

RANDOM HOUSE  BOOKS



Turn-Around

Richard and Mary-Alice Jafolla

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About the Book

Here is a book for people at the very end of their tethers and desperate. From positive thinking to positive prayer, they feel they have tried everything yet remain tortured by a situation which has resisted every attempt to get rid of it.

Nobody can wave a magic wand but if your own life is in crisis, help at last is in your hands. Whatever the situation you face, illness, addiction, financial ruin, unhappy relationship, *Turn-Around* will be a close companion, a concerned, worldly-wise uncle and aunt to take you through the practical steps that will lead to your overcoming your trauma and transforming your life.

Written from a psychologically sound and spiritually centered perspective, this is not a religious tract but rather a spirited and earnest book written with compassion as well as humour. Succinct and to the point, it delivers the sort of straightforward help for which you have been starved. We guarantee genuine and even dramatic results.

About the Author

Richard and Mary-Alice Jafolla are the former directors of Silent Unity and were the executive editors of *Daily Word*, the largest circulation daily inspirational in the world. Mary-Alice holds a Master of Arts degree in Humanities and taught at university level. Richard, with a Master of Science in Counselling Psychology, was a substance abuse counsellor. Devoting their lives to the study and teaching of holistic healing they founded Spirit of Life, a non-profit educational organization which they directed for many years. The Jafollas reside by the sea with their two adopted greyhounds, April and Sunny.

Richard and Mary-Alice Jafolla

Turn-Around
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Turn-Around
When your life is in crisis

Index compiled by Lyn Greenwood



SAFFRON WALDEN
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Introduction

Dear Friend,

NOTHING IN THE world is more mysterious, more complex, or more private than the landscape of your own soul. You alone traverse its peaks and valleys. You alone have travelled into its dark crevasses and across its sunlit meadows. You alone have built its prisons as well as its cathedrals.

While you may not know the route your soul has taken, whatever you are today is a direct result of that route. Right now your soul is a road atlas of your life pinpointing all the experiences, all the beliefs, all the thoughts and feelings you have gathered along the way. Many of these beliefs have caused you to detour or chase down dead ends in attempts to improve your life. And now here you are - daring to hope...just...a...bit and, yes, somewhat deterred by past failures but willing nonetheless to give it yet another try.

Your soul has its secrets. Some of these hidden thoughts and feelings are often the very obstacles preventing you from being the authentic you - the you who would experience more peace, more joy, better health, greater prosperity. Assassins who short circuit your higher self, these obstacles must be removed one by one until you are rid of them. But if you're reading this book chances are there is one *major* obstacle plaguing you today, one that has brazenly resisted every attempt to get rid of it - a crisis with such a strong hold on you and for such a long time, you wonder if you can ever be free of it? Or it might be a new situation - one that exploded into your life and whose crushing impact has scattered so much debris that you feel you have to dig out from under it before it smothers you. Maybe it's a physical challenge like heart disease, cancer

or arthritis. Or it could be a substance you have allowed to gain control over you like tobacco, alcohol or some other drug, or even food! Or maybe it's a personal relationship that has become unbearable. Or have your finances collapsed? Whatever it is, this major obstacle is the one you will work on now.

Since the situation has not responded to anything you've tried so far, obviously a more radical strategy is needed. Time for a very special kind of procedure, one that offers the potential for permanent removal of the problem, leaving no pain, no scars, and no remorse. *TURN-AROUND* is such a process.

The *TURN-AROUND* process takes place in the soul, because any permanent change you make in your life can result only from changes you have first made in your soul. Obviously, this is something no one else can accomplish for you because only you have access to all the thoughts, beliefs, emotions, and memories of past experiences that are recorded in your soul.

TURN-AROUND is a highly personal process - easy to understand, easy to utilize, and adapts to any lifestyle. We offer it to you in the sincere hope that it will be a blessing to you and that within its pages you will find the help you need to overcome that major challenge and turn your life around.

Our warmest wishes to you,
Richard and Mary-Alice Jafolla

The Process

The Process

AN ANCIENT HINDU legend describes a time when all human beings were gods, but because they abused their divinity, Brahma, the chief god, took it away from them. Three wise holy men were called in to help Brahma decide where to hide humankind's divinity so they could never find it again.

"Let's hide it on the highest mountaintop," offered the first holy man.

"No, humans are very resourceful. Eventually someone will climb up there and find it. Instead, let's hide it at the bottom of the deepest sea," suggested the second holy man. But they realized in time someone would discover it there as well.

"Let's bury it deep in the Earth," said the third holy man. But they all realized there, too, it would one day be found.

After much thought and deliberation they decided to bury divinity deep within each person. "No one will ever think to look for it there!" they exclaimed. And there it has remained ever since.

The Heart Of TURN-AROUND

We explore the outer reaches of space, the unbelievable depths of the oceans, the very bowels of the Earth, we search far and wide to "find ourselves". But how few of us ever think to look inside. Our divinity is deeply hidden in every human heart where it waits to be discovered, ever ready to provide all the answers and guidance and solace we will ever need.

Only when we're armed with the knowledge that we have a divine presence within us will we dare to step out of the "but-I'm-only-human" mindset and identify with the dimension that does not deal on that level - a *higher* dimension. *The solution to a problem is never found on the level of the problem itself.* It is found on a higher level, where all answers and all possibilities await. The more we can identify with this level, the easier life becomes. This is the heart of *TURN-AROUND*.

Does This Mean We Need "God" On This Trip?

Before addressing that critical question, let's take a slight detour to define our terms and to distinguish between "religion" and "spirituality".

We are all spiritual but not all of us are religious. Spirituality, as we are using the term in this book, refers to our awareness of our relationship with a higher power that resides in each of us. Spirituality relies on *inner* knowledge and *inner* feelings, and so each of us expresses his or her spirituality in an absolutely unique manner. Religion, on the other hand, is a set of formalized beliefs created by an individual or group and is practised by the members of that group. Religions are constructed on frameworks of outer rules and tenets.

Getting back to whether we need "God" on this trip, the answer hinges on how we're defining God. You'll have to use your own innate wisdom to make the final determination yourself. But here's our reasoning: When faced with situations that seem threatening or even tragic, our human tendency is to allow the mere appearances to influence us in a negative way. As a result, we anxiously scramble around for the solution amidst the very chaos of the situation. But (at the risk of being redundant) *the solution to a problem is never found on the level of the problem.* How could it be? For example, if you walked into