

EXQUISITE MIND

HOW A NEW PARADIGM
TRANSFORMED MY LIFE...
AND IS SWEEPING THE WORLD



TERRY RUBENSTEIN
WITH BRIAN RUBENSTEIN

FOREWORD BY MICHAEL NEILL

Contents

Publisher Information	ii
Dedication	iv
Praise For Exquisite Mind.	v
Foreword	xi
Prologue.	xiii
Part I: Misunderstanding	1
1.	3
The Great Depression.	3
Best Little Girl In The World.	6
Obsessive Thinking.	18
2.	25
When it is Dark Enough, You Can See the Stars.	25
Unconditioned Mind	29
Extraordinary Potential of the Human Spirit.	34
A Common Thread	39
Part II: Understanding.	42
3.	44
Three Principles	46
Personal And Impersonal	47
Mind	48
Thought	53
Consciousness.	57
Thought and Feelings: Two Sides of the Same Coin.	58
The Missing Link	60
4.	70
Personality Trap.	70
Making Friends With Anxiety	72
Change is Always Possible	76
Truth as the Antidote to Misunderstanding	81
Transformative Insight	85
5.	91
Innocent Effects of our Thinking	92
Separate Realities	97
Searching In The Wrong Place	102

Part III: Living With Understanding	105
6.	107
Living Life's Ups and Downs with More Grace.	107
Stepping Outside our Conditioned Thinking	111
A Deeper Knowing	114
An Open Mind Keeps On Learning.	121
We Have Everything We Need.	123
Lessons in Listening and Love	127
Little People Make the Best Teachers	134
7.	139
Pushing Too Hard.	139
Psychological Resilience	143
Chronic Pain and Peace of Mind	145
An Exquisite Mind	150
Epilogue.	156
Further Learning Opportunities	158
With Gratitude	161
About the Authors	164
The Innate Health Centre	165
Also Available	167

EXQUISITE MIND

How a new paradigm
transformed my life... and
is sweeping the world

Terry Rubenstein

with

Brian Rubenstein

Publisher Information

First edition published in 2016 by
MX Publishing
335 Princess Park Manor
Royal Drive, London, N11 3GX
www.mxpublishing.co.uk

Digital edition converted and distributed by
Andrews UK Limited
www.andrewsuk.com

© Copyright 2016 Terry Rubenstein

The right of Terry Rubenstein to be identified as the author of this work has been asserted in accordance with the Copyright, Designs and Patents Act 1998.

All rights reserved. No reproduction, copy or transmission of this publication may be made without express prior written permission. No paragraph of this publication may be reproduced, copied or transmitted except with express prior written permission or in accordance with the provisions of the Copyright Act 1956 (as amended). Any person who commits any unauthorised act in relation to this publication may be liable to criminal prosecution and civil claims for damage.

Although every effort has been made to ensure the accuracy of the information contained in this book, as of the date of publication, nothing herein should be construed as giving advice.

The opinions expressed herein are those of the author and do not necessarily reflect those of MX Publishing or Andrews UK.

Cover design by www.simontaljaard.com

Typesetting and book design: www.adirpress.com

Contact the author directly by email: exquisitemind@innatehealth.co

Let your mind be still, for the wisdom you
seek is like that butterfly over yonder.

If you try and catch it with your intellect,
it will simply fly away.

On the other hand, if you can still your mind,
some day when you least expect it,
it will land on the palm of your hand.

Sydney Banks

To
Sydney Banks
and the many other extraordinary teachers
— past and present —
who have encouraged us to look within for the answers

Praise For *Exquisite Mind*

“While Terry’s description of how the ‘inside-out’ understanding has transformed her life is a remarkable story, this is ultimately a book about you. If you let them, the Principles shared in this book will awaken something inside of you—a kernel of hope and possibility that not only can today be better than yesterday, it was designed to be. May your life be touched and transformed as you read this beautiful book, and may you in turn touch and transform the lives of everyone you meet.”

Michael Neill,
bestselling Author of The Inside-Out
Revolution and The Space Within

“Terry’s book is the first one of its kind bringing the understanding of innate health and resilience into the world of psychiatry. To give hope and hold hope for people with mental disorders, healthcare professionals will need to fully embrace the concept of personal recovery. The ‘inside-out’ paradigm of understanding mental distress depicted in these pages leads to a deeper understanding of how our mind works and how true mental healing happens from within us. The author’s perspective as a person with lived experience makes it a must read for anyone experiencing any kind of mental distress and loss of hope. This is an immensely enlightening book for families, friends and professionals supporting someone with a mental disorder.”

Dr Rani Bora,
Rehabilitation and Recovery Psychiatrist

“Terry Rubenstein has managed to combine her deep understanding of the human condition with her natural ability to teach. This is a deeply heartfelt, honest and touching exploration of the spiritual nature of life and what it means to be human. If you want to gain a transformational understanding of how the mind works and live your life with more freedom, love, joy and connection, read this book.”

Chantal Burns,
bestselling Author of Instant Motivation: The surprising
truth behind what really drives top performance.

“In *Exquisite Mind*, Terry shows us how to get in touch with who we really are so that we can get on with the best possible version of our life. From darkness to extreme clarity, this book will show you how to deal with your own inner voices on a daily basis and how to live a more meaningful, truthful and fulfilled life. This book is a life-changer.”

Sammy Margo,
Author of The Good Sleep Guide and
Good Sleep Guide for Kids

“In a world where alleviating mental suffering often remains a mystery, even for the professionals in the field, the Three Principles represent a fascinating new paradigm in psychological thinking. And crucially, it has already demonstrated the ability to catalyse recovery and transform lives. An “exquisite” book by an inspirational woman.”

Dr Harley Simon,
Chief Medical Officer and Executive Vice President,
multinational pharmaceutical company

“It would seem contradictory for an individual’s deeply personal story to be wholly impersonal at the same time. Yet Terry’s uplifting account—told with humility, honesty and humour—achieves exactly that. This profoundly human story is bigger than being about one person’s experiences; it is a narrative that informs all human experience, shedding light and offering a radically new perspective on how our minds work. For anyone serious about having a more peaceful, more effortless, more graceful experience of life, this book will help you to see why that is possible and how it can occur.”

*Jack Fallow, Associate Professor,
University of Brunel Business School; Founder,
Centre for Organisation Effectiveness*

“This inspiring and beautifully written book outlines a fascinating approach to dealing with life’s challenges. It describes positive ways to organise and interpret one’s thoughts in practical and spiritual ways. In so doing, its approach can help make one’s life more complete.”

*Dr Arthur Rubenstein,
Professor of Medicine and former Dean and Executive
Vice President of the University of Pennsylvania; former
President of the Association of Professors of Medicine
and the Association of American Physicians.*

“Terry Rubenstein’s personal story in and of itself is achingly honest, deeply hopeful, truly inspiring, and will move your heart. But Terry’s gift to humanity is that she has highlighted the universal nature of her story and its application to each and every one of us. Terry will quietly invite you to realise the presence and gift of your own magnificent spiritual nature.”

*Dr Dicken Bettinger,
Founder, Three Principles Mentoring*

“One can see the true measure of a person when they face adversity. In this true story of vulnerability, resilience and triumph, Terry Rubenstein demonstrates an inner strength that teaches us that even in the darkest moments of despair, we can still choose our mind-set and whether we show up with dignity and humility. Aside from the courage of sharing her experience, which will be an inspiration to others, Terry’s book provides a great and easily relatable introduction into the Principles—even to a novice like me.”

*Avron Epstein,
formerly Head of Investec Private Bank, UK*

“This book is an awesome, fundamentally accurate, heartfelt description of the Three Principles paradigm clothed in the brutally honest story of Terry’s life. There is no misunderstanding in this book. There is no misleading in this book. This book is truth.”

*Tzvi Wurther,
President, Twerski Wellness Institute*

“Anyone who has ever felt ‘broken’ should read this book. Terry is a remarkable individual who has impacted so many lives around her, and I hope this book reaches many more. Above all her story demonstrates the exceptional power we all have to change our own lives even when it seems there is no hope at all.”

*Esther Marlow,
Director, Carmel Clothing*

“Terry’s account is so compelling because her story has at its heart, spirit and truth; the formless nature of truth and love are discovered here everywhere! Yet, Terry points as well to practical, spiritual principles that help each of us discover truth in our own lives, in our own hearts, in every moment of every day. A brilliant and courageous woman with a brilliant and courageous tale that should be read by all who care about life and living it fearlessly, no matter their current circumstances.”

*Ami Chen Mills-Naim,
Author of The Spark Inside and State of Mind in the Classroom*

“Once I started reading this book I was mesmerised by it. I felt inspired by Terry’s account of her challenges and how she had decided to share her experiences to inform and help others. I have learnt so much and feel confident and empowered to apply some of the wisdom within the book to my own opportunities and challenges.”

*Elliot Weider,
Founder and CEO, All Round Leadership*

“Terry Rubenstein’s book is a unique contribution in a fast growing area. It combines her grippingly honest story with her deep and transformational insight. The combination is a powerful compound that is both highly relevant and credible, offering hope and transformation.”

*Aaron Turner, PhD,
Founder and Senior Partner, One Thought
Consultancy and Practitioner Training Institute*

“As a business leader, mental well-being is fundamental to both myself and my employees. As such, Terry and Brian’s book is a crucial part of our library. They should be commended for a first class effort in honesty and down-to-earth but inspirational guidance.”

*Paul Deacon,
Founder and Managing Director, Deacon Search*

“This personal and honest account showcases the Principles of Innate Health in a way that demonstrates their practical relevance. The careful reader will acquire an invaluable understanding that will greatly benefit their life.”

*Rabbi Dr Akiva Tatz,
Founder and Director, the Jerusalem Medical Ethics
Forum; Author of Will, Freedom, and Destiny*

“This book takes you into the mind and journey of a person who changed the quality of her mental life in the extreme. When you read this book you will feel like you are taking that journey and gaining the understanding that accounted for her change.”

*Dr George Pransky,
CEO, Pransky & Associates; Author
of The Relationship Handbook*

“The teachings contained within this book are crucial for anyone wishing to have a richer, deeper experience of life. As inspirational as Terry’s story is, its real value lies in showing how transformation is not just possible, but is readily available to us all. I hope that all members of our large team in our offices across the UK and internationally will read this, as I am confident it will significantly impact them in their personal and professional lives.”

*Jon Werth,
Founder and Managing Director, Life Residential*

Foreword

What you are about to read is a true story. It is also a story about truth. In some ways, it's the story of one remarkable woman, but in many other ways it is a description of the extraordinary ordinariness of the human experience. We all face immeasurable challenges over the course of our lives; we are all blessed with the extraordinary resource of what the author calls “Exquisite Mind”—the innate psychological health within us and the spiritual source of wisdom, insight and experience.

Terry Rubenstein talks of a Divine intelligence, but this is not a book about religion any more than her talking about jogging makes it a book written only for those who run. You do not need to be a “believer”; you need only be open to the possibility that there is more to life than you may have previously considered to be true.

I first met Terry several years ago, and to describe her as a force of nature is to be kind to nature. While I immediately sensed her commitment to sharing the Three Principles she describes so beautifully in this book, it took me a bit longer to pick up on the incredible depth of personal experience from which she spoke. Reading about her recovery from an eating disorder, depression, chronic anxiety and then a mysterious illness whose diagnosis and treatment spanned two continents, it is all the more remarkable that she is so straightforward in her presentation and almost comically humble about her gifts as a teacher and healer.

But despite reading about Terry's transformation and the many other people who generously share their own stories about how the “inside-out” understanding has transformed their lives, this is ultimately a book about you. If you let them, the principles shared in this book will awaken something inside of you—a kernel of hope and possibility that not only can today be better than yesterday, it was designed to be. We are all doing the best we can to find happiness and mitigate our suffering; the more we understand

what is going on behind the scenes of our personal story, the more successfully we can navigate our lives.

At one point in the book, Terry shares a simple quote from her friend and colleague, Rabbi Shaul Rosenblatt: “*Do you know that all your thinking is not real? The only thing that is real is God.*”

By the time you finish this book, you will see the truth of this for yourself, but better still, you will see that “God” is not some abstract ideal, but a way of describing the living wisdom at the very heart of our deepest self.

May your life be touched and transformed as you read this beautiful book, and may you in turn touch and transform the lives of everyone you meet.

With all my love,

Michael Neill

Bestselling author of *The Inside-Out Revolution*
and *The Space Within*

Prologue

Tears of the Soul

April, 2005

I am in the long, narrow galley kitchen of our house, listening to a track of soulful music and preparing dinner for the kids before they get home. A profound feeling of peacefulness washes over me, as if wholesomeness and well-being are coursing through my body. I feel deeply present, profoundly calm.

Suddenly, I have a flashback of a time not long ago; a time when I was so depressed, so hopeless, so engulfed in despair and pain.

I almost drop what I am cooking. I sit down on a kitchen chair and start to sob uncontrollably for what seems like a very long time. "I am sorry, Terry, I am so sorry," I keep repeating to myself, over and over. "I wish I could have helped you but I just didn't know how. I am so sorry."

Weeping on that kitchen chair with all the smells and sounds of the family's dinner bubbling around me, I realise that, throughout my years of depression and difficulties, I hadn't known how to do better. I am thunderstruck by the depth of this insight. I had done my best. Had I known how to help myself more, of course I would have. But I didn't. And so ensued many dark periods of anguish and sadness.

My self-apology is not because I feel guilty or because I have let myself down. I am simply experiencing the deepest empathy with myself. I am crying with and for the Terry who underwent so much suffering.

And yet there is nothing depressing about these tears. The version of Terry I am crying for is no longer here; she is no longer me. I am letting go and saying goodbye. My weeping is coming from such a deep

reservoir of healing. They are tears of catharsis, tears of compassion, tears of connection. They are tears of the soul, of my soul.

I would never have imagined I needed to heal in this way—it was so spontaneous and unexpected—but it was exactly what I required. If this healing episode had not occurred, perhaps I would have looked back with regret and said: “I wish I hadn’t gone through that”, or “it’s too hard to talk about”. It is because of my spontaneous crying session that I no longer reflect on my life with guilt, pain, trauma, shame, regret or other negative emotions.

Rather, when I consider the tough times, I see them merely as what I needed to go through then. What has happened to me is the journey I needed to take. There’s a resolution, an understanding that my challenges were right and fitting. Sitting alone in that kitchen, there was a wondrous moment of catching a glimpse of clarity in the stark light, when I saw everything with perspective and compassion. I saw my part in it all. Everything made sense.

This is the power of the mind to heal. It offered me an unbidden experience so that I could move on. It does this without us needing to try, or even knowing how to do it. Because we don’t know how. But that’s just what the mind does. I had unknowingly touched a place of higher consciousness. From that time onward, anything seemed possible.

I had entered a space that I now know is the origin of infinite possibilities, of pure potential. It exists before we construct our ‘barrier thinking’, thinking that tells us who we are and what we can and cannot do. We unwittingly use this thinking to box ourselves in and close ourselves off. But this universal place of higher consciousness blows the lid off our boxes. It allows us to be so much more than our made-up personalities and limiting beliefs.

That day in the kitchen was testament to how the mind can elevate us if we let it do what needs to be done. It was an immense, perfect, exquisite moment.

A short time ago, in my role as Director of the Innate Health Centre in North West London, I underwent training for our organisation's new website. I was thus introduced to the "back-end" of a website for the first time, a learning experience that was staggering for two reasons:

Firstly, I never knew there was such a thing as a front and back-end of a website, nor had I ever considered this was how a website was constructed. The front-/back-end explanation was novel to me, instantly opening up a whole new world of understanding about the operation of this dimension of cyberspace.

Secondly, it was mind-blowing to see what happened each time I accessed the back-end and made changes to the pages appearing on the front-end. I could add new images, blogs, programme listings and really have a lot of fun. And then, when I clicked on the "Update" button, the front-end of the website (which is what people actually see) was magically changed! I realised that the front-end of the website is *always* a reflection of the back-end. Even though the back-end is invisible to the user, it is where everything is actually created and from where all change emanates.

It is the perfect metaphor for what I intend to share in this book.

Most of us, during the course of our lives, try so hard to create change: in our relationships, jobs, finances, circumstances, feelings and our inner selves. And for so many of us, it often feels like a great struggle. Sometimes, it seems as though the harder we try, the more we perpetuate the problem and the feelings we are trying to get away from.

But we are not told that there is a front-end and a back-end to ALL experience of life. What we immerse ourselves in and often grapple with—the full spectrum of our emotional, mental and spiritual lives—comes from a back-end that we have not been educated about. Without knowing there is a back-end, and without knowing

how it works, we are bound to be continually frustrated by the lack of results on the front-end.

This awareness is the key to all change and unlocks real psychological freedom.

Over time, I have come to see that my story—and the story of so many others—is about finding out that a back-end exists. And then understanding how that back-end works.

It is now ten years since I first came across this fundamental explanation of the human experience, known as the **Three Principles**. And over the course of the past decade, not only has it transformed my own life, but the lives of thousands of students and clients I have been privileged to teach. Countless others are being affected by this new paradigm as it sweeps the world.

This is my true story. But it is much more than being just about me. It is about an explanation of a perfectly Exquisite Mind that is available to us all.