



Who am I

Louise Hay in her “little blue book”, *Heal your Body* says

When you were a tiny baby, you were pure joy and love – you knew you were perfect. All the rest is learned nonsense and can be unlearned.

Children are domesticated the same way we domesticate a dog or cat – we punish and give rewards. The result is surrender to society’s beliefs with our agreement. The domestication is so strong that eventually we don’t need others to domesticate us – we do it to ourselves. We punish ourselves when we don’t follow the rules according to our belief system; we reward ourselves when we are a good boy or girl. If we make a mistake we punish ourselves by feeling stupid, guilty and unworthy.

Don Miguel Ruiz

How often have we said “that’s the way I am” or “that’s the way it is”. What we are really saying is that is what we believe to be true for us. Usually what we believe is only someone else’s opinion that we have accepted and incorporated into our own belief system.

Stop for a moment and catch your thought. What are you thinking about yourself right now? If thoughts shape your life and experiences, would you want this thought to become true for you today, tomorrow and forever?

We have learned that for every effect in our lives, there is a thought pattern that precedes and maintains it. Our consistent thinking patterns create our experiences. Therefore, by changing our thinking patterns, we can change our experiences

The Point of Power

The Point of Power is right here and right now in our minds. It does not matter how long we have had negative patterns, or an illness, or a rotten relationship, or lack of finances or self-hatred, we can begin to make a change today.

The thoughts we have held and the words we have repeatedly used have created our life and experience up to this point. Yet, that is past thinking, we have already done that. What we are choosing to think and say, today, this moment, will create tomorrow and the next day. The point of power is always in the present moment. This is where we begin to make changes.

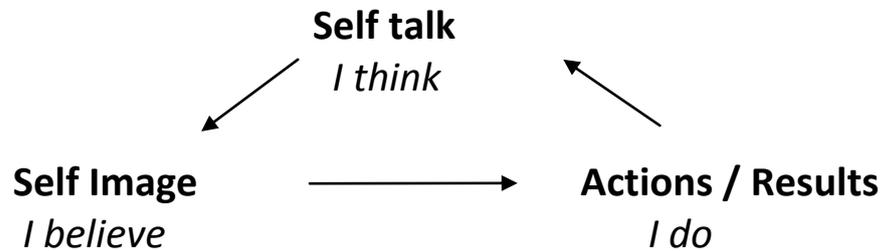
If you had one shot, one opportunity to seize everything you wanted, in one moment, would you capture it or just let it slip by?

Eminem



What am I

Quantum physics shows us that all matter is “possibility” and that reality depends on the Observer. All existence is made up of energy and energy follows thought - so what are our thoughts? Be impeccable with your thoughts because that will become your reality



We have accepted a lie that external circumstances determine our own circumstances. But Biblical teaching, modern physics, ancient philosophical thought and recent psychological research shows us that we are masters of our own destiny. And we achieve that destiny through our thoughts.

For many of us that is an awesome responsibility. No excuse for past failures, no excuse for lack of money, no excuse for poor health, no excuse for unhappiness.

But what an opportunity! If I’m unhappy with the results I am getting, I only need to change the way I’m thinking and those results will improve.

It really is as simple as that – but most of us find changing our thinking very, very difficult. We may have been told all our lives that we won’t amount to much. We then see it in the place where we live, we see it in our relationships, we see it in the times we got into trouble, we see it in our education, we hear it at church, we feel it in our pockets and we watch our kids going the same way.

Because we are told that it is as simple as changing our thinking, many people suffer agonies if they don’t get the results they desire – so we give you some tools to help you make that change.

As a man thinketh in his heart, so is he”

(Proverbs 23:7)



Energy and Matter

As our knowledge expands we become more aware of the forces that govern the Universe. We know that there is visible light, there are x rays and cosmic rays, sound waves and pressure waves, chemical impulses and electricity, radio waves and gravity. All of these come to us as energy in one form or another.

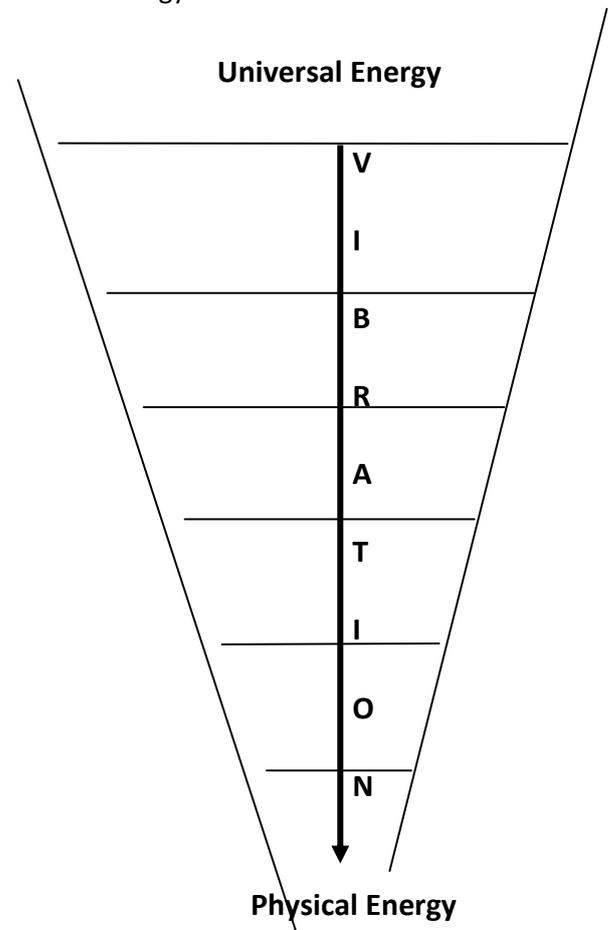
Quantum Physics now shows us that everything is just energy at different rates of vibration. Just as the difference between visible light, x rays and cosmic rays is their rate of vibration, so everything around us is just matter at different rates of vibration.

Steam is a gas, where the molecules of water are at a high rate of vibration. Those molecules are bouncing all over the place.

As we cool that steam, we withdraw energy and the molecules vibrate at a lower rate until they are only able to flow over and around each other. We call this flowing stuff, water.

If we continue to withdraw energy, the molecules slow down until they get locked into place one beside the other. This crystal like pattern is ice.

We can see that everything exists in different states depending on its energy. Add energy to steel and it becomes liquid. Add energy to rock and it becomes lava.



We say that we exist in Body, Mind and Spirit. But, what are these 3 forms of existence? Are they also, just matter at different rates of vibration?

If they are, are thoughts just different levels of consciousness? At their highest level of vibration are they inspirations? At a lower level, are they ideas? And lower still, are they the actions we take?

I may believe that inspiration comes from God or from Universal Consciousness or I may just accept that it is a higher form of universal energy. Whatever our beliefs, we all experience inspiration from beyond our own consciousness.

We are connected to everything in the Universe. Our difference lies in our frequency of vibration.

Viereck Merrilees



Transitions and Change

Energy and the Mind

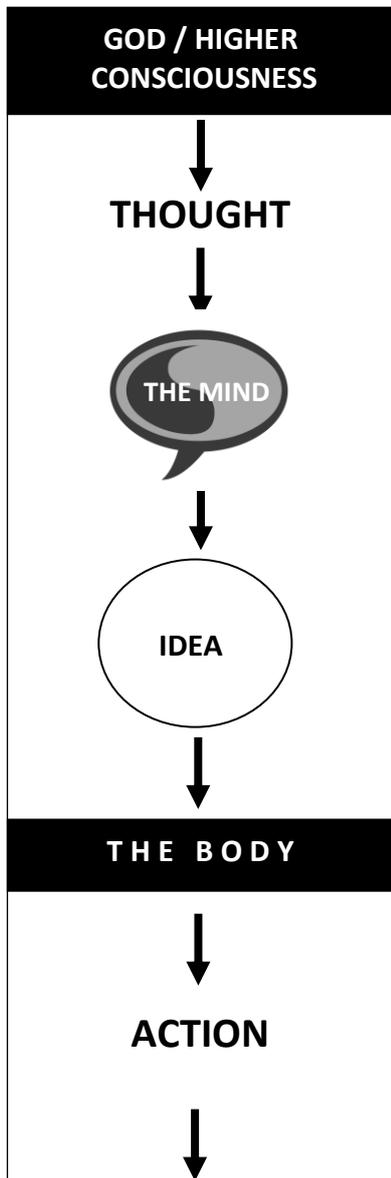
Some energy we consume directly as food, some we take in through our 5 senses and some we receive through our 6th sense as intuition, clairvoyance, inspiration and faith. That external energy is converted into internal energy, detectable as the electro-chemical impulses that are our life-force - the impulses that form our thoughts and ideas, that activate our muscles and our glands.

Our mind, is our spiritual being, and our thoughts are energy at different levels of vibration. Within the mind we have developed ways of working with thought energy.

- we create pictures
- we have “feelings” or “impressions”
- we hear an inner voice
- we “just know”

We are energetic Spiritual beings living in a Physical body.
Napoleon Hill

Through our intellect we are able to convert those thoughts into ideas and plans. Those ideas in turn, cause us to act in a certain way to give us our results.



SPIRITUAL
[Belief]

Every thought we have is an energy impulse which creates a circuit in the brain and a response in our body. The more we repeat that thought the stronger the circuit becomes.

Eventually we have that thought and take action without thinking about it. It has become a habit.

What happens when we learn to drive?

At first we have to think about every action we take; in time we learn how to work the controls. Eventually, we are able to drive without thinking about it and our driving has become a habit.

INTELLECTUAL
[Plans and Ideas]

A habit is an idea that is fixed in our mind and becomes conditioning.
Bob Proctor

PHYSICAL
[Action]

If we are not happy with our results, it is not enough to change our actions (behaviour), we have to change the ideas, thoughts and beliefs that gave birth to that result. We have to change the habits and conditioning that make us who we are.

Fortunately, help is at hand. Our thoughts are energy, and energy attracts energy with which we are in harmony. When we hold an image of a desire in our mind we attract the energy that is necessary for the manifestation of that desire.



A Model of the Mind

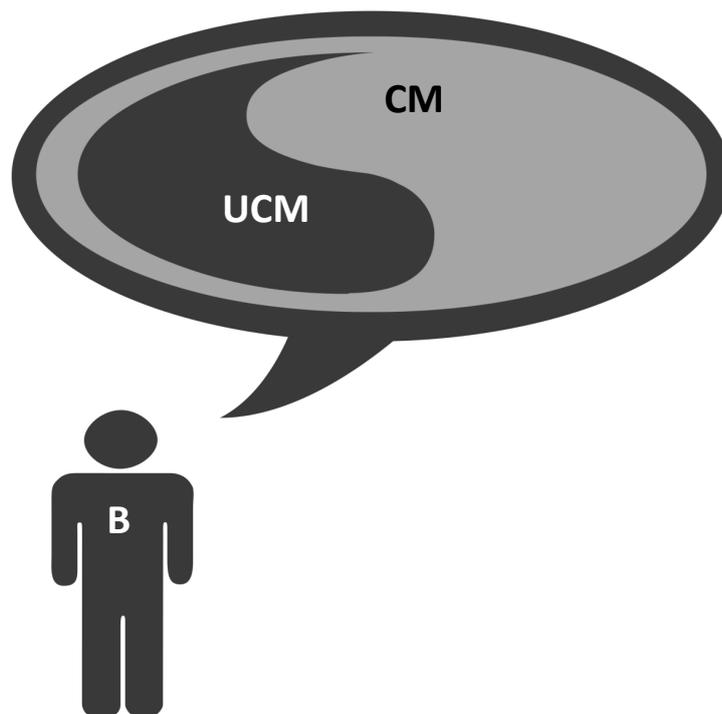
We often equate the brain and the mind. However, the brain is a lump of cells – an extension of our physical being - neurons connected to other neurons. It is within those neurons that we detect the electro-chemical impulses and we say that someone is “brain dead” when those impulses are no longer detectable.

We are aware that we can consciously control our movements and we can think our thoughts, we can create pictures in our mind and we can build ideas and make plans.

However, there are bodily functions that happen without our awareness – the beating of our heart, the healing of wounds, the movement and absorption of food through the body.

And, there are other thoughts that we have. Most of the time we don’t control those thoughts – but they are thoughts that define who we are. They are thoughts of what we can and cannot do, of what we do well and what we do poorly, of what, and who, we like and dislike. They are conversations we have with ourself and they are the ideas that free our potential or close doors.

This dual nature of the mind can be referred to as the **Conscious Mind** and **Unconscious Mind**.





Conscious and Unconscious Minds

CM – the conscious or thinking mind

This is the part of our mind that thinks and reasons. By applying our intellect we can accept or reject any idea or thought. We have free will - we can choose. The thoughts we choose eventually determine the results in our life.

Lower order animals have a very limited conscious mind, yet they are capable of phenomenal instinctual behaviour – migrations, nest building, mating rituals etc.

Our conscious mind can be in a **passive** state or an **active** state. If it is passive, we allow any thought and idea to pass un-challenged into our unconscious mind - effectively we live our lives on habit, instinct and the ideas of others.

Only when we challenge those thoughts using our Intellect, are we actively guarding the gate to our unconscious mind.

UCM – the un-conscious or conditioned, instinctual mind

This is our power centre. It functions in every cell in our body. It can make us sick and it can make us well. It expresses itself through our body - in our feelings and actions, in our development from a fertilised ovum to our present mature body. Our unconscious mind controls our every function.

From the moment of birth we have developed unconscious filters that help us manage the flow of information we receive from our 5 senses. Without those filters we would be overwhelmed by sensory input. But these filters also work against us. They become our belief systems about how our world works and can prevent us from “seeing” new situations - so we only “notice” that which fits our view of the world.

Any thought our conscious mind has accepted is automatically planted in the unconscious mind – it has no ability to reject an idea and it knows no limits. It will act upon that thought and cause it to come about.

Consider an analogy : you are a gardener, and your conscious mind is the nursery where you prepare seeds. Your unconscious mind is the garden. The garden doesn't decide which are desirable seeds and which are weeds – it treats both equally.

When we were infants we hadn't yet developed the ability to control what thoughts were entering our sub-conscious mind. As a result we took thoughts, ideas and energy from our parents and our peers, accepted them, and became the person they said we were.

So we were programmed and conditioned; we developed habits that became the way we reacted to the world.



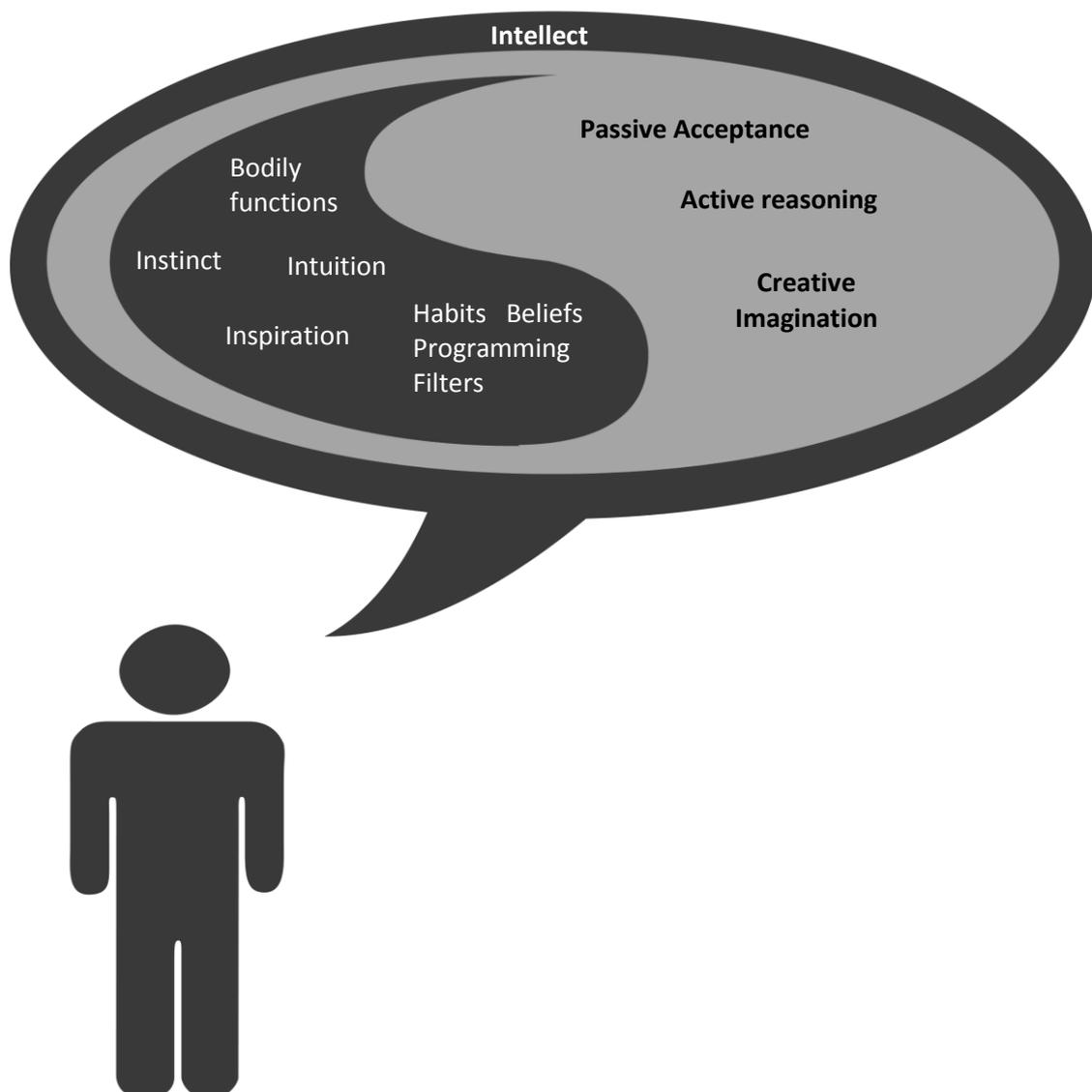
Conscious and Unconscious Minds

B – the body or the instrument of the mind

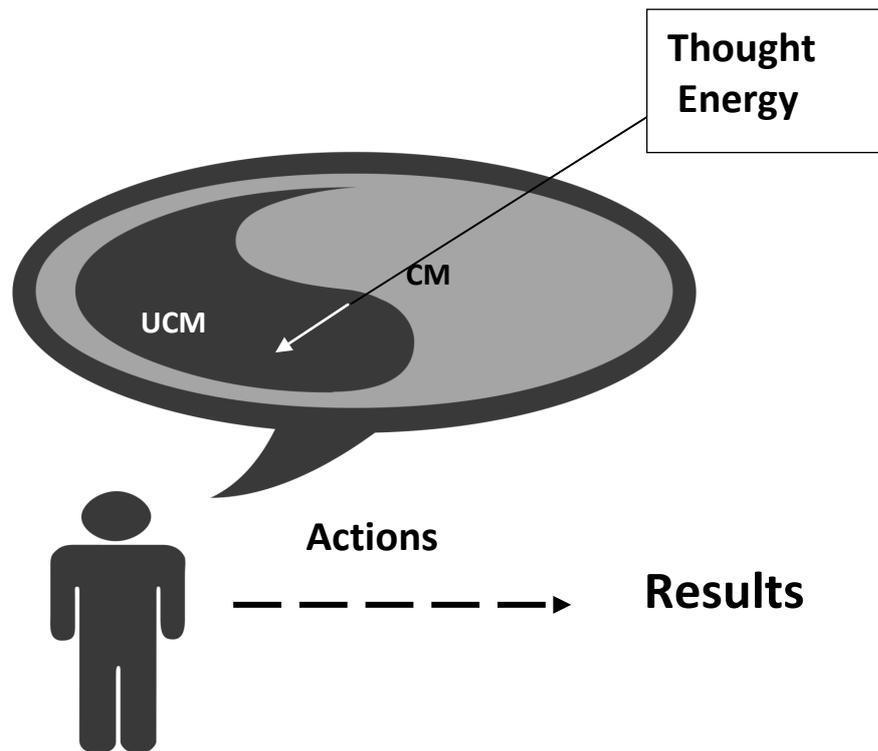
The body is our physical manifestation – the house we live in. The thoughts that are accepted by our conscious mind and then impressed upon our unconscious mind, cause our body to act. That action will determine our results.

Whatever thoughts and ideas we accept into our mind, our body responds. If we think we're clumsy, so we stumble. If we think we're afraid of the dark, so the hairs on the back of our neck rise. If we think we're beautiful, so we walk with pride. If we think we're stupid, so we fail that exam. If we think we're wealthy, so we're well compensated for our efforts.

As an adult we do have control over what enters our unconscious mind.



The Law of Attraction



If we use the analogy of our mind as a radio receiver - we are able to “tune” into different frequencies (of vibration).

- When we are feeling “down” we tune into low levels of vibration and attract negative results.
- When we are feeling energised and enthusiastic, we tune into higher levels and attract positive results.
- When we are inspired, we tune into the highest levels of vibration and our results can be astounding.

We attract whatever we think about (tune into)

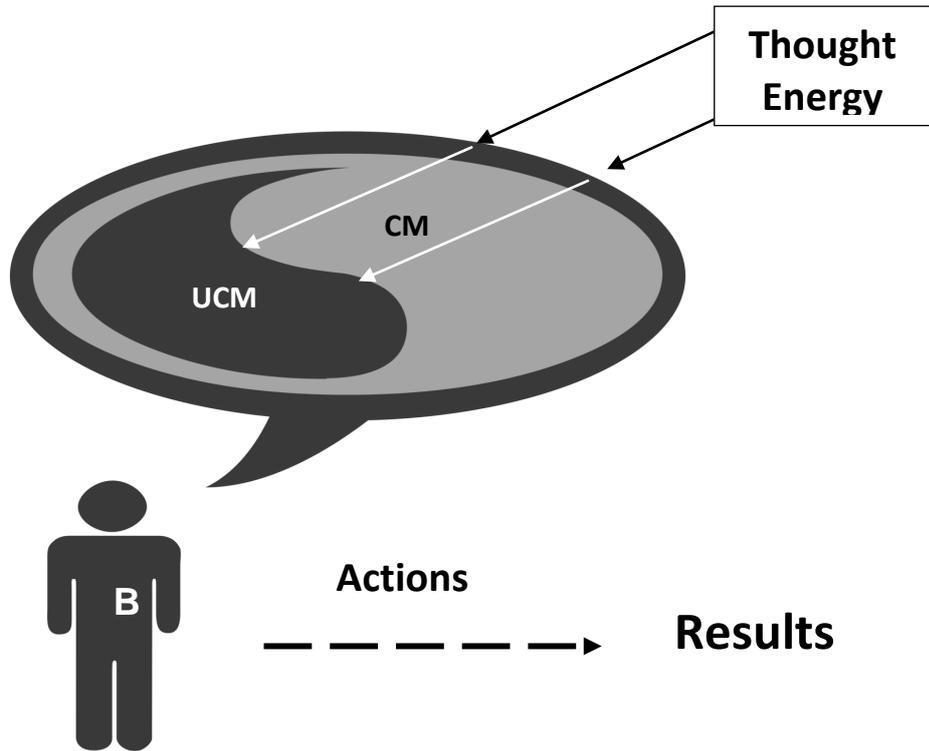
Our mind is always receptive to thought and we have the power to choose the thoughts that we receive. That power to choose, lies in the conscious mind, where we can apply our intellect to act as a tuner and filter to our unconscious mind.

If we choose not to use our tuner, we will pick up whatever vibration is out there, and pass it to our unconscious. Our unconscious will act on those vibrations, cause us to act and give us results - whatever the consequences may be.

If we apply our tuner, we can reject those low vibrations and only accept high, positive vibrations. We can then use our intellect to give us the results we desire.



Passive Acceptance

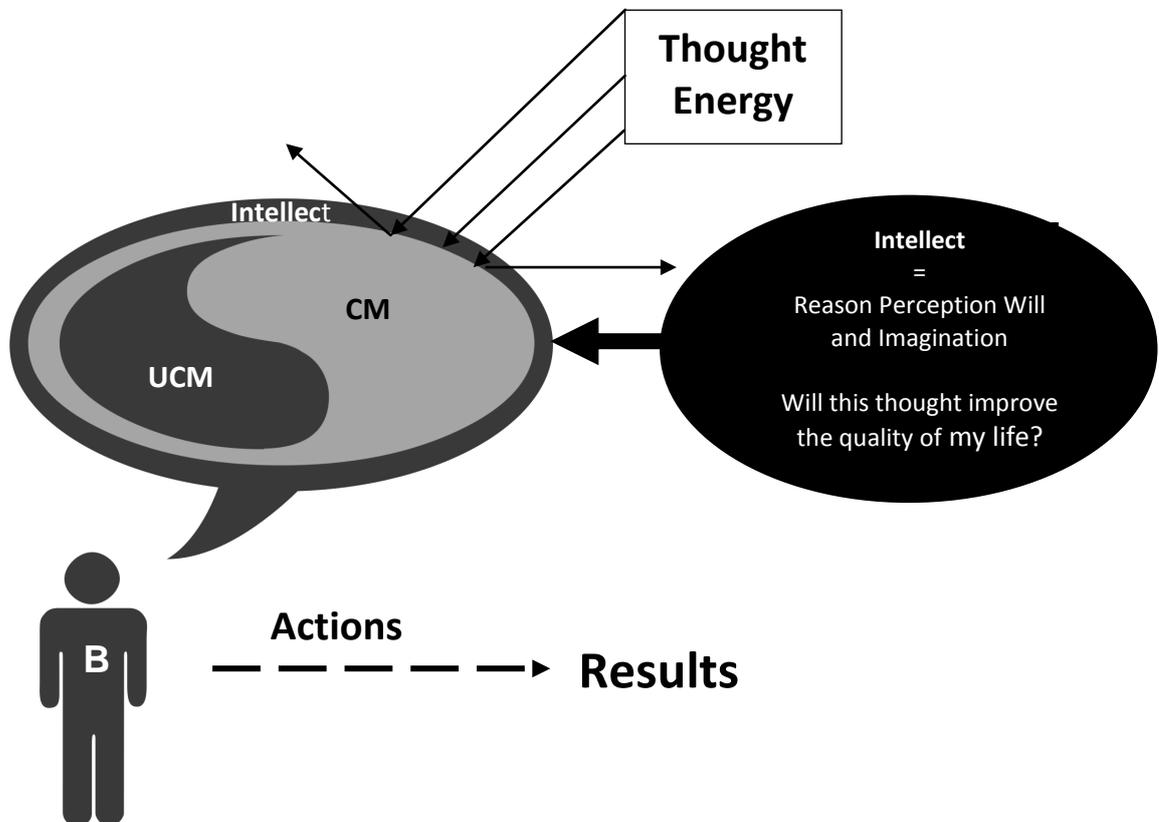


If our conscious mind is in its passive state, it has no ability to filter thoughts and ideas and it allows them to flow directly into the unconscious mind. The unconscious will act upon those thoughts – whether they are beneficial or harmful. The unconscious has no ability to reject an idea once it has been passed by the conscious mind.

A person, who is continually in a passive state and is in a negative environment, becomes a product of that environment, because their unconscious will receive all the negative energy their senses detect. Consider how many people sit passively in front of the TV watching violence, war, catastrophe and crime – and then they wonder why they are depressed, fearful and exhausted.

Active Reasoning

Often referred to as our analytical or critical reasoning, this is what separates mankind from the rest of the animal kingdom, and has given us our evolutionary advantage. It is the mental tool that should question every thought or idea entering the conscious mind, to decide whether the idea is beneficial or harmful.



In the active state, we bring the weight of our intellect to bear on the thoughts entering our conscious mind. If they are beneficial we can accept them and pass them into our unconscious. If they are harmful we can reject them.

Our intellect can bring together a series of thoughts to form creative ideas. They in turn, can change our old conditioning, give us health, wealth and happiness and change our reality.

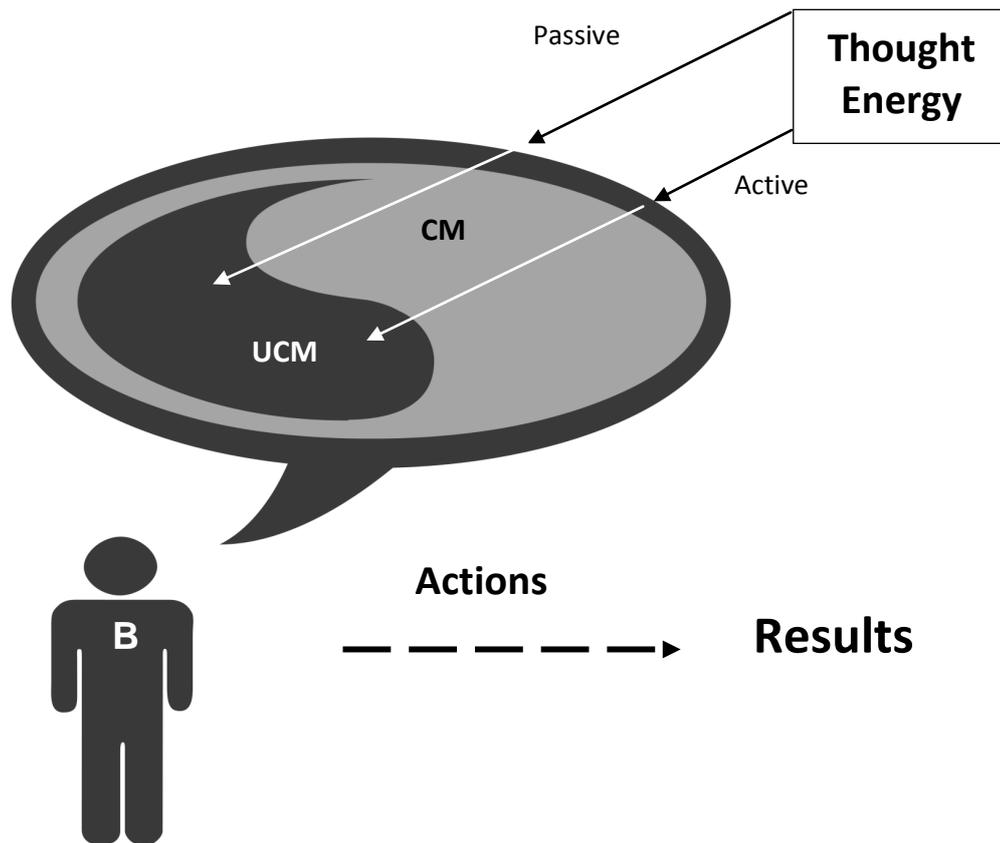
Every invention, piece of music, work of art and written word started as a thought. Through active reasoning, that thought becomes an idea and the idea is passed into the unconscious mind. Through action, the unconscious manifests that thought into reality.

Just as the unconscious can form our mature adult bodies from a single fertilised ovum, so it can take an idea and make it real.

... and the word was made flesh



Mindfulness



- 1] Energy in the form of a stimulus – a picture, a sound, an impression, a feeling - is picked up by our senses and passed to our conscious mind as an idea or thought

We can receive that thought passively and let it pass directly into our un-conscious mind

- 2] Or, we can receive it **actively** by applying our **intellect**. We can assess whether that thought will affect us positively or negatively. ie “will this idea improve the quality of my life?” We can then accept it, modify it, or reject it. This is our **choice**.

If we pass that thought actively into our un-conscious mind

- 3] That thought is accepted by the un-conscious mind
- 4] Over time these thoughts become our habits and our conditioning from which we build our belief system - our **self image**
- 5] Through our habits, conditioning and self image we take **action**
- 6] Those actions then give us our **results**
- 7] If we are unhappy about the results we are getting and we try to change our actions without changing our programming, our programming will modify our actions to get us back “in line” Our results are therefore in control of us.
- 8] If we want to change our results we have to change our habits, conditioning and self image.