



# GET A LIFE

Welcome to a new way of living

Dr. Neil A. Mence



# *Get a life!*

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Take control of your life NOW!

Incorporate the ideas presented in this book into your life and start enjoying new ways of living. Experience greater health, wealth and success.

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## WELCOME TO *A NEW WAY OF LIVING*

There are now more than 7 billion people in the world and guess what ... each and every one of us is striving to achieve the same goal, which is to be happy.

But happiness means different things to different people. To some, it means more money to lift the strain of financial uncertainty, while to others it may mean freedom from a health challenge.

Regardless of whether you're experiencing a relationship crisis, looking for a new job, yearning for peace of mind, or facing a financial or health situation, this e-book is for you.

But first, let's cover some ground work and ask a few essential questions.

## WHAT DO YOU REALLY WANT?

The key word here is "**really**". We all think we know what we want but in many cases it's a passing fancy, or a quick fix to a problem, before we move onto the next crisis in our lives.

So let me ask a very basic question. 'Do you know where you're going?' Or, to be a bit more precise, 'What are your goals in life?'

You'd be surprised at the number of people who can't answer that very elementary question. Many appear to be adrift in the ocean of life, much like a cork bobbing around in water being pushed first one way, and then another, as currents and tides swirl around them.

So let's start with an exercise to focus on what you do want, rather than on what you don't want, in your life.





## E XERCISE #1

Take four sheets of paper and at the top of one, write the word **HEALTH**. On another sheet of paper write the word **PROSPERITY** and on the third, write **RELATIONSHIPS**. On the fourth, write the word **EXPRESSION** and if you'd like, as a reminder, write the word **WORK** under it.

Now this exercise is rather personal so please keep it to yourself. I say "personal" because how many times have you had the experience of wanting to do something but when you tried to share your ideas you've been shot down by friends or acquaintances who've told you that your ideas were perhaps impossible or that you didn't know what you were talking about?

Using these four headings, I want you to now start developing a list of all the things you'd like to see manifest in your life. Don't worry if you think something is impossible. No one but you is going to see this list so just write down all the things you'd like to have happen in your life.

A word of warning. **DON'T TRY TO RATIONALISE; DON'T TRY TO FIGURE OUT HOW. JUST WRITE DOWN WHAT YOU'D REALLY LIKE TO ACHIEVE, TO WHAT WOULD GIVE YOU YOUR BLISS!**

Let's look at a couple of lists to get started.

**HEALTH** is pretty easy for most people since the first thing they'd put down is:

- perfect health.

But what if there was a particular ailment that you wanted to be rid of? For example, suppose you've been experiencing knee pains which affect the way you move. What you do is write down what you do want, not what you don't want. So in this case you would write down something like:

- perfectly functioning knees with just the right muscle tone and the ability and stamina to run a mile every day.

But health isn't just a physical thing so you might also like to consider things such as:

- healthy eating and an improved personal diet regime,
- healthy attitudes,
- healthy thoughts,
- healthy relationships,
- and so on.





PROSPERITY is another heading that many people find easy to start listing things under. For example:

- financial freedom and security,
- all bills paid on time and in full,
- money to share and spare,
- money for a fantastic relaxing holiday in a sun-drenched paradise, etc.

And similarly for your other two lists RELATIONSHIPS and EXPRESSION (work, play, charitable activities, volunteerism, etc.).

Keep in mind, however, that it will probably take several days, or perhaps even weeks, to finalise your lists. Look at them each day and ask yourself how relevant the things are on your lists and you'll find yourself adding and subtracting over the next week or so.

The whole purpose of this exercise is to focus on **WHAT YOU DO WANT, NOT ON WHAT YOU DON'T WANT**. That's the reason the knee example was worded as it was. Too many people focus on what they don't want in their life and guess what, through the Law of Attraction, that's what they experience more of.

If you'd written down something like: "Getting rid of the arthritis in my knees", your focus would be on the ailment and that might well be what you'd end up experiencing more of.

We all need to train ourselves to think in terms of what it is that we **do** want to experience, not what we **don't** want to have manifest. This applies not only to the things that we've put on our lists, but to the words we speak out aloud every day, as well as our habitual thoughts and actions.

By focussing on what it is that we do want (i.e. coming up with meaningful desires on the lists that we've prepared) we establish the basic framework for building affirmations, which are explained fully further on in this e-book.

In the meantime, everything we've talked about so far falls under the general heading of the Law of Life (aka the Law of Cause and Effect or the Law of Attraction). Much has been written about the Law and movies such as 'The Secret' and 'What the Bleep ...?' have done much to expand people's awareness of it. We'll get deeper into that shortly but first ...

## **H**OW DO YOU FEEL ABOUT YOURSELF?

Right at this moment, how do you feel? If you said anything other than "absolutely fantastic", I want you to try another exercise.





## E XERCISE #2

Next time you're out on the street, try this simple experiment – smile at everyone you meet or pass. You don't need to say anything, just smile at the shop keeper, the newspaper man, the girl in the coffee shop, the bus driver . . . and so on.

By the third or fourth smile you'll find that you no longer have to force it; it comes naturally! Soon you'll notice that people are smiling back and, more importantly, you'll feel a change in you:

- your breathing becomes more relaxed,
- your step feels lighter,
- the frowns start to disappear from your face and, believe it or not,
- you'll start feeling and looking younger!

We've all experienced getting up in the morning and not feeling particularly on top of the world. Have you noticed how things seem to get worse at such times? Conversely, when we get up feeling great, things just seem to go smoothly all day long.

It's true that when we smile, the world smiles with us!

## T HE LAW OF LIFE

We can believe that things just happen and that we've no control over them, or we can believe that there is something we can do to control the events in our life. If we believe we have some control, then that is our introduction to success in the art of personal development.

Physics tells us that everything is made of energy and the First Law of Thermodynamics states that energy can never be created or destroyed; it just is. That means that everything that is, or ever has been, is somehow made out of this unlimited energy! And that includes us human beings – it means that we are both part of, and are composed of, and always immersed in, this universal energy.

This leaves us with the awe-inspiring thought that we can direct this energy and we do this through our conscious thoughts, feelings and beliefs.

Most of us are familiar with terms such as 'cause and effect' or 'the Law of Attraction'. And to back up our understanding, we frequently use everyday expressions such as: 'what goes around comes around', or 'whatever you give out, you get back'.

Sayings are one thing, however, but how do they apply to us?





The great Law of Life is that anything we think about, anything we give feeling and attention to, or anything we believe, will manifest in our life through the Law of Attraction. Whether we are conscious of it or not, we're using this Law all the time and once we know how it works, we can use it to change our lives for the better.

In essence, this universal Law is like a mirror, reflecting back to us what we believe to be true. It's not necessarily the words we say or the things we do that count, but the feelings or beliefs that we have inside of us. It's this internal conviction that sets up a causal vibration that replicates itself in our lives exactly as we have believed.

We must keep in mind that the Law of Life, like all other universal laws, works the same way for everyone, all the time – without exception! None of us can imagine gravity saying 'I'll take a holiday on one of the continents today!' That would mean that some people would be floating around like space walkers while the rest of us are anchored on mother earth! Impossible!

Laws, or principles if you prefer that description, are immutable – they're binding; they cannot be changed. Just as when a tomato seed is planted we know that tomatoes will be produced, or that by mixing blue with yellow we'll get green. The Law of Life is always in action. We can't just turn it off and ask it not to work in certain places or situations. Principles don't care who uses them or how they're used. And since they have no volition, it means they're entirely predictable!

Of course this leads to one inescapable conclusion. If the Law of Life is always in operation, and has no volition of its own, it means we're always using it and always creating the results in our lives through our individual choices.

**Ouch!** Whether we like it or not, that means life is always reflecting back to us what we have put into it through our beliefs and choices. In other words, nothing happens by chance.

But let's look at the positive aspect of this. It means that since Law is entirely predictable, we can use it to change our lives.

Writers frequently give the analogy of planting a seed in the ground. As we all know, a seed planted and cared for, will produce after its own kind. For example, bean seeds will produce beans, orange pips will produce orange trees, and daffodil bulbs will produce daffodils, etc. The soil doesn't say, 'No, I'm going to produce an onion instead of a carrot'. It obediently produces more of what it's given to produce.

Through the great Law of Life our lives work the same way. We think, feel and believe and our thoughts and actions go into a creative soil which Physics calls universal energy and metaphysics calls our subconscious. This creative energy manifests our beliefs.

Now before you get excited or upset about this, let me say it's all good because when we're experiencing something we don't want, we know that our beliefs have somehow attracted it to us.







This gives us something to work with and so instead of getting upset, all we need do is to change our belief; we need to look at **WHAT WE DO WANT, NOT AT WHAT WE DON'T WANT!** How quickly we forget.

It's easy to see what the belief is because the result of our belief is an external manifestation. If, for example, we experience a financial challenge, we know there is a hidden belief (let's face it, none of us deliberately wants to have a problem so most of these beliefs must be unconscious) that needs to be changed. And we do that by concentrating on what we DO want, NOT ON WHAT WE DON'T WANT.

This leads us right back to the example on the health list we started. We said that we wanted a fully functioning knee so now we know that we need to concentrate on having a healthy knee. That's what we look at – not the apparent problem because what we concentrate on, or speak about, or give our power to, is what is going to happen. The positive thought transcends the so-called negative appearance just as light transcends darkness when a new day dawns.

*“Change your thoughts to change your life”* is a great message that many of us have heard time and again. Unfortunately, it's not just simply a matter of changing our thoughts, but a matter of changing our beliefs. So let's reword that statement to:

*Change your believing thoughts and you change your life.*

If we believe we're going to be unhealthy, we will be. If we believe we only attract losers into our lives, we will. If we believe we'll never have a fulfilling job, we won't.

We need to turn that around to what we do want. Changing our thinking changes everything in our lives. AFFIRMATIONS are one of the most powerful tools to assist us in this process and that's why we went through the exercise earlier to focus on what we do want to experience, rather than on what we don't want. First, though, let's look at the mechanics behind how things get to be the way they are.





## THE CREATIVE PROCESS

There is one all-encompassing equation for the law of life and we don't need to be rocket scientists to understand it; it's simplicity itself.

$$T + B = M$$

**T** = thought. This accounts for 5 - 10% of the overall activity of this process.

**B** = belief. Our beliefs, emotions, convictions and feeling nature account for the other 90 – 95% of the equation.

**M** naturally stands for manifestation or result.

From this it's apparent that the more we believe in something, the more likelihood there is that a result will appear along the lines of our thinking. It works in both so called 'positive' and 'negative' situations. If we're afraid something is going to happen, the more fear we have the more likely it is that it will happen just as we believe.

There's a Biblical saying along the lines of "To him who has, more will be given, and to him who has not, even the little he has will be taken away." It has often been distorted to mean that the rich get richer and the poor get poorer. Nothing could be further from the truth.

The true meaning of this saying is that the person who believes, will receive; while the person who has no belief, will lose the little that he has.

Said another way:

**IT IS DONE UNTO US AS WE BELIEVE.**

## HOW DOES THIS ALL WORK?

In essence, our mind has two parts: the conscious and the sub-conscious (that which is under the control of the conscious). The conscious mind is our everyday mind which intellectualises, rationalises and chooses, while our sub-conscious is the emotional centre which creates whatever is in our conscious mind.

In other words, the conscious mind directs, while the sub-conscious produces.

Or put another way, thought chooses and the sub-conscious makes it happen.

We have two types of thoughts – directed and undirected. Directed thoughts are those focussed thoughts that we consciously choose, while undirected thoughts are our wandering, day-dreaming types of thoughts which take us all over the place. Obviously, if we want to





experience something specific, we need to focus our thoughts and not allow them to wander because when our thoughts drift they're still creating and the result may not be what we would wish to deliberately choose.

Quite simply, the creative process is the process involved in manifesting anything in our life. There are six fundamental points to keep in mind.

1. Our task is to choose or to focus on something that we want to experience, not on what we don't want to experience. For the sake of an example, let's go back to our previous case-in-point of the knee. If our thoughts are undirected, we will accept the ailment and so may suffer pain or a loss of the use of the limb as a result. If our thoughts are focussed, then we're going to be focussing on a perfect knee!
2. Okay, our choice is a perfectly functioning knee and our task is now to concentrate on, or vision, a perfectly functioning knee. For some people this may be a new experience because many of us were taught to think and talk about a particular problem over and over and over. If you want a good example of this, go to any doctor's or hospital waiting room and listen to people trying to outdo each other with descriptions of their 'incurable' ailments. So let's put all that behind us because now we're going to think only of a perfectly functioning knee.
3. How would it feel to be able to run without effort? How would it feel to have no pain in that knee? How would it feel to be totally relaxed about your knee? Conjure up those feelings. Close your eyes, let your imagination take over and start acting the part in your mind. Feel the freedom. Feel yourself doing things you weren't previously able to do.

And most importantly, hold onto these feelings. Remember, the universal energy acts upon our believing thoughts which are our habitual thoughts. The main reason this process may seem not to work is because people start feeling good but then lapse back into thinking about how things used to be. This means that the creative energy is first working toward a healing but, when we give it another set of instructions (i.e. remember the 'problem'), it starts working on the 'ailment' again. We're like a yoyo and universal energy responds accordingly. We might feel a bit better but we've put off claiming a full healing. In other words, we've sabotaged ourselves.

4. It doesn't matter what the situation is that you want to change, the process is the same. Let's go back to page one where we talked about happiness. Imagine what happiness means to you. Close your eyes and just feel it . . . . . let every fibre of your being fill with happiness . . . . . feel the joy in your heart . . . . . imagine doing the things, going to the places, being with the people, and enjoying the experiences that constitute 'happiness' for you. In your mind become an actor upon the stage, acting out the role that you have chosen. Slowly, with practice and more practice, you become that character who is happy.

It does take practice. Remember that a concert pianist doesn't sit down and play the most fantastic concerto without years and years of practice. We need to be gentle with ourselves because as we practice happiness, healing or anything else, we become stronger and, as we become stronger, our habitual thinking becomes more attuned to





what we truly desire. And as this happens, our subconscious starts acting on the instructions we've given it.

Don't be surprised if others see the change in you before you realise it for yourself.

Feeling, or emotion, is what's going to achieve happiness so that's what we're to concentrate on. We're to believe, act the role, and be happy in our mind. That will soon manifest in the external.

Habitual thinking doesn't mean spending five minutes in the morning thinking positive thoughts, or thinking of what it would be like to feel about a specific thing. It is a continual, minute by minute, hour by hour, concentration of thought on **WHAT WE DO WANT**, not on what we **DON'T WANT**. We think in terms of our desires being an accomplished fact, not a hopeful thought of 'wouldn't it be nice if ...'

So let's get away from thoughts of what we don't want. Don't associate with people who only seem to want to criticise, or pull you down, or to zap your energy. Shake off the world opinion and be **YOU!**

5. Then let go and relax; we don't worry the thing into working against us. We plant the seed, so to speak, and let the creative law of the universe take over to produce the plant.

Each of us has a role to play which is to choose what it is that we wish to experience in our own lives. The soil (the creative energy or life force that flows through us) is responsible for making our choices happen. That's why it's so important to know what we do want, as opposed to what's not wanted.

6. Gratitude has been described as the greatest causal energy in the world so after relaxing and letting go, be grateful. Be grateful for each glimmer of good, for the feelings of joy, for the happy things that start to appear in both expected and unexpected ways.

When we stop to look, we can see examples of the creative process all around us. As previously mentioned, one of the easiest ways to understand the process is to look at the interaction between a seed and the soil that surrounds it.

None of us knows how, but a seed is already complete within itself, just waiting to blossom into form when it's planted and nurtured. Its DNA structure ensures that it will manifest according to its own kind – an apple seed becomes an apple tree, and so on.

Likewise, our 'thought seed' contains within itself the manifest end result. In our thought process we choose an idea, or a seed, which we want to plant and cultivate in our consciousness. In the seed analogy we water and fertilise the soil to ensure the seed receives sufficient nourishment. In our individual life we plant an idea in our mind which is acted upon by an infinite life force to produce according to the belief behind the idea.

Just as the soil offers no resistance and allows the seed to be, so universal energy accepts our thought without judgement and allows it to manifest.





A gardener expects certain things from what he or she has sown. If unwanted weeds start to flourish, they're pulled out so that the seed or growing plant is not strangled. Likewise, with us -- if things appear that are unwanted, we need to remove the cause which, in this case, would be an unwanted thought. For example, we can't experience abundance if we are thinking lack so we get rid of the thoughts of lack and concentrate on thoughts of abundance.

Look around you and see examples of the creative process at work. Do you know someone who is always happy and jovial? Isn't their life usually peaceful and harmonious? What about someone who's always fearful or worried? Don't they attract more things into their life to fret and frown about? And what about the person who's always complaining about not having enough money? Surely they're their own worst enemy because they generally attract more lack into their life.

Now we'll explore some of the ways in which we can change our thinking and align it with the peaceful energy of the universe.

## L ET'S TALK ABOUT AFFIRMATIONS

An affirmation is a statement claiming that something has already happened. It's an excellent way of training our mind to accept that, what we desire to happen, has already manifested. Affirmations are, in fact, the seeds we place in universal energy.

Referring back to our previous discussion on conscious and unconscious thought, we can see that affirmations can also be either conscious or unconscious. We're always affirming something either through our internal chatter (commonly referred to as 'small talk') or our deliberately spoken word.

In this section we'll look at the deliberate (i.e. conscious) spoken affirmation. However, before we talk about how to develop an affirmation, there are four vitally important points that should always be kept in mind.

### I. ALWAYS FOLLOW YOUR BLISS

Whatever your dream, know that it is a possibility for you. Keep it to yourself as you plan and affirm your way to achievement. As mentioned earlier, it is important that you don't allow yourself to be shot down by the nay-sayers of the world.

I'm reminded of the story of a lady in California who came up with a marvellous idea for developing a lightweight chaise lounge for the beach. Her vision was for something that could be easily folded and condensed into a small bag easily slung over the shoulder. Bubbling with enthusiasm she drew plans and then shared them with her husband and friends.





“How much would it cost?” they asked.

“You’re going to need a whole marketing plan and that will cost a fortune”. “Where will you get this done? Where are you going to get the money from” It’s a huge venture”... And on and on and on.

Needless to say she gave up, thinking it was all beyond her ability. A year or two later she opened an in-flight airline magazine and there, prominently displayed, was “her” idea! Someone else had come up with the same idea, marketed it successfully, and made a small fortune.

The lesson here is that we should always follow our bliss and not share it with anyone who might make us doubt.

## 2. EXPECT TO SUCCEED

Are you expecting success or failure? Are you saying: “I hope it’ll work out okay” or something similar? Or do you know beyond all shadow of a doubt that it IS!

When we plant a seed in the garden we don’t continually dig it up to see if it is growing – not unless we want to kill it that is. We’ve planted it and we expect it to grow!

Similarly, we make our affirmations and EXPECT them to manifest. Our job is to decide what we want and to expect it. It’s up to universal energy to make it happen; it’s not our job. We direct the energy through our thoughts and beliefs.

We know that the Law of Life is always working and is always predictable. We are to EXPECT our good! It is through the power of expectation that our affirmations are fulfilled.

## 3. BE PATIENT

Trees don’t grow from a seed overnight; there is a time of seasoning. And so it is with us. We say our affirmations; we expect results. The more assured we become, the more certain, we are allowing the seed to spring fully into life.

When we get our rationalising mind out of the way and expect, the result will more often than not come through a channel we hadn’t even dreamed of. So be patient because our good comes to us according to our beliefs.





#### 4. A WORD OF WARNING

We often hear people say, “Here’s a good affirmation for prosperity” or “This affirmation for perfect health always works for me”. Affirmations are personal and the wording that one person uses is not necessarily the right wording for all of us. So if you read or hear an affirmation you like, rewrite it using the language that you’d normally use. Not only will you feel more comfortable but you’ll find that the affirmation is likely to manifest more quickly.

And then there is that most important point about not believing the affirmation.

Too often it feels phony claiming something which we feel or just “know” is not true. But this is where practice comes in. By constantly affirming something we begin to shift our resistance. When our resistance shifts, we open up to the possibility.

So, after developing new affirmations, what do we do with them?

- put them in places where **we alone** (not others) can easily see them,
- repeat them out loud as often as we can (obviously when we are alone),
- continuously visualise our life as though the affirmation were already accomplished.

## S O LET’S LOOK AT SOME AFFIRMATIONS

Use the ones you feel are appropriate for you but please rewrite them using your own words – then they’ll have more power since you resonate more easily with the words you use every day.

1. I’m always financially secure.
2. I’m always successful in everything I do.
3. I’m always surrounded by loving, giving people.
4. I’m now attracted to a harmonious, safe and happy place to work.
5. I’m so grateful for my wonderfully perfect health.
6. I am open and receptive to all avenues of income, both expected and unexpected.
7. I am grateful for the unlimited income that now flows to me so freely.
8. I am a living, loving expression of the universe.
9. I know that I am always guided, directed, prospered and protected.





10. I am grateful for all the wonderful friendships in my life.
11. I am loved, accepted, acknowledged and appreciated.
12. I bless my bills with love and pay them promptly.
13. I freely express my creativity.
14. I am living my dream.
15. I am a powerful magnet of success.
16. My thoughts are in control of my experiences and I can control my thoughts by using faith and conviction.
17. I affirm that I live a life full of peace, joy, harmony, abundance, health and perfect self expression.
18. I am poised, calm, serene, filled with happy expectancy, and trusting in the continual realisation of my good.
19. Just as I plant specific seeds in a garden knowing that they'll grow, so do I plant seeds of good in my mind knowing that they manifest.
20. I praise and give thanks.
21. I'm alive, alert, awake and joyously enthusiastic about life.
22. I do not limit myself by my words.
23. I am filled with enthusiastic conviction.
24. My good happens in the twinkle of an eye. Unexpected good now manifests in my life in seemingly miraculous ways.
25. I'm an irresistible magnet for good.

Try writing some affirmations for yourself. Now that you have focussed on what you do what to see happen in your life, use the four headings that we started with at the beginning and list affirmations for your **PROSPERITY**, **RELATIONSHIPS**, **HEALTH**, and **EXPRESSION**.







## F AITH AND FEAR

If we expect our affirmations to materialise, we have faith. If we're unsure, or keep our fingers crossed hoping that the affirmation will happen, we are living in fear.

Faith and fear – they're opposite ends of the same stick. It's no use saying we want more faith because right at this moment each of us has all the faith we will ever have; it's just that it may be misdirected into fear.

Earlier we talked about Quantum Physics and so we understand that everything is energy. Faith is using that energy in the expectation that what we affirm will happen. Fear is using that same energy in the expectation that it either will not happen, or being wishy-washy and hoping that something will happen.

The path from fear to faith is sometimes strewn with seemingly insurmountable obstacles. But once again it's a matter of focussing on what we want, rather than on what we don't want.

The first step is to take responsibility for where we are without getting angry, upset or hurt. We must stop blaming anyone else for what's happened, or is happening, and accept that we somehow attracted the situation, and take responsibility for it. That doesn't mean getting into self-blame or thinking about punishment. It's letting go of what's happened and re-writing the story with the ending we choose.

The problems and challenges people sometimes face result from false beliefs about life and who we are. That's positive because such things give us an opportunity to look at a belief or attitude that needs to be changed and that's an important step in personal growth.

First we come up with one or more affirmations to cover the matter we are changing and then we start visualising and feeling the new state. We go within, so to speak, and imagine that what we hope will happen, has already happened. In this "feeling" state we enter a new level of consciousness and if just one word could be found to sum it up (e.g. love, peace, harmony, joy, etc.), that word could be used as the basis for meditation.

So this process of moving from fear to faith involves several essential elements:

- taking responsibility,
- forgiving ourselves and everyone else (i.e. not focussing on the apparent problem),
- refocusing our attention on what it is that we desire to experience,
- developing an affirmative way of thinking and living,
- EXPECTING ONLY GOOD.





## E XERCISE #3

So let's put this altogether in a practical application.

1. Think of some situation in your life that you are unhappy about. It could be a relationship problem, a financial challenge, an issue at work, or a health matter. As clearly as possible write down what the problem is and how you feel about it. For example, let's say you are facing a financial challenge because there simply isn't enough money coming in to pay all the bills. So write it all down. What are your worries and fears? Be as comprehensive as possible.
2. Now I want you to write a paragraph on what you hope is going to happen. Let's take our financial challenge example again. Certainly you want resolution so what you are hoping for is a financial rescue plan of some sort so that not only are all your bills paid in full, but you can breathe a great big sigh of relief and get on with enjoying life.
3. The next step is to come up with a word or short phrase that sums up how you'd feel when that which you hope for comes to pass. Certainly, if all your financial challenges were overcome, there would be relief, joy and peace of mind. Perhaps you have another word but choose that word now.
4. Okay. So what is going on in the back of your mind right now? Is some little doubting voice saying, "I certainly hope this happens" but then another voice is saying "it won't happen and \*\*\*\* will happen instead". So what is the fear (i.e. the \*\*\*\*) you have identified?

In this little exercise we've identified a goal (point #3) and a fear (point #4). Using this information we can now come up with a personal affirmation such as:

I release my fear in (the fear you identified in point #4) and I gratefully accept (your goal identified in point #3).

So your affirmation might look something like:

*I release my belief in lack and I now accept unlimited financial abundance.*

OR, it could be narrowed down to:

*I joyfully accept unlimited financial abundance in my life now!*





## WHAT NEXT?

The aim of this booklet has been to show how things get to be the way they are and to suggest a new approach.

Yes, we all want to be happy and for most of us this means health, prosperity, a meaningful relationship and a purpose in life. As we have seen, it's a three step process:

- focussing on what we do want, and not giving our attention to what we don't want,
- freeing ourselves of all fear and living in faith,
- practicing staying on track and, besides affirmations, there are numerous other ways we can do this including:
  - visualisation,
  - silence,
  - meditation,
  - listening,
  - journaling,
  - gratitude.





## VISUALISATION

Visualisation is where we use the Law of Life for a specific purpose; it's where we create a mental movie of the final result we wish to experience.

Let's use the example of going for a job interview for a position you'd really like. This is your dream job – let's say it's as the head tour guide for a company called First Class Sun Destinations. This company works in conjunction with several international first class shipping companies which sail in the Mediterranean during the Northern Hemisphere's summer months and then in the Caribbean from October to April. As well, they have an association with the world's two largest first class hotel resorts. Not only will the position allow you to travel and meet new and wonderful people, you know that the type of client who use this company is prosperous and you choose to associate yourself with prosperous people in beautiful surroundings.

To begin, find a comfortable chair where you can develop your movie. Gently close your eyes, concentrate on your breathing as you allow your body to relax, and create in your mind's eye the room where you'll have the interview. You've already researched who will be there, where the meeting will be, and know all there is to know about the company.

Now imagine yourself in that room, talking and laughing with the people who will be your colleagues. You feel relaxed and comfortable; you're enjoying meeting these people and swapping stories. It feels so natural; almost as though you've known these people all your life. Put as much feeling as possible into this meeting. Hear people talking. Hear your responses. It's not like an interview at all – it's like old friends getting together and having a wonderful reunion.

Then the person who's in charge of the interview asks you about the starting date. Hear him or her say, "Welcome. We really want you working with us. We all feel you'll be a great asset to this company with your knowledge and personality. We never thought we'd find such a perfect fit as you for our team."

Then see yourself being taken to meet the people who will be reporting to you. See the smiles. Hear the words of welcome and just know in your heart that you are there!

Visualisation is living your dream and, by adding feeling and emotion, you're inviting the Law of Life to give you your desire. Try this upon waking in the morning and when going to sleep at night. As you sleep, your subconscious is actively working on the last thought that your conscious mind held as you drifted off to sleep in peace and silence.





## SILENCE

In our busy lives we often have difficulty finding time to be alone and to enjoy the peace of silence. But practicing a period of silence each day soothes the mind and whatever soothes the mind has a beneficial effect on the physical body.

We all know that our physical bodies require regular periods of rest and relaxation; so too does our mind and that inner essence we call our “being”. Continual action and interaction in the world takes away from a feeling of inner peace and so we must constantly love ourselves enough to devote more time for silence, peace, meditation and reflection.

The easiest way to experience silence is to be alone in nature – rambling through a forest, walking in silent fields, or sitting alone contemplating a scene of natural beauty. Of course we can’t all escape from a city or our home life to experience this as often as we’d like so we need to find a place in our home where we can be “alone” for a while with radio, television and telephone off and to just relax into that wonderful sound of silence.

This gives us a chance to not only be by ourselves but to allow that inner flow of life to restore our outlook both on the world around and within us.

Silence is a gift, particularly for those with large families and busy lives. For most, 15-30 minutes a day of total silence is a God-send. Some choose to build on this daily ritual to a day-a-week, or month, of living in total silence.

Silence should not be confused with meditation (see next section). The purpose of silence is to give ourselves a space where we can simply be – with nothing planned, no outer activity and no program. It’s where we can be our true self, refreshing ourselves as does nature in the gentle mists of the morning dew.





## MEDITATION

Meditation is a universal practice well known in all philosophies and religions.

In essence, the purpose of meditation is to still the mind, to get away from the external world, and to relax in an inner space of total acceptance of the Infinite flow of the universe. It's a known fact that allocating a set time for meditation each day results in greater peace and joy. Actually, the words "tranquillity" and "serenity" would be more apt.

Just as there are some 7 billion people in the world, there are 7 billion ways of meditating, and your way is the right way for you. Some individuals and groups aim for an altered state of consciousness whilst others are content with mentally centring themselves in the flow within, or by concentrating on a word or a feeling, or by visually focussing on a light or object of beauty such as a rose, or by chanting. There are unlimited ways to train the mind to focus on the present moment, thus allowing ourselves a greater awareness of the eternal now.

As previously stated, there is a universal energy through which, and from which, everything is created. We can say, therefore, that each of us lives, moves and has our being in oneness; that this oneness is the truth of our being and that meditation is a means of consciously experiencing this state of oneness. So meditation helps us let go of the external world and its busyness, and to unite with the oneness which is our true being.

We usually start a meditation session by closing our eyes and following the breath in and out as we allow the body to relax. This simple action helps loosen the mind, calm the body, and allow for a higher awareness of oneness.

If you are new to meditation, be gentle with yourself and start with a few minutes at a specific time each day and gradually build up to 30 minutes a day. Each time, begin by quietly focussing on your breath, allowing your attention to remain on your breathing for a longer period each day.

For me, a beneficial method of meditation is to focus on a desired state of mind, such as peace, or love, or joy, as my body relaxes. By contemplating this desired state I find that the infinite causal energy flowing through me quickens my awareness of this quality and, as we have learned through the Law of Life, what I concentrate on increases.





## LISTENING

For many, listening is a lost art. In today's busy world of continuous talk, television, the internet, action and reaction, the act of listening has become a rarity. And before you say, "but I always listen to what others say", I'm talking about listening with your inner ear.

To listen, to truly listen, means to still our conscious chit-chat (both internal and external) and to listen with our whole being to what is happening here and now.

There are two types of listening – listening within and listening to the external sounds (people, animals, and nature).

Let's start by listening within and doing a very simple exercise.

Find a comfortable position, relax, close your eyes and concentrate on your breathing. For a few minutes, listen. Listen to your thoughts. Wait and listen with expectancy for the next thought, and then, ever so intently, for the next. In this silent listening mode you are totally immersed in the presence of the here and now, attuned to the vibration of the universe.

What do you hear?

That inner voice or "knowing" has many names. Intuition, our higher self, infinite intelligence, our inner guidance, and the "still, small voice within", are just a few of them. But whatever you choose to call it, one thing is sure – it is peaceful, unflappable, and full of love.

If we listen it will guide us not only in this moment but through all of life. And if there is anything we need to know, we need only ask it by saying, "Show me (or tell me) in a way I understand, what I need to know in this situation." You will be guided and directed by your inner voice.

Listening to other people (and animals and nature) is equally rewarding.

By concentrating on listening to others, we are giving of our self. It's been said that loneliness, or the feeling of being alone and not being listened to, is the greatest ailment of the human race. Listening without comment, judgement, condemnation or criticism, is a gift which is amply rewarded.

Just as each book contains a story to be read, so does each individual contain a story to be told. Listen. Listen to their story and not only will your heart sing, but you will have a friend for life.





## JOURNALING

Journaling is not the same as keeping a diary. Whereas a diary records daily activities, the purpose of journaling is to reveal important aspects of your life such as values, insights, meditative experiences and life dreams. It's also a mechanism for identifying harmful patterns which you may then wish to change.

Journaling provides us with a chance to more clearly see the inner experiences of our life journey and is an excellent way of recognising thought processes that may have attracted unhappy experiences. Such processes are usually indicators of behavioural patterns that require attention.

To prepare a journal, simply use a loose-leaf binder that's divided into several prominent sections. Here are a few suggestions.

### - MEDITATION REVELATIONS

As the heading implies, this section is for you to write about your meditation experiences and the insights you gain from them

### GRATITUDE

Each night before you go to sleep, write down at least five things that you're grateful for. Gratitude always attracts more things to be grateful for.

### DIALOGUE

We're all used to holding dialogues in our mind but have you ever tried putting them in writing? You might find interesting insights coming from writing a dialogue between yourself and your life experiences, the people and things in your life.

### DREAMS

We all dream and often wake up asking, "what does that mean?" Dreams are our subconscious telling us something that may require interpreting and by writing them down we can frequently see that an insight and new direction is being revealed.

Journaling is personal and it can be fun; the unexpected is often revealed. Simply take time as frequently as possible to write, allowing your inner voice to express itself.







## G R A T I T U D E

It's been called the greatest causal energy in the world. It's easy to be grateful for something such as a gift, or spending time with friends, or an unexpected "piece of good luck." How about being grateful for the sake of being grateful?

Through the Law of Life we bring into our individual lives the results of the seeds we have planted. We can see that by being grateful we are stirring up the energies around us to bring more good into our lives.

So let's be grateful, not only for the things we can see and experience, but for the sake of being grateful.

## *A final note ...*

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