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http://www.timeoutforliving.com/

CALEB GATTEGNO: "The Intelligent Self." The Mind Teaches The Brain. New York: Educational Solutions, 1975,1988.

http://en.wikipedia.org/wiki/Caleb_Gattegno

http://en.wikipedia.org/wiki/Ramana_Maharshi

ABSTRACT

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nationally known consultant: Coach: Pioneer in the field of optimal performance. With

provided consulting services to businesses in all sectors of the ods and practical tools that allow top performers to harness nd others' performance: Dr. Sagert is the author of TimeOut*:

A Practical Stress Management Kit: Time Out partners with corporate decision-makers and human relations executives to build custom-tailored programs designed to address the companies' hidden unique needs. Clients include such companies as Dow Jones-The Wall Street Journal: UT Executive Education: Holt Rinehart and Winston: Halliburton Energy Services: Dell Computer: IBM: Samsung: and Motorola: A recognized speaker and co-founder of the Clarksville Experience: Retreats designed to enable many women executives to redefine

life/work priorities and network with like minded women: Janine Marie Sagert completed her doctorate at the University of California at Berkeley in: Culture And Mental Health: A special degree program which explored the interrelationship of organizational and individual performance: The aim of the art of Janine Marie Sagert is

to create a place of beauty and calm: The aim of the life of Janine Marie Sagert is to expand her consciousness as much as possible and experience Love: And now I will say farewell to you and I will sing of another little bicycle rider who pedaled into life growing individual skills into reaching into ever larger and larger more complicated humanity blind greed and jealousy driven dark fortresses burning with deeply hidden subtle elusive authentic

consciousness needs to create a place of calm beauty inside outside and in between hapless victims of inner dark ness and inside outside and in between her Self too: