm

DISCUSSHOST:

Unfortunately, that is all the time we have, but we would like to go on all day. Thanks so

2:57 pm much Dr. Dyer for this time, and thanks so much for your love, inspiration, and consideration. This has been a special hour. Thanks to everyone for the great questions.

DISCUSSHOST: Make sure you go to the Special 9-11 page in the upper right corner of the page for the 2:57 pm latest articles, information, and upcoming events.

DISCUSSHOST: For those of you still on the chat, please take a minute to answer five easy questions.
2:57 pm Here is the pop-up window!

DISCUSSHOST: <http://quicktakeit.com/qto/Default.asp?a=74776&e=613037098%5E0096959>
2:57 pm

DISCUSSHOST: Have a great day everyone!
2:58 pm

roo: Thanks, I like the idea of no living in the wake of your life.
2:59 pm

candlelight: that was a beautiful answer..thank you very much..is there a book that you have written
2:59 pm that would expand on this practice???

Close

Refresh

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