

# MIND POWER

Connecting With The Power Of Your Unconscious Mind



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**B.A., B.ED., M.B.A**

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## **Dedication**

This book is dedicated to you. You deserve to be successful. You deserve to be wealthy. You deserve to be healthy. You deserve to be happy.

Hopefully, you will be able to apply some of the skills shared by these authors to help you move your life forward in any direction you choose. You deserve to live the life of your dreams.

## **Disclaimer**

The book is intended for information purposes only. The ideas and opinions presented are solely the ideas and opinions of the individual author and do not necessarily reflect the ideas or opinions of any other contributor to this book. The ideas and opinions expressed are not intended to replace sound professional advice. Before you take action, you are encouraged to contact a professional who can properly guide you on the specifics of moving your life forward. Should you choose to use any information presented in any article in this book, you do so at your own risk. You accept full and personal responsibility for your own decision.

# **Use Your Mind to Bring Abundance and Joy into Your Life**

**By: Rebecca Sebek**

Did you know that most people think on average 60,000 or more thoughts per day? If you're constantly tuned into the "All Negative Station" all of the time, it will affect your life and health. Your unhealthy mind won't bring abundance and joy into your life. It will attract trials and tribulations that you won't to face. Take one day to observe your thoughts. You may be surprised by what you're thinking.

## **Use Your Mind to Bring Abundance and Joy into Your Life**

**Create a gratitude list and attitude of gratitude.** Can you breathe on your own? Do you have food in your stomach every day? Do you own your own home? Do you have a fabulous job? If you answered "Yes" to these questions then you have a great life to be grateful for. If you don't like you job, you can change it. Or, you

can start your own business. You probably have more opportunities available to you than most people. Be grateful for that! Review your gratitude list and think to yourself, "I'm very grateful for all that I have in my life."

**Mind your words.** The reason why you don't have abundance and joy in your life is because of the words you speak. If you say, "I'm fat or I can't lose weight" you'll reinforce your 'negative' mindset. If you say, "It's hopeless or I'll never get out of debt," you'll attract more of the same. Stop it! Become aware of the words you speak. You may be surprised how your mind is programmed to pick up on negativity all of the time. Abundance and joy can't find their way into your life if you're not speaking words that invoke feelings and thoughts of abundance and joy. It's that simple!

**Make sure you want abundance and joy in your life.** Do you really want to be abundant and joyful? The answer may surprise you. Many people stay stuck in their lives because they're afraid they'll lose people. It sounds odd but most people would rather be in the 'same boat' as others because it's comfortable and safe. They don't want people to be jealous or hate them.

First, it's not your problem. If the people in your life leave you because you've become abundant and joyful, they have issues. Second, you may be better off if certain people leave your life. Finally, take the fear out of it. People may surprise you and look at you as role model who can help them change.

The bottom line is that if you want to abundant and joyful, you'll change your mind-set. If you're tired of the same old, same old in your life, you'll do whatever it takes to change. Even if you lose people along the way, new friends will enter your life because they'll vibrate at the same level as you. Your old friends will still be at their level. Change happens whether you like it or not. You may as well embrace it!

*Rebecca Sebek makes her living as a freelance writer, author, and teacher. She counts among her passions the arts and entertainment, environment and conservation, metaphysical studies, music, politics, psychology, and travel. She enjoys coaching, empowering and teaching others, and sharing her knowledge. Contact Rebecca at [savvywriter.com@gmail.com](mailto:savvywriter.com@gmail.com) or 480-208-1599.*

# **Achieving and Receiving Starts with Believing**

**By Jeffrey Mayhugh**

One undeniable truth, whether you can accept it or not is this; what you achieve and receive is proportionate to what you believe. Once you begin believing in what you are truly capable of having, doing, and being, you will begin to achieve and receive much more than you ever thought possible.

The greatest barriers to wonderful and meaningful experiences in your life are your limiting beliefs. Your beliefs are the result of what you have been taught, and your interpretations of what has happened to you up until now. Your limiting beliefs are what you have accepted as truth, even though they are not the truth. To advance and reach your full potential in any area of your life, you must recognize what limitations you have placed on yourself. You must question the basis of your beliefs and question their validity. Many of the

“truths” we cling to are merely the attitudes and opinions of other people that we have chosen to accept, even though they are not based on facts.

Once you come to accept that what you believe ultimately becomes your reality, doesn't it make sense to change your beliefs to those that serve you and move you toward your vision of the life you want?

So, how do you change your beliefs? One important step is to practice imagining and affirming them. First, practice changing your beliefs by imagining what you desire and telling yourself that what you want is on its way. Then, see yourself has already having, doing, and being it. Let the vision of the life you truly want sink deep into your soul.

As you practice and strengthen your feelings of what it is like to have the life of your dreams, you will impress the new beliefs on your subconscious mind. Your subconscious will begin to accept these new beliefs. With these new beliefs you will begin noticing, doing, and attracting what is necessary to achieve what you really want.

Never under estimate the power of your beliefs. If you truly believe without question that you deserve a six-figure or greater income, you will find a way to make it a reality. If you don't believe you are capable and deserving of a rewarding career, you will never reach your full potential.

If you believe that life is a magnificent adventure, it will be. If you don't, it won't. It sounds simple, because it is. But although it is a simple matter, it is not necessarily quick and easy. You must devote yourself to an ongoing programming of your mind to believe what you want to manifest.

Expand your beliefs in what you are capable of accomplishing. The surest way to start achieving great success in any area of your life is to believe that you are capable of far more than you have believed in the past. Live by this simple truth: You will start receiving when you start believing.

Jeffrey Mayhugh has a passion for exploring the practices and techniques of the world's most revered authorities in all areas of life. You can enjoy the benefits of his countless hours of research by



downloading his free e-book, "*Prosperity For Life*,"  
and reading his insightful articles at  
<http://www.siteonsuccess.com>.

# **Take a Deep Breath and Relax**

**By: Rory Sheehan, B.A., B.Ed., M.B.A**

Take a deep breath and relax. That's right. Just allow yourself to relax as you continue to breathe slowly and deeply. Does this approach to relaxing sound familiar? We have all heard about the importance of deep breathing, but how many of us actually understand how to breathe properly?

We take approximately 20,000 breaths each day, but have you ever taken a single minute out of your day to stop doing everything else and just observe your breathing? Taking deep breaths is the only way to get more oxygen into your blood stream. That's right, deep breaths not only relaxes you, but taking deep breaths also make you healthier. Unfortunately, due to a fast paced lifestyle, stress, anxiety and restlessness have become our norm and relaxation has become a distant goal.

When you breathe fast, you are taking shallow breaths that are harmful to your physical, mental, and emotional

health. If you want to feel relaxed, you need to get closer to your inner self and that means you must learn to breathe more effectively.

There is a reason why it is called “the breath of life”. Although we breathe all the time, most people still breathe incorrectly. You may notice that when you are breathing, your chest expands and contracts with every breath you take. This expansion and contraction of the chest is because most people breathe from their chests, and that is not the best way to breathe. To experience more benefits from your breathing, you must bring your breathing down so that you breathe from your tummy.

Here is an exercise to help you start breathing more from your tummy. Place one hand on your chest and place the other hand on your tummy. Now take a deep breath and notice which hand moves the most. For most people, the hand on your chest will move while the hand on your tummy will stay still.

You can practice bringing your breathing down by forcing the hand on your tummy to move as you push out your tummy when you inhale. With only a little practice, you will start to notice that the hand on your

tummy will move with every breath. Bringing your breathing down to your tummy in this way will allow you to relax your body and your mind.

You will notice after a few minutes of tummy breathing how easy it is to stay relaxed. When you are relaxed, you become more alert and attentive and are able to work even more efficiently. The right way of breathing releases the stored tension in our muscles and that release allows you to feel more & more relaxed.

Now you can take a nice slow deep breath and get ready to enjoy your day.

***Rory Sheehan, B.A., B.Ed., M.B.A. is an award winning trainer, sales coach, and best selling author. Rory's highly successful approach to achieving sales and business results has been featured on television, on radio, in newspapers, and in magazines. To find out more information on Rory's unique approach to sales and business success, visit Rory's website at [www.rorysheehan.com](http://www.rorysheehan.com) or you can email Rory at [rory@rorysheehan.com](mailto:rory@rorysheehan.com).***

# **A Recipe for Your Own Great Affirmation**

**By: Sheena Witter**

An affirmation is a statement that something is true. In the personal development world, affirmations are created and repeated as a way of positive thinking. It's also key in the phrase "fake it till you make it" – if you tell yourself multiple times a day that you are creative, you will find yourself feeling and being more creative.

Creating affirmations can be a useful tool for goal setting and conscious living. It takes "someday" and turns it into the present. Teach children to create their own Affirmations and you're helping them connect to themselves, explore their own hopes and dreams, and to think about who they aspire to be.

## **Affirmation Ingredients**

- 1 part Personal Affirmation
- 1 part Positive Affirmation
- 1 part Present Tense Affirmation
- 1 part Visual Affirmation
- A sprinkle of Emotion

Add Consistency to taste

### **Directions**

Mix the following descriptions together to get your personal affirmation!

**1 part Personal** – If you get an affirmation out of a book or off the internet it is less likely to resonate with you. Use others' words as ideas to create your own affirmation in your own words. This will give it a much deeper, personal meaning.

**1 part Positive** – Affirmations should ALWAYS be positive. If you tell yourself something enough times, either positive or negative, it can become real. Self-deprecating speech and negative comments to others can be incredibly damaging; careless words from adults or other children can poison a child's outlook on life.

**1 part Present Tense** – Affirmations should always be spoken in present tense. You can say "someday" but someday might never manifest. There is power in speaking in the present tense; it is the difference between "I am a strong, creative thinker" and "I will be a strong creative thinker." Even if you don't add

someday, your brain does. Which one seems more powerful and possible?

**1 part Visual** – Spend time each day visualizing your affirmation. How does it look? Doing this right before bed or upon waking in the morning is a great way to end or start your day!

**Add a sprinkle of Emotion** – The more emotion you put into your affirmation, the more powerful it will be. Get excited when you speak your affirmation. When you are visualizing, feel the emotions you associate with a successful affirmation.

If your affirmation is "I am a successful communicator," how does it feel? Do you have more confidence when you have to speak to someone? Are you happy you can get your point across? Does this help you in school or work?

**Add Consistency to taste** – Repeat your affirmation often. Write it down in a journal or on post-it notes so you will see it often.

Once you have a combination that suits your needs, **Repeat Daily** as needed!

## Notes and Variations

**Mini Affirmations** – An affirmation is an intention. You can have one for each part of your day, or activity you do. Starting an activity with positive intent can make a dreaded task a little more tolerable, can make accomplishing it more satisfying, and allows you to get more enjoyment out of your daily tasks and activities.

This is something you can do with your kids every single day. Create affirmations together or come up with your own and share. Establishing what one hopes to receive out of each activity will really help get tasks started, and sharing is a great way to communicate and learn from each other. It's also a great way to begin classes if the teacher sets an affirmation on the board and shares it with the class.

As an example, a family affirmation for going to the park might be "We are having fun together – building memories and getting exercise."

There you have it, a simple recipe for great affirmations every member in your family can learn to cook up!



Sheena Witter is an educator and author who is passionate about creativity. Her website "Growing Creative Kids" is full of ideas, resources and creative inspiration for parents, educators and care givers.

<http://growingcreativekids.com>

# **I Got My Mojo Back**

**By: Robert Wimer**

Throughout the month of February, I lost out on getting some key clients. I'll be the first to admit that it really rocked me to the core and I was bothered by the turn of events. It caused me to take a good long look at where I was. I had lost "something", but I didn't know what. It wasn't that long ago that I was getting pretty much everything that I wanted, so what the heck happened.

**I had fallen into the trap and I was in it for over a year.**

It's like weight gain, you know. You don't think that eating one little thing or missing one day at the gym will make a difference and in a week's time, it may not, but when you add it up over the course of a year or so, you are sporting a Buddha-belly and feeling tired. My way of doing things had been dropping off little by little for over a year and I had become less and less of the person I was meant to be.

**I had to look back at what I'd done and compare it to what I was doing at the time. Then it hit me like a ton of bricks, I lost my ability to visualize, imagining the end, and I was only concentrating on the "steps."**

Yes, it sounds rather metaphysical and I make no apologies about it at all. When I was doing what I was doing, everything came out of the woodwork to get me what I wanted. Yep, you guessed it, the whole law of attraction thing (let the eyebrows raise.) Now, I'm not a Bob Proctor disciple and I don't have posters of "The Secret" wallpapering the inside of my house, but I will admit that when I stopped visualizing, my life just seemed to...well, stop.

**When I did all the law of attraction stuff, everything that I wanted came to pass. Over the course of the last year, I've lost that, so guess what, I'm using what worked.**

Business men / women, preachers, athletes and other people of high success use the whole "envision the end" approach. They didn't concentrate on the "steps", but concentrated on their vision of the goal. What I've been doing wrong over the course of a year and a half is

trying to figure out the steps I needed to take to get me where I wanted to be when I *should* have been focusing on where I wanted to be and letting the rest take care of itself.

### **So, here I am, and I'm a dreamin'.**

No, I won't be sitting on my blessed assurance and only envisioning without taking any action, but I will block off time every day where I will use the playground of my imagination to create my dream world and when opportunities come, I won't be afraid to take hold and ride the wave.

About Robert Wimer: After being fired from my job of 5 years and at the height of the bad economy, I said "enough is enough!" I started my consulting business that very same day. I want to empower people to take charge of their money, business and their lives.

<http://desireadifference.com>

# What We Focus On Is Attracted Into Our Life By The Law Of Attraction - Where Is Your Attention?

**By: Maria Erving**

Whatever we *look at*, we invite into our life. Whatever we *speak about* we are inviting into our life. Whatever we *think about*, we are inviting into our life. Whatever we *expect to happen*, we invite into our life. Whatever we are *doing* right now, we invite more of the same into our life.

Whatever we believe is true, we invite into our life as Truth. Whatever we hold in our imagination, we invite it into our life. Whatever we remember from the past, we are inviting into our life again. *Whatever we are focusing on, we invite into our life.*

Whatever that "whatever" is, if it makes us feel good and contributes to the over all well-being of the whole, then it is good, and if it makes us feel not so good, then it's off our true path.

A very simple formula for a fulfilling way to live; What are inviting into your life right Now?

If we look at war, we can invite Peace by looking at the peace that already surrounds us and it will grow.

If we speak about others in a negative way, we can chose to look beyond the person and see their soul, and *that* we can always love even if we don't like the person. We can chose to be quiet instead of gossiping. If we think fearful thoughts of not having been able to find a job, we can think of the joy and freedom it brings when we do. We can think thoughts of support and help, rather than lack and worry. If we expect to find our right place in life, we will find/attract it.

If we are doing something right now that we are not proud of, we should stop doing that. We can chose to do something different.

If we believe we are not worthy of the goodness of the universe, then that is what we will experience.

If we believe it to be true that God wants us to be happy and free, then that is what is true for us, and it will be.

If we keep imagining a wonderful event take place in our mind, it will come to pass in the physical realm.

If we are holding grudges and resentment of past events alive in our mind, then we shouldn't ask why we keep attracting the same old energy into our life over and over again. It is obvious why. Let them go and think of all the loveliness that awaits you instead.

If we focus on how hard it is to make a living, we are ignoring that life is really about making a life, not a

living. If we focus on what makes us happy and how we can share the joy with others, then that is what we invite more of into our life.

From that point on, life will take over and it will live You, to your great delight!

Maria Erving is a personal development teacher and published author.

She offers distant healing and counseling for people who feel stuck in life and wants to get clear, inspired and move forward and UP!

Maria writes an inspirational blog where you can learn more about her: <http://www.mariaerving.com>

# **Powerful Tips To Attract Abundance, Prosperity And Success**

**By: Rhodri Jones**

“Abundance”: A very lucrative word that everyone loves to feel and experience for a lifetime. The word suggests prosperity in three ways: in money, family, and career.

If individuals have these three, then abundance plays a major role in their life.

However, some people consider abundance in other ways, but the main key to having abundance is prosperity, good relationships, and a close family. How can this be achieved? Here are a few tips.

## **Using Your Subconscious Mind To Attract Abundance**

The first and foremost is your subconscious mind and your thoughts. Whatever one's thoughts may be, positive or negative, it is thought that creates. For



instance, if you think that you are going to become a rich person within a short period of time and if you work toward that thought, it will happen.

However, if you think that you will never get a job, then you will tend to meet people who make things difficult for you to find a job. Positive thinking is the best way to attract abundance.

## **Focusing Your Mind To Attract Abundance**

Focusing one's mind on the thoughts is of equal importance. It is not just thinking and forgetting later that will bring success. You have to focus your mind on your thoughts and create opportunities to go in the direction of your thoughts; only then will your subconscious mind create situations to let your thoughts be fulfilled.

For instance, if you have plans of starting a small business or finding a good job, automatically your mind will be focused throughout on the different ways of fulfilling this desire; you would move in the direction of meeting people and creating circumstances that

could give you insights and assistance leading to achievement.

### **Think Of Abundance To Attract Abundance**

Real life thoughts and occurrences are what happens in one's subconscious mind. Hence these subconscious thoughts about life should be changed if they are unhealthy. The right way to attract abundance is by thinking of abundance, working toward your goals from positive thinking, and achieving success.

Whatever takes place in reality is actually a mirror of something that is happening within your subconscious mind. Hence if debts are troubling you, then you should examine your thoughts about wealth and debt and believe that you can handle debt easily and associate with optimistic people who can encourage you with your positive thinking. A poor relationship too can be nurtured and changed into a healthy relationship only with positive thinking.

### **Adopt A Positive Attitude To Attract Abundance**

Look at the world with a positive attitude and do what you can to build good relationships. Stop being

pessimistic about life. Take a look at your relationship status, your wealth and property, your financial status, and analyze which went wrong and where.

Speak to optimistic people about your desire to attract abundance, and get positive advice that would work toward achieving your goal. Crying over spilt milk is never going to solve any problems; one should be alert, making subconscious thinking turn to reality. In every respect this is the best way to attract abundance.

Rhodri Jones is a former professional rugby player and Wales International who is the co-founder along with his brother Robert of [secrets-2-success.com](http://secrets-2-success.com). Secrets-2-Success is a unique website that combines timeless New Thought literature and contemporary self-improvement and personal growth information to empower people to realize their true infinite potential and lifelong ambitions.

<http://secrets-2-success.com>

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# **How to Shift Your Vibrations to Attract Your Desires**

**By: Patrick Lewis**

If you have any trouble manifesting what you want, it's probably because your vibrations do not match with your desires. This article will show you how to shift your vibrations instantly so that you can attract and create whatever it is that you want.

You first have to know that everything in the universe is a vibration. Everything is energy and this energy vibrates at various frequencies. Light is vibration, sound is vibration and the same goes with colors.

The color blue vibrates at a different level than the color red since they both have different frequencies. Our eyes pick up that frequency and then our brain decodes it so that we can distinguish those different colors.

You may ask yourself what does this have to do with the Law of Attractions? Well, if you already know a bit

how to use this Law, you know that the first step is to think of what you want and get emotionally involved with it.

The key is that **our thoughts and emotions are also vibrations**. When you send out your order to the Universe, your thoughts and emotions vibrate at a certain frequency. By Law, what you wish for will come back to you as long as there is a vibrational match. That's how the Universe responds.

If your vibrations during most of the day are low, that means if you feel negative emotions like anger, fear, guilt, doubt, worry, jealousy or hatred then you will only receive more of these lower vibrations. These emotions will only pull you further away from your desires.

To get closer to your true desires, you have to vibrate at a higher level. You do that by feeling positive emotions like love, faith, enthusiasm, gratitude and joy. When you feel those emotions, your vibrations are higher and **it is much easier** to attract whatever you want.

The crucial point to shift your vibrations is **to become aware of them**. Do your best to notice your feelings throughout the day. Whenever you feel a negative emotion, think immediately about something that makes you feel good.

It can be anything: a beautiful scenery, a baby laughing, a hot towel around your body or even better: you having received or accomplished your true desire. By changing positively your emotions in the moment, you vibrate at a higher level and you get closer to whatever you wish for.

That's what you can do from now on if you have any trouble manifesting what you want by applying the Law of Attraction.

About the author:

Patrick Lewis is an author and Law of Attraction expert. You can find other articles from him as well as product reviews on his website. His ebook titled "7 Law of Attraction Secrets Revealed" can also be downloaded for free there: <http://ReviewsByPatrick.com>

# **How to Activate Your Subconscious Mind And Unlock Its Potential**

**By: Daniel M. Wood**

We have an almost limitless potential, it is said that people only use about 5% of their brain capacity. Some studies say that we use up to 10%, but even than we are could use 90% more.

What would happen if we could tap into more of our potential? Maybe start using 15% of our capacity?

We are yet to discover how to use and utilize this enormous amount of potential we have but there are ways to tap into it once in a while.

Sigmund Freud, the father of modern psychology, figured named a part of our mind “The Subconscious”. If we can tap into the subconscious mind and use its powers we start to use a larger part of our potential and greatly increase our chances of success.

## **How do you use it?**

Over the years many have hypothesized about how to use this immense power and most are in agreement that it is working all the time. It doesn't stop to sleep or rest, it works 24 hours a day.

If you can program your subconscious mind to work on the things you want it to you will be using a lot of your potential on the exact things you want to improve.

## **Activating the subconscious**

The best time to do this is when you are going to sleep. When you are sleeping your conscious mind doesn't get in the way.

## **3 Steps to activating the subconscious**

1. Before you go to bed, write down the most important thing you wish to improve.  
It can be a goal, a skill, a habit, anything.
2. Visualize it, think about it, look at it and see yourself as the master of that skill or having accomplished that goal.

Let this process take at least 5 minutes and focus



on it intently.\_

3. Then put it out of your mind and go to sleep.

All night your subconscious mind will be working on this skill, finding ways to improve or practicing the skill or habit while you sleep.

The next morning you will already have improved in the skill or have a rush of new ideas to help you accomplish your goal and new motivation to go after it.

This simple technique activates your subconscious mind in a way so profound that it can make an astonishing difference to your future.

Daniel M. Wood is a Motivational Speaker, Sales Trainer and Personal Coach, he shares more advise just like this article on his blog

<http://lookingtobusiness.com>.

By subscribing to his blog by email you receive a free copy of his eBook Double Your Income.

# Stress Management - the Basics

**By: Dion Daly**

Stress has always been a part of all life on earth from the days of the cave people - and before, I bet dinosaurs didn't have it too easy either - to modern people. The stress that people now suffer is mostly to do with the everyday monotonous routines at work or matters to do with their business, or even some unfriendly encounters with their friends, or family.

The one thing you can be sure of is this stress always rears its disagreeable head to make your life problematic. If left to get out of hand, stress will result with you making the wrong decisions in your business and everyday life, thus messing everything up for you. Stress Management is about how you can help yourself to deal with stress, by using certain technique and strategies which will assist a person too mentally, emotionally and physically, deal with their problems.

## **Stress Management Definition:**

Stress management comprises of techniques and strategies that will allow a person to immediately take control of their problems before the problems takes control of their mind and body. In a lot of cases, a

person who is under the control of stress is frequently afflicted with emotional problems physical illnesses, or even mental and behavioural changes that will eventually affect their way of living.

### **Relaxation and Meditation:**

Stress always begins with problems that turn up in your life from time to time. Small problems are very easy to deal with. The thing is it's when they start to build up on you that they become stressful. As you know stress first takes root in your mind and can become a problem when you let it control your way of thinking.

It is very important for you to relax when overwhelmed by stress. There are a lot of relaxation techniques you can use to attain a peaceful state of mind. Meditation is a fantastic way to centre your thoughts on a more beneficial subject than wallowing in your problems that will ultimately result in self-absorption and hopelessness. Practicing meditation every day will help you develop a way of looking into a problem in an unemotional removed state; which is to say that your emotions will not be affecting your thoughts, which in turn will allow you to see the big picture. Good Luck!

### **About The Author:**

Dion Daly is a certified trainer in hypnosis, a master practitioner in NLP and TLT. He also has a degree in

metaphysics. He co-runs a self-help membership site with his sister Belinda.

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# **Self-Improvement through Positive Thinking**

**By: Belinda Daly**

To use positive thinking for self-improvement you first need to take an inventory of yourself. Like what do you need to change in yourself to achieve your goals?

First of all write a list of what you think you need to alter in yourself. Once you've made the list then ask your friends and family how they see you, then add their feedback to your list. For example, are you impatient, snappy, and too easily able to criticize others? Do you think you are always right, or more able than others? Or are you too timid or frightened to put yourself forward, always thinking that other people would do something better? Or are you worried that you are slow to pick up on things, or don't like taking any risks, or worried that someone might laugh at your suggestions? Do you worry about the way you dress, the way look, your self-presentation?

Each of the above categories reflects an area that you might want to change. Starting from the last first, positive thinking as well as working self-improvement

is a great confidence booster, and good confidence levels will help you work positively towards your goals and development.

Attitude is incredibly important. A friendly, helpful and self-confident attitude will always impress. However, learning how to behave calmly when under pressure is not always easy. This is, of course, just one example. Sometimes you will need to project confidence you might not feel. It may be that you are just shy and feel ill at ease with some people. Even pretty confident people can sometimes just feel as if they are on the back foot with someone who seems to exude self-confidence and self-belief.

Attitude change is achievable with effort, time and belief that you can change your behaviour. Practice your affirmations, and if possible, find someone to help you work through role play. It may feel strange at first, but it will help.

Being able to apply yourself to something new can be a bit daunting and sometimes difficult if you have low self-esteem. But with positive thinking self-improvement is possible. One way of avoiding things you don't want to do is to just not allow yourself enough time. That way you always have the excuse that there just wasn't enough time!

The key here is to be quite honest about why some things are difficult for you, or why you just don't want to do them. Acknowledging that you might be frightened of not doing something well is often the only thing between your fear, and you doing away with that fear. Remember with positive thinking self-improvement is possible.

### **About The Author:**

Belinda Daly is a certified practitioner in hypnosis, a master practitioner in NLP and TLT. She also has a degree in metaphysics. She co-runs a self-help membership site with her brother Dion.

To receive **free** e-courses, e-books, audios and videos on self-improvement and spiritual development visit our **free membership site. Please click below now.**

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# Living In A Heart Centred World!

**By: Cher Fauvèl**

Do you ever feel you don't belong here in this life? Does the world seem odd and disjointed? Have you been dropped off on the wrong planet? Sometimes it can feel like we are going mad! Why does the world feel so horrible and everything is such a struggle? Are we over sensitive? Are you alone with that feeling?

Well no, you are not alone, I know it can certainly feel like it, but no, there are many people who feel this way!

I have been accused many times of being oversensitive, and some times I have believed it must be true, but when we sit and really think about it, the answer is *'no this is not true'*! When something feels so wrong, and just won't sit right within us, we are not being oversensitive, we are being authentic, true to ourselves, true to our heart! Why must we live in a world full of violence, hatred, jealousy and greed? Well, we don't have to anymore!



## **What do I mean by heart centred world?**

Our world is changing rapidly, and this major shift that is constantly talked about has been happening for years now. We must also change to be in alignment with it. A shift has also occurred within us, this is why we are in such turmoil.

All that we have buried and hidden in our subconscious minds, is now being brought before us, so that we can clear ourselves of negativity and live from an open heart, the way it was mean to be!

It is time for us to re-connect to our soul energy, to learn that we should never have separated our physical and spiritual life, they are not separate. Spirituality is not a hobby or a past time, it is the essential part of us that we have become disconnected to!

When we connect again to our whole being, then we will see that life is pure joy, not pain! We are guided by our own higher intelligence, our heart intelligence. We are shown our purpose in life, and when we live according to our true purpose, we have perfect harmony with all around us, others, our world and the source energy.

To live in a heart centred world, means to lower our resistance, to clear ourselves of anything that is no longer serving our higher good. When we open our heart, we become whole again, free to live a vibrant life of health, wealth and happiness! We feel safe, connected and loved!

Ask yourself this, what is the point to living in a disconnected society, struggling to make ends meet or constantly looking for the next best deal? Right now we live in an illusion, a false existence, a numb state of denial! Is this enough for you?

Learn to go within yourself and connect to the real you, just watch your life unfold and doors open before you! A life of true joy can be yours!

Cher Fauvèl is a Natural Therapist/Healer/Reiki Master, and has been studying the Mind, Body and Soul for over 25 years.

"I believe our future holds great promise for us, but we must be willing to take responsibility for our own

growth and personal awakening, to be aligned with our new existence".

<http://mindandbodyinhealth.com>

# **Feel Better By Asking Yourself Better Questions**

**By: Rory Sheehan, B.A., B.Ed., M.B.A**

When it comes to the powers of your mind, there is one thing that we know for sure. Your mind will answer any question you ask of it. But be warned. Your mind may not answer the question honestly, or correctly, but your mind will always give you an answer to any question you ask. Therefore, be very careful of the questions you ask yourself, or questions you allow others to ask you, because the answers may take your train of thought off in a very negative direction.

When you experience a situation in life that didn't turn out as planned you might find yourself reflecting on it and asking lots of questions. Regardless of the questions you ask, your mind will give you answers. Be careful, because your mind may be making up the answers and acting as though those answers are true.

If you ask yourself questions like: Why does this always happen to me? What did I do wrong this time?

Why is it my fault? Why can't things ever go the way I want in life? Your mind will give you answers to each of these questions. Unfortunately, the answers to these questions will take your thinking in a negative direction. This negative thinking will only make you feel worse and that will lead to more negative questions, and more negative thoughts. This cycle of negativity will continue to take you down, all because of the questions you asked yourself.

What if you asked yourself different questions? What if you asked yourself questions that would take your thinking in a more positive direction? Imagine how different that train of thought would make you feel.

If you ask yourself questions that will provide you with a positive series of answers, your mind will guide you down that positive path in the exact same way. Remember, your mind is simply answering the questions you ask. Ask better questions and get better results.

Instead of asking yourself negative questions like: Why does this always happen to me? What did I do wrong this time? Why is it my fault? Why can't things ever go

the way I want in life? Notice what happens to your thinking when you change the questions to: What did I learn from this experience? What can I do differently next time? How can I make myself better because of this experience? What is one thing that did go right this time? The answers you get to these questions will guide your thinking, and your feelings, in an entirely different direction.

These positive questions will guide your mind into giving you more positive answers. Those positive answers will lead to feeling better, and then to more positive questions. The cycle is now working to your advantage and is taking you in a far more powerful, and positive, direction.

When it comes to harnessing the full powers of your mind, it all begins with the questions you ask yourself. When you ask yourself better questions, you get better answers, and those better answers will guide your thoughts in a more positive direction. Take the time to influence the direction of your life in a more positive way by changing the questions you ask yourself.

***Rory Sheehan, B.A., B.Ed., M.B.A. is an award winning trainer, sales coach, and best selling author. Rory's highly successful approach to achieving sales and business results has been featured on television, on radio, in newspapers, and in magazines. To find out more information on Rory's unique approach to sales and business success, visit Rory's website at [www.rorysheehan.com](http://www.rorysheehan.com) or you can email Rory at [rory@rorysheehan.com](mailto:rory@rorysheehan.com).***

# Can One Thought Change Your Life?

**By: Heather Wilson**

Can a thought truly change your life? Yes, yes it can and I am living proof. When I was a child, I imagined I would grow up, live in a big beautiful house, have a wonderful and romantic husband, and a great career making all the money I wanted. My body would be perfect and my social life fun and exciting. I would be HAPPY!

Unfortunately, things didn't quite turn out that way. I ended up getting married right out of university—putting my own dreams on hold—and soon discovered he was a gambling addict and control freak. For over 10 years, I barely survived. Because of his gambling and spending habits, I often had to take my kids to the food-bank and I can't count the number of times we were literally hours away from being homeless. The stress of it all affected my health and I gained weight. The entire relationship was toxic. He controlled my every move and constantly put me down. To say I was unhappy was an understatement. I was depressed, lonely, frustrated,



and I felt isolated and stuck. My self-esteem was at an all time low and things seemed very hopeless. Until one day it all changed for me. It was my birthday and I didn't have a thing to celebrate. I woke up more depressed than ever. I just wanted to give up—to make it all stop. But I have children and I needed to get up. At that moment, my clock radio came on with a song that changed my life. The song was “It’s My Life” by Bon Jovi. I had heard the song many times before, as I am sure you have. But at that exact moment something just made me stop and truly listen to the words—*“It’s my life it’s now or never, I ain’t going to live forever.”* It was like a bolt of lightning had hit me in the head. Holy Cow! It’s MY LIFE! Up until that moment I had been living my life according to everyone else’s plan and honestly it wasn’t working so well. Did I want to wake up and be living like this in 10 years? 5 Years? 1 Year? Tomorrow? The answer was a resounding NO! So I decided from that moment on it was my life and I would live it according to my plan. I jumped up out of bed completely motivated to change my life. And I did. Within two years, I filed for divorce and paid for it myself. I got an amazing job and paid off all the debt. I even bought a house. I also lost over 50lbs and ran the Honolulu marathon. Since then, I’ve

not only published my book *Your Life According to You!* but I've also started my own business as a success coach and motivational speaker. All it took was one thought to change my life! What thought will change your life?

**Heather Wilson**, The Wealth-Esteem Expert, is a certified coach, author, and speaker who loves to share her passion for helping you get off the emotional money roller coaster. To get your F.R.E.E. Wealth-Esteem Inventory and receive her monthly articles on increasing your net worth and your self-worth, visit <http://www.ladyinred.ca>

# The Three States Of Empowerment

**By: Richard Braybrooke**

During my time as a therapist, coach and explorer of consciousness I have come to realise three states that lead to what I call ultimate self realisation.

**The first state of empowerment is the *surrender* state.**

By surrender I don't mean quitting in a negative, defeated sense, but rather an enlightened letting go. It is a state in which your ego yields to a higher consciousness.

The surrender state is like a handing over of responsibility, a kind of delegation. There is a relaxation in your heart and in your head, a softening in your core. There is also the sense of giving yourself over to that other consciousness.

People often arrive at this state in desperation, others through a mature understanding of consciousness. How

you arrive at this point doesn't matter. The important thing is to recognise that the state of surrender can help you transcend negative beliefs that you just can't seem to get past.

Surrender is the foundation of the three states of empowerment. It is a state of mind that opens you up to a power far greater than your intellect. In the moment of surrender you stop fighting against what wants to happen. You stop resisting life. Instead you become more *allowing*, which in turn creates the possibility of new things opening up for you.

### **The second state of empowerment is the *faith* state.**

The faith state is what comes on the heels of surrender, when you have trust that the higher or greater consciousness will help you create what you really want. There is an uplifting feeling of confidence, an optimistic, enthusiastic lightness toward life, or toward whatever you are trying to create. There is a certainty, even if the way ahead isn't entirely clear. There is a mindset of curiosity as to *how* things will work out not *if* they will work out. There is an increased sense of excitement.

The faith state opens the doors in your mind that doubt and negative beliefs close. In this state your mind is open to receiving the ideas, steps and information that will lead you to create what you really want (which is sometimes different to what your ego consciousness thinks it wants!)

### **The third state of empowerment is the *creation state*.**

What characterises the creation state is the understanding that the higher consciousness you are surrendering to, and having faith in, is actually yourself – your true self. There is an ownership of that power. There is an understanding and experiencing of new life in your body.

In this state, no matter how long it lasts, there is a feeling of awe, a time stopping, wow moment. It is calming and exhilarating, soothing and inspirational. There is a quiet, peaceful joy as you understand how to access your true power.

The creation state is what I see as the ultimate state of self realisation. Rather than looking outside yourself for

salvation, there is a trust and appreciation of the amazing intelligence that is inside you.

Richard Braybrooke is a hypno-psychotherapist, counsellor and explorer of consciousness. He has run a successful private practice in Bristol, UK since 2000, helping people fulfil their true potential.

He can be contacted at [www.bristolhypnotherapist.com](http://www.bristolhypnotherapist.com).

# How To Love Your Enemy

**By: Natalie Frost**

“To forgive is to set a prisoner free and discover that the prisoner was you.”

-Lewis B. Smedes

Like most people, I am sure you have often struggled with the question of “How to love your enemy”? I bet that just thinking about “loving” your enemy makes your stomach go sour, your blood boil and body cringe. I am sure you can think of a lot of other things you’d like to do to your enemy other than “love” them right? Naturally, how can you “love” your enemy when your heart is overflowing with anger, resentment and hostility?

People often say, “keep your enemies close“, or “kill ‘em with kindness“. Those words are so easy to say, but what do those words really mean and how can you truly apply those words to your life without being fake, vengeful, or condescending?

The first step is to take a genuine look at your enemy. Who is that person/persons who offends you so much? Stuffing your heart full of resentment and hate? And why?

Could it be because they are not acting or doing as YOU would like them to? Or because they don't agree with YOU? Or maybe they aren't giving YOU the attention YOU require?

Why have YOU chosen to hold this person hostage to your beliefs? It's a free country isn't it? Don't we all have the right to think and feel as we wish?

Try and remove yourself from the scenario for a moment and think about how "your enemy" feels as you lock him/her up, forcing him/her into your little judgmental box. I bet your enemy has that "bad attitude" because they are fighting against your need to control and imprison them?

Why must you be so concerned and focused on how they choose to live their life anyway? Their lives have nothing to do with you, you are not required to agree with them, nor are they required to agree with you. "Agree to disagree right"?



Maybe it's time to just set them free, just throw away that key. Unlock your own self-defeating perspective by being more "care-less" as Dr. Stein of Zone healing says. Once you take this little leap, you will quickly realize "the enemy" this whole time was you. This battle was happening within you. There is so much freedom in that, isn't there?

Then you can be free to focus your energy on enriching the positive things in your life like your family, yourself, or being grateful for all you have. Hey, what do you have to lose? Bitterness, frustration, anger? What do you have to gain? Yourself.

Natalie Frost is an Intuitive Healer and Reiki Practitioner who writes an inspirational self-help blog. If you are interested in reading more of her writing you may visit her website at [www.moondraagonsreiki.com](http://www.moondraagonsreiki.com) or you may e-mail her at [moondraagon@hotmail.com](mailto:moondraagon@hotmail.com).

# **Make the Choice to Live a Better Life.**

**By Susan Leigh**

Some people seem to be lucky. They are always in the right place at the right time. Positive opportunities forever seem to come their way. Are they simply lucky or do they have a different approach to life?

Making the decision and choosing to live a better life gives us the power to improve our lives.

- Being receptive to life elevates the quality of life we live. Using all our senses is important. Sound, smell, taste, sight and touch are often taken for granted. But when we meet someone who is impaired in some way we see how heightened their other senses have become to compensate for the deficit. Become more aware of the value of adding colour, texture, fragrance, music and different flavours to our lives. The more we use our senses the more engaged in life we become.

- Appreciation for what we have is important. Hearing another person's bad news, hearing of disasters are

unfortunate ways of us becoming more appreciative of our own good fortune. Taking the time to value friends, family, where we live and work, our quality of life, the freedoms that we have are ways to remind ourselves of our good fortune and motivate us to live more fully.

- Respond rather than react. When we are involved in a difficult situation it is important to pay attention, listen and gain all the facts. This enables us to appreciate another person's point of view before we react and maybe say something inappropriate. We exercise more control in our choices and behaviour.

- Take better care of ourselves. Value our good health and invest in it by paying attention to a healthy, balanced diet, exercise, the importance of taking breaks and becoming aware of our stress levels. Having quiet time where we turn everything off on occasion is a valuable way to de-stress. Turning off the phone, computer, TV and just being silent is healthy from time to time. Spending some time in nature is a good way to unwind. Finding a work/life balance is important.

- Be aware of negative self talk. We are often harsher with ourselves than we would ever be to another

person. Berating ourselves for an accident or a mistake is unnecessary. Would we be so tough on someone else? Being a little kinder and more appreciative of ourselves and the pressures we are under often makes for an improved state of mind.

- Choose to do something that is really enjoyable. Busy people often struggle to find enough time for family, friends and other obligations, but having some 'me' time is also important in life. Even if it is a thirty minute swim, a leisurely bath or taking a walk on the beach doing something for yourself is important.

When we decide to take control of our choices and establish positive ways to look after ourselves we become happier, healthier and more relaxed. The people around us benefit from this.

Susan Leigh is a Counsellor and Hypnotherapist who works with - stressed individuals to promote confidence and self belief, - couples in crisis to help improve communications and understanding - with business clients to help support the health and motivation levels of individuals and teams

For more information see  
<http://www.lifestyletherapy.net>

# **Affirmations as a Love Mantra to Find the Perfect Love Relationship**

**By: Kenneth McRae**

Using affirmations is a technique which, if applied with diligence and persistence, has the potential to change your life for the better in ways that you may not have thought possible.

That's because using autohypnosis in this way means that you're connecting your conscious desire for something with your all powerful subconscious mind, which holds the power and the wisdom to show you the precise steps to take in your life and relationships to bring about the fulfilment of that desire.

A long time ago now, in the 1980's, I was very much in love. My feelings were, however, a little one sided in that the woman on whom my affections were focused had recently got herself out of an unhappy relationship and, while we were great together and had developed a real bond, she wasn't in a hurry to get emotionally involved to the same extent that I felt.

Then I ended up working away from the city, about 200 miles away, and found that I was missing her so badly that I couldn't sleep at nights. We couldn't even communicate other than by letter, because then there were no cellphones or email and there was no telephone in her flat.

At that time I had no knowledge of hypnosis or the power of the mind but, probably out of some kind of instinct, found myself inadvertently using an affirmation and the power of imagination to resolve the situation.

Whenever I had time to myself, I simply sat down, closed my eyes and continually whispered to myself "she is coming to me", while simultaneously using my imagination to see and feel her presence before me, right there in my hotel room.

After about a week of this, I remember thinking that I must be going nuts so I decided to act. I took time off and got a train to the city to see her and work something out.

When I got to her place I was told that she'd left that very morning to go to the ski resort to see me, having spent the last few days in a state of indecision about whether or not to go up there to stay with me, but that "something" last night – at the culmination of my imagining and affirming her presence in my room – had finally convinced her to go.

When I got back to my hotel room that night she was waiting in the room for me, just exactly as I'd imagined and affirmed her to be, even down to the very clothes she was wearing.

It goes without saying that many "rational" thinkers would instantly dismiss it as coincidence, but she later told me that it was only over the last week or so she'd gradually felt herself moving towards a decision to go the ski resort – as if something had been "drawing me here" – but that it was only on the night before, at the height of my affirmings that she'd finally made up her mind to go.

If I'd just sat around pining for her probably nothing would have happened, but I unwittingly bypassed that and somehow communicated the intensity of my desire



straight through to the subconscious, which has powers and abilities as yet unrecognised by science.

My name is Kenneth McRae, aka Kenny, and I've been interested in the potential of hypnosis and the power of the subconscious mind for some time now. My website at <http://www.self-hypnosis-the-key.com> provides useful insights and information on a range of relevant issues.

# The Power Of Your Subconscious Mind. How To Reprogram Your Mind.

**By:** Patricia Anaya

*In order to be a new person, you must first think like the new person you want to be.*

It's amazing how the mind works. I've been learning how the subconscious mind works for awhile now. I have read a lot of material and I've been practicing some of the methods to reprogram my subconscious mind. I'm always surprised with the results.

The **conscious** mind is where thoughts are generated. It is the one you use to think, make decisions and give orders to the subconscious mind. The **subconscious** mind implements what the conscious mind says without questioning. Here is where you hold all your beliefs (including limited beliefs) and habits (what you do every day). Our beliefs and habits control our everyday life. The good news is if we change our limited beliefs and our habits, we will change our lives, so that means

we need to change or reprogram our subconscious mind. How we can do this?

**The subconscious mind learns through repetition and affirmations.** By repetition we have formed our beliefs and habits and we can implant new ones the same way. If we want to change our life by implanting new beliefs and habits, the first step we need to do is to know exactly what we really REALLY want to have, do and be. When we know that we will realize what beliefs and habits we need to change or replace and attract what we've always desired.

It is important to know that the brain is formed by four phases: **Beta** and **Alpha** in the conscious mind and **Theta** and **Delta** in the subconscious mind. When we are fully awake, we are in the Beta. When we start to fall asleep we are in the Alpha. When we are sleeping we are in the Theta phase and when we are deeply asleep we reach the Delta state. According to Sigmund Freud, we can access the subconscious mind when the brain is in Theta state, so we can easily imprint new beliefs or habits when we are in the Theta state.

Here are some methods for reprogramming the subconscious mind. Most of these methods include the autosuggestion. Autosuggestion is a term that describes the process in which people stimulate their minds through repetitive thoughts, images and/or words by self suggestion.

**-Positive affirmations and affirmations.** Affirmations are positive statements and affirmations are empowering questions. An effective affirmation would be one written in first person (I), present time, positive, simple and specific. Ex. *"I feel very happy now that I've finished writing my book"*. An empowering question can be, "Why do I feel very happy now that I have finished writing my book?" I think it is a good idea to include the word "now" in your affirmations and affirmations. Sometimes I like to use the words "I command" in my affirmations: *"I command you to be healthy and feel great!"* This works for me, too!

**-Creative visualization** is a mental technique where you use your imagination to create what you want in life. You can help yourself using a vision board, writing a script, creating a mind movie, or any other visual thing that works for you.

**-Meditation** helps you to clear your mind and increase your inner peace. Meditation helps you to be aware of your thoughts, so it might be easier to reach your subconscious mind when you meditate.

Look for **audio programs** that are designed to reach the subconscious mind. Right now, I'm practicing **Night Audio Programs** (NAP), positive words recorded and played in a loop, so you can listen to them all night while you sleep. This helps you to implant an affirmation, belief or goal into your subconscious directly with no resistance

I'm creating my own NAP. I wrote my positive affirmations and then I recorded them on my computer. It was very easy. I just needed a microphone and my computer. It was kind of strange to hear my own voice recorded, but I think my voice is more powerful for me than anyone else's voice. I recorded two similar affirmations -oriented to the same goal-, I repeated three times each with a two seconds space between them, in each "track." You can play with it and add soft music in the background if you want. I saved the track in my iPod and I'm listening to it at night while I'm

sleeping. It lasts about two hours. If you find a way to play it without disturbing yourself, you may want to play it all night long. I've heard that some people feel tired, anxious or have headaches after they start to practice this method. Personally, in the beginning, I experienced itching on my face and head, but now I feel great! Some people recommend that you need to listen to the same affirmations for at least 10 consecutive days (30 days is best) to make them work. This is the only one of the methods where you can reach your Theta state easily, the state where you can access the subconscious mind. I like to listen to my affirmations during the day when I'm working, too. It helps me to meditate about them.

If you think you have limited beliefs or bad habits that are limiting your success it would be much better to start with affirmations to help you to clean your mind. Ex. *"All my fears concerning public speaking are removed now from my mind."* After you clean your subconscious, you can insert new beliefs into your mind, otherwise your old beliefs can sabotage the new ones.

There are other methods to help you reprogram your mind, like hypnosis, subliminal videos, subliminal software, EFT (Emotional Freedom Techniques), and more, but you will need some professional help, or buy them. You can work with the methods I've explained by yourself. You just need to auto-evaluate yourself, maybe do some research and try them to see what works best for you. Follow these steps: **1. identify** what you really want and what your limited beliefs are, if you have them. **2. Clean** your subconscious mind with your affirmations. **3. Insert** new beliefs into your mind with positive affirmations. **4. Develop** new habits through your actions.

The subconscious mind is more influenced by thoughts (words) mixed with emotions and feelings. Through your emotions and feelings you can alter your positive vibrations and influence your subconscious more easily. That is why when you are crazily happy you can attract more things, because through your positive emotions you change your vibrational mood to match the good things you are looking for. When you use words that connect you with a positive emotion or feeling in your affirmations, you increase your chances to imprint them in your subconscious mind, so have fun with them!

All success comes from behaviors and all behaviors start out as repetition of thoughts, words and actions. When you change your core beliefs about yourself and life you can be successful in everything. Learn how to utilize and control the power of your mind and your life will be the one you have always wanted. Have faith that you deserve a great life and believe every word (thought) that you are trying to implant in your subconscious mind. **In order to be a new person, you must first think, talk, feel and act like the new person you want to be.**

**Patricia Anaya** is the creator of [brainywoman.com](http://brainywoman.com). She has a passion for creating projects that help people, especially women and children. Visit [www.brainywoman.com](http://www.brainywoman.com) and learn how to create the life you deserve by focusing your words, thoughts, feelings and emotions. **Websites:** [www.brainywoman.com](http://www.brainywoman.com) / [www.eti-kdesign.com](http://www.eti-kdesign.com) **e-mail:** [eti-k@sbcglobal.net](mailto:eti-k@sbcglobal.net)



# **Vibrational Alignment. Your Mood Decides What You Are.**

**By: Patricia Anaya**

*It is easier to “manipulate” words than thoughts, feelings or emotions. Start to change your words and you'll change your life.*

The other day I was talking with my best friend (a very handsome man) about how we feel when somebody says that we are an "ugly" person or something unpleasant about us. These commentaries hurt our feelings.

I've been working on my self-esteem for the last five years and I've had good results. I'm not hurting myself anymore when somebody says something disagreeable to me. I think everybody has the freedom to think –and say- anything about me. If that's what they think, *shame on them*, because I'm a great woman. I'm Pretty, Sexy and Smart!

When somebody says something unpleasant/offensive about you and it hurts your feelings, it is because you are insecure about yourself and maybe you believe what they are saying. You are in the “insecure vibrational,” that is why you're listening to them. When you have no insecurities and love and accept yourself completely, you never let any comment or action hurt you. When you are in the Love-acceptance frequency (vibrational), you just hear the good comments about you, or you are capable of changing any negative into a positive.

When you focus your mind on the negative side of things, persons or situations, you are in the negative frequency, so you just hear negative things. That is why we feel uncomfortable when somebody says compliments about us. We are "closed" to hearing it. When somebody says positive things about us, it doesn't match our vibrational mood, it doesn't belong with our thoughts, so we repel that automatically.

We need to focus our Self into alignment to notice and accept all the good things about us. An alignment between you and you (source). A vibrational alignment. When you accept who you are. When you love yourself completely.

In my opinion, vibrational alignment is to accept loving yourself and feeling good. **To be in the POSITIVE mood.** To be in the mood to be joyful. To be ready to receive and get what you want.

I have been practicing my own "method" of changing my negative mood into a positive one. I think everything starts with a word or a thought, so if I change the words I'm using, my thought will change, and if I change the thought the feeling will change, and if I change the feeling the emotion will change. It looks like this:

**Positive Words = Positive Thoughts/Images =  
Positive Feelings = Positive Emotions**

When I catch myself with a negative thought (with no words) I start to put that thought in positive words. It is easier than changing negative thoughts to positive ones. *For example*, if I'm thinking that I'm not getting enough work for this week, and I'm starting to get frustrated, I affirm *"I'm having time to do things I enjoy"*, *"Money is coming every day by different ways"*, *"My customers love my work and they are looking for me to help them*

*with their projects*". When I affirm things like this, I change my mind and start to do things I enjoy instead of being frustrated because I don't have enough work to do (i.e., no money!). It looks like this:

Negative thoughts **converted into** Positive Words (affirmations) = Positive thoughts/Images = Positive Feelings = Positive Emotions = **Vibrational Alignment**

And guess what? Because I changed my vibrational mood to a positive one and I feel good, "magic" happens and I start to get more work. I have applied that a lot of times and it works for me.

It is easier to "manipulate" words than thoughts, feelings or emotions. So when change your words, you can change your mind. Challenge yourself and forget about negative words. Imagine they don't exist in your vocabulary. How can you complain without these words? Negative words are NOT only **no, not, don't, didn't, never, won't, wouldn't** and **couldn't**. Negative words include **pain, suffering, suck, stuck, resistance, fail, hurt, bad, unhappy, frustrated, problem**, and any word that goes against your desires. Your challenge

is to find positive words to replace negative words when they come to your mind.

You need to be VERY aware of your words and your thoughts and it is a good idea to carry a piece of paper and a pen with you. When you begin this process, it is easier to write your positive affirmations than to just think them. When you practice it's very easy to make the equation in your mind. Remember, if you hear negative news or comments and they affect you, is because you are in the same (negative) vibrational mood. **It is time to focus yourself into alignment and change your life.**

**Patricia Anaya** is the creator of [brainywoman.com](http://brainywoman.com). She has a passion for creating projects that help people, especially women and children. Visit [www.brainywoman.com](http://www.brainywoman.com) and learn how to create the life you deserve by focusing your words, thoughts, feelings and emotions. **Websites:** [www.brainywoman.com](http://www.brainywoman.com) / [www.eti-kdesign.com](http://www.eti-kdesign.com) **e-mail:** [eti-k@sbcglobal.net](mailto:eti-k@sbcglobal.net)

# **You May Already Be a Life Coach – You’re Just Not Getting Paid**

**By Berry Fowler, CMC**

People often ask me what it takes to become a successful life coach. Is it a degree? Is it years of experience in working in a helping profession? Is it hundreds of hours of training?

The answer may surprise you because - it’s none of the above.

## **3 Attributes You Need to Become a Successful Life Coach**

The three most important things you need to become a successful life coach are: 1) A genuine desire to help others change their lives for the better. 2) A wide array of exactly the right questions to help your client to step out of their comfort zone, overcome hidden and/or self imposed roadblocks, identify exactly where they want to go and how they are going to get there. 3) The patience to listen carefully and empathetically.

## **To Be a Great Life Coach, You Don't Need the Answers**

The truth is life coaching is a fairly simple and straightforward process of helping each client to achieve his or her goals and objectives. To be a great life coach, you don't need to have the answers, but you do need to have the questions. Life coaching is not psychological therapy. It is not mental health therapy. It is not counseling. It is not advising. It is not consulting. Great life coaches help their clients develop the best answers for themselves so their clients can move forward quickly, and easily, and naturally in achieving their goals and live the life they dream of.

## **Earn a Professional Income - Doing What You Love**

If you are like most of the 2600 students who have enrolled in our Certified Professional Life Coach course chances are you are already coaching – you are just not getting paid. If you are the person who your friends, family members and colleagues constantly turn to for advice and consultation, you are already coaching. If you like what you are doing, better yet, if you love what

you are doing, why not become a Certified Professional Life Coach and reap the economic rewards that you deserve.

## About the Author

Berry Fowler is a Certified Master Coach and the co-founder and Chairman of [Fowler Wainwright International Institute of Professional Coaching](#). He is a former classroom teacher and Master teacher, and the founder and former Chairman of Sylvan Learning Centers and the Little Gym International, Inc.



# Reduce Stress By Banishing Negative Self Talk

**By Susan Owen-Thursfield**

Stress occurs whenever we feel that too much is being asked of us and we have no control over the situation, such as tackling a complex project with tight deadlines just as your colleague goes on vacation, or possibly juggling a dental appointment with the school Nativity play and the Christmas food shop all in the same afternoon. But what about the stress we all put ourselves under every day? Why, when we are in control do we still make excuses not to do something that we actually *want* to do?

Why do we increase the stress in our already stressful lives with such self sabotage?

Perhaps the biggest stressor in the developed world today is time pressure. We never seem to have enough time. And yet we all seem to make time to watch our favorite soaps on the TV, or go to a ball game or daydream listening to the songs we just downloaded. So maybe using lack of time as an excuse is simply a way of talking ourselves out of something we actually did

not want to do in the first place. Or maybe there is another issue.

Whilst you *may* have a valid reason for not doing something right *now*, there is no reason to suppose we will not have time at some point in the future. More often than not, our excuses are just negative self talk rooted in some other deep insecurity. And it is this insecurity which causes us everyday stress.

Maybe you have poor self esteem and do not truly believe you are worthy of success? Or maybe you are scared your spouse will feel threatened if you become successful and the balance of power changes in the relationship? Whatever the reason, constant negative self talk can drag us into a downward spiral of inactivity and under achievement. We start believing our own excuses, accepting them as true. When this happens, they cause us to miss opportunities and may even make us lead smaller lives than we really want to. If you find yourself making excuses for why you are not doing something you actually *do* want to do, then you are using negative self talk to increase your own stress levels.

Stop excuses destroying your life. If you would rather live life to the max, laugh lots and meet challenges with excited anticipation, then look inside yourself and

figure out *why* you are using negative self talk - and address *this* issue. Counseling, self hypnosis and positive affirmations can all help with this, which makes these all very good stress relief techniques. But **YOU** have to do them

When repeated often enough, self talk becomes real. So make sure your self talk is positive. Do not let your excuses hold you hostage. Use positive affirmations to help change your mindset and you will become empowered, achieve more and feel less stressed.

**About the Author:** Author of [Reduce Stress Lose Weight](#) and a WAHM with twins, Susan Owen-

Thursfield has an active interest in stress relief! For more information about life changing stress relief techniques please visit

<http://www.susanowenthursfield.com> blog where she regularly posts tips and strategies that really work.

# **Challenge Your Beliefs and Achieve More**

**By: Marc Jones**

Mike could only swim 10 metres without swallowing too much pool water. He hated putting my face in the water and he hadn't ever been taught to breathe under water. He set himself a challenge of swimming 10 lengths within 10 weeks and what an interesting journey this was.

Prior to October he was not swimming at all. Throughout his challenge he swam between 3 and 6 times a week, and now he swims about twice a week.

On 30th December, one month ahead of schedule, he completed his challenge; swimming all 10 lengths. On 30th January he then went on to complete 20 lengths; and on the 17th April he completed 26 lengths.

## **Challenges**

Throughout the challenge he had to combat the constant voice in his head telling him to stop and give up. It told him some of the following things:

- You look stupid trying to swim
- You are getting in everyone's way in the pools
- It's harder to swim in the deep end
- You are not going to complete this challenge even if you swim 7 days a week
- You will never get the breathing right
- You're knackered, give up
- It doesn't matter, it's not that important
- The pool's too busy to swim today
- You look stupid stopping after 10 metres

## Time

His time with his family and his time in bed had to decrease throughout the challenge. He tried to combine family with swimming on some occasions but this was not always possible. He thinks this is the main reason his swims to have decreased to around twice a week, is because he values his family and his sleep more than swimming.

## Fear

Throughout the challenge he was fearful of a number of things:

- Swimming in lane with other people
- Breathing under water
- Water on his face
- Drowning
- Being kicked or kicking someone else
- Swimming away from the wall
- The deep end
- Fear of failure

Key motivators

- Setting weekly actions and short term goals
- Telling lots of people about his goal was a great motivator; he set up a sponsorship website to promote his challenge
- Having a specific event/date to aim for
- Encouraging words of support

What did Mike learn?

- Mike learnt that his limiting beliefs were the only factor preventing me from achieving his goal - in fact he could have achieved this challenge much earlier if his beliefs could have been tackled earlier.

- Stepping out of your comfort zone is very rewarding
- We human beings are naturally jealous and struggle to come to terms with someone who wants to achieve something or has achieved something, using sarcasm and humour to ridicule. I suppose some people are happy to live a life without achieving much and without challenging themselves so they cannot relate
- Confidence and self belief were key outcomes from achieving this goal. These were sometimes undermined by comments from colleagues/friends. Mike found that support was essential. He was fortunate to get great support, swim teacher, colleagues and his family.

You have all the answers to rise to any challenge. The only thing stopping you is YOU!

Challenge your own beliefs

Ask yourself the following questions:

1. How important is achieving this goal/objective?
2. What support do you need from others to assist you to succeed?
3. Do you know other people who have done this? If they can - why cant you?

4. Challenge the fear - what is the real likely hood of something bad? E.g. fear of flying - how many planes fly each day - how many crash?
5. Challenge silly thoughts - by saying "so what"
6. Get to the root of the problem - what is stopping you?
7. Re-affirm your goals - what will you get from achieving this? What will achieving this give you? If you achieve this what will this do for you?
8. Fast forward to the date - what would life be like if you failed? What would you feel like if you achieved this?

Marc Jones is a leader in the development field; I lead through my enthusiasm, passion and drive. I often reflect on my learning and experiences and am constantly looking at new ways of doing things and creating new systems. I am motivated, passionate and through my work as a coach, mentor and trainer I help individuals, teams and organisations achieve more.

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# **The Secrets To How To Get Everything You Want In Life**

**By Michael Griffiths**

Imagine if you could get everything you wanted in life all the time, if you could have financial freedom, complete health, wellness and happiness. Imagine if every day you were able to live life with complete fulfilment, purpose and passion; imagine if you could do all that starting right now. Well you can and best of all you have complete control over every step of the way.

There are a few key principles that all successful people know and use to ensure they live life exactly the way they want. These principles are the key to all success, but more importantly they are available for you to start using right now.

## **You Attract What You Are Looking:**

The number one principle that all successful people know is that you attract what you are looking for. Your subconscious mind is the most powerful tool in your

body. It is over 100,000 times more powerful than your conscious mind, it is always on and always looking to provide you with what you are telling it.

People who are in debt and focus on the debt, find it hard to get out of debt. Those that are overweight and focus on being overweight find it hard to stick to a diet or exercise. And those people, who focus on the negative aspects in their life, tend to get more and more negative experiences. A common saying is money attracts money, the same principle is working, and it is purely what that person is focusing on.

What you are focusing on can only ever be what you see and attract. Think of car headlights you can only see so much, if we expanded those headlights then we would see more. Your mind works exactly the same way.

### **Live Above The Line:**

In life we have a choice, we can be responsible for what happens in our day or we can blame others for what happens.

So we can either live above the line and be responsible or live below the line and blame others. All successful people live above the line. They take 100% responsibility for EVERYTHING that happens in every minute of every day. If a problem occurs, if they are under pressure, if things don't go their way, they don't go blaming others. They take responsibility and look for solutions instead of moaning and complaining to others.

You have the power to control everything that goes on in your life, you control how you react, your emotions, your words and what you do.

### **Ask The Right Questions:**

The questions you ask yourself, result in what you do and how you act. Whether we want to admit it or not we all talk to ourselves and it is from those conversations that we decide or not decide to do things. Successful people understand the need to ask powerful questions that stimulate thought and provide a variety of options and solutions.

The better the question, the better the options. For example you are stuck with a problem, most people will

focus on the problem, instead of that why not ask “How could I do this differently” instantly you take the focus from the problem to the solution.

By using these three simple principles each day in your life, you’ll instantly see a difference in your focus, in your actions and the results that you will have in your life. Being above the line, focusing on the things you want in life and asking the right questions ensures you have 100% control of what you get every minute of every day.

Michael Griffiths is the CEO and Founder of Secrets Of A Super Life, helping individuals get the passion, purpose, happiness and fulfillment they want from their life. To get your free life success resources please visit [www.mysuperlifetoday.com](http://www.mysuperlifetoday.com)

# **Creating the Life You Deserve With the Law of Attraction**

**By: Keith Chopping**

You may well have heard of the Law of Attraction, but for those who are new to the concept the 'Law' is basically a belief that achieving goals in life can be brought about by positive thinking. The Law of Attraction as a 'thought' belief has been around since the early 20th century, although it could be said that many philosophers have argued the benefits of positive thinking throughout the ages. Seneca, a first century Roman philosopher, famously stated that luck is "what happens when preparation meets opportunity". In some senses this applies strongly to the Law of Attraction, by preparing ourselves mentally and being able to deal positively with situations - good or bad - we can make the most of the opportunities in life. The basic principle behind the Law of Attraction simply states that "like attracts like"; by focusing mentally on our goals we will attract the circumstances that allow us to achieve them.

## **Combating Failure**

This may sound far-fetched to the skeptical, or to those who have tried this method with limited success. However, the Law of Attraction is not as simple as it sounds. For example if you apply it by thinking "I want more money", according to the theory you will be attracting circumstances in which you want more money, making a bad situation worse! Before achieving success with the method you may need to consider how you approach life itself. Common reasons for lack of success with the method include 'thinking' in the wrong way; in the example above a better approach would be to focus on the positive nature of having more money. The problem is that the way we think and respond to circumstances is formed throughout our lives by our past experience. Our own thought patterns can often be our worst enemies. Childhood trauma or abuse can affect people throughout their lives, affecting relationships with their own families. Similarly negative experiences - perhaps failure to get that dream job - create negative thought patterns. This in turn can be self-perpetuating, meaning you will subconsciously approach that next job interview in a negative frame of mind. It can be far easier to think "I can't" than "I can".

**Minding Training - Combining Hypnosis and the Law of Attraction**

Changing how we think is not an easy task but in order to gain the maximum benefit from the Law of Attraction it is one that we may need to undertake. One of the basic principles of meditation is to create a state of mind in which we are happy in all circumstances, this state of mind can take many years to achieve and yet this is the ideal condition to truly reap the benefits of the Law of Attraction. For many of us, achieving a comprehensive positive mental state can take a very long time, and failure to see the benefits of the Law of Attraction in the short term, will itself cause disillusionment with the idea and lead ultimately to failure. This is where hypnosis can help to achieve success with the Law of Attraction. Hypnosis has usually been used to change behaviour for short or long periods. Today it is commonly used to help people to stop smoking, to lose weight, to overcome phobias or simply to build self-confidence. It has even been known to be used as an alternative to anaesthesia to aid in operations where that technique cannot be applied. In terms of the Law of Attraction, hypnosis can be a valuable tool to help overcome 'negative' thought patterns. It is certainly true that confident, outgoing, self-aware and positive people achieve greater success in life than those who do not have these qualities. By

combining the potential of the Law of Attraction and the power of Hypnosis, it is possible for anybody to develop a state of mind which will allow them to make the most of the opportunities that life brings their way. Keith Chopping is an Accredited Member of the National Council for Hypnotherapy with a busy practice in Central London. Tel 07946 732057 or visit [www.hypnosis-london.co.uk/law-of-attraction.html](http://www.hypnosis-london.co.uk/law-of-attraction.html)



# Causes of Depression Unmasked!

**By: Victoria Verrall**

From definition depression is anger turned inwards. Scientists have found that whatever we are, we became by the age of seven years. So essentially what they mean is that if you are depressed the experiences that triggered the depression began when you were or just before seven. The mind is very powerful and certainly stores memories some of which we have suppressed but we can learn to reprogram it. Reprogramming the subconscious mind can relieve us of the uncomfortable past enabling us to live in the present. If we look at the causes of depression we find that the damage can normally be undone.

So what are the main causes of depression?

**Suppressed Anger:** Depression can be caused by suppressed anger. A lot of us could not express ourselves when we were growing up, we had parents or carers who simply carried the belief that a child should be seen and not heard: In cases where abuse was carried out and children could not speak up, the silence may amount to more than depression. As a result the anger is

internalised, emotions suppressed that are naturally meant to come out. This makes it difficult to live normally and make normal working relationships. As we discover that other people behave differently, we start looking on from the outside fence hence depression. The sense of longing to belong can intensify to greater heights if help is not sort quickly. Living in the past: Depression can be caused by simply falling in love with the past. However good the past may have been, it is not good dwelling on it as when your mind reviews your immediate circumstances that are not so good, you become sad. A lot of teaches teach the surrender concept knowing that we cannot control everything in our mortal lives. A surrendered life lives in the moment and knows that whatever happens is ok and hence move on with their life with ease. If you are having any sort of discomfort in your life you know you are not surrendered. That discomfort/dis-ease becomes disease and quite simply that is how we create ill health like depression, bad relationships, luck of money and many more.

Control: Depression is caused by attachment to results. Again if you are living in anticipation of something that is yet to happen, you are so attached and therefore should it happen, you will be in euphoria (which could

be ego driven) or if it does not happen you will be in extreme negative emotions. Once you realise that you know nothing or what you know simply does not serve you (causes pain) and be willing to draw on the canvas again. By starting A NEW LEARNING EXPERIENCE YOU ARE SOME WAY THERE. Depression is mainly caused by our minds living in the past to which sometimes we are not aware. Bring yourself in surrender of all you know and live in the now. Leave control to the higher power.

My name is Victoria Verrall; I started writing 2 years ago when I discovered that my life's experiences could help others grow. I know that, it is our self limitations that hold us back. To discover your potential, dare to challenge all that you know. Find me at:

<http://www.innermagnet.com>

# **How to Pull the Mental Emergency Brake on an Overactive Mind**

By: James Rick

Slowing the mind down is essential to having a heightened sense of awareness / aliveness. The longer you have let your mind run without the intention of slowing it down – the more likely it is to be running at a speed not conducive to awareness. Practice the art of extreme focus as method for pulling the emergency brake on an overactive mind.

## **WHEN THE WATER IS ALWAYS MUDDY – YOU CANNOT CONTRAST IT WITH CLARITY**

In the average person's life, the mind has one opportunity to slow down and recharge and that is through sleep. If a person were to maintain their focus on breath shortly after waking – the residual effects of a quieter mind after sleep would persist. That means sleep is an aid for centeredness – if you can just keep your mind fixed upon your breath and have a very clear intention to maintain centeredness. However if shortly after waking you muddy the water again with thoughts

of all the things you must do – a cloudy mind is what you grow used to. When a cloudy mind becomes the norm you cannot contrast it with the peace of a more placid awareness and therefore cannot experience peace directly, but only imagine it will come after some achievement. When this happens peace exists as a mental fantasy or concept instead of a real place you can visit now.

### **“I’M NOT THE KIND OF PERSON THAT CAN SIT STILL VERY LONG”**

All an overactive mind takes is a little effort to slow the mind down. Setup reminders throughout the day to focus on breath for one or two breaths and give yourself an opportunity in the morning or evening to close your eyes and simply breathe, focusing on your breath with no agenda. If your mind has been running at full speed prior to your intention to quiet it – your mind will wander quite often, like a candle flickering in the wind.

### **“WHAT IF MY MIND WANDERS?”**

Even if your mind wanders for a few minutes – it will eventually return to your intention. That’s why it’s very important you clarify your intention to focus.

## **WHAT IS EXTREME FOCUS?**

Then notice what it feels like to half-intend something and then concentrate even more. It can be compared to half committing to pick up a heavy weight versus lifting it with all your might with so much energy that it goes sailing into the air. When you intend to quiet the mind don't just sit down and go through the motions. Imagine in your mind what it feels like to be intensely here now. Not just sitting down and saying "Okay I'm here now." But putting all your heart and soul into one breath with such energy that you can only maintain the intensity for a few seconds before you get mentally tired. Then try to maintain this focus for even a few seconds more. The act of this extreme focus is like applying the brakes to an overactive mind. When you're speeding down the highway you can't just apply the brakes a little – one good pull on the emergency brake can slow a heavy object with lots of momentum almost immediately. Extreme focus can be a useful tool in the beginning of your meditation.

## **“HOW WILL I KNOW IF I AM DOING IT RIGHT?”**

Here are few signs that will help you know that you're doing extreme focus right:

- 1) During intense spurts of concentration you'll feel the need to 'relax' your mind from focusing so hard even after just a few seconds at a time.
- 2) You might actually feel energy causing chills up and down your body for the few seconds while initiating extreme focus.
- 3) After you finish even a short meditation you'll notice the brain has slowed down and your mental space seems much clearer.

## **DO EXTREME FOCUS NOW**

Do a few minutes of extreme focus now (and post your questions or comments here.) Remember – a great place to start is just with your breath. When you breathe in, don't just focus on breathing in but **REALLY** focus on breathing in with all your heart and soul. And don't just focus on breathing out, **REALLY** focus on breathing out. Maintain this intensity as long as you can – which if you're just starting should only be for a few seconds. You should notice a major difference in the experience of wanting to focus and **REALLY** focusing with all your might. It's the difference between bending down to pick up a weight, and **REALLY** bending down to pick up a weight with so much energy it flies over your head.

James Rick is young CEO of Global Sky and Founder of Full Potential. He is on a mission to help people young and old live a level 10 life in the 7 major areas of life: physically, mentally, spiritually, socially, emotionally, financially and environmentally. He was voted Chamber Entrepreneur of the Year, authored 5 books on personal development, traveled to more than twenty countries, employs more than 120 people around the world. You can learn more about him and his work at [FullPotential.com](http://FullPotential.com) , here you can also download his free Top 10 Ways to Instantly Boost Your Mood - audio program.



# **The Secret to Visualization and the Law of Attraction**

**By Melody Fletcher**

Visualization is an important part of any personal development program, and a key component of consciously working with the Law of Attraction. But what exactly is visualization, and how does it actually help us to create our reality?

We create by focusing on something - by wanting something. But we receive it by lining up with the energy of our creations, and visualization can help. So, while visualization doesn't actually help us to create our reality, it is a powerful tool that we use to help us deliberately receive our manifestations.

We were all born with the ability to visualize. As children, we called it "playing pretend". We never lose this inherent ability, but we forget that we have it. We're told to grow up. We don't have time to daydream. Life gets in the way.

When we visualize, when we pretend that something has already happened and play out scenarios in our heads, it's like going through a dress rehearsal before

the main event - physical manifestation. We have the chance to root out and eliminate any conflicting beliefs. Remember that in order to line up with your manifestation, in order to receive it in the physical, you must be aligned with that desire, which means, when you think about it, it must feel good and natural to you, with no conflicting or negative thoughts or feelings present.

Let's look at an example: You're single and looking for the perfect partner. So, you spend some time every day imagining your ideal match. Only, for some reason, each scenario you envision somehow always ends in a fight. They do something to hurt you, they cheat on you, or they just become hurtful. You think that you're in control of this "fantasy", but your vibration will create your visualization just as it creates your reality. If you have some limiting beliefs about relationships, they will show themselves when you visualize. So, you see a pattern and you begin to work on deliberately and gradually changing that visualization. You find ways to soften the arguments. You begin to imagine them as faithful, kind, etc.

This may be uncomfortable at first, since you're deliberately focusing on something that isn't a match to your vibration or belief system. But as you do this, it

will become easier and easier. After a while, you're able to visualize the relationship in a whole new way. You're able to see a whole different kind of partner. You've just shifted your vibration - you've changed your beliefs. Keep practicing until you feel really good about your vision, until there's nothing left for you to "just have to put up with", until you're easily able to "see" yourself with the partner you really want.

Take time out of your day to play pretend. What would it feel like to have that new car, corner office, gorgeous spouse or recording contract? What would your life really be like if you received this one thing you've always wanted? Play until you can control the entire visualization, until you feel really good about everything you're experiencing, until it feels completely and totally *RIGHT*. And when it becomes a game, when you can easily see yourself having what you desire with no conflicting thoughts, the things you want will come to you quickly and easily.

Melody Fletcher is an expert on the Law of Attraction and Universal Laws. Using the metaphor of Vibration, she helps people to remember who they really are, and that we are all infinitely powerful, creative beings. She

invites you to visit her website, at  
*[www.DeliberateReceiving.com](http://www.DeliberateReceiving.com)*.

# Releasing Your Blocks to Success

By **Shawna Sommerstad**

Have you been following the law of attraction and still not receiving results? Have you been dedicated to manifestation for some time, but not one thing has come into being? Your ideas, beliefs and thoughts all carry energy which may be in contrast to what you are trying to manifest...and holding back your desire!

Many people are shocked when they first consider the idea that they are holding back from what they are manifesting. After all, “I obviously want that new car, or else I wouldn’t be visualizing it and visiting those car lots every weekend!”

As true as that may be, we all have *hidden* ideas and beliefs. These are beliefs that we don’t really know that we have, as they are not consistently on the surface for us to view. The way to release hidden beliefs is to identify and challenge them. Try this out right now!

1. On a piece of paper, make two columns. Under the first column, write down all the things you are manifesting.
2. In the second column, write down all the reasons that you cannot achieve/have what you are manifesting (Example: I am manifesting money BUT my family will be jealous if I have money; I want to be a writer BUT that won't pay the bills). If you cannot think of anything, do you have a feeling of dread, uneasiness or impossibility about this goal? Write that feeling down.
3. Re-read your list of reasons. If you have written down even *one reason or negative feeling*, this is creating energy in contrast to what you are manifesting!

### *What can I do?*

By recognizing negative beliefs or ideas, you have made a vital step forward in your manifestation destination! Realize that these beliefs are no longer serving you, and that it is time to release them.

There are many wonderful ways to release negative beliefs:

- Writing and challenging the belief in written format is a great way to start! If you are an extremely logical person, this may be the route for you!
- Saying positive affirmations in contrast to the belief works very well. Positive affirmations are very effective, as the more you say them, the more in tune you become with this new energy. When you can think or say the affirmation without any resistance, it has become a belief...a positive one you can rely on!
- Energy work such as Reiki can help release blockages in your energy field, increasing your vibration and your overall well being!

By identifying and releasing your negative beliefs, you will remove the blocks to your success, and allow your energy to flow properly once again.

There is absolutely no reason that what you want cannot be yours! Release those blocks and feel the ease in which your dreams will flow to you!

Shawna is a dedicated energy worker and Lightarian™ Reiki Master. She is a proud Canadian, who enjoys helping people release the energy blocks from their chakras and lives. She welcomes you to sign up for *free* energy work and attunements by becoming a member of her website. <http://www.reikirejuvenations.webs.com>



# **Self-Love is Unconditional Love**

**By: Kerri Kannan**

We are raised with notions that “love” has something to do with how we express ourselves toward others. We think that when we love someone, we will compromise and make them feel better and will sacrifice ourselves and do anything for the object of our adoration. While this is true to a point, it is backwards. You can not love another until you fully embrace yourself.

The notion that you must cater to the needs of others in the name of love creates internal conflict and it is really the furthest thing from love. We are taught that we must strive to be good but that implies that we are inherently bad or that there is something we must achieve or do in order to be good and loved. We set ourselves up for lives of unhappiness and Self-sacrifice feeling that love comes from an external source and to attain it, we must cater to the perceived needs of others.

When we can embrace the totality of who we are, and embrace all of our moods and all of what we are,

whether we like the characteristics or not, we then allow ourselves to be Self-loving. You can't help whether you feel anger or love in any moment, and you can't control other people and their perceptions. All you can do is surrender control and accept yourself and what you feel in any given moment, whether that feeling is of wanting to kiss someone or whether you want to kick them. You don't have to act on it, you merely need to accept that you feel it and once you accept it, then you can change it if you desire. You can't change something you are unwilling to see.

When you can accept your feelings in any given moment, you will eventually find that you are happy to be you and can remain steadfastly true to yourself by honoring your feelings. When you can be true to yourself and other people's opinions hold no power over you, then you can truly love without condition. You find that your approval and acceptance is the only validation you need and little by little, your attachments to how other people respond to you melt away. You find that it makes no difference whether your love is reciprocated; you love because you feel love for yourself and nobody can take that away from you. You find that it feels wonderful to share yourself and your

love with whoever will receive it, in whatever form it shows up; whether it is helping a stranger with groceries or being present with your kids or giving yourself over to your lover fully and completely.

When you release the need for external approval, you find your own validation and approval is the only one you need. You find that your love is expressed in everything you do and you free yourself to be completely and steadfastly true to yourself. You also find that in loving yourself, you can't help but love every aspect of your life because you see and express your own Love of Self in everything you do.

Kerri Kannan helps people identify and release limiting thoughts to reveal their life purpose. With honesty, openness and transparency, Kerri shows people how to take complete responsibility for their lives and transform negative experiences into the platform for their greatest strength. Download her “Uncovering the Divine Within” Workbook at [KerriKannan.com](http://KerriKannan.com)

# Why You Should Know Your Lucky Numbers

**By: Kristin Velix**

A lot of people discover themselves discontented with their lives. Whether it is a business that simply does not feel right or a relationship that's uninspiring, it is not hard to find reasons to feel let down on the track that life has lead you thus far. It's every bit as easy to alter the practices in your life that are resulting in you feeling unfulfilled and those modifications do not have to be immense changes in vocation or home. Part of reaching a less clouded path is to acknowledge the numbers that are stimulating both positive and negative influences on your life.

There's a lot of enigma to the power of numbers, but numerology is a very genuine science. The study of numbers and their influence on existence has been practiced for hundreds of years. From Pythagoras to early Christian religious mysticism, numerical constructs or numbers have been applied to human relationships and now, people looking for modern

resolutions to old troubles, are turning to numerology and lucky numbers.

Now, do not be misguided, we're not alleging that numbers are going to change your life. It is not the lucky numbers that brighten a troubled path; they simply assist in finding new ways of moving through life. Only a person can alter their own way of life. Lucky numbers will not reveal the future or tell you what determination to make; they act more like beacons towards a better, less troubled journey.

Could riding in seat 8 each day on the autobus be why each day has been a bad day lately? It could be. The number eight is ruled by Saturn and it does not always act advantageously with other numbers in your day. Is it conceivable that awakening at five in the morn rather than six could alter your luck for the day? It just may. It would hinge on your ruling numbers and how the number five jibes with their pattern. When you recognize what your lucky numbers are and what part they play in your life story, you'll be able to begin altering your existing patterns to put the power of numbers back on your side.

It's no big secret that most folks are calculating lucky numbers to win the lottery. Who does not enjoy winning money? It's entirely accurate to say that most that actively search out their personalized numerology do so for fiscal gain and it's generally the lottery or another gambling game that they're playing. Do they always win? Nah. That's the cold hard fact of the matter, but there are forever other influences close to us that can alter one's luck. And really, by name and nature, we are talking about games of chance. Are anyone's chances of winning better with their personal winning numbers? Unquestionably.

Your lucky numerals can be influenced by the folks affiliated with your day-to-day living. If your lucky number is a three and your life mate is a six you may discover that you're always attempting to move in a different direction. This does not imply that you aren't well-matched; it simply means that you must discover reciprocally potent numbers to add to your lives to receive the true power of your numbers.

The great power of numbers dwells in the believer and their understanding of their lucky numbers in their day-to-day life. Whenever life has not been going your

way, it could be that you aren't working with the right numbers or you have numbers that are working against you. Either way, it's good to know your lucky numbers and apply them to your days with wisdom.

Kristin Velix of [KristinsLuckyTarot.com](http://KristinsLuckyTarot.com) where every lucky number, lucky charm, tarot card reading and birth chart goes toward the building of new no kill animal shelters and to support existing shelters in need. Visit [www.KristinsLuckyTarot.com](http://www.KristinsLuckyTarot.com) and help save animals.

# **Waking Up Is Hard To Do – Tips For A Mindful Life**

**By Kerrie Ogren**

**How would you like to be fully awake? Not cup of coffee or adrenaline boost awake -- I'm talking about being fully responsible, aware, and alive.**

How awake are we as human beings? Conscious awareness brings us approximately 2000 bits of information every second, while our brain actually processes close to 400 billion bits of information every second. Raising our level of awareness is an evolutionary process. Learning the baby steps to bliss is simple, but living them is not always easy.

**You are responsible for everything that happens in your life. Claim it.**

What do you think of when you hear the word “responsibility?” Usually it conjures images of duty, blame and liability. It is difficult to accept responsibility when something negative happens, and many aspects of our lives seem to be dictated by those around us. What is true responsibility? Look at the



word. It has two parts: response and ability. Responsibility is really our ability to consciously respond to the situations around us. It is freedom of choice combined with a 'look before you leap' type of attitude.

**First work on being self-aware; conscious awareness will follow.**

How often do you sit quietly, alone, with no distractions? The thought of doing this makes many people uncomfortable. Next the excuses will come. There is not enough time, too much to do, somewhere to be, but small steps are all you need. You can always find fifteen minutes even if it is before you go to bed. A simple awareness exercise is to sit quietly with one hand over your heart and the other on your abdomen. Take a deep breath; hold it, and then release. Concentrate on your heart area, feel the energy. Pay attention to what you feel physically and emotionally, and to any thoughts or beliefs that come up. Find yourself within yourself. Do this for at least five minutes every day. Try to extend the time to fifteen minutes. When you finish, write your experiences in a journal. Next look at your surroundings then close your eyes. Without looking back up, open your eyes and

write everything you remember. As you progress, you will become consciously aware of yourself and of more detail about your environment. More advanced practices and techniques are freely available online.

## **Be ALIVE!**

Being alive is more than just breathing, functioning, and stumbling through life. Being alive is living every moment, in the moment, consciously. When you are fully responsible you live on purpose, letting mindful choice determine your response instead of blazing emotion. Knowing your emotions, triggers, and beliefs makes this choice is simple. Live with abandon! Awareness is the key.

*“As the Siren of Self-Realization, it is my mission to help women rewrite their stories and reclaim their personal power.”*

Kerrie Ogren, the founder of coaching2create, is a Women’s Empowerment and Success Coach as well as a Spiritual Life Coach. Learn more about Kerrie at <http://coaching2create.com> and at <http://sirensbook.com>

# **Listen To Your Self-Talk**

**By: Dr. Linda Hancock**

I was sitting in the private member Cypress Club one day and noticed that my usually calm state was agitated. It took a few minutes to realize the problem. The music coming from the sound system was loud and not the peaceful "elevator style" that regularly permeated this environment.

I noticed that my body was reacting to the sound. The hair on the back of my neck was standing and I had a strong feeling of tightness in my arms and shoulders. At first I thought that perhaps I should just ask the server to change the channel but the opportunity didn't readily present itself.

As I sat there, I started thinking about what I could change in life and how I might do that. You see, there are many external things that can be irritating that we do not have the power to change.

The result of this was my realization that the only thing I really can directly control is my thoughts!

I immediately began giving myself internal messages to invite calm. Telling myself to "Breathe", "Relax" and "Focus on my reading" had immediate positive results.

Often, we go through life stating what we DON'T want instead of what we DO want. People claim "I can't sleep" and then are surprised with they lie awake night after night. Children tell me "I'm a loser" and then quote examples that they think will prove this to me (and to themselves). Their self-talk not only describes their past and present but also seems to predict their future. It can be quite self-sabotaging!

Our brains are like very complex and obedient computers. Whatever we ask for - we get!

If you type a word into a computer you will quickly be able to access numerous websites that provide information about and techniques for obtaining the requested item. For example, if you type "firefighting", within seconds you can learn about equipment, skills, organizations and heroes in this field.

In the same manner, when you speak specific words, your brain gives you everything you need about the subject.

A golfer who repeatedly talks about his "slice" has difficulties overcoming it. Couples who state "We never have enough money" see this situation fulfilled for months or even years to come. Those who state "I will never have a business" likely won't.

On the other hand, individuals who claim "Life is good" can also cite examples of their great experiences and enter the future with confidence that these will continue to occur.

When I have someone in my office who tells me "I dislike Medicine Hat. It is crowded, expensive and people are not friendly" I reply with "You're right". In contrast, I might hear someone else tell me "I love Medicine Hat. It is just the right size, affordable and the people are so friendly" I reply with "You're right". You see, what you say is very powerful for it helps to create the situation in which you find yourself.

It is important to listen to your self-talk for you will then discover the connection between your words and your experiences.

And the good news is that, with practice, you will not only be able to change your self-talk but also create a beautiful future based on the words that you choose! Shakespeare's Hamlet summarized it simply in four words: "Thinking makes it so".

Dr. Linda Hancock, the author of "Life is An Adventure...every step of the way" and "Open for Business Success" is a respected psychologist, social worker and mediator who has a private practice in Medicine Hat, Alberta Canada. She can be reached at 403-529-6877 or through email [linda@drlindahancock.com](mailto:linda@drlindahancock.com). Visit her website at [www.lindahancock.com](http://www.lindahancock.com)

# Heal The Gaping Wound

**By: Mary Ulana Lee**

These are certainly interesting times we live in! Confusion and chaos seem to be the order of the day. Weather patterns are off, flooding, earthquakes, volcanic eruptions, tornados – you name it, it's happening.

Are these the end days? Not really.

It is the end of an era....we are moving out of the Piscean era and into another phase. During this phase, polarities will dissolve and cooperation will become the norm. It has to in order for humanity to survive. Right now we are in the middle of this transition and transitions are always difficult. Remember, though – you agreed to be here for this!

We can no longer afford to work against nature. We will learn to work WITH nature in co-creative cooperation. We don't have much choice as a species, but each individual always has the right to choose.

The Invisibles want to work with us – they are patiently waiting for us to wake up. It’s long overdue!

Contrary to what you may have been taught, humans are not “God’s Favorite”. We were never supposed to lord over every other creature and every other being on this planet. That is a human concept that was perpetrated by a very Machiavellian group – and it stuck. We have abused it almost to our own demise.

Every single thing that is in form has a consciousness and is part of the whole, which is precisely why vegetarians are inadvertently doing more harm than good in their refusal to eat or use animal products. The vegetable kingdom is highly offended that it is considered to be lesser than the animal kingdom– or worse, not to even have a consciousness!

Simply because WE do not understand the secret life of plants, we assume they are nothing more than, well, plants. We’d be dead without them! This world was meant to be interdependent and co-creative. It is time we humans remember this and take our rightful place in the grand scheme of things – which is not at the top!



What can you do? Well, you can start by changing your attitude. You can begin expressing your gratitude before you eat or drink (even water) anything. Just a wink and a nod of appreciation goes a long way. You can do this silently or you can say it out loud:

“All my relations, thank you for your sacrifice.” is all you have to say. Each time you say it, the gaping wound receives a speck of healing. Enough specks will close the gap and restore order and balance to this beautiful planet earth – which also is a living, breathing organism, by the way!

As soon as you start saying the simple words of grace, you will notice your food tastes better. It actually becomes more nutritious and better serves your body. If you pause for a few seconds after saying those words of appreciation, you may begin to notice that you are sensing the spirit of the animal or plant. What an honor! What grace!

This simple little gesture will help heal the gaping wound we humans have caused between ourselves and

the nature kingdom. It may even reverse the damage done.

Aloha! Mary Ulana Lee

Please visit our site: [www.hunianfellowship.com](http://www.hunianfellowship.com)

Contact: [hunianfellowship@gmail.com](mailto:hunianfellowship@gmail.com)

# **Become Comfortable Anywhere Using Your Powerful Mind and NLP Hypnosis**

**By: Michael K. Twomey**

Discover powerful guidelines to becoming more comfortable with yourself wherever you are. Many clients dislike loud crowded clubs so you can substitute your own issue and gain the benefits from this practical example.

Ask yourself these questions and be willing to play with the emotions, images, sensations, etc (NLP Milton Model, Meta-Model, Sub-Modalities)

\*What causes the discomfort and specifically what kind of discomfort? (where you feel it in your body or mind? Is it heavy or a light feeling, sharp or dull aching, throbbing, etc. if the sensation moves then follow the path it travels-now reverse this direction and notice any changes. If it's a stuck feeling or

frozen energy, imagine it flowing naturally where it wants to go.

\*Give this sensation a color and turn the color brighter or darker or blend it with a different color or colors. Note any changes? Take any color images and turn them black and white, speed them up until you find yourself laughing at the ridiculous jerky movements or pause them and imagine the sun bleaching out the image. Now shrink this vague image down to the size of a grain of sand. You could rewind the movie images as if you had a remote control and these images are at your command. Assign this sensation a sound or vibration and notice any changes from speeding up or slowing down the vibration. You could even add another note to this and notice what this harmony of notes does to the original feeling)

Example: you dislike flashing lights and loud music in clubs, and resent overpriced drinks and being jostled, yet he wants to meet attractive women he sees there. (NLP Re-Frame-he could meet even more attractive women in places where he is already comfortable)

To ensure total understanding of mind and body I show clients practical exercises and then they ONLY mentally rehearse their success.

\* Focus on practical things like your breathing, feel the ground beneath your feet and be aware of your surroundings and feel balanced. (subconscious mind that focused on negative bitterness, resentments and frustration that club environments triggered in the past, is now focussing on practical solutions in the present!)

\* Get comfortable in your own place, listen to your favorite music and drinking your favorite drink. Start adding songs that are currently playing in clubs while focussing on feelings, sensations, scents, images that keep you relatively comfortable. Then play another favourite song louder and flick your lights on and off. Gently gently bump into your furniture while remaining relaxed and keeping your drink in hand below hip level and remain balanced in mind and body.

\*Watch a hilarious scene from a comedy over and over again until you can instantly shift moods and smile and laugh, just thinking of it. Then Anchor this (ex: left pinky finger hand against your palm)

\*Now mentally rehearse success while holding this Anchor and notice yourself getting more and more comfortable.

Michael K. Twomey is a Professional Hypnotist and Lifestyle Advisor in NYC who helps many people feel more comfortable with themselves and change unwanted habits (smoking, weight loss, stress) and become more confident and successful. Go from where you are now to where you want to be. Call now (917)623-2352

# **Easy, Medium and Hard**

**By: Helen Dowling**

A few weeks ago, I reached an epiphany. I was looking at the list of things that I had to do and groaning because most of them looked like very hard work to me. They would take a long time to do, be boring, hard work and would zap my energy. The last thing I wanted to do was get on with them.

The tasks that I actually wanted to do were nice easy ones. Ones that in complete contrast were easy to do, fun even, enjoyable and interesting and wouldn't take that much time.

My epiphany was realising that mentally I categorised my tasks into whether I thought they were easy, medium or hard and I was spending the vast majority of my time on the easy ones – only tackling medium or hard ones if I had no choice and the deadline was looming.

Having realised that I was doing this, I started writing at the side of each task whether it was easy to do, medium or hard in terms of how I felt about it on that particular day and then I started getting creative.

Rather than just doing all the easy tasks, I did an easy task, then a medium one, then a hard one and then back to easy again. Wow – what a difference. Yes, the medium and hard tasks weren't particularly easy, but they got done!

And this meant that any tasks I had on my list that were to do with the development of the business (which were typically listed as a medium or a hard task) got done too and I started to move my business forward!

I've followed this rule for the last few weeks and it's made a massive difference to how I work and on more than one occasion, I've cleared my entire to-do list for the day. Woo-hoo!

There are a couple of exceptions to this rule though.



One is that if I'm short of time i.e. only have half an hour or so spare, I can get on and clear as many easy tasks as I can during that time.

The other exception is that with long tasks like clearing emails (more about that in a minute) or things that will take a while i.e. writing three articles, I will do things slightly differently. In these situations, I will do an easy, medium and then a hard task, clear 10 emails and then 1 long task like 1 article. And then back to an easy task again.

Now to emails – I think every business owner thinks emails are very hard work so I have a method of handling emails too.

Most emails are ordered in the date that they came in which means that emails at the top (those that came in last) are dealt with first. That's all very well but what about emails at the bottom of the list – when do they get dealt with?

To tackle this problem, I will start at the top of the email list and clear the one at the top. I'll then shoot

down to the bottom of the list and clear the one at the bottom and then back up to the top again.

By tackling emails in this way, I've managed to clear most of my emails every day and can proudly sit there as an owner of a clear inbox. Hurrah!

Just by tweaking the way you work, you can make a massive difference to your business and to how you feel. Why not try some of these techniques and let me know how you get on.

Exceptional Thinking

(<http://www.exceptionalthinking.co.uk>) provides help to small business owners on their marketing. For 50 free ideas on how to promote your business, go to <http://www.exceptionalthinking.co.uk/50ideas.htm>

# **Harnessing The Power Of Gratitude**

**By: Lisa Ryan, MBA**

Want to improve every area of your life? Try gratitude.

Albert Einstein once said, “There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” You can choose to live in a state of gratitude, believing that everything that happens is a miracle, or you can opt not to do so. However, when you decide to see miracles, you create a better world for yourself and for everyone around you.

Practicing gratitude is not just a good idea; it’s supported by science. Robert Emmons, PhD and Michael E. McCollough conducted a study in which they randomly selected three groups of people who were instructed to keep a journal. The first group listed things for which they were grateful, the second group wrote about the day’s hassles, and the last group simply recorded the day’s events. After ten weeks, the gratitude group reported higher levels of alertness,

enthusiasm, determination, optimism, and energy. In addition, those in the gratitude group experienced less depression and stress, were more likely to help others, exercised more regularly, and made greater progress toward achieving personal goals.

If you're looking for a way to improve the quality of your life, your relationships, your happiness and your health, start by creating your own gratitude journal. You can choose to write it first thing in the morning or last thing at night. When you begin your day with grateful expectation, it sets a positive tone for the rest of the day. When you end your day in gratitude, you gain a different perspective of the day's events.

Don't get all freaked-out by the term "journal." Your journal may consist of five sentences that begin with the words, "I am grateful for..." My gratitude practice, which takes less than two minutes a day, has led to my professional speaking career, a stronger relationship with my husband, a new business partner, and a lot more fun!

I write my "gratitudes" first thing in the morning, as I like starting my day on a positive note. I have also

created an exercise that I go through before going to bed each night called the “ABCs of Gratitude.” In this practice, I choose a random letter in the alphabet and I think of the things that I am grateful for that start with that letter. I then move to the next letter, and so on. It generally takes me four to six letters before I am fast asleep. As a former insomniac, I can tell you, it’s a pleasure to be able to get to sleep so quickly and peacefully. The moral to this story is, “Count your blessings, not sheep.”

Remember, “What you think about, you bring about.” Be grateful for the things you already have, and you will attract more of what you really want. Try it for thirty days. You’ll be amazed by the results!

Lisa Ryan, MBA, is Chief Appreciation Strategist at Grategy. She has been providing keynotes, seminars and workshops since 1997. She is a featured gratitude expert in two movies: “The Keeper of the Keys” and “The Gratitude Experiment.” Lisa has written two books, *The Upside of Down Times: Discovering the Power of Gratitude* and *With Excellence*. She is a professional member of the National Speakers Association as well as Toastmasters International. [lisa@grategy.com](mailto:lisa@grategy.com) [www.grategy.com](http://www.grategy.com)

# **Don't Go to Your Grave With the Music Still In You**

**By: Susan Denny**

"Don't go to your grave with the music still in you" was a saying I heard from Bob Proctor (The Secret) many years ago and it has resonated with me ever since. So what does it mean? It means, don't go to your grave:

- Without writing that book you've always wanted to write
- Without taking that trip of a lifetime you've planned for years
- Without telling the people you love how much you really care about them
- Without finishing the many projects you've started and never completed
- Without completing your goals

I think you get the picture! How many times have you heard people say, "as soon as I retire I'm going to travel the world". The sad fact is that many people reach retirement age and die shortly after and don't live to fulfil their dream. So what if you don't have enough

money to travel when you're younger? If the goal is big enough and you're prepared to do whatever it takes to achieve it, you will find the money.

Many people believe that once they retire they will have all the time in the world and so put off projects until then. Wouldn't it be better to travel or do whatever you've dreamed about before it's too late? Choosing to live your life day by day is a far better option than saving it all up until you "have time". The trouble is your time runs out.

To fulfil your lifetime goals, set yourself small ones every day so that you get into the habit of setting and achieving goals. It makes it so much easier to set a big goal and then take the action needed to achieve it.

Setting a big goal is exciting and exhilarating and is enormously satisfying once you've achieved it. Don't set yourself a goal without having some idea of how it will pan out. You need a plan, much like a road map, of what you have to do along the way to get there.

Whatever you do, don't give up!

There's nothing worse than going to a relative or friend's funeral knowing that they hadn't achieved what they'd set out to do with their life. Don't go to your grave with the music still in you! Live each and every day as if it's your last!

My name is Susan Denny and I live a confident life every day. I was fortunate enough to be personally coached by Bob Proctor (The Secret), which gave me a foundation in Self Confidence to work on and to share my knowledge with others. Website: <http://allaboutselfconfidence.com>



# **Vision Boards – The Key to Untold Riches**

**By: Steve Charles**

Vision Boards offer you the keys to The Universe by working in unison with the Law of Attraction; and it takes less than 5 minutes a day!

So whether it's great wealth, perfect health or eternal happiness that is your driven goal in life, all of these are yours for the taking once you discover the real secret to unlocking the true powers of a simple vision board.

It doesn't matter if you've never even heard of them before, heard of one but never used one, or have been using one for years without success, if you truly want to get your hands on all the best things in life that are yours by rights, then reading this short article may well provide the answer to what you've been searching for.

**Ready to Finally Grab the Success you Deserve?**

Manifesting ANYTHING you truly want in your life is possible if you have the right mind set and determination: Trust me!

You just need to discover how to harness the power within, align your conscious mind to your subconscious mind, and take the final step of positive action – Do that and *Nothing* can stop you..

And know what? A vision board will guide you through the entire 5 step process that is necessary for manifesting abundance. Each step is so important that if you miss one out, no change will happen; but get all 5 steps right and change can happen so fast it can make your head spin!

## **Vision Boards – Boundless Success for a Few Pennies Outlay!**

A vision board, also known as a treasure board or a dream board, is just a collection of pictures that you pin to a board and then couple them up with meaningful affirmations. The board is then put somewhere where you can constantly see it so that the subliminal message

the vision board emits drills down into your subconscious mind. It's as simple as that.

Different people prefer their own ways and techniques when making vision boards; that's not important. What is important is in getting it right; creating a vision board that will give positive, powerful results.

But the great thing is that you can make one yourself in a matter of minutes and it won't cost you more than a couple of dollars – unlike all those Self Help, Get Rich Quick schemes people continue to invest a small fortune in and get little or no return..

By creating a vision of your target, that 'thing' you want to attract into your life (a top job, wonderful love and romance, a brand new car, bags of money, luxurious holidays) your **subconscious mind** reacts to the images and by doing so, finally aligns with your conscious mind and once that happens *the brakes finally come off!*

...Nothing can stand in your way from now on! That's the true power of vision boards.

Steve Charles is widely acknowledged for his true gift of teaching how to tap into the true power of the Law of Attraction by using vision boards to grab all that is yours by rights; what you truly deserve from life. He can be contacted through his website [www.VisionBoardManifesting.com](http://www.VisionBoardManifesting.com)

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# **Use This Simple Exercise to Let Go of Anger**

**By: Marte Cliff**

First, let me tell you that I used to be a mess. I loved my family, enjoyed my friends, and liked my work. I also enjoyed a variety of volunteer activities.

But any time you deal with other people, you can get frustrated. You can even get angry – sometimes extremely so. And I did.

There were days when something someone did or said had me so upset that I could think of nothing else.

Have you been there? Have you spent hours going back over and over a conversation? Have you replayed it dozens of times, wishing you'd said or done something different – and getting more upset the more you thought about it?

That's what I used to do. And it wasn't a good thing. I had work to do – and instead I wasted hours in non-

productivity because all I could focus on was the incident that had upset me.

Of course, the more I thought about these situations, the more of them came into my life. As every student of the Law of Attraction knows, nothing else is possible. But I hadn't learned about the Law of Attraction just then so didn't realize how I was sabotaging my own happiness.

And then I came across a "letting go" method that changed it all.

**It is so simple that most people won't try it.** They simply refuse to believe that it could possibly work, so they go right on feeling miserable.

The truth is, anger is nothing more than an energy pattern that we've allowed in. And it can't stay with us when we tell it to leave. Here's how:

For a very strong emotion, start with the soul fountain, then go on to step two, which can also work alone in most instances.

Stand up, feet apart, and raise your palms to the sky. Then envision your soul light, shining through every pore in your body. See it streaming up and out through all those pores, and out the ends of your finger tips. Envision that light taking the negative energy with it.

Step 2 is handy to use when you're with other people, because no one needs to know you're doing it. So if someone hurls an insult in the middle of a meeting, you can let the negative emotion go before it has time to grow.

It's called "Sigh and Look Up." And that's all you do. Sigh, and cast your eyes toward the sky. If you're alone, heave a huge sigh and turn your face toward the heavens. If you're with others, give a silent sigh and roll your eyes heavenward.

I've done these exercises when I was so boiling mad that was sure it couldn't work. But it always does. A few minutes later I'll suddenly realize that I've gotten back to work and am no longer focused on that negative feeling.

Marte Cliff is a freelance copywriter specializing in custom web copy and drip marketing campaigns for entrepreneurs. A former real estate broker, she also offers a variety of pre-written prospecting letters for busy agents on a budget. Visit her at [www.copybymarte.com](http://www.copybymarte.com) and [www.marte-cliff.com](http://www.marte-cliff.com). Write her at [marte@copybymarte.com](mailto:marte@copybymarte.com).



# Navigating Change

**By:** Mark Harrison

It's a cliché, but change has always been the only constant. In recent times, the pace of change has accelerated greatly, and we all need to find ways to deal creatively with this fact of modern life. Successful people respond to change in three key ways.

1. They have a high 'ambiguity threshold.' Change is inherently ambiguous, and those who deal creatively with change will have a high tolerance for uncertainty and 'shades of grey.'
2. They have a constructive 'internal monologue.' They will see themselves as inherently in charge and having the ability to control elements of the situation in which they find themselves. Some circumstances cannot be changed, but the way we respond to them is always a choice, and we always have a sphere of influence, however small. By focusing on this sphere of influence, and not expending energy bemoaning the area outside it, the circle will start to expand and give us

progressively more control. Solutions to problems always exist, and the 'internal monologue' of successful people reflects the desire to find them and the certainty that they can be successfully implemented.

3. They have a good reservoir of emotional, physical and mental energy from which to draw when things get tough.

Some people have a greater capacity for dealing with change than others. However, we can all be proactive about the way we approach change.

1. Be clear about your core values. A sense of purpose is essential to success and effectiveness, and those without a clear idea of what they are doing and why they are doing it will not have the foundation to keep going in the face of change.

2. Be persistent. Success is usually more to do with tenacity than anything else. Successful people keep going in the face of change, finding new and creative ways to achieve a positive outcome.

3. Be flexible and creative. Persistence does not mean pushing through by force. If you are unable to achieve

success one way, try another, and then another. Keep looking for more creative solutions and innovative responses to problems. Read widely, and don't confine yourself to your own area of 'expertise.' Try to see links between apparently separate and diverse elements in your life and experience.

4. Accept uncertainty and be optimistic. Life is inherently uncertain. Of all the possible outcomes, focus on the most positive one. This is not to be a 'Pollyanna,' but to accept that if you respond well and work to the best of your ability, a good outcome is as likely as any other. Don't waste your energy being negative.

5. Keep healthy. Eat well, get enough sleep, exercise regularly. Meditation can help, too. This will keep up your energy levels and allow you to keep going in tough times.

6. See the big picture. Change is inevitable, but if you take a bird's-eye-view of the landscape, the change won't be so disorientating and you will keep perspective at all times.

Mark Harrison is a freelance writer and educator. He writes for a number of self-improvement websites and is the author of several books. His writing covers a wide range of self-improvement topics, but especially focuses on increasing productivity while reducing workload, and managing change. Visit him at <http://effortlessabundance.com>.

# **Loving Again – a past life regression case study**

**By: Orly Arava**

Like many others, Gale experiences hardship in her marriage. She and her husband have been married for ten years; have three kids, a mortgage and steaming frustration over various issues. “He doesn’t understand me!” she told me in tears. “He doesn’t take part in raising the children or caring for the house. I’m fed up. I don’t love him anymore. It wasn’t like this when we got married. We loved and cared for each other so much! If I can’t have it again, forget it, I want a divorce!”

I asked her to lie down on the massage table, inhale white light, relax her body and go back in time to a past life that may shed some light on the root of her pain.

Gale saw herself as a housewife with a three-year-old boy, who enjoyed a peaceful life of love and respect with her husband in an English village.

“I see my husband dressed as a soldier, like the rest of the men in the village. A war broke out... hectic preparations...chaos” Gale explained. “They evacuate the women and the children.” she was becoming stressed.

“I’m on a small boat with my son, but my husband is left behind. He’s waving goodbye. God, I know I’ll never see him again!” Gale burst into tears. Later, she told me they were taken to Belgium.

A knock on the door a few months later confirmed the worst. Nothing mattered anymore. Devastated, she somehow raised her son all by herself, was never involved with any other man and at forty, died of Pneumonia.

“How do you summarize your life?” I asked the heartbroken woman.

“There’s no point living without love, especially the wonderful love I shared with my husband” she sadly replied.

“And who is this soul in today?” I asked curiously. “I can’t believe it!” it’s my husband, Adam!” She

recognized her current husband to her surprise. "Any similarities to today's life?" I wondered.

"In Belgium, I got out of the game as soon as my son was able to survive on his own. Today, without the huge love we had at the beginning of our marriage, I want to quit the relationship as well" she concluded. "How come we met again?" "Well, we always incarnate with the same group of souls, this is our 'Soul group'. We help each other learn our spiritual lessons" I explained as we finished the session.

The next day I receive a phone call. "When I got home last night, Adam was already asleep. I couldn't help myself. I caressed and kissed him passionately! I'm so happy he's in my life again! I have butterflies in my stomach, as if we had just met! Thank you so much for reviving my love for my husband!" she said gratefully. "You're very welcome" I replied. "And by the way, I didn't do it. You did ..."

Orly Arava is a spiritual life coach, Past Life therapist, Reiki master and a Hypnotist specializing in Past Life regression. Orly sees regression therapy as a collaborative detective work. You own the information,

and subconsciously, the reasoning for healing. Her job is to help you connect the dots and heal the past.

[www.PastLifeDiscovery.com](http://www.PastLifeDiscovery.com)



# **Tips on Enjoying a Positive Outlook on Life**

**By: Ann Moynihan**

A lot of people chase happiness and yet few are only able to achieve it because of an essential lack of understanding of what happiness exactly is. If you want to enjoy a worry-free life, know that it's in your power to do so. You only have to decide to be happy and you will be. To have a permanently positive outlook on life, here are a few things you can do.

**Problems will always exist - Get over it**

To yearn for a problem-free life is impossible, and you will only succeed in having a permanent frown on your face – as well as a wrinkly face before you even hit senior age – if you try reaching for the impossible. What you should do instead is to move past denial stage and go right to the solution-making stage. Problems will always exist, but that doesn't mean they can't be solved.

## Breathe - Don't let emotions get the better of you

Emotions can be a curse or a blessing but ultimately, what it can be will depend on you. Emotions like love and happiness are obviously the good kind and something you should allow to rule your head and heart. But emotions like anger, jealousy, and resentment are obviously the bad stuff and liable to put you in trouble.

It's natural when you feel yourself angry about something that's wrong or irritating. But don't let it get to you. Take several deep breaths and separate yourself from the situation. Don't say anything – don't even try to think of anything except to find a way to effectively calm yourself down. When the rage leaves you, you'll realize that things aren't as bad as they initially seemed. In fact, they rarely are and this time, you'll be able to better find a way of resolving the situation.

Always look for something to smile about

Smiles are one of the few things in life that will cost you absolutely nothing but have a lot of advantages to offer in return. Numerous studies have already proven

that laughter's indeed the best medicine and that finding lots of reasons to smile about each day can make you look and feel younger.

You will feel a lot better about yourself, your life, and the whole world if you just look at the brighter side of things. You will not be able to accomplish anything when you concentrate on the pessimistic side so why bother?

Don't let what people say – especially if it's bad – affect you

It may be easier said than done, but here's another saying that definitely applies to this case: practice makes perfect. You have to train yourself to ignore what people say about you and especially when it's untrue and unfair. You can't please everybody and it's hopeless to try. As long as you know you're on the right and you did your best to make everyone happy or not to harm anyone with your words and actions, then you're all good.

Live and let live

Likewise, you should also learn to mind your own business...in a good way. If there are things that you disapprove of but these aren't something that's immoral, illegal, or seriously harmful then just let it go. Don't make problems out of nothing.

Enjoy the small things

You've probably heard this from one popular zombie movie. In fact, this line has been paraphrased and used in numerous works of fiction, from movies to songs to TV shows and all because it's true.

If you want to enjoy life to the fullest, then you need to learn first to appreciate the smallest and most minor things about it. Take the time to smell the roses. Appreciate the fact that you're alive and kicking. Think about it – you're alive and some people are not. When it's the end of the world, that's what matters the most. Don't wait for Judgment Day in order to appreciate that fact.

Finally

*Life's short so don't waste your time worrying and frowning!*

Ann Moynihan specializes in all aspects of personal development, empowering and enabling people to achieve success and happiness in their lives. For more inspiration and motivation visit <http://annmoynihan.com/blog/> or to download your free self-improvement eBook visit [www.annmoynihan.com](http://www.annmoynihan.com)

# **Transforming Your Thoughts – How You Can Overcome Unwanted Thoughts and Keep Your Mind More Positive**

**By: Marilyn Gordon**

Did you know that your mind is the number one most significant element in the quality of your life? Your mindset determines your success, the quality of your relationships, and your health. You can walk down the street and see rainbows in a puddle of water, or you can see garbage floating there. You have more choice than you can even imagine in determining the quality of your life by transforming the nature of your thoughts. Let's talk about three habits of mind to avoid and what you can do instead.

## **Habits of Mind to Avoid**

- You may feel that you're overpowered by your thoughts, that you're the victim of recurring mental "programs" or thought forms. It's harder to deal with your thoughts when you're carrying them like a huge burden in your body and mind. When you have

recurring thoughts, it's sometimes difficult to realize that you can do something about them and become more free.

- When something that seems to be "bad" or challenging happens, it's easy to become overly dramatic about it. You might be thinking, "Oh my God, my computer isn't working. This is affecting me to the core. I don't know what to do! My life is ruined" Now this may seem to be an exaggeration, but many people go to very dramatic places when life happens. There are, of course, some extremely difficult events that life brings, but you do have choices as to how you'll deal with them.
- If you have a tendency to act before you've had a chance to think things through, you might be acting too soon. If you can take a moment and be quiet inside, you just might find some solutions inside yourself.

## **Habits of Mind to Adopt**

- Realize that there's a lot you can do about your thoughts and that you're not a total victim of them. Yes, recurring thoughts can be troublesome, but you can

always go inside yourself and stand back enough to look at your thinking and explore the truth behind your thoughts. There might be another way of looking at your situation if you go inside yourself and ask for it.

- Realize that what seems bad is most often a temporary experience that will change. And even things that seem so terrible are the universe's way of bringing you strength and ultimate inner power.
- Realize that there's a part of you that can guide you on a more positive path. I call it "The Wise Mind." And it's the part of you that knows and understands from a higher perspective. Just ask yourself, "What would my Wise Mind tell me about that?" and listen for an answer. You may be surprised at the guidance and wise solutions that it brings to you.

Tell yourself **comforting positive things** like:

'Everything will work out for me. It always does.

'This may be a challenge, but tough times don't last.

'Everything will be fine in the end.

'I don't know *how* this will be solved, but I know it will.



I think about what I want and not what I don't want.

I'm grateful, and I think grateful thoughts.

**Take a look at this story:**

This man had an unhappy childhood with much conflict in his home. He was plagued by depression, anxiety, and fear. He also became interested in intellectual pursuits, though he had suicidal feelings. One night, he had an "inner transformation," and there was just peace, a feeling of "beingness." After that, everything was miraculous and peaceful at the core. Eventually he became a counselor and spiritual teacher, and Eckhart Tolle then became a best-selling author with *The Power of Now*.

There are thousands of stories just like this. If you never give up, you can shine like a million stars and transform your life and the lives of others.

Would you like to know more about life transformation, success, healing and spiritual power? Get our free ebook - 100 pages on Extraordinary Healing at <http://www.lifetransformationsecrets.com>. Marilyn Gordon is a life transformation teacher and author,

hypnotherapist, speaker, healer, and school director  
with thirty years experience both teaching and healing.

# **Moving from Having a Scarcity Mindset to One of Abundance!**

**By Scott Epp**

## **The Dream Killer**

It's easy to see people that have greatness inside them. As a Certified Professional Coach, I believe in people. I can see the champion inside them and I know they are just steps away from achieving true abundance in their lives. Yet there is something standing in their way that prevents them from achieving their dreams. People's dream killer is having a scarcity mindset.

The key to abundance is in understanding the difference between a scarcity mindset and an abundant mindset. Once you see the difference you can take the steps necessary to change it.

## **Scarcity Mindset**

When you were younger, you likely had many dreams about how you would achieve greatness. Over time those dreams may have evolved, but you still have many dreams and big ideas that are calling to you –

things you know that you can accomplish. So what's stopping you?

What's stopping you is a poison called scarcity. Those with a scarcity mindset always focus on limitations. They believe that the world has a limited supply of good fortune, and that they probably won't be able to get their fill. They have doubts, fears, insecurities, and they see their lives as a lack. They focus only on the things they don't have, and see only the reasons they can't get them.

Those with a scarcity mindset spend most of their time dreaming about how to get rich or build wealth, but see time, money, and stress all as things that are standing in their way. They see the world as a combination of things they won't be able to achieve.

That is simply not true. Creating abundance is possible – as long as you are able to understand how to direct your life and purpose towards recognizing the abundance inside you.

## **Abundance Mindset**

My life coach philosophy focuses on the abundance mindset because abundance is possible with everyone. The root of abundance is the Latin word *Abundare*, meaning “to move in waves like the ocean.” It is the perfect metaphor for what abundance truly means.

When you stand on the beach and look out towards the ocean, you’ll see that the waves keep moving forward, one after another. The ocean never runs out of these waves and the ocean is filled with abundance!

Abundance is about truly understanding that you are enough, you have enough, and more will still be coming in your future. Having an abundance mindset allows your life and purpose to feel like waves that keep coming through all areas of your life.

### **Understanding the Abundance Mindset**

I encourage you to start to look for the abundance that is all around you and focus on truly achieving the abundance mindset. Stop looking at only the things you don’t have – focus on the things that you do have, and the things that keep coming to you. Soon you will find that you’re already wealthy – you simply were unable to recognize that wealth before.

Scott Epp, Certified Professional Coach and President of Abundance Coaching believes that each of us can live abundantly. Scott is passionate about helping people create an abundance mindset and live with strong core values. You can get a complimentary session by going to [www.abundancecoaching.com](http://www.abundancecoaching.com) .

# Money Doesn't Make a Person Wealthy

**By: Matt Deloff**

Most people think that by having tons and tons of money, this makes one wealthy! This couldn't be further from the truth. You see, it's the other way around. A person has to be wealthy before you can manifest more money into your life. How can one be wealthy without having money you ask? Simple!!! Have a wealth consciousness.

Having a wealth consciousness simply means that you feel wealth, you think wealth, you speak wealth and then you act wealthy. That is what wealth consciousness means. For example, look at all the multimillionaires out there who have lost everything and then within a short period of time had it all back. It's simply because of their wealth consciousness. All they do is feel, think, speak and act wealthy. You would never catch them complaining that they don't have enough money or thinking negative thoughts. All of these successful people feel, think, speak and act wealthy. It's as simple as that.

So if it's more money you need in your life and you currently don't have enough, you need to start with your wealth consciousness. Don't worry if your bank account doesn't justify having wealth. You need to start thinking of the good things that you do have. Do you own a car? If so, that car gets you to and from work right! Do you have a roof over your head whether you own a home or are renting an apartment? Your home or apartment provides a place for you to sleep and relax doesn't it! Do you eat breakfast, lunch and dinner or at least a couple meals each day? You have food then don't you! What about your health? You can breathe, hear things, see things, feel things, walk and talk right! How about family and friends? You have family members and friends who care about you right! These are all things to be grateful for and by feeling grateful for them you have already started your wealth consciousness. This is how to easily establish a wealth consciousness.

The next part of this is to realize that The Source, or God, has made our world very abundant. The trees outside constantly grow new leaves don't they? The beaches have trillions and trillions of grains of sand don't they? There are more pieces of fruit that fall off



the trees in tropical environments that could be used to feed our world for centuries! These are examples and truths to our world being abundant. And if these few simple things are true, which they are, then the same goes for money and everything else you want in life. But it all starts with having a wealth consciousness and you need to start today!

Start seeing that your world is abundant. Look at the area you live in. See the construction workers working on making our roads new and safer. Look at the home you live in and how nice it is to actually have a roof over your head. Look at the fact that you get to eat at least a couple decent meals each day. They are so many people living in 3rd world countries who would kill for these luxuries. They may seem small to you but when you stop and think about it, these luxuries really make us wealthy already. So right now, today, start realizing that you are already wealthy, start your wealth consciousness and forget about all your past worries. Always remember that the past doesn't exist anymore and the future isn't even here yet. Focus on today, focus on your wealth consciousness and you will see your prosperity manifest.

Wishing You Prosperity,

If you would like to read more about Prosperity and Goal Achievement, please visit my website at <http://www.prosperity-2-all.com>. Matt Deloff is a success coach currently residing in Phoenix, AZ. 623-687-1673 [matt@prosperity-2-all.com](mailto:matt@prosperity-2-all.com)

# The Miracle Of Gratitude

**By:** Dr. Denise

Many of us are looking for “**The Brass Ring**”. Others are envious of their neighbors’ wealth and happiness. Every day we work at trying to get rich, and we seem to always be just surviving. We wonder, what are we doing wrong? We are obedient, we follow the speed limit, punch the time clock, pay our bills and we still aren’t happy. How can we find our illusive dream? Is it in the Genie’s Bottle, the Cracker Jack Box, or is it true that the grass is always greener on the other side?

We tell ourselves, “if I only had that new dress, car, home or special relationship my life would be better”. Have you noticed that once you’ve obtained “your dream” you’re still not satisfied? So what’s next? Look for a “better dream” or submit to the mind numbing routine of everyday life. Then we whine and complain about life. This way of life seems profoundly unsatisfying and unhealthy. This existence causes us to experience “dis-ease” or blocks our prosperity.

At one time I lived that life. I suffered from many ailments from kidney disease to pneumonia. I was always unsatisfied and a stranger to joy, enthusiasm and prosperity. Then I discovered **The Attitude of Gratitude**. One Thanksgiving my mentor told me to write 1,000 things that I was grateful for. Immediately my mind freaked out, 1,000 things to be grateful for! I was confronted by the assignment. However, I was committed to having a breakthrough. Once I got started I was taken aback by all the things I was not grateful for.

Are you grateful for your eyesight that enables you to read this article? What about your hearing or your fingers? Have you recently taken time to be grateful for the things you're capable of doing? Such as: sleeping in a warm home, eating and being able to walk or talk? A small challenge, think of 200 things you are grateful for!

Prosperity is achieved through gratitude! The deliberate act of giving thanks frees certain potent energies of the mind and body. Gratitude activates the dynamic powers of the subconscious mind, which then acts rapidly on your behalf! It is possible through the deliberate act of

gratitude to completely transform your life and create abundance in your health, wealth, happiness or any area of your life. **The Attitude of Gratitude brings prosperity.**

Always be grateful, look at your cup half full not half empty, be a Pollyanna if you dare! When you do this your mental acceptance is accelerated and good manifests quickly. People may forget to be thankful for a long time, and then things begin to get difficult for them. Could it be that we have hardships because we have neglected to be grateful?

Create a daily gratitude practice. Every day as soon as you awaken give thanks for all you have now, then give thanks for all the good you intend to have. Remember the **ATTITUDE OF GRATITUDE BRINGS PROSPERITY!**

As a Thinking Into Results Facilitator and Life Success Consultant, Dr. Denise coaches companies, entrepreneurs and individuals to achieve higher levels of success and productivity. Her natural enthusiasm generates a lasting sense of inspiration while she simultaneously provides practical tools for positive and

effective growth. Contact info:  
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# The Blame Game

**By: Linda Anderson, ACC**

## **Do you ever play the Blame Game?**

The Blame Game works like this:

**Step 1.** Undesired event happens

**Step 2.** We find a person, object or situation to blame for undesired event

**Step 3.** We think we will feel better after assigning blame ... then we discover we still feel upset, angry or frustrated so we increase the blame.

It is very natural to want someone or something else to be the cause of the things we don't like in life.

However, playing the Blame Game doesn't actually do us much good. We spend a whole lot of time projecting negative thoughts and feelings and we don't get a result that is any different! We still feel rotten at the end of it

...

**What is the alternative?** The alternative is to acknowledge what responsibility we had in the situation, choose a constructive response or action and

then just move on. I'm not suggesting that every undesired outcome in life is 100% your creation - not even close. However if we are honest with ourselves there is always a part (possibly very small part) that we did have responsibility for. Much more productive to focus on that than to vent our frustrations playing the Blame Game.

*For example:*

I can recall a weekend I was bitten by a dog and ended up with a big black bruise and some nice red teeth marks on my leg.

**Step 1** - blame the dog! oh ... except that I actually trod on the dog so hardly surprising that it bit me

**Step 2** - blame the owner! this was very tempting ... why did she let the dog lie in the middle of a crowded market walkway?

**Step 3** - Still not feeling better ... blame the market organisers! Why do they allow stall owners to bring dogs to the market?

**Step 4** - realise blaming isn't making me feel any better - leg still hurts and I am cranky!

**Step 5** - Decide playing the Blame Game is a waste of energy. Accept responsibility for the fact that I did actually tread on the poor dog and decide to take a



constructive action. Contact market organisers to let them know what happened and suggest that dogs really shouldn't be brought in by stall owners. What if it had been a child that had trodden on the dog?

**Step 6** - Leg still hurts but I don't feel cranky anymore  
Where are you currently playing the Blame Game?

Linda Anderson, Principal Coach of *a2a coaching*, is dedicated to helping people live bold and rewarding lives. Linda has an energetic and direct style of coaching which suits people who like to be challenged. For more information visit: [www.a2acoaching.com](http://www.a2acoaching.com)

# **Taking Risks: Four Factors for Success**

**By: Amy Christensen, CPC**

Have you ever wondered why some days you love taking risks and pushing your boundaries while other days just stepping outside can feel like the biggest risk you're up for?

Why is it easier to take risks some days and not others? It's important to realize that everything we do has an effect on everything else.

In order to take the kind of risks that encourage us to take more, we need to give ourselves the best possible opportunity and environment in which to push ourselves.

We each have varying thresholds for taking risks. Whether or not we're willing to take a risk is dictated by a combination of factors. Some days it has little to do with the risk itself and a lot to do with where our threshold is on that particular day.

There are four criteria for determining your risk threshold:

### **1. Your Base Comfort Level**

How comfortable are you on average with a particular activity?

Your colleague adores public speaking while you seem to quake in your boots just thinking about it. Your climbing partner shies away from highly exposed approaches while you don't think twice about them.

Baselines shift over time. Continue to notice when you feel squeamish. Knowing your baseline will help you know where (and when) to start pushing.

### **2. The Conditions of the Environment**

Environmental conditions can include things like the weather, time of year, your bosses' stress level or whether or not it's a holiday.

Hiking to a summit on a sunny day is different than hiking that same summit during a snowstorm.

Your environment also includes the people you surround yourself with. How well do you know and trust them? Are they supportive?

If you're hiking with a group that's competitive (and you're not), your threshold for risk will shift. Feeling pressured to do something you're not comfortable with can lead to resistance.

On the flip side, feeling safe within a group can boost your level of confidence and provide a great space to test your limits.

### **3. Your Energy Level at the Moment**

Are you getting enough sleep? In a funk or invigorated and energized, ready to take on a new challenge?

It's no surprise that we're more ready and able to take risks when we're feeling alert and good, so assess your energy levels and adjust as needed prior to diving in.

### **4. Your Current Reservoir of Strength**

Your reservoir of strength ties into your current energy level, but takes into account what's going on in your life outside your particular goal.

A big move or career change can shift your threshold, as can a new relationship (or the ending of one). Have you been sick? Taking care of kids (or aging parents)?

When we're expending a lot of energy elsewhere, it can be difficult to muster up the necessary courage to test a new personal boundary. Some days are better for taking risks than others.

### **The Importance of Taking Risks**

Taking risks is a vital aspect of growth. It's how we discover our boundaries, redefine our limits of possibility and accomplish things we never imagined we could. What risks will you take today?

Amy Christensen is a certified professional life coach with a passion for helping women connect to their inner wisdom. Based in Boulder, CO, her company, *Expand Outdoors*, focuses on creating healthy, sustainable, and fun lifestyle changes through the outdoors. You can contact her at [amyc@expandoutdoors.com](mailto:amyc@expandoutdoors.com) or via [www.expandoutdoors.com](http://www.expandoutdoors.com).

# **Tree Graphology    A.K.A. Tree Reading**

**By: Alex Mitt**

This is where most people say WHAT! When you ask people about tree reading they often think you will come out to their properties and give some kind of analysis about their trees. No, that is not it. Tree Graphology has its roots in psychology going back to somewhere around the late 1930's. It was discovered that certain drawings like a picture of a house, a person and a tree had in them certain characteristics that the trained eye could see , they were fairly consistent from drawing to drawing.

No two drawing were ever the same but the artistic work had little bearing on the actual determination to the reader of the drawing. HTP (house tree person) has been a powerful tool in the world of psychology having been used for many decades now . Very accurate in my opinion because when a person draws it comes from the individuals right brain where a persons

autobiography is stored also the emotional part of the brain as well as being your creative side.

Handwriting analysis also based on graphology comes from the left hemisphere where logic, language, mathematics are located this is also a fun and fairly accurate science but the person who leaves a sample can alter or change something making this process more difficult to read. When a person draws a tree for example they are not aware that many of their own characteristics and experiences of their lives come right out onto the drawing, a map of their life so to speak.

I first experienced tree drawings back in 1999 and was so fascinated by the accurate reading I was given that I just had to learn more about this wonderful science. I have researched and have also used this technique in my hypnotherapy practice for many years. Clients usually Drew me a tree when I first saw them and they were so amazed that I could determine so much about their lives that they would say things like well I might

as well tell you the rest, since you probably already know everything anyway.

It is a time saver and fantastic ice breaker anywhere you go, people love to draw you a tree and receive an amazing reading from you. I have been asked to read trees to help put the right individuals on special teams also to hire the right person for a job also I have had many people bring a tree drawing from someone they just met to see what we may discover about that person.

After many years and now well over 3000 tree readings I chose to write my own book and create my own organization called ROOT or R.O.O.T. which stands for Readable Observation Of Trees. Which is located on the web at [Treereader.com](http://Treereader.com). I have chosen to become more of an expert on just the tree reading portion because I believe it is all there. I also give classes in becoming a competent reader, The drawing of a house and a person does tell you quite a lot as well but for my purposes the tree drawing is so fantastic that



enough useful information can be determined from this skill alone.

Remember the tree of life, A tree is like a human it is born from a seed and goes through many stages from birth to adulthood. It suffers from damage, fire, wind, storms, insects, etc. as it grows it sometimes learns to bend with the wind so it will not break and sometimes it does not. Sometimes a branch will snap, the fruit will fall and even die. This and many more issues do occur. All similar analogies of real life which can be read fairly accurately. I believe the accuracy rate is in the 90% once a person is trained and practices the proper techniques.

I have also appeared on national TV like the (Good Day Sacramento) show and other venues reading trees, live on TV. I also do stage hypnosis shows and before appearing on stage I go out and read trees especially if it is a high school or college show because by the time the show starts the audience is already comfortable with me and it make things go a lot smoother.

Alex Mitt has over 30 years experience as a professional magician. When he saw the famous Ormond McGill perform a stage hypnosis act in 1980 and was intrigued and very excited to learn about this new science from this true master. He is also a Certified Hypnotist and certified trainer for the N.G.H.. Alex is a master tree drawing interpreter a technique used in the field of psychology and the founder of R.O.O.T. (Readable Observation Of Trees) A Reiki Master and the only one licensed to teach on the west coast the Neuro Subliminal Communications Course (advanced scientific body language) and Neuro Subliminal Marketing. Alex has attended and helped instruct the Masters Stage Hypnosis Course since 1999 with Jerry Valley, Ormond McGill and a very talented staff with over 100 years of combined experience. Happy Readings Alex Mitt (ahypnotist@gmail.com)

# Choices

**By: Lawrence I. Miller**

If you are not where you want to be in your life it is because of the choices you made throughout your entire life caused “You to be exactly where you are supposed to be today at this moment.” Life is about **CHOICES** and that is what this book is about; the choices we make and how those choices fashioned our life to be exactly where we are today. Ninety Nine Percent of the choices we make as an adult are based on feelings and beliefs we carry within from childhood. If our feelings are positive feelings then most of our choices will be positive choices and beneficial for us. If we carry around negative feelings then most our choices we make will be negative choices that will be a liability for us—it is that simple. What is happening right now in your life is a culmination of the choices you made throughout our entire life but mostly as a child. Because of these choices we can’t be wealthier or poorer, we can’t have a better job or worse job, we can’t have a bigger home or smaller home we are exactly where we are supposed to be, we can’t be any where else and we

are totally responsible for those choices we made and where we are in our life today, no one else is responsible.

There is several areas where we make choices that are not beneficial for us because they were the wrong choice. They were caused because of our having negative programming in our subconscious mind the other area is when someone lies to us and we believe the lie. When that happens we make a choice from the lie which is Ninety Five percent a wrong choice, it happens all the time, people lie to us and we believe it and then we choose from that lie. In order for us to make a good and positive choice we must choose from the truth. Choosing from a lie will almost all the time cause us to make the wrong choice and will almost all the time create negative results. If someone lies to us and we believe it, it is almost impossible for us to make the right or positive choice.

Every thing we do, how we are, where we are, what we are, how we look, how much money we have and even the diseases we have is because of the choices we make. People who are overweight are overweight because they choose to be overweight, people who are

depressed are depressed because they choose to be, people who smoke choose to smoke, people who have fears choose to have fears. Everything we do, be and have in life is because of our choices, life is choice weather positive or negative. If you are choosing negative choices and creating negative results it is because you have either negative beliefs or negative feelings within. Those negative beliefs and feelings can be reprogrammed through hypnotherapy.

Lawrence I. Miller CHT, C.I., I have been in hypnotherapy private practice for over 25 years working totally in individual hypnotherapy. The article is from the first page of my book called CHOICES. About how we create our negative or positive lives because of the choices we made throughout our life and how negative choices can be changed through hypnotherapy. Hypnosis Center of Southern California 2440 San Helice Ct. Hemet, CA 92545 (951) 970-7868  
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## **Problem Places**

**By: Charles Wm. Skillas, PhD, MBA,  
BCH, FNGH, CI, MCHt**

Places and things can pick up negative energy (entities) just like people can. The effect can be devastating to large groups of people and last a very long time. Sometimes the energy attaches to a building or even to a whole area. Most people are familiar with haunted houses and battlefields. The attachment happens because of a curse or from an event that happened there. These attached places or things can be cleared using Remote Spirit Releasement Therapy.

About five years ago, Barbara 58 came to me because she and her husband had been trying unsuccessfully to sell their house in a development for four years. The developer went broke selling the homes to the original buyers at very deep discounts just to get rid of them. They desperately wanted to get out of the house because neither she nor her husband was comfortable there, nor had they been since moving there six years earlier.

Her husband was constantly sick going through the flu repeatedly and both of them were constantly very depressed. They weren't like this before moving to this house and decided after two uncomfortable years, that they would bite the bullet and move. The problem is they couldn't get anybody interested in the house, no matter what price, within reason, they offered the house at. Their neighbors also had the same problem. In an area of about 100 homes, 37 were up for sale and no one could get a fair offer. Complaints in the neighborhood about people always being sick were common.

I did a Remote Depossession on the house and area using a surrogate and found a very strong demon. The demon was attracted there by a massacre of around 300 peaceful Indians by whites a couple hundred years earlier. In my experience, demons are attracted by incidents like this because of the negative intent of the antagonists. The evil intent attracts a like energy and the demon came in and attached to the massacre area. The demon was also holding the souls of the murdered Indians captive in the area not allowing them to go to the Light.

This means that the death energy of those 300 Indians and all the negative energy in their lives were held in that place and exacerbated by the dark energy, which amplifies the death energy. The developer inadvertently, built the housing units over the site of the massacre and all that negative energy was still there. Once the demon was released to the Light, all the captive Indian souls also went and the area energy changed dramatically positive. Within 6 weeks, Barbara had a good offer on her house and many of her neighbors also. Barbara's husband got well and so did her neighbors.

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# **How the Challenges of Difficult Times Can Help You in Mysterious Ways**

**By Marilyn Gordon**

Have the challenges of the times taken you out of your comfort zones? When challenged in these ways, some people fall into the abyss. Others know the art of turning everything around. You can tell yourself that a great purification is going on right now, and a multitude of blessings are coming from the challenges of the times.

## **Turning Everything Around**

In the movie "Life is Beautiful," the hero and his small son are in a concentration camp. The father's humor helps convince his son that the Holocaust is a contest to win a tank, and the line they're marching in is a parade. Later when the war is over and the little boy survives, he sees an American tank, and he feels he's won the game. When the boy grows up, he realizes all his father had done for him to help him shift his consciousness and uplift his spirit. Not that you're dealing with

something that drastic, but you can work with your own mind to perceive the changes in the world in very transformational ways.

## **What if This is Really the Best of Times?**

A number of people truly believe that we're undergoing a consciousness revolution. One great teacher, Siva Baba, says "Behind the clouds, the sun is shining. We'll see a Golden Age. There will be some calamities, manmade and natural, but everyone living now is very fortunate. Changes are happening for all humanity, and you'll be drenched with light." At this moment, you may be experiencing limitations, but you can experience more freedom and happiness by remembering this light and the huge potentials that lie at the core of your soul.

## **Are You Ready for a Miracle?**

Why not? Why not open to the possibilities of miracles of any kind – especially the miracles that will liberate your life? First look for resources within yourself that you didn't even know you had. Open your mind to the possibilities of great things happening. You may not

know what they are, but you can open to good fortune at any time. Another resource is your creativity. What can you create beyond what you've ever created before? Can you imagine new ways to bring in income? Can you create a spiritual openness to give and derive great energy? What resources for the renewal of your life are within you? This is a perfect time to become mindful of all you have and all you are. Thanks for your bed, your meals, your home, your spirit, and whatever else you know you've been given as the gifts of your life.

## **Look at the Growth of Your Soul**

It is often through difficulty that the perfection of the inner being is forged. Not always, but often, the hardest times have brought forth the strength of your soul. Some people succumb to their travails, but some people shine beyond them. You may find that you're being asked to be resourceful, creative, mature, wise, loving, and filled with power. What a time to be empowered it is. What is it that's coming forth from you? Spirit can fill you with illuminating energy and strength. Meditate, say prayers, affirm, and remember that "this too shall pass." Everything has a way of working itself out.

Want to learn more about life transformation, spiritual growth, and healing? You can download our 100 page free ebook, *Extraordinary Healing* at <http://www.lifetransformationsecrets.com>. You can also subscribe to our wonderful free monthly newsletter, "The Transformation News." Marilyn Gordon is a life transformer, board certified hypnotherapist, teacher, speaker, healer, school director, and author with over thirty years of experience. Her latest book is *The Wise Mind: The Brilliant Key to Life Transformation and Healing*.

## **Worrying about your weight? Hypnosis can take the pressure off!**

**By: Claire de la Varre, PhD.**

When a client comes to me for weight loss or weight management I impress upon them that this will not involve “dieting.” Overweight, or worry about weight, is a symptom, often a sign that the client is not taking care of him or herself. It is a form of anxiety that prevents the client facing and dealing with any deeper issues going on.

Many people who carry excess weight are working hard, putting others’ needs ahead of their own, and also tend to be critical of themselves in terms of negative inner speech, often sending themselves harsh negative messages. Most of my clients are fed up: they have tried to lose weight and failed multiple times. Even when they have lost weight in the past (and I hesitate to use the word “successfully”) it has been either through dieting, gastric band surgery, or illness. As soon as the old lifestyle is resumed that weight creeps or leaps back on. Clients are often unaware that carrying even a small

amount of extra weight can be detrimental to health. I work with them to bring to conscious awareness any reasons for overeating, and have clients visualize the benefits of losing weight and regaining their health. Then I ask clients to be kind to themselves, and to take the pressure off by quitting the worry habit. If they follow the program, they will feel a lot better, and the weight will take care of itself.

As a consulting hypnotist I do *not* offer nutritional advice. I work with a local registered dietician if clients want help in planning meals or have other dietary issues. However, I do give advice about everything else associated with eating, including environment, attitude, feelings, expectations, and social support. My program involves making several small lifestyle tweaks that soon become habits, and the tips and tricks to make these changes seem effortless. Hypnosis helps to anchor and reinforce these new healthy habits.

I make sure my clients look after their own needs, and schedule in some fun as part of their regular day or week. This could be meeting up with friends, going to a movie, having a manicure or a massage, going for a walk, or just taking time to relax and read a book. I also have clients

practice self-hypnosis and deep breathing exercises for at least a few minutes a day and provide them with personalized mp3 recordings to use at least once a week.

A client recently confided: “I feel much happier than I have felt in a very long time – was that supposed to be a side effect?” Another client said “I feel really peaceful about my weight now. Even though it’s coming off slowly, people are starting to notice my new eating habits and ask if I know I’m losing weight. I never look at the scale anymore ... I just go by how I feel and look in my clothes.”

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# **Affirm, Experience, and Release: A 3 Step Manifestation Exercise**

**By John Weir BCH, CI**

Manifesting your dreams and desires is a simple process once you understand how. Here is a simple 3 step process that will help you master manifestation.

To begin this exercise, take a few minutes to go within yourself, and quiet your mind. A still mind is a blank canvas on which masterpieces can be created. As your mind begins to relax, vividly imagine a ball of cobalt blue energy between your hands.

**Step 1 Affirm:** In order to start manifesting your intentions, you must first affirm what you want to the universe. Get very clear on what you want, affirm it powerfully in the mind, and direct your thoughts into the cobalt blue energy ball between your hands. When affirming your intentions, refrain from using affirmations that start with “I don’t want...” instead state clearly what you *do want*. Also, it is good to add



phrases like “This or something better” and “For the highest good of all concerned” to your intentions.

**Step 2 Experience:** After you have flooded the ball of energy with your positive intentions, allow your imagination to take over and project yourself into the future where you are experiencing the joys of manifested your intentions. Go beyond simply visualizing and make it as vivid of an experience as you can. Visualize yourself living out your intentions, feel the emotions, hear the sounds, and make the experience as real as possible. The more you get into the experience, the more powerful your manifestation ability will be. Direct the sights, feelings, sounds, and experiences into the cobalt blue energy ball between your hands. Imagine all these amazing things swirling around inside of the ball of energy increasing its power.

**Step 3 Release:** Once you affirmed what you want and experienced living out the intentions, it is now time to release the ball of energy and all its contents to the universe. The things we want most in life we must let go of in order to manifest it. Force and control inhibit our manifestation ability. We must release the things we want the most so the universe can work in its

mysterious and creative ways to align all the necessary people, places, and things to fulfill our intentions. To release the charged ball of energy, visualize yourself throwing the blue ball way into the stratosphere. As it reaches the peak of its trajectory, imagine the ball of energy exploding open and cascading your intentions down upon Earth. Visualize the energy going to all parts of the world, flowing into the minds of millions of people, and aligning all things to manifest your intentions. Now simply let go of all thoughts about your intentions, open your eyes, and go about your life as if it has already manifested.

Give yourself a few minutes to do this simple manifestation meditation daily. As you do, you will discover an increase in your manifestation ability and more importantly will be enjoying more of the riches of life. Take a few minutes now and start manifesting your dreams!

John Weir is an award winning Board Certified Hypnotist/ Instructor and Life Coach. He is an author and the creator of more than 25 top selling hypnosis audio programs. Learn more about John at his website [www.johnweirhypnosis.com](http://www.johnweirhypnosis.com) and connect with him on

his new Facebook fanpage at  
<http://bit.ly/johnweirhypnosis>.

# **Hypnosis and Habits**

**By: Roxanne Larson**

When we begin to look at hypnosis as a healing modality, we sometimes forget that it not only can be used to heal physically, but also to harness the power of the mind to heal emotionally.

It is accepted that habits can be changed or removed. However as it has been said many times and in many different words that your thoughts define what you are. A person who has negative thoughts sees and expects only negative behavior. Someone who has a positive energy will look for the bright spot in any situation. It's the old 'glass is half-full or half-empty'.

The idea of awakening your mind takes many different forms. One of the first steps is to learn to reframe negative thoughts. It's always amazing to think that by changing your words you can affect your life. Instead of only concentrating on what you don't want, reframe those thoughts toward what you desire for your life and make your actions follow those thoughts. Everyone has

something, jobs or responsibilities, that make them unhappy. However, thinking only of those negatives, nothing will change. For instance, if you dislike your job, single out just one thing about it that you are unhappy with. If you could change that, would you still dislike the rest of it? Perhaps the first step is to consider what it would take to change that one problem. Suggest to yourself three ways to improve that situation. Would any of them work? Are they possible? Is it worth making the effort? Without the first step what is going to change?

In situations like that, hypnosis can be a first step toward making the reframing possible. Once you have discovered that change is possible, there is nothing to hold you back except a fear of success. Imagine yourself energized to find your purpose. When you accept that you have the power to change, you then have the incentive to push the boundaries you have allowed to surround you. Those boundaries are not put there by others as you may think, but by your acceptance of what others may have said. Imagine yourself discovering the resources within yourself and learning how to apply them to the changes you want to make in your life.

Internal resources are available to us all. Once there is acceptance of the idea of change it becomes a choice as to whether we wish to make it and how to accomplish it. The use of hypnosis is one path to follow. Hypnosis is not done to you, it is merely a guide to help you follow the path you've chosen. It is then up to you to allow it to happen.

Roxanne Larson, CH became a hypnotist in 2009 and provides private sessions at Sky Blue Dreams Hypnosis in Oxford, WI. [roxy@skybluedreams.net](mailto:roxy@skybluedreams.net)

# **Healing With Hypnosis When there is no other treatment available.**

**By: Jane Govoni, BCH, CI**

The young doctor sat next to my bed and was saying words, some of them I understood some swirled around and past me. I heard and understood time to get affairs in order---not expected to live---in you live will be in a nursing home--- lost a third of your brain---rare brain disease---brain filled with clots----stroke---- no medical treatment. Then all the words swirled faster and the doctor split becoming two doctors asking questions. I closed my eyes and drifted into my dreams.

What do you do when you face a major health crisis? I did what I knew how to do and that was hypnosis. I had been a hypnotist for 18 years at the time of the stroke. The funny thing is that my stroke became my greatest gift. I understand how hard it is to change those neuro-pathways when you are in pain, scared or feel hopeless. I also know if you remain focused on your thoughts and continually reframe negative self-talk

to thoughts that empower you, your subconscious will work with you to heal. Brain scans show how our thoughts affect us physiologically as well as psychologically.

I used self-hypnosis to calm my body and my thoughts and then imagine or visualize my arteries opening as they became stronger and stronger. I could see the liners of the arteries pulling back against the walls. In my mind the clots were dissolving as I became healthier.

I used hypnosis to deal with my pain by imagining the pain as an orange, shooting sharp bolt of electricity shooting down the nerves of my arm. When that would happen I would close the switch at my shoulder and watch as the bright orange became dimmer and dimmer and then stopped.

When I had trouble finding a word I thought the breaker in my fuse box tripped and I would imagine flipping the fuse switch. All of this worked for me because we know that the subconscious doesn't know if something is actually happening or we are imagining it. When we think about a ripe fat lemon and imagine cutting that



lemon and biting into it, our mouth will pucker up as if we have really experienced the taste of the lemon. Our subconscious did not know if it really happened or if you imagined the lemon.

My subconscious did work with me and I did heal. In the last 13 years I have become board certified, an instructor for the National Guild of Hypnotists and certified in medical hypnosis and pain management and certified in clinical hypnosis. I now own Sky Blue Dreams [[www.skybluedreams.net](http://www.skybluedreams.net)], a wellness center in Oxford Wisconsin where I do private hypnosis sessions and teach yoga. I can also be found at the Lake Delton Integrative Dean Clinic doing medical hypnosis. I can be reached at [jane@skybluedreams.net](mailto:jane@skybluedreams.net)

# Childhood Meditation

**By: Jill Bachmann**

As an adult I now have come to see clearly how I first cleared and calmed my mind at a very young age on a see-saw. Meditation is how we build up a beneficial habit, it is not something we only do sitting on a cushion in a quiet room.

During meditation we can change our thinking to change our life, however do not be discouraged if you still feel upset or are not achieving instant results. This practice does not ensure us a fairy tale ending. Seems to me more like peeling layers off an onion, feeling lighter with a bit more understanding along with the tears.

Our beliefs have taken years to establish a very well traveled path. As we start to create new thought pattern it is like taking one step at a time as we did whenever we would step off the known path. Remembering as a child in the forest how challenging it was to walk off the worn path. Concentration and awareness are needed to blaze a new trail, to embrace the barriers as

welcomed challenges, turning the stumbling blocks into stepping stones. Do not expect instant results, a few trips are needed to be made before the new path can be detected, be patient with yourself. While changing thoughts and calming your mind I remember a saying from a great Indian Master, “The time when my disturbing emotions could defeat me is over. Now I am going to get rid of them, and I’m not going to give up.”

As we start a new practice and do not see immediate results, step back and see a bigger picture of your life to notice your progress, notice how you have changed over the past five years. Even though day to day, things will seem up and down; if you find you do not get as upset as you used to, you are able to deal with life’s difficulties a bit more calmly, then you have made some progress. Gather confidence to understand it is possible to actually get rid of all the junk that causes us problems.

With meditation a more peaceful person will emerge, there will be no need to make sure others see what you are doing; let them see how meditation can be a normal part of life. Letting go of always being in a state of

hurried or busy that you repel or suck others into a competitive state of who is the “busiest.”

Instead move through life freeing your self from the extremes and find balance. The lesson I learned on the see-saw, that delicate balance where my mind was clear and focused on keeping my feet from touching the ground, understanding I needed to scoot forward or back slowly to maintain and achieve balance.

A few guidelines I found on my path:

Be Realistic, tolerant, respectful, patient and kind. Start each day new!

Keep your feet on the ground-your head in the sky-your heart everywhere!

My name is Jill Bachmann, I love to create and the inspiration of my sons and the adventures and opportunities we shared taught me to see the beauty in everything.

I can be found at Sky Blue Dreams in Oxford Wis.

[www.skybluedreams.net](http://www.skybluedreams.net) I am a certified hypnotist, a life coach and an EFT practitioner.

# **How To Manifest Whales**

**By: Kelly LeClair-Raffoul**

I've always believed at some level that the universe was infinitely abundant and that all you had to do was ask and the universe would provide. Some would say it is a remnant of my childhood Catholic indoctrination, "Ask and Thou Shalt Receive". Others might blame the North American Walt Disney culture in which I was raised: "When you Wish Upon a Star, makes no difference who you are..."

My skeptical and uber-logical analyst husband remains firm on the idea that life is meant to be difficult and things don't come just from wishing them. I guess they didn't have a lot of Disney where he grew up.

In a series of fortunate events our life was transported from our little bungalow in the suburbs of Montreal to Johannesburg, South Africa, and what began as an 18-month adventure turned into 13 years of the expatriate life, living abroad in various towns and cities in the Rainbow Nation.

Every couple of years we would be faced with what all expatriates dread but have to deal with on a regular basis... contract renewal time. Unfortunately, this time the project that my husband was hired to head was shelved and so as the end of his contract approached he became more and more worried.

Things were looking bleak. So, we did what we always did when things got scary and we didn't know where our next paycheck was coming from; we ran away to forget about our troubles.

We flew to Knysna on the Cape's Garden Route coast and spent the weekend touring and engaging in some fine wining and dining. However, by the last day of our holiday it was obvious that the band-aid was not working. We found ourselves standing at the top of the Knysna Heads overlooking the ocean with my husband explaining to me all the reasons why the company shouldn't keep him on. Unfortunately, his innate ability to see all problems, which served him so well in his career, was working against his ability to stay positive.

I tried to reframe his fears and suggested that he use the Law of Attraction - all he had to do was send it out to the universe and he would get what he wanted. It was his decision. I tried some coaching.

“So far we’ve been very vague about our intentions here. What is it that you want from this situation? You have to tell the universe what you want...”

“OK, I’ll play.... I want another two year contract.”

“Spell it out. Be specific. You want two more years with a raise in salary and the same conditions?”

“Anyway, this won’t work. You can’t just wish for something and then it happens.”

“Really? I believe you can. In fact, I’m so sure you can that I’m going to see whales in the water down there.”

“Oh come on! It’s not even whale season... and even if there were whales down there, you’d never be able to see them from way up here. It’s too far!”

“I don’t care! I’m going to see whales now!”

He follows me down some steps where I position myself to see whales. I stop and look out over the

water and scan the surface... “Nothing! Oh please,” I think to myself. “Help me convince him to be positive.”

Then, as he continues his barrage into my ear about how impossible it would be, something incredible happens. A glistening on the ocean surface catches my eye. Another quick flash of sunlight from the surface is followed by a short blast of water. I point out into the water and cry triumphantly, “There, look! A whale!”

My husband squints and looks down just as two beautiful Southern Right whales breach the surface of the ocean where for the last half hour there had been none.

“Did you see that?” I ask with just a hint of righteous indignation. He replies with stunned silence.

“And THAT’S how you get a contract!”

A momentary flash in his eyes shifts his whole demeanor and a knowing smile takes over. He draws me near telling me that everything is going to be alright. And it is. We get another two years in South Africa.



He never mentions the whales again until when asked by his sister at New Year's dinner that year what he would remember most from the year that just passed. He tells the true and amazing story of how I manifested whales and the impact it had on him.

So how do you accomplish your goals? You be clear and specific about what you want, be open to and able to recognize opportunities, do the work, be patient and most importantly acknowledge and be grateful for your success!

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# Tools for Awesome Change: Hypnosis & Soul Retrieval

**By: Carole Bigbee Daly**

Ever struggle with temporary high level insanity? Big-time stress? You're not alone, it may be an emotional explosion; a "dark night of the soul," feeling as if your strength and sanity are depleted. Reality check! Emotion drives thought which drives action or *lack* of action, which is another choice. We often use lack of action as avoidance that we hope will "change things." Seldom does it!

Close your eyes; relax thought; go inside to your personal realm; find the silent driver of pre-thought; feel truth; know that you can overcome. In silence, find what you truly desire. Only in that truest desire of your inner wisdom lies freedom; depend on nothing from the outer.

"How do we get to the place of accepting, creating what we find in silence?" Try hypnosis. The sub-conscious, which works with slower brain waves than the conscious mind, has a path hard-wired into the inner brain. It was critical for the primitive, and still is

for the infant, to learn and "program" information quickly and "permanently" into the mind. Once stored in the sub-conscious, patterns cause us to behave a certain way due to similar stimuli whenever it is perceived. Humanity uses this hypnotic patterning, or automatically programmed response, for survival. Consider "fight or flight" an automatic response; a command for action to each circumstance from the saber-tooth tiger, to the infant who learns a tantrum will get attention. These programs run as habit. Also, habitual thought can deter our will to change. However, we can choose to release or change outdated thought and make new choices. Wouldn't you agree that you are ready to run your chosen program?

You can harness what mystics have called our "humble servant" and exercise a decision to *change our mind*. Choice is an awesome process of personal power. It is said, "Whatever one thinketh, so it is" .. or "so shall the experience be." If your thought constantly returns to a thing ...any "thing" ...you will create that. Even if thought has constantly been a "dread of" that thing. Decide on a better idea. Know that repetitive thought dictates. Remember you are the thinker. Think a new thought!

Hypnosis is powerful. Hypnosis is fast, effective, permanent. Consider also introspective work, like Soul Retrieval, an ancient path of the shaman or intuitive. It is a form of hypnosis in which the lost or fragmented aspects of personality, soul, are reclaimed and integrated back into the whole Being. When you use it in conjunction with hypnosis, you train both the subconscious mind and the conscious intellect to follow your will for change. Would you agree that to remove a troublesome program running on your computer and replace it with a better suited to your needs program is a great idea? Then you will also see that harnessing the power of your mind is decidedly wise. With hypnosis you will delete unwanted patterns and create desired outcome. Soul retrieval has the potential to rewire within you skills and latent potentials that may have been hidden due to earlier trauma. Take steps to delete what no longer serves you and decide to install your chosen patterns. When you do, you will drive your own power for an awesome change!

Carole Bigbee Daly is certified by the National Guild of Hypnotists (NGH) and by NFNLP. Located in Wisconsin, Carole available as speaker; trainer; shaman; Reiki Master. She practices these skills with

individuals and groups in person and remote; soon available on line.

# How to Pull the Mental Emergency Brake on an Overactive Mind

James Rick

Slowing the mind down is essential to having a heightened sense of awareness / aliveness. The longer you have let your mind run without the intention of slowing it down – the more likely it is to be running at a speed not conducive to awareness. Practice the art of extreme focus as method for pulling the emergency brake on an overactive mind.

## **WHEN THE WATER IS ALWAYS MUDDY – YOU CANNOT CONTRAST IT WITH CLARITY**

In the average person's life, the mind has one opportunity to slow down and recharge and that is through sleep. If a person were to maintain their focus on breath shortly after waking – the residual effects of a quieter mind after sleep would persist. That means sleep is an aid for centeredness – if you can just keep your mind fixed upon your breath and have a very clear intention to maintain centeredness. However if shortly after waking you muddy the water again with thoughts

of all the things you must do – a cloudy mind is what you grow used to. When a cloudy mind becomes the norm you cannot contrast it with the peace of a more placid awareness and therefore cannot experience peace directly, but only imagine it will come after some achievement. When this happens peace exists as a mental fantasy or concept instead of a real place you can visit now.

### **“I’M NOT THE KIND OF PERSON THAT CAN SIT STILL VERY LONG”**

All an overactive mind takes is a little effort to slow the mind down. Setup reminders throughout the day to focus on breath for one or two breaths and give yourself an opportunity in the morning or evening to close your eyes and simply breathe, focusing on your breath with no agenda. If your mind has been running at full speed prior to your intention to quiet it – your mind will wander quite often, like a candle flickering in the wind.

### **“WHAT IF MY MIND WANDERS?”**

Even if your mind wanders for a few minutes – it will eventually return to your intention. That’s why it’s very important you clarify your intention to focus.

## **WHAT IS EXTREME FOCUS?**

Then notice what it feels like to half-intend something and then concentrate even more. It can be compared to half committing to pick up a heavy weight versus lifting it with all your might with so much energy that it goes sailing into the air. When you intend to quiet the mind don't just sit down and go through the motions. Imagine in your mind what it feels like to be intensely here now. Not just sitting down and saying "Okay I'm here now." But putting all your heart and soul into one breath with such energy that you can only maintain the intensity for a few seconds before you get mentally tired. Then try to maintain this focus for even a few seconds more. The act of this extreme focus is like applying the brakes to an overactive mind. When you're speeding down the highway you can't just apply the brakes a little – one good pull on the emergency brake can slow a heavy object with lots of momentum almost immediately. Extreme focus can be a useful tool in the beginning of your meditation.

## **“HOW WILL I KNOW IF I AM DOING IT RIGHT?”**

Here are few signs that will help you know that you're doing extreme focus right:



- 1) During intense spurts of concentration you'll feel the need to 'relax' your mind from focusing so hard even after just a few seconds at a time.
- 2) You might actually feel energy causing chills up and down your body for the few seconds while initiating extreme focus.
- 3) After you finish even a short meditation you'll notice the brain has slowed down and your mental space seems much clearer.

## **DO EXTREME FOCUS NOW**

Do a few minutes of extreme focus now (and post your questions or comments here.) Remember – a great place to start is just with your breath. When you breathe in, don't just focus on breathing in but **REALLY** focus on breathing in with all your heart and soul. And don't just focus on breathing out, **REALLY** focus on breathing out. Maintain this intensity as long as you can – which if you're just starting should only be for a few seconds. You should notice a major difference in the experience of wanting to focus and **REALLY** focusing with all your might. It's the difference between bending down to pick up a weight, and **REALLY** bending down to pick up a weight with so much energy it flies over your head.

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# The Difference Maker in Success

**By: Steve Martinez**

If you are watching the motivating Olympics, you are watching dreams come true. I enjoy watching perfection being executed on a world platform. Most of us will never have the opportunity to perform on a world stage of this magnitude.

That being said, one of the questions I'm frequently asked is - what makes the difference in selling or success. This question is often related to the Selling Magic program we customize for clients and how they can implement it successfully. This is an easy question, because the answer is so evident to us. We find that there are specific factors to success in selling or just about anything in life that must be applied.

## ***Step One - Start with a Clear, Vision***

Every achievement begins with a dream. If this is true, do you dream of reaching success in your daily selling activities? If you are not, you are missing out on a powerful motivator and success stimulant. Professional

athletes are noted for practicing the art of visualizing success. For me, a great example of creating a vivid visual of success is watching Tiger Woods. Tiger will patiently and clearly visualize the path of a golf ball in his mind before his putter touches the ball.

Visualization is one of the reasons he is the best golfer in the world. If we want to achieve success in our chosen field, we must visualize what successful selling will deliver. This visualization includes more than just seeing ourselves successful. We should also imagine hearing customers saying yes to a closing question and the feeling of a completed sale.

### ***Step Two - Crystallize Your Goal with a Written Plan of Action***

When you picture success in your mind, the picture can be as clear as you want it to be. So, make it a clear, vivid image. It will help if you slow down the mental moments in you mind. Our minds are memory recorders so we can relive these powerful success motivators whenever we want to. With a strong visual memory, you can describe this on paper and create a written plan of action. This plan of action defines what you must do to reach your goal. This sales action plan must be detailed and written. Anything less, will not be

good enough.

There are many people that will say "I have a plan." However, in many cases, the sales plan they have is NOT written down and only in their heads. This imaginary plan doesn't count as a qualified plan of action. The plan of action could be on a napkin or in a bound note book as long as it has multiple steps to follow and is written down. There is something magical about having a written plan of action you can follow that makes a difference. The important thing is to have a sales plan you can visualize and relate to on a regular basis. For example, many of my clients post our sales map on their wall so they can visually see their proven sales plan workflow. The sales work flow map serves as a visual reminder of what needs to get done and the route(s) to move the prospect forward.

Having a sales plan by its self is good, but it is not enough unless you develop a habit of measuring your success, following and implementing your sales plan. It is important to know how you are doing so you can adjust the activities of your success plan.

You will want to adjust your sales plan like an airline pilot who makes adjustments to a flight plan to stay on

course so you reach the right destination. Airline pilots are subjected to multiple reasons for changing a flight course. Businesses and salespeople need to consider the same mind set, because things change and we will get off course if we continue to follow the original sales plan with each client. With a complete sales plan that maps out different sales workflow options, you will have multiple ways of charting a course for success. For this reason, you must have a well thought out sales plan.

### ***Step Three - Make Yourself Accountable***

One of the greatest benefits of applying a systematic approach to selling is accountability. When your sales system asks a salesperson what the next step in the selling process is, you have accountability. You have a great plan when an occasional action notice or reminder requires the salesperson to evaluate the account and determine what the next sales action should be. This evaluation process is like the pilot checking the instrument panel of the plane and making a corrective change in altitude or direction to reach the destination. If this action is not taken on a regular basis, the plane may not reach the right destination and put it's self in

jeopardy.

Having a coach or a group of like-minded friends will help you stay motivated. Just don't hang around the negative people who will deflate your ambitious goals. Writing down your accomplishments in a journal or a calendar will help you stay on track.

Everyone I have ever met or read about who has reached success sets goals and makes them selves accountable. If you want to be a success in life and in selling, you must visualize your goals and have a written plan, making yourself accountable. Good Selling!

Steve Martinez is a leading authority on automating and systematizing the selling process for business to business. His company, Selling Magic, LLC teaches business how to simplify, balance and automate the complex selling process. <http://www.sellingmagic.com>

# Harmonious Relationships – Working Together

**By: Judy Suke**

An harmonious relationship is: “People working together toward the realization of each other’s goals, and the mutual benefit of all.” In other words, you care as much, if not more, about someone else’s success, as you do about your own.

*I believe that when you understand the following five human factors; factors that affect the way people act, react, and make decisions; you will know how to create an atmosphere that promotes success for your business.*

People base many of their decisions on emotion not logic.

Have you been to an auction? People will pay ridiculous sums of money for something that they might not even want. They get caught up in the emotion of winning the bid. It must be worth more, someone else wants it.



You decide to buy a house. They show you bad houses in your price range, then, they show you the perfect house in a higher price range. You fall in love with the perfect house and buy it. Emotional buy, now you can't afford anything for the house.

Therefore, you always need to get emotional buy in from your client, co-worker, friends and family.

People need to feel they are liked: Show your appreciation. Say, "Thank you" in front of others or simply remember to tell someone about a job well done..

People need to like you: Be likable. Smile; offer assistance; strive more to please, than to be pleased.

People need to like each other: Create an atmosphere where they can laugh together at client appreciation events; and events to celebrate each other's successes.

People use perceptions as facts.

You do buy a book by its cover. If you like horror, anything with Steven King on the cover will attract

your attention. What do the people you work with ‘perceive’ about you?

Do they think that you are fair, honest, consistent, organized, confident, poised and professional? Make sure that the world sees the true you and that that perception is what they want and need.

What people think they hear; is what they hear. Are you sending a message that they can understand. Change the words you use to suit others. Use their descriptions, terms and jargon and not your own. Double-check everything before you finish. Make sure they will understand. Whenever possible, say it, write it, and show them.

### People learn by example.

If you want people to be professional, everything you do and say must be professional.

“Whatever you want from those around you, exhibit it.”

Other people are affected by your energy, or lack of it; your words, encouraging or critical; your actions,

friendly, cold, or indifferent; and your attitude, positive or negative. What you say to the people you meet has a ripple effect. If you are negative, it spreads. They sense it, feel it, and react to it. If you are happy, enthusiastic and positive that spreads too.

Increase your awareness. How are you affecting the people around you? Take control of your actions. Each morning ask yourself, “What do I want to create and experience today?” “What atmosphere do I need to create to get cooperation?”

4) People have preconceived feelings about how to do things.

Fold your arms. Now do it the opposite way. Doesn't it feel funny, uncomfortable, difficult to do? It is not easy to change an old habit. People don't like change; they like the familiar. Show you care about the way they are used to doing things. Whenever possible let them do things the way they are used to doing them.

There is usually more than one right way to do something.

Look at the outcome, instead of the process and you will have less stress.

5) People think that they are unique and want to be treated that way.

Make people feel special. Make an effort to know them. Remember if they are married, the number of children, their personal goals, and their pet peeves. Knowing the small things helps you to build rapport, and they will want to cooperate and work with you.

Carefully consider these five factors when dealing with people, and you will create harmonious relationships that will result in great success.

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# **Imagery & Affirmations - Five Natural Laws for Creating Success**

**By: KG Stiles**

THE LAW OF INTENTION states that whatever you think about, or focus your attention on is what you will create. In other words to manifest your Vision for yourself you must persistently think the thoughts and assume the mannerisms and postures that are consistent with the kind of person you want to be in the present moment.

THE LAW OF DESIRE is a primary key for achieving the results you want. It states that any thought you hold in your mind and charge with emotion is rapidly accepted by your subconscious mind, turning inner thought into outer reality. The only limit to creating what you want is how intensely you really want it! The depth of your desire to get what you want determines your destiny. Your desire determines the intensity of your feeling and how consistent you will be in moving toward your goal. A burning desire automatically drives you to overcome any obstacle. Your desire must reflect

your true values and be consistent with the Vision you have for yourself.

**THE LAW OF INDIRECT EFFORT** states that emotional experiences of well-being come to you indirectly through engaging in meaningful pursuits. Engaging in activities important to you that result in progress toward your goals and aspirations causes you to feel a sense of self worth and satisfaction. Setting and achieving goals and objectives helps build your Self Confidence.

**THE LAW OF RECIPROCITY**, or the law of Give and Take, states that it's not what you do in life that matters it's how you play the game. To play the game of life and win you give what you would like to receive (do unto others as you would have them do unto you). Additionally you give with no thought of receiving for that which you have given. You give with no strings attached. The Giving is its own Reward! When you Give with NO thought of return you are depositing energetic funds into your Grace bank account which will accrue interest for you to draw upon as needed.

**THE LAW OF ATTRACTION** states that the same frequency energies will resonate and attract one another. You attract and manifest that which corresponds to your inner state of being.

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# The Rest of "The Secret"

**By: Joe Jones**

The recent phenomenon DVD and book “The Secret” is taking the nation by storm. It’s been in the news, featured on Oprah and Larry King and the book is #1 on Amazon.com. The premise is basically that you can achieve anything you want if you simply believe and focus on a goal. Then the universe will attract those things to you and you will be successful. Let’s say your goal is to have \$1,000,000. You visualize having that money every day for a year (or two). Visualization is a powerful technique, but do you truly believe that merely having a goal of obtaining \$1,000,000 is going to produce \$1,000,000?

I have nothing against “The Secret”. In fact, clearly defined goals are a critical component for success. It’s just that there is more to success than just visualizing a pile of money which arrived due to your belief in the “Laws of Attraction”.

I believe that the secret to success has four components.



1. Goal Clarity – This means having clear, specific, written and visual goals of what you want to happen in your future. I agree with the secret's premise that you must have a goal and believe you deserve and can achieve that goal, by focusing on it. But I also think there are three more components to achieving success.

2. Achievement Drive – This is a potential power that everyone has. It stays dormant in most people because they lack goal clarity. Once you have a clear goal that you deeply desire, are excited about and truly believe in, achievement drive is the energy that propels you to do the things that most other people aren't willing to do, like make extra calls if you are a salesperson, or practice that speech twenty times until the delivery is automatic. It drives you to learn what you must know to be successful, and then motivates you to develop the necessary skills to reach higher goals.

3. Emotional Intelligence – This is the ability to understand your emotions (and those of others) and their impact on your behaviors. It helps you identify fear of rejection and forge on in spite of it. Healthy emotional intelligence allows you to have the courage

to fail, then pick yourself up and try again - rather than stay in your comfort zone and resist change – a common success killer. Strong emotional intelligence means that you can control your emotions in the face of adversity and have the inner discipline to do what needs to be done in order to be successful.

4. Social Skills – This is the ability to communicate effectively with people by asking questions, listening, understanding, having empathy and building rapport. When you develop this kind of authentic connection with people, they will trust and respect you and subconsciously want to help you achieve your goals. Having good social skills doesn't mean you must be an extrovert. In fact some times extroverted people have a tendency to be talking when they should be listening! Very few people become successful on their own. They need the help of others. You don't find many rich hermits!

If you develop and apply all four of these traits you will have the rest of the secret, and success will find its' way to you.

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On behalf of everyone involved with this book I want to wish you the best of success in all areas of your life.

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