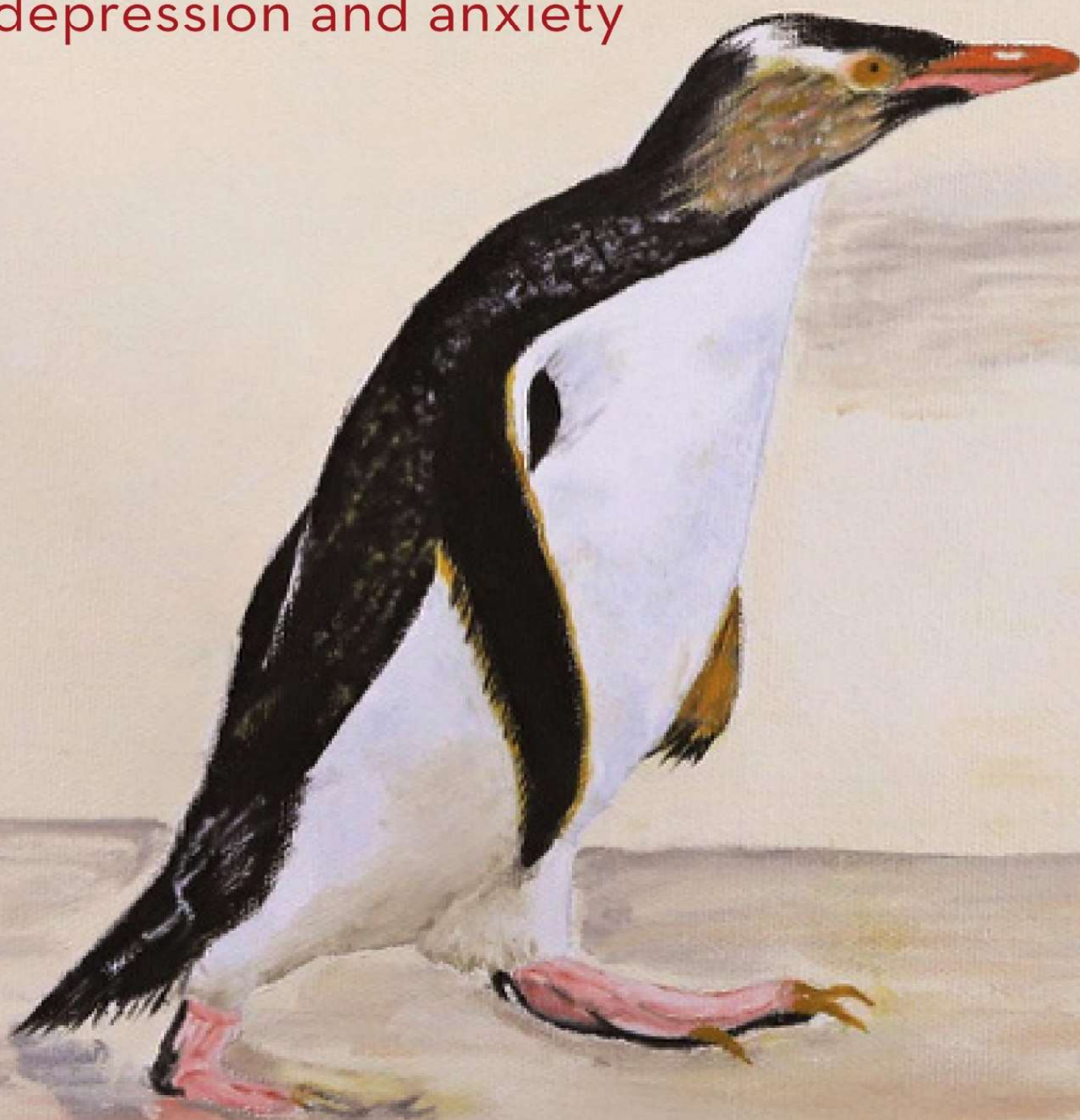


Creativity

A guide to living with
depression and anxiety



Lynda Wyatt

CREATIVITY: A GUIDE TO LIVING WITH DEPRESSION AND ANXIETY

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DEDICATION

To all those who suffer with depression, anxiety, and mental health issues.

L.W.

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PREFACE

Welcome, my name is Lynda. I am first and foremost a seeker of the truth.

My intention is to share my truth with you, and to provide an understanding of how inextricably united the mind, body and spirit are – they are ONE. If you target something on a physical level only, you will not reach an optimal level of health and wellbeing.

Throughout this book, I will be talking on a spiritual level to encourage you to connect with your higher self and divine guidance. People share different ideas, values and beliefs. We are all unique human beings.

The average person likes to be able to categorise everything and tick the boxes, or to put everything together and chop it up to suit their taste. When matters don't seem to be answerable scientifically or spiritually, people may deny that they exist. We could divide viewpoints into two separate categories, crypto-physical and crypto-spiritual. 'Crypto' means simply hidden - in other words, items which are not yet understood or explained to the satisfaction of our current logic. We cannot deny the existence of the first category from a scientific viewpoint, nor should we deny the existence of the second category from a mystical viewpoint.

This guide has been put together over the years by gathering information from many books, research, the skills I gained from my Diploma in Psychology, Neuro Linguistic Programming and the Bowen Technique, and foremost my own personal experiences and learnings.

INTRODUCTION

This inspiring health guide is designed to assist us in achieving a state of harmonious interaction between body, mind and spirit and to realise we need to work with them to find our own essence so that true magic can happen.

The aim of this book is to:

- Offer support if you are dealing with depression and / or anxiety, helping you to move towards a healthier, happier life.
- Awaken the light within you and set you on a journey in finding your True Self.
- Assist in learning how to find 'Soul' if it seems to be in constant dispute with the mind, and to develop 'listening skills' to be able to pick up the body's signals for help.
- Recognise problems that are causing stress and learn how to use emotions as the most powerful tool to create your own reality, using your vision and perceptions.
- Help you realise that you can allow more confidence and happiness into your life to interact with other people in a more loving way.
- Provide a comprehensive approach to understanding the subtle energy field of the human body and its connection to holistic health.
- Help you find your own solution to the difficulties on life's journey, leading to increased motivation.
- Highlight that you don't have to be a product of your environment, you have the power and tools to create your own reality at any moment.

The book comprises 10 chapters, each requiring time to make sense of the message and to put it into practice. Like all reading material, you can judiciously incorporate the teachings of others, while balancing this with your own resolutions and revelations. It is designed so you may work at your own pace.

"Knowledge is experience, anything else is just information." Albert Einstein

We need hope

I am not here to deliver miracles. Everyone carries with them an incredible amount of knowledge and inner wisdom. I am here to offer you some information in the hope that something will tap into, awaken, or open a window for you that will make a difference, no matter the size.

The moment is now ... it is your choice!

CHAPTER 1

CREATING YOUR OWN REALITY

Everything you see, feel, experience, perceive or are aware of, can only be in your life because you believe it to exist.

Everyone experiences a different world according to their belief patterns. If you believe it doesn't exist, it doesn't – in your world.

Unbelievable as it may seem, every situation exists because you created it.

Every person is there because you attracted them into your life.

Every action you encounter, everything that happens to you or is done to you, occurs because you choose it.

If it is in your world, somewhere along the line you have conceived of that possibility. If you had not agreed to the possibility that it could exist in your world, it cannot occur.

Belief patterns can be formed prior to birth whilst still in the womb and can also be carried through from your previous incarnations. People often adopt the beliefs of friends, family, the media, society and education. There are many beliefs found within each race, culture or nationality and whole systems of beliefs can develop or change completely with one generation. When you arrange your incarnations, you choose specific cultures to be born into, and are aware of the beliefs that already exist in those areas. You choose whether to believe these things or not. All beliefs, no matter how they are formed or where they come from, are agreed to by you. Additionally, no matter how they were formed, they could exist with you in this moment.

Even if you had a belief pattern that you have since changed your mind about, you have already decided that it exists in your world. Even if you change your mind, you often don't completely relinquish and erase a belief. You usually still feel it is a part of the world you live in. Most of the time it's a case of replacing one belief with another. The belief that people have the most faith in, is the one that is most predominant in our world.

In creating your own reality, and given that your thoughts create your world, you may well ask "Why would that be, why would I create turmoil and bring unhappy situations and unhealthy relationships into my life?". I've asked myself these same questions and grappled with the answers many times and still do to this day. Each person and every situation that comes into your life is there because you have projected your thoughts, feelings and emotions into the world around you, thus attracting situations and finding people in your life to mirror this. These situations and people come into your life as lessons necessary to learn on your life's journey. If you do not recognise and learn from these lessons, they will be presented again and again until you do. I fit into this category, and am likely a slow learner! It does not pay to go through life wearing your heart on your sleeve. Indeed, some of the lessons are harsh and difficult to understand, but are necessary for growth, development, insightfulness and understanding.

As you create and work toward reaching your goals and finding happiness in your world, be loyal to your heart's desires. Individuality is your own personality. Don't let people manipulate, control, twist or analyse your energy.

Do people in your life make sabotaging comments? Do the following sound familiar to you:

- Why would you want that?
- What makes you so special?
- You will never be successful.
- What makes you think you'll succeed where others have failed?
- It's been done before.
- How are you going to make it happen?
- You are a dreamer, living in a fantasy world.
- You will never make any money out of it.

What are the reasons behind these comments?

- Do people feel threatened by you?
- Are their thoughts and feelings based on fear?
- Does your motivation, ability and positive energy make people look at themselves and question their own abilities and lack of effort in moving forward in life?
- While it has been done before, perhaps you may have a different approach and perspective; your new ideas and methods can produce new and exciting things.
- Where would we be without dreams? Dreaming leads to reality. Dreams are free.
- Is money a true definition of success?

Stand strong in your own power, be in your own truth, listen to and trust in your own intuition. Create your own way of doing things. Surrender to the love of yourself. See and feel yourself as already there, already doing it, living your dreams and reaping the benefits. Accomplishment, self-gratification and success are not measured only by the dollar. If your endeavours bring you monetary gain, it is because you have worked hard for it, and you deserve it. If monetary gain has not found you yet even though you have worked hard towards it, you equally deserve it. Success, or more accurately, the feeling of success – for it is only that, a feeling – is much more personal than the number of zeros in a bank account. If your creation or project brings appreciation or happiness to you or others, then these are the moments where you will be bursting with a feeling of success. Everyone has their own personal definition of success. Some people who have not supported you during your growth, may be the people who will want to ride on your success and glory. By then, however, your growth has you vibrating on another frequency, and you will not be concerned by this. We will talk more about human vibrational frequencies in Chapter 7.

“Creativity is the soul at play. Find a way to spend some time with an activity that reflects your essence. If you love to sing, belt out your favourite songs in the shower. Better yet, join a choir and make your gift public. Do you love to write? Start that novel or short story or keep a detailed journal. Consider submitting your work to a local newspaper or magazine. Or offer to write the newsletter for an association, company or club. Is your humour so topical you could perform at a comedy club or write jokes or a well-known comedian? How can you express your creative urge – through gardening, sculpting, writing poetry, painting, cooking, quilting, restoring vintage cars? Do you make room in your life to indulge this urge in some way? More important, do you share this self-expression with others? When we publicly express our creativity, we broadcast our love. The positive energy of any creative act takes the form of pure love. The world needs your creativity, your love.”

G. Stokes. pp. 92-93. Contentment 2002

Set yourself a task to create something, whether it be planting a garden, painting, mosaics, writing poetry, writing lyrics to a song, pottery, knitting, crochet, cross-stitch, decoupage, maintaining a motor bike or a motor vehicle - whatever you are drawn to doing. If you have not done anything with art and craft before now, make your first attempt a simple one - for example, collect things from the beach, the bush or garden and create a collage or a table decoration. Creating a vision board is fun. Draw or paste pictures of your dreams like, a new car, your dream job, travel etc. Make it big, bold and colourful. Put it on your wall for you to see every day, sending that positive energy out into the universe. Engaging in creative pursuits helps you to relax, focus on something positive, and gives you the satisfaction and pride in what you have achieved. Send photos of your new creations to friends and family along with your pride in achieving a task.

“The creative act has been experienced throughout the ages as a sudden, effortless flash of insight from a higher dimension beyond logic or rational analysis – from the superconscious layer of the mind. The German opera composer, Richard Wagner ‘heard’ his music spontaneously. Charles Darwin, after years of gathering scientific data, suddenly realized this theory of evolution while taking a carriage ride. Michaelangelo could only create in what he called a ‘seizure of the soul’ when the ‘spirit of God’ would elevate him to an ecstatic state. And Albert Einstein revealed that he did not discover the theory of relativity by conscious logic and reasoning, but by the way of intuition.”

Ananda Mitra. p. 18. Beyond the Superconscious Mind

By engaging in art and craft pursuits, you are creating action and balance of the mind / body / spirit connection. Also, you are encouraging the unison of left and right brain activity. Your creative activity leaves little room for negative thoughts, feelings of depression and anxiety, a welcome rest and reprieve, I'm sure you would agree. Once you lose your anchors of self-esteem, confidence, and taking care of basic needs, it is no surprise that you feel depressed, self-doubting and insecure.

Seek out groups that are already creating art and craft in your area. That way, you are forming new friendships, and new social bonds. Your local newspaper, Facebook, Neighbourly (a New Zealand social networking platform) and Meet Up, for example, are places that detail what is happening, and which groups are up and running. Even if you feel that none of these events interest you, choose just one that interests you even a little. Puff up your courage and self-confidence to reach out in your community, you may be pleasantly surprised. Sharing common ground with like-minded people helps to cope with times of depression and anxiety. Being face-to-face with people has never been so important, given the tsunami of social media and technological gadgets. In sharing your day-to-day activities and your news face-to-face you can share your friend's reactions, their surprise, their joy, their understanding. Sharing these same things on Facebook or other social media lessens its power and robs it of the magic.

Human cells and their lifespan

We have an estimated 73 trillion cells throughout our body. Each of those cells carries a memory, a memory of every physical, emotional, mental, and spiritual experience. The memory is not limited to the 'here and now' rather it carries every memory – from within the womb, from that which is genetically passed down from your parents, grandparents, and even from previous lives - in every single part of the body. These cells form 'neural networks'. Although your cells are always renewing and replenishing, the memory from the

dying cells is carried into the new cells and networks. If you were to make a conscious effort to replace negative memories that wear you down – break free of this cycle and instead remember to think of the nice positive memories you hold, then the good memories can live on in a healthier body and the bad ones can die.

Each type of cell has its own life span. Red blood cells live for about four months, while white blood cells live on an average for more than a year. Skin cells live about two or three weeks. The neurons in the brain are all but identical to the olfactory cells in your nose, which give you your sense of smell. Olfactory cells are replaced every four weeks. When the human body dies, it takes hours or even a day before all the cells in the body die.

Neuroplasticity. Neuro is the ‘neuron’, the nerve cells in our brains and nervous systems. Plastic denotes changeable, malleable. For around 400 years neuroplasticity would have been inconceivable because mainstream medicine and science believed that brain anatomy was fixed. Even when scientists first discovered neuroplasticity, they kept their findings quiet to avoid disbelief and criticism from the science world.

The reason I talk about the brain, its activity and neuroplasticity, is because depression is often a result of repressed anger, fear and negative thinking. So, if we can make a conscious effort to reframe and replace negative thoughts with pleasant ones, then it can help toward resolving some issues surrounding our depression and anxiety. People have developed habits of repeated thinking and negative feeling without really being aware of it. Introducing new habits of pleasantness requires conscious effort, discipline, and time.

Suggestions:

- When you find yourself having a negative thought, change it to a positive one.
- Make a conscious effort to engage activity in both your left and right brain.
- Engage in being creative.
- Meditate. Meditation does not necessarily mean sitting cross-legged with candles and incense; meditation is simply a change of state and can be done in many ways. Choose a quiet place in a chair, on your bed, under a tree or wherever you are most comfortable, and enter a relaxed, peaceful state, perhaps using a guided meditation online.
- Seek out help from someone, such as your doctor or holistic therapist.
- Spend time with friends, talking, listening, sharing face to face. Choose those you feel comfortable with, and who resonate well with you. Engage with friends who enlighten you, uplift you, and encourage you.
- Navigate your time and energy and make a point of adding these exercises into your daily routine. It's easy to introduce new proposals for one day, then forget about it the next. A level of discipline is required here. After all, you are trying to break a habit of a lifetime, so don't expect to see results overnight.

Creative listening

Listening is a skill. How many of the people in your life REALLY listen to you when you are talking? Do YOU really listen when people share their stories with you? Do you attempt to step into their world, if only briefly, so that you may have some idea what their life is like for them? Do you interrupt the person you are talking to, with your feelings, thoughts, and experiences? Do you give your full attention to the person sharing their story with you? Do you listen without passing judgement or criticism?

“There was a time when human beings grew up cradled in stories: both the human stories of their family and tribe, and the superhuman stories that gave meaning to the world around them. Our brains are structured to respond to stories rather than to facts and theories, and brain scans show that when one person tells a story and another listens, their brains synchronise. In ancient times this gave us a source of connection with the wider world of humanity, or inspiration to be all that we could be, and of hope that things can be better if we were facing a darker time.”

Richard Bolstad
New Zealand Association of Psychotherapists, NLP and Coaching Trainer

Listed below are the essences of life that make up your psychological wellbeing. Any changes in your life can temporarily affect any of these areas; adult life is full of transition. There is no fixed order to these parts of you, they weave in and out of each other to meet the needs of your everyday life:

1. Belonging

Being a central part of the social world

Having a social life to feel that you belong

Feeling as though you belong in the environment in which you live

2. Mattering

Feeling that you matter to others

Feeling that people value you being around

3. Autonomy

Feeling that you have a reasonable amount of control over your life

Believing that you can influence and shape your work, relationships, and leisure

4. Competency

Feeling you are capable of doing what you need and want to do

5. Commitments

Introducing people, activities, or values that give meaning to your life

6. Intimacy

Having close attachments

Having someone to share your feelings and concerns with, as a guard against loneliness

7. Identity

Having a strong sense of yourself, of who you are, and a stable identity

8. Renewal

Having energy and enthusiasm for what you do, to maintain zest for life

Think about these issues and decide which one is the most important one to you at this point in time. Focusing on just one and giving it some attention will be beneficial to you.

Left and right brain functions

LEFT BRAIN

Language
Logic
Critical thinking
Numbers
Reasoning

RIGHT BRAIN

Recognising faces
Expressing emotions
Music
Reading emotions
Colour
Imagination
Intuition
Creativity

Left and right brain hemispheres

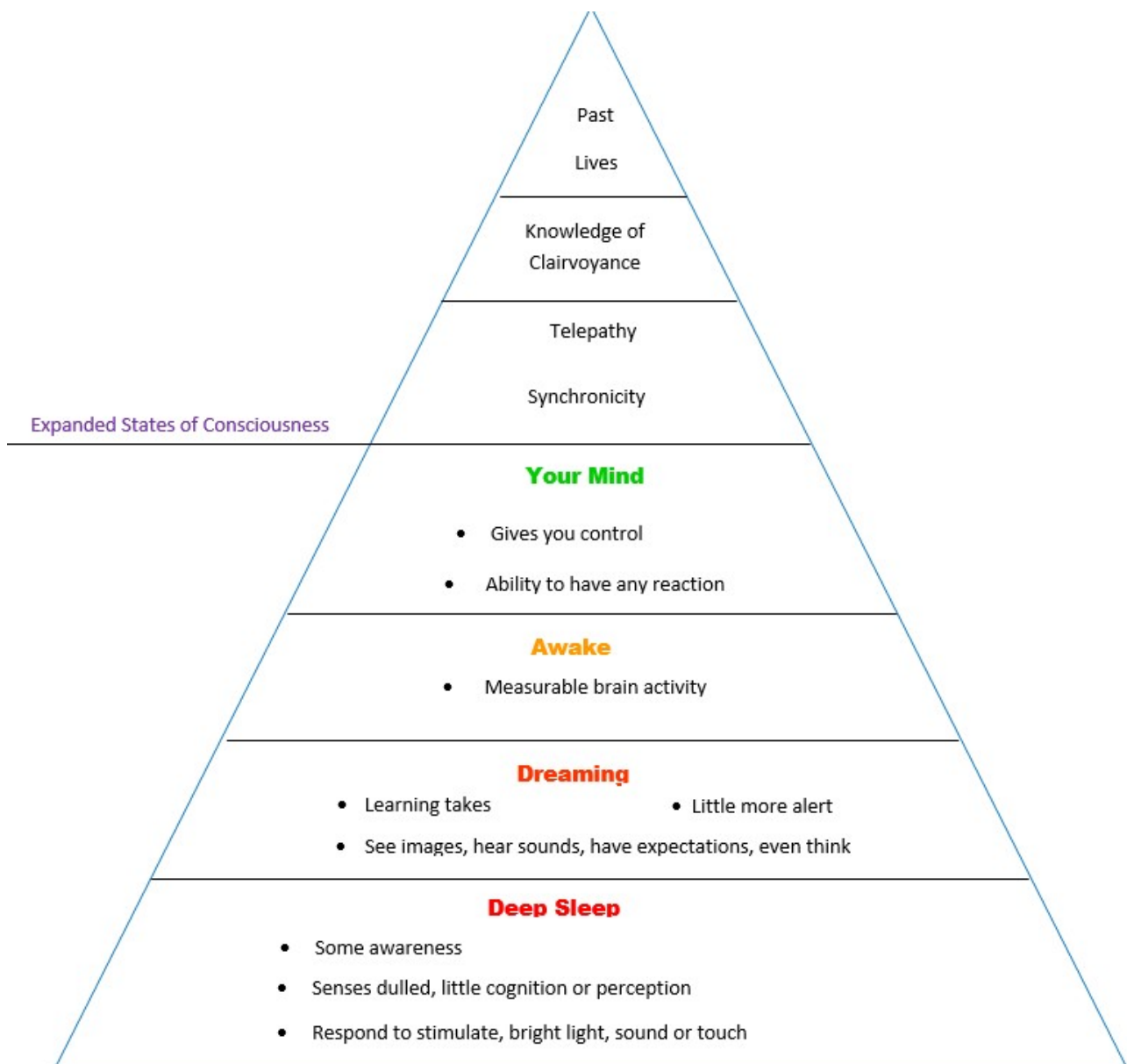
Ancient techniques teach us how to use both hemispheres in a balanced way to empower ourselves. However, like everything in life, it is a matter of learning and practice. It is said that men and women have different ways of thinking. Through learning how to recognise each hemisphere's functions, you can utilise both sides. The effect of male hormones on the left side of the brain, makes men seem more logical, analytical and rigid in thinking, having difficulty thinking of more than one thing at a time. On the other hand, woman can be more open to new ideas with sometimes insufficient scrutiny of the left brain. In today's world, male and female seem to become more androgynous as societal roles are changing. Fathers are becoming more involved in the nurturing and raising of their children, while mothers are actively involved with their careers.

You have a powerful programming mechanism which usually operates outside the sphere of your conscious control, and these emotional stages largely arise from learned behaviour and conditioning. Therefore, to change your belief systems and perceptions of life you need to tap into your right brain to receive information from the soul and to relax the dominance of the left brain. The mind has authority over the physical body.

Your cells have receptors and transmitters that communicate from one cell to another. Your thoughts turn into chemicals and communicate throughout your cells. Happy cells, anxious cells, depressed cells, and excited cells all relay chemically to other cells, creating your feelings. Your positive thoughts relay chemically to your cells of happiness, joy, good health, and wellbeing. Your negative thoughts create feelings of heartache, stress and fear, causing your immune system to weaken. Your cells have their own special DNA, which carry a highly individual signature. Your immune cells recognise your own DNA and would reject any foreign cell that it could not identify with. Your immune system has its own intelligence. When cells turn cancerous, they have lost their DNA. A healthy immune system would recognise these cells as foreign, attack and destroy them. Feeding your cells with healthy thoughts and emotions is as important as feeding your physical body with healthy food. Scientific studies have been carried out on cells that have turned cancerous, as a means of discovering a cure. Science is slowly coming up with magical cures for cancer, and is acknowledging a more holistic view, recognising that emotions are responsible for the health of the body's cells. They have turned their attention to looking at ways to restore the immune cells, and to create new environments for the cells before they turn into cancer or other disease. Your mind gives you total control, and the ability to have any reaction you want.

This is consistent with the theory regarding what occurs in the brain of a person experiencing profound spiritual or mystical states - it leads to decreased activity in the parietal lobe which is associated with an increasing sense of oneness.

I talk about brain activity because by engaging in art and craft pursuits, you are creating action and balance of the mind / body / spirit connection. You are also encouraging the unison of left and right brain activity. Your creative activity is leaving little room for negative thoughts, feelings of depression, and anxiety, providing you with a welcome rest and reprieve. In addition, when using both left and right hemispheres of the brain, you encourage your levels of consciousness to expand.

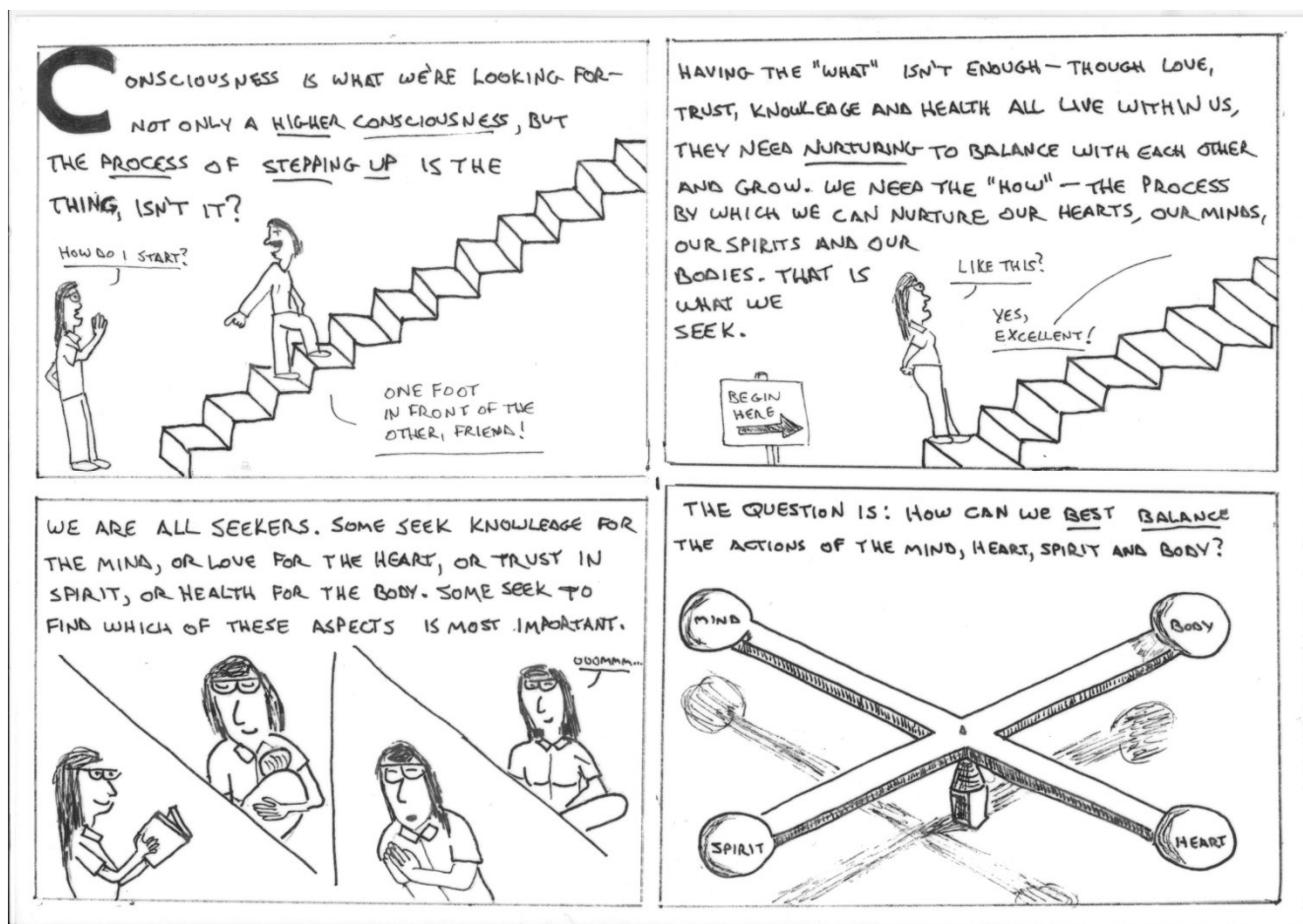


Seven States of Consciousness

Many of the seven states of consciousness have not been investigated by modern medical researchers and some of them are not recognised by mainstream science. Because we are still in the early stages of evolution, most of us experience only the first three states of consciousness. Eventually though, we will recognise and understand the more expanded states of consciousness, and when we do, such concepts of telepathy, clairvoyance, synchronicity and knowledge of past lives will become commonly accepted. Neuroscientists have revealed that our unconscious minds are many times stronger than our conscious minds. Our conscious and unconscious minds do not necessarily follow a step-by-step pattern, but rather, we weave in and out of these layers, just as we do with our developmental stage.

"Most people in the world are caught up in the endless maze of lower planes of life, wandering here and there to possess objects to delight the senses. But instead of satisfaction, they find frustration. Sometimes their lives seem dry and insipid – sometimes their egos are tossed about by anxieties, fears and doubts – sometimes their minds suffer the pain and sorrow of disappointments and loss. Just as we cannot clearly see the reflection of the moon in a turbulent lake, we can never attain the peace and bliss of our innermost selves, the Supreme Consciousness within us all, because of the restless impurities of our lower minds. The process of self-realization is the effort to raise the mind step by step through all levels to purify each one by one. One must experience and cleanse each and every layer, none can be neglected."

Ananda Mitra. p. 71. *Beyond the Super Consciousness Mind*



Summary

While the terms 'unconscious' and 'subconscious' are often used interchangeably particularly in casual conversation, they represent distinct concepts, especially within the field of psychology. The unconscious refers to a deeper, inaccessible part of the mind holding deeply buried thoughts, emotions, and memories, including repressed or traumatic experiences. The subconscious, on the other hand, is a more readily accessible realm of the mind where thoughts and feelings can influence behaviour without conscious awareness but are not as deeply buried as those in the unconscious. Likened to the iceberg model of emotions we talk about in chapter 3, the conscious mind represents the present mind that sits above the waterline. The subconscious mind is the floating mind and sits below the waterline, and the unconscious mind sits deeper in the buried mind, well below the waterline.

May we be reminded of the importance
of balance and harmony between
mind, body, spirit
to love and be loved

Kia maumahara tatou ki
Nga taonga nui ake
Tera ote hinengaro, tinana
me te wairua
Ma te aroha I hopu I te aroha

CHAPTER 2

REST & RELAXATION, THE REAL YOU, RELATIONSHIPS

How often do you take time out to relax? Not nearly enough, I bet. When you ask people how they are feeling, how many of them say they are tired? We are living on the edge of exhaustion. Our hectic schedules are pushing aside and excluding the most important things in our lives, spending time with families, friends, and even spending time alone just to 'be at one with ourselves'. How can we be doing anything 'well' or 'beneficial' when we are doing everything in a hurry?

Always in a Hurry:

Busy	Controlling
Aggressive	Hurried
Analytical	Stressed
Superficial	Impatient
Active	Quantity over quality

Now let's look at Slow, being the opposite:

Calm	Careful
Receptive	Still
Intuitive	Unhurried
Patient	Reflective
	Quality over quantity

It is difficult to make real and meaningful connections with people, culture, work, food, and our everyday activities if we are always going fast. As we continue accelerating, we become increasingly accustomed to going fast, and as we do, our lives and our relationships can become fraught and dysfunctional. A high percentage of families these days, are dysfunctional. Are parents spending more time on the weekends taking their children to the bargain stores with some spending money in tow, rather than picnics in the park, teaching the kids how to bake and make things, or visiting grandparents, aunts and uncles? How much material wealth are people prepared to sacrifice, individually or collectively, in order to slow down and spend time on the momentous things that cannot be secured or recaptured?

It is not only our relationships that are suffering in this highly accelerated world; our health, our environment, our plants, and our food are affected. Natural processes have been destroyed in favour of food that is fast, cheap, abundant, and standardised. Chemical fertilisers, pesticides, intensive feeding, antibiotic digestive enhancers, growth hormones, rigorous breeding and genetic modification are stripping the natural goodness of things in favour of speed and greed.

Twenty percent of your time can generate eighty percent of your productive output. Can you manage to put aside 20% of your time? This could include time organising your diary, prioritising your weekly activities, or just making a simple list – activities that can help eliminate that tendency to go over and over things in your mind. Meditation is a great way to spend some of the 20% of your time, as it is during these times you will find inspiration, new ideas, and solutions to all sorts of problems, and importantly allowing yourself the time to reflect.

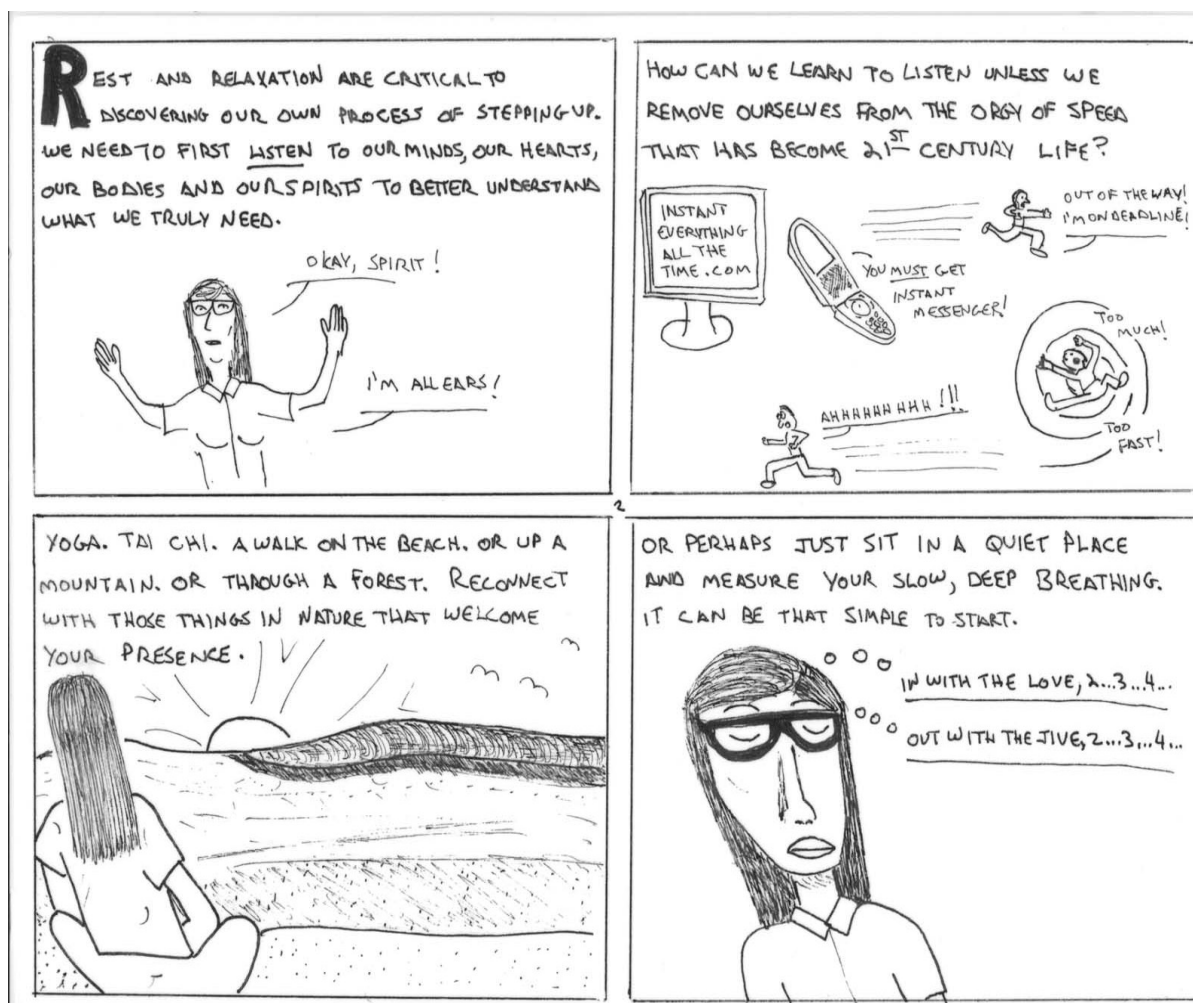
REST & RELAXATION

The Benefits of Having an Afternoon Nap

"Sleep experts have found daytime naps can improve many things: increase alertness, boost creativity, reduce stress, improve perception, stamina, motor skills and accuracy, enhance your sex life, and in weight loss, reduce the risk of heart attack, brighten your mood and boost memory."

www.medium.com

Sir Winston Churchill managed on just four hours' sleep a night during World War 2 but insisted on a two-hour nap in the afternoon. Albert Einstein reportedly slept for 10 hours a night, plus daytime naps.



Stress

Letting go of fatigue is the same as letting go of stress. Fatigue is the shadow of old stresses that build up in the nervous system. As discussed in Chapter 1, your cells have an incredible memory. Over time, the memory of stress becomes imprinted so deeply into the cells that they begin to lose their ability to function well. As these cells break down, it is like disrupting an electrical circuit - the cells weaken, finally resulting in disease. Doubting yourself creates restlessness, insecurity and sometimes almost paralysing fatigue. You are tired because you are constantly in conflict with yourself, because there is conflict between your inner wisdom and your rigid personality. This is the conflict that may lead you to turn on the TV, go out shopping, perhaps turn to drugs, alcohol, or gambling. It separates you from that which is essential. You waste valuable time in your life because you cannot stand being alone with yourself. You get caught up in a net you have spun for yourself, caught in your self-created prison and your repressed fears which may become physical pain or illness. You manifest your life, creating it minute by minute.

The stress cycle

Blood pressure, Brain, Pulse

Releases ACTH

Go Up

(stimulates adrenal glands)

Liver

Releases stored blood sugar

Beta-Endorphin

(natural narcotics)

Sympathetic Nervous System

Releases norepinephrine

Prostaglandin E1

(natural anti-inflammatory)

Adrenal Glands

Release Epinephrine

(Adrenaline Cortisone)

Serotonin

(speeds up ability of nerve cells to communicate)

Pancreas

Releases

Either insulin or resulting insulin

Lower blood sugar. Leads to stress

This is commonly known as the “fight or flight” cycle. If you fail to dissipate the stress chemicals by physical exercise or deep relaxation - which also act to decrease blood sugar, epinephrine and norepinephrine - then the cycle continues.

Carolyn Myss: The Creation of Health; The Emotional, Psychological and Spiritual responses that promote Health and Healing.

THE 'REAL' YOU

Thought

Is a vibration to bring about an action, new idea, or plan towards a goal; its application is the manifestation that creates your own unique reality.

Belief

Belief is the very basis of individuality.

It separates one individual from another.

It is only 100% true to you.

It becomes your biology (your health).

Perception

Is individual and unique and is based on your beliefs, which are also unique.

Each individual has its own interpretation of what it perceives.

Choice

Free will – either Yes or No.

When you say yes and mean no, you create an imbalance.

An imbalance is a change in body frequency and can result in illness.

There is no right or wrong way to do things. You do the **only** thing your thoughts allow you to do. You only **react** to outside forces as you meet life the way you do because that is the way you **choose** to act and **not** because of the forces. Not wanting or allowing others to believe as they choose is the cause of every conflict known to human beings.

The soul awareness is the 'real' you, the part of you that thinks and is often heard to say, "I knew I should have done that". It receives from and sends information to the brain like a human computer. The brain can think and is the central processing unit between your awareness (soul) and the ego (physical body). It receives information from the five physical senses, collates and labels all incoming signals, and passes information onto the soul awareness, and awaits instruction.

The ego is your conditioned state: a creation of you, your parents, your teachers and anyone else you choose to believe. It will do anything it can to survive, which is why physical man fears death. When you let go of the ego you will have everything you could ever want.

The physical body is the robot and works electrically. It receives vibrations through its sensors (nerves) and sends them to the brain (computer) to await instructions. Like all machines, it cannot do anything without you as the operator.

The operator plugs in the 'machine' with the first breath and unplugs it with the last. This creates a magnetic field, the aura, which is a means to govern where it goes and what other 'machines' it can work with. When the ego interferes with the signals between you (awareness) and the computer (brain) it causes malfunctions.

RELATIONSHIPS

I am not a relationship counsellor and can only impart the experiences and lessons I have learned through the relationships in my life. In the past, I have had the most atrocious choice in men! In all my relationships I love deeply, honestly and with compromise, often to my own detriment. It has taken me well into my mature life, to realise how important it is to love myself first, and not to adjust or dull down who I am to please someone else.

As you develop self-esteem and confidence, it is important to clearly set and state your personal boundaries. You will gain more respect from the people in your life by doing so.

The Rescuer

The Rescuer goes into a relationship with the best of intentions and warmth of heart, only to realise that these same intentions and warmth of heart are often not well received nor reciprocated. You cannot transform other people. All you can do is create a space for transformation to happen, for grace and love to enter. If you try to change others, you are going against the grain, the essence of who they are at this point in their lives. In doing so, are you, in fact, trying to control them? People have their own journey, their own lessons to learn, their own capabilities and their own purpose. Everyone has an agenda in this life different to that of our own.

“Don’t try to teach a pig how to sing. You are wasting your time, and the pig won’t like it!”

Anon

The Narcissist and the Empath

“Having a relationship with a narcissist is a rollercoaster ride where the lows can drag all sense of self-worth out of the empath partner. And yet, narcissists and empaths continue to be attracted to each other over and over again.”

p. 22. All About Me Loving a Narcissist

While there are narcissistic women, narcissism is more prominent in the personality traits of men. If ever there were one, this is the Age of the Narcissist. The empath will always end up hurt and on the losing end. In the defence of people with strong narcissistic traits, they tend to not be happy themselves and find relationships hard. What attracts the empath woman to the narcissistic male? He is alluring, has an exciting sense of unpredictability and originality, and a sense of fun. Sadly, empaths who have relationships with narcissists, only begin to realise how problematic their characteristics are once the relationship is well underway.

Most of the psychoanalytical accounts of narcissists are those of men. These are some classic narcissistic traits:

- Lack of empathy
- Arrogance
- Inherent charisma
- Self-importance
- An expectation of admiration and adulation

“Love can lead us down some strange pathways, including the attraction to this narcissistic man, only to find out he is deeply needy of constant attention, and needs his ego stroked. The personality traits of the narcissistic male become more chaotic and problematic as the relationship goes on. Extreme narcissism can be demeaning, imprisoning and corrosive to the empath’s sense of self.”

p. 96. All About Me Loving a Narcissist

If you are considering entering a more permanent relationship, take off those rose-coloured glasses (and we all wear them at the beginning of a new relationship), and observe the traits of your mate.

Indicators you may wish to observe, as you consider the future of a relationship:

- Does the person have a good relationship with their parents?
- What are their relationships like with their friends?
- What are their favourite pastimes?
- Does the person have goals and a positive outlook toward the future?
- What is the person like with animals? (The kindness and caring and / or lack of, often reflect these same attributes toward humans)
- Are the person’s habits and idiosyncrasies annoying to you? (Chances are these same annoyances will become more prominent once you are living together)

Some questions to ask yourself:

- Do you feel responsible for your partner’s happiness?
- Do you think you could develop good relationships with their family / friends?
- Are you a caring person?
- Do you overestimate how much you should be able to control life?
- Do you have high expectations?
- Do you tend to feel others are better than you?
- Are you frightened of relationships ending?
- Do you have a history of difficult relationships?

Let us reframe these statements, bringing in the positive aspects. At the same time, let us look at ways to best look after and honour yourself:

- You are not responsible for your partner’s happiness. Nor can you rely upon your partner for your happiness. Happiness is only found within.
- Yes, be the caring person you are, but remember to allocate the same amount of care to yourself.
- You cannot control the lives of others. Everyone is on their own life’s journey. You can, however, decide to share and walk alongside your partner in the absence of judgement and control.

- It is good to have high expectations. However, life does not always happen as we imagine it will. There will be disappointments, but we can learn from these and look to other directions.
- Each one of you is unique and special, in your own way.
- You are stronger and more resilient than you think.
- Yes, ending a relationship can seem frightening, however, you will survive. Look to people who uplift you and give you strength, to help you through these difficult times.
- If you have a history of difficult relationships, you can analyse them truthfully, learn lessons from them, and choose not to make the same mistakes again.

Is it any wonder that mature women are choosing a life of independence, celibacy, and freedom from the constraints of live-in relationships. Women have dedicated, sacrificed and given their 'all' to their children and families, and many are not keen to have an adult child to deal with.

Should I stay or should I go?

If you are in an unhealthy, unhappy relationship, only you can decide whether to stay or to go. Ask yourself truthfully, is your relationship giving you the love, joy, and respect that you deserve? Everyone deserves 'to love and to be loved'.

It is widely acknowledged that we live in a continuous state of transition. Given this, change itself is no longer a defining characteristic, so much as the rapidity of change. The nuclear family of husband, wife, and children is now only one of a rapidly developing range of family types.

Four central features of recent family change are common in post-industrial societies, and New Zealand is no exception:

An increase in the instability of partnerships.

A decline in the rate of marriage.

A weakening in the link between marriage and childbearing.

Women's economic role in the family.

Family systems today are characterised by:

High levels of extra marital childbearing

High rates of single parenthood

Less differential in roles between the sexes

www.stats.govt.nz

Often young girls, and naturally so, from childhood through to adulthood, fantasise, imagine, and dream about their wedding day. They have a vision of the wedding gown, the colours, the flowers, the venue.

I pose this question to which I hope you answer honestly to yourself. “Are you more in love with idea of your wedding, than the person you are about to marry?”

As I read back over this section about Relationships, I notice that it may appear to have negative connotations. The points made in this section are valid, and important in helping you to recognise the downfalls to many relationships. However, please do not let go of the idea or belief that relationships can be romantic, wonderful, magical, loving, caring, and long-lived. Don't give up believing that you may have found, or have yet to find, that special person for you, your very own 'soul mate'. Here is an important reminder: Don't ever **fade** or **shrink** yourself to fit the needs of your partner. Always be your **true authentic self** through and through. You may wish to make up a list of the attributes you would like to see in a future partner; make your list very specific to you, including your thoughts and wishes. By writing these things down, it gives it energy, so that it may be delivered to your divine Higher Self and to the universe. When this person steps into your world, and you can tick off your list, you will know in your heart that they are 'the one'. Love is **the** most important thing in our lives!

Summary

- It is extremely important to take time to rest and relax.
- Don't feel guilty for taking time for relaxation, it's more productive than you think.
- Slow is beautiful.
- The 'Real You' consists of thought, belief, perception, and choice.
- Living under constant stress without releasing it with exercise, meditation, or both, results in ill health.
- Relationships are complex and unique to each and everyone. Every person you connect with is here because you attracted them into your life. That person is in your life to mirror you, and to reflect and teach you the necessary lessons for your growth and development. “People come into your life for a reason, a season, or for a lifetime.”

CHAPTER 3

ENDOCRINE SYSTEM, EMOTIONS, EXPECTATIONS

ENDOCRINE SYSTEM

Your endocrine and gland systems are your connection to Spirit, or your Higher Self. The endocrine system remains the most unexplained and misunderstood system to date.

Auric Field	Electromagnetic energy field
Chakra	Distributors
Nervous System	Transmitter
Endocrine System	Glands secretion
Blood / Organs	To the tiniest cell (health or disease)

EMOTIONS

The iceberg model

Imagine yourself as being an iceberg. The upper part of the iceberg, the part that sits above the waterline, represents the vibration of your positive thoughts, feelings and emotions. Whereas the lower part of the iceberg sits below the waterline, and represents the vibration of all your negative and angry thoughts, feelings and emotions. Just like an iceberg, it is constantly moving and bobbing about in the water. When the tides change or the weather is bad, the movement of the iceberg increases. This natural flow and movement of the iceberg compares to the natural flow and ebb of human emotions. As movement and changes occur in your life, the lower part of your iceberg cannot help but be brought to the surface. These lower vibrations have been brought to the surface for a reason - for you to express, and for you to discover the underlying cause (this may not be easily identified) and to validate these feelings, thoughts and emotions. If you have a trusted friend or family member who will listen to you without criticism or judgement, then share your concerns. Sometimes another person's perspective can help you to see things more clearly or in a different light, to resolve these lower vibrational emotions.

Practising full emotional expression can heal your life as you go along. Some emotional patterns, for example, are associated with heart disease and hardening of the arteries, indicating a tendency to avoid feeling your emotions fully, whether negative or positive.

If you find yourself feeling sad, for example, just allow yourself the fullness of your feelings. You will find that this helps to dissipate the feeling. If you try, instead, to make yourself feel something else other than your sadness, putting yourself down for having an unpleasant emotion, then that emotion will get locked in your body and may be expressed later in disease.

Storage in your organs

Negative Emotion

Positive Emotion

"I am livid"

LIVER

Generosity

"Green with envy"

GALL BLADDER

Kindness

"Bitter"

"My heart skipped a beat"

HEART

Love

"I'm broken hearted"

Enthusiasm

"She's cold hearted"

Respect

"I am sick with worry"

KIDNEYS

Trust

"He is freaked out with fear"

Wisdom

Gentleness

"What if the worst happens"

LUNGS

Optimism

"I don't feel worthy"

Courage

"I feel depressed"

"I must have it"

SPLEEN

Nurturing

"You have to do it"

Balance

"People train to move better by doing all kinds of exercises. People educate themselves to perform better in society and in the workplace; why not train our internal organs? Our internal organs hold our deepest secrets and are the source of life and death."

Gilles Marin

How many of us were encouraged or even allowed to really feel or show our emotions? Unfortunately, many of us have learned to resist our emotions, not allowing ourselves to feel, to yell, or to cry. This resistance to acknowledging our emotions results in emotional charges being stored in our bodies as a self-protective mechanism. If these emotions are left unresolved, they are eventually experienced as emotional, physical, or mental symptoms.

These symptoms are a healthy reaction to an unhealthy situation. By bringing attention to unresolved issues and acknowledging that our bodies are 'talking to us' when we are in pain or suffering, we can begin a journey back to being balanced and on an even keel, by really listening to our bodies and calling on our Spirit to help.

Verbal language and body language often show how we feel, but few people realise our emotions are stored - often deep-seated - in our organs. May we all be encouraged to accept that it is okay to feel our emotions fully and openly express them.

Some events in our lives are so disturbing and painful that they are never digested. Our emotions need to pass through the digestive tract much the same as our food. If we have prolonged emotional indigestion, almost certainly it will eventually lead to ill-health. Often our emotions are quite irrational and do not require exploration, justification, or solving. They do however, need to be validated. There is no such thing as "You shouldn't feel this way". Everyone has a right to their own unique feelings and emotions, and what appears to be insignificant to one person, may be profound to another. Give your emotions permission to be there. It does not matter how irrational they may seem to you or to someone else, allow yourself to be in touch with the most abstract and outlandish of your feelings.

For most people, some days are good and some not so good. When I am feeling agitated, down, or depressed, part of me says "Just relax today, do nothing", while another part of me thinks about Neil Finn of Crowded House who said that he creates his best work when he is at his lowest. When The Beatles were putting together their album "Abbey Road" (my all-time favourite) they were in a bad space both individually and as a group, and yet it has been said that Abbey Road is seen to be one of their best albums. To some degree I feel like a hypocrite helping people to recognise underlying issues and finding a road to healing, when I too have tough times sorting myself out. But hey, Albert Einstein, one of our most famous and revered scientists to date, was labelled as a non-achiever at school. Depression is one of those things that if you have not experienced it for yourself, you truly cannot understand what it is like for others. So, my friends, my work continues ...

EXPECTATIONS

When I was young (yes, I can hear you sigh "Here we go"), and going out flatting, we would venture out with very little. Not enough knives and forks, so we ate in turns; with no furniture, we sat on apple crates, made do with what little we had. I remember sleeping on a blanket on the floor for some time. Do you know what? It was fun! The fact that we were out on our own and being independent, was all that mattered. Today young people have many criteria for leaving home and going flatting.

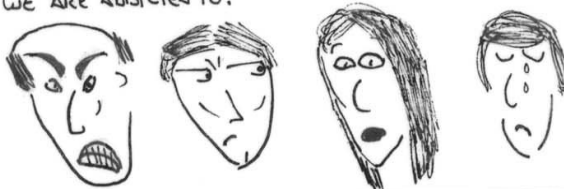
A young woman said to me one day, "I don't want to return to work and leave my baby in care". "Do you have to? Can you manage on your husband's income"? I asked. "No way", she replied. I looked around the room and could not help noticing that the young woman and her husband had many fine and expensive possessions.

Are we losing sight of the basics? Does it lead to stress? Do we need to readdress our priorities?

EMOTIONS, LIKE THE MIND, BODY AND SPIRIT, MUST BE UNDERSTOOD SO THAT WE MAY BETTER HEAR OUR INNER VOICES. WE DON'T WANT OUR EMOTIONS TO UNDULY INFLUENCE WHAT WE HEAR AND SEE IN OUR INTERNAL LIFE.



WE ALL KNOW ABOUT EMOTION - IT'S ABILITY TO STRENGTHEN THROUGH JOY AND LOVE, OR WEAKEN THROUGH FEAR AND HATE. AND MANY OF US ARE BECOMING AWARE THAT OUR EMOTIONS CAUSE BIO-CHEMICAL CHANGES IN OUR BODIES - CHANGES THAT WE CAN BECOME ACCUSTOMED TO, SO MUCH SO THAT, LIKE WITH GOOD FOOD OR BAD DRUGS, WE SEEK OUT THOSE BEHAVIOURS THAT REPRODUCE THE EMOTIONS WE ARE ADDICTED TO.



AND EMOTIONS CONNECT TO OUR MINDS IN INTIMATE WAYS, AS WELL - THEY AFFECT THE CHOICES WE MAKE BY COLOURING THE EVENTS THAT WE SEE IN BOTH OUR INTERIOR AND EXTERIOR WORLDS. AND WHO WE ARE TODAY IS LITTLE MORE THAN A PRODUCT OF ALL THE CHOICES WE'VE MADE IN OUR LIVES.



YOU MUST FEEL YOUR EMOTIONS, YOU MUST DEAL WITH THEM. AND ONCE YOU DO, YOU WILL NOT ONLY BETTER UNDERSTAND THEM, BUT YOUR EYES WILL BE CLEARER, YOUR HEARING WILL BE SHARP AND CLEAN FOR THE INNER VOICES THAT SPEAK YOUR TRUTH.



Summary

- Give your emotions permission to be there and validate them.
- Don't allow anyone to say to you "you should" or "you shouldn't".
- Emotions are stored in your organs.
- Are all your material possessions necessary?
- Does material wealth bring you happiness?

CHAPTER 4

AURA, AWARENESS, ASSERTIVENESS, ANGER, ATTITUDE

Where do the colours come from, and what makes them shift and change? Colours seem to be characteristic of the vibration of matter, and our souls seem to reflect it through atomic patterns in this three-dimensional world. We are patterns, and we project colours which are there for those who can see them.

AURA

Disease indicated by the Etheric Aura

What we call the 'etheric aura' is the general radiation, the 'field of force' of the etheric body which indicates the conditions in the body. Since the etheric directly controls and affects the physical body, it often happens that disease is indicated by the etheric aura long before it becomes evident in the physical body, and it is in this etheric body that the real remedial action begins. If indicators can be seen in the etheric aura, then it is possible to treat them at that level of psychic and spiritual healing. As the etheric aura indicates disease - where conditions are either latent in the etheric body or have already begun to manifest on the physical level - it has often been termed the 'health aura'.

This is also true of iridology (a practice involving analysis of the patterns, colours, and other features of the iris). The markings on the eyes represent your physical and emotional state, and those markings can show evidence of dysfunction in the body before it becomes evident in the physical body. Another example of this is reflexology. A skilled reflexologist can determine through the different points in your feet and your hands what is going on physically, emotionally, and mentally in the rest of your body. Each point in both the feet and the hands represents another part of your body. The same is true of your teeth and your spine. Every point in your body and your aura has a close connection to an organ or another part of your body.

Have you noticed how some people's energy can be uplifting and light up the room, while others can be dense and energy-depleting? People's surrounding aura can amplify from anything between nine metres to a number of kilometres. Highly evolved people like the Dalai Lama for example, could have an aura that would span for many kilometres. Everything is ENERGY. Take time to notice the next time you walk through the front door into your home. Chances are you are walking into your neighbour's house as well, or rather your energy and your auric field is. Our moods are very sensitive to the energy of others. If one member of your family or flatmate is experiencing a bad hair day or having a happy, elated day, then it is only natural that the energy will reflect on how you are feeling. Some people are more sensitive than others. An experiment was carried out in a part of the USA where the crime rate was exceptionally high. A large group of people gathered together to meditate and send out the energy of love and peace over a period of days. During the time the people congregated and concentrated on positive energies, the crime rate dropped quite considerably.

<https://research.miu.edu/maharishi-effect/reduced-violent-crime-in-washington-dc>

People will often say “How can I, as one person, make a difference in this world?” When you imagine the density, magnitude and power of our energy, our aura as an individual, group or community, we do have the ability to make a big difference to the people and world around us.

AWARENESS

Sit quietly and simply become aware of how you feel. Let the rushing that fills your every waking moment allow a sense of space into your life. Notice any tension that resides in your body and where it is sitting. Choose one everyday activity and try to give yourself to it as fully as possible. Aim to cultivate a sense of paying real attention to some of these everyday activities. Start by doing your activity more slowly than usual and perhaps take some deep breaths before you begin. Doing this brings a sense of mindfulness into your life. Let your mind be full of the rich, yet simple activities in your life, if only now and then.

Examples of applying awareness to the most ordinary activities of the day:

- Switch off the TV... better still, pack it away or give it away. Sit and listen to the silence.
- When you wash your hands, be aware of how the water feels against your skin, the warmth or the coolness of the water, the texture of the towel. Notice what the skin on your hands is like; is it dry or hydrated?
- When preparing a meal, do it with a feeling of happiness, love, and appreciation. It will taste better to all who eat it.
- When undressing before bed, notice the feel of the buttons against your fingertips, the texture of your clothes, how your body feels when it is released from the restriction of any tight clothing or underwear.
- Pick a flower and really study it, the texture, the colour, the shape, the smell.
- As you begin to become aware of the simple things in life, you may notice that your senses become more acute. For instance, you will notice that colours seem brighter, you will start to feel better, you will see things from a whole new perspective and begin to see things that you took for granted in a whole new light.

ASSERTIVENESS

Assertiveness is an attitude and a way of acting in any situation where you need to express your feelings.

Don't complain

Don't blame

Don't over explain / justify

Ask for what you want

Say “No” to that which you don't want

Becoming assertive involves self-awareness, knowing that your needs are to express what you want. Behind this knowledge is the belief that you have the right to ask for what you want; that you are conscious of your basic right as a human being. Acting assertively assists

with developing self-respect and self-worth as you begin to express your true feelings and needs more easily.

You may be surprised when you begin to get more of what you want through being assertive. You learn that assertive behaviour brings increased respect from others; that you do not end up doing things you don't want to do, and that you avoid becoming a 'people pleaser'. This in turn, reduces any feelings of resentment on your part, and reduces tension and sometimes conflict in your relationships.

When making requests, your statement needs to be firm, simple and to the point, without apology. Aim to be non-judgemental, non-blaming, using a request not a demand.

I would like...

I want ...

I would appreciate

Would you please ...

If the person doesn't immediately co-operate or pretends not to notice, simply repeat your statement.

ANGER

Depression is often a result of repressed anger.

Feeling: irritable, grouchy, aggravated, envious, overwhelmed or depressed. (Are you suffering from high blood pressure or high cholesterol?)

These emotions and physical conditions are associated with ANGER. Do you ever feel angry, but don't quite know where it is coming from? Take time to think about it. It may well be deep-seated anger that you have been carrying for a very long time.

Claim your ANGER. It plays an important role in improving the quality of your life and health. These powerful signals come from your inner wisdom – a wisdom that is beneficial to listen to and act upon.

Anger often arises from:

- Being unable to rely on promises or commitments made to you.
- Losing power, respect, or status.
- Being insulted, undermined, and diminished.
- Being threatened with physical or emotional pain.
- Having an important or pleasurable event postponed or cancelled to suit someone else's convenience.
- Not obtaining something you feel should legitimately be yours.

Multiple spurts of irritability or even low-voltage forms of anger, are likened to keeping a pan simmering, then always adding more water, or turning down the heat just before it boils. If you do not attend to the things in your life that irritate you, nature will turn up the flame on the burner in an attempt to raise your awareness.

Suggested ways to help your anger

- Keep a personal journal, writing down all your feelings. This helps you to identify what the underlying pressure is, and also helps you understand yourself.
- Make it a priority to have something you are interested in doing, whether it be for fun, for pay, or voluntary.
- Scream into your pillow or whilst driving along in your car, or when running along the beach.
- Freely choose where to direct your creative energies - you have the free will and choices to shape your life.
- Colour outside the lines.
- Have something to look forward to.
- STOP INDULGING IN STEREOTYPICAL THINKING.

Things to look out for

Cause and Effect

Claiming that something outside of you has caused your own internal state or actions.

“He / she makes me so angry”.

Ask yourself “How specifically does he / she make me angry”?

Mind Reading

I can tell he / she doesn't like me.

Ask yourself “How specifically do you know”? “What did you see or hear”?

Modal Operators of Necessity

Words such as should, shouldn't, must, must not, have to, need to, can't, will, won't, it's impossible to, it's possible to, may, may not.

For example: “I **can't** tell him” or “I **must** do this”

Ask yourself: “What would happen if you did / didn't”? Or “Why must you do this”?

ATTITUDE

Your attitude affects everything you do, say, and think. It also has a huge impact on the people around you. Here are two stories about Attitude that say it all, pure and simple:

*“The longer I live, the more I realise
the impact of attitude on life.
It is more important than education,
money, circumstances, failures or successes,
more than whatever anyone else might say or do*

*It is more important than appearances,
giftedness or skill.*

*The remarkable thing is
that we have the choice to create
the attitude we have for that day
We cannot change our past
we cannot change the way people act
we cannot change the inevitable
The one thing we can change is –
the only thing we have control over –
and that is our attitude.*

*Life is 10% what actually happens to us
and 90% how we react to it.”*

Charles Swindall

“I realised I was free to take one of many attitudes toward the situation, to give one value or another to it, to utilise it in one way or another. I could rebel inwardly and curse; or I could submit passively, vegetating; or could indulge in the unwholesome pleasure of self-pity and assume the martyr’s role; or I could take the situation in a sporting way and with a sense of humour, considering it is as novel and interesting experience ... I could make of it a rest, cure or a period of intense thinking, either about personal matters – reviewing my past life and pondering on it – or about scientific and philosophical problems; or I could take advantage of the situation to undertake personal psychological training; or finally, I could make it into a spiritual retreat. I had the clear, pure perception that this was entirely my own affair; that I was free to choose any or several of these attitudes.”

Robert Assagioli, Freedom in Jail

Self-sabotage

Problems in your life are usually the legacy of unresolved childhood issues. These problems often have an emotional base (FEAR). The emotion of FEAR can be broken down into parts: anger, grief and anxieties.

These feelings and thoughts were often originally created as survival strategies by you as a young child to help cope with difficulties experienced at the time. As adults, we often still carry those same survival strategies, only now they have become self-sabotage, creating misery guts stuff and unhappiness.

These thoughts and feelings will continue to be a part of you until you release them. These thoughts and feelings are just attachments. With some effort on your part, you can release these attachments.

Firstly, take the time to listen to yourself verbally and non-verbally, and become aware of how repetitive these self-sabotaging negative attachments of yours are. Identifying and validating these thoughts and feelings, is first and foremost an important part of your healing. It’s common to have literally thousands of thoughts running through your mind in just one day. Most of these thoughts are the same thoughts you had yesterday, last month, last year,

ten years ago, and so on. How many of them are also self-sabotaging thoughts and highly unnecessary?

Can you identify with some or all of these?

Don't deserve	Fear of abandonment
Fear of failure	Fear of rejection
Fear of success	Fear of the future
I am unwanted	I don't want to be here
I give love and I get hurt	I'm broken / shattered
I'm helpless	I'm vulnerable
It's not OK to be me	It's not OK to be powerful
It's not safe to trust	Lack of ...
Life's a struggle	Love hurts
Nobody listens to me	To feel love, I do what others want
I'm not good enough	I'm responsible for other people's happiness

Working on self-sabotaging 'stuff' is an important part of your health and wellbeing. There is no shame in seeking help to work through these issues.

Exercise

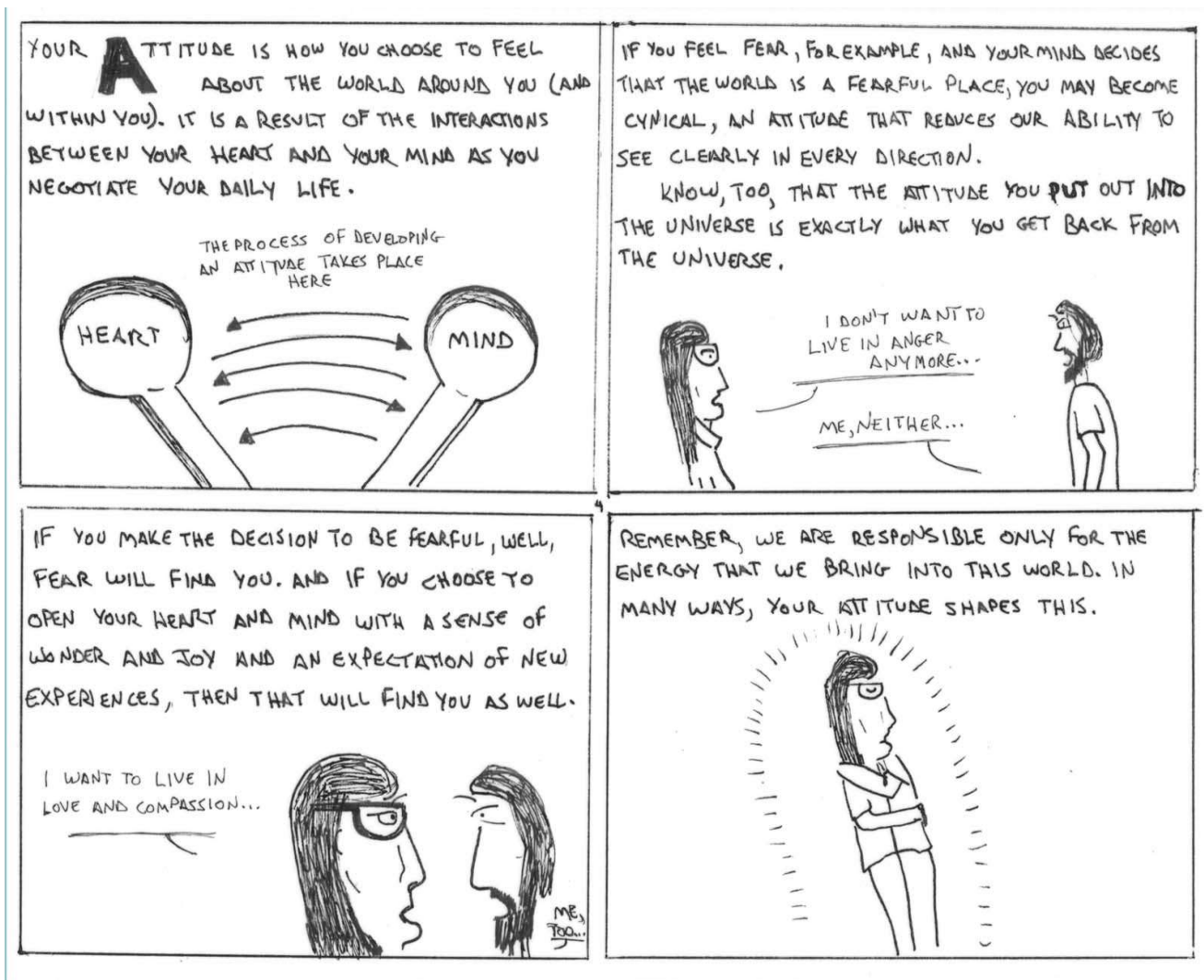
Get together with a friend to talk about some of the blockages and common fears that affect our immune system and our everyday lives. Look at these more closely, seeing how relevant or irrelevant they are. Aim to find congruent answers to these.

Examples of blockages and common fears

1. Other people's criticism.
2. Other people's jealousy.
3. Other people might not like it.
4. Other people might think I am imperfect.
5. He / she will think that I am not good enough.
6. He / she might leave and not want to be my friend.
7. Being emotionally and / or physically threatened.
8. Feeling powerless.
9. Feeling guilty for appearing not to care about others.
10. Feeling that you might impose.
11. Fear of outcomes / consequences.
12. Fear of what other people will think.
13. Fear of making a mistake.
14. Failure to meet the status quo.
15. Inability to delegate responsibility.

Examples of congruent answers:

1. Yes, someone will criticise me. Some criticism is useful.
2. Jealousy is a very damaging emotion to hold on to, it only damages the person feeling the jealousy.
3. Not everyone likes the same things. It would be a boring world if we all liked the same things.
4. Trying to be a perfectionist is tiring and stressful. Aim to let go of a perfectionist mentality, relax, no one is perfect.
5. If you have made every attempt to do your best, and that does not match the expectations of another, that's OK. Everyone has things they are good or not good at.
6. If he/she wants to leave, let them; there is something amiss in the relationship whether it be singularly or as a couple. It's likely there is someone waiting for you who can offer a more harmonious relationship. People come into your life for a reason, a season or a lifetime.
7. You will generally find that people who threaten you are the most insecure; the way they can make themselves feel strong or powerful is to threaten or belittle others.
8. People can only make you feel powerless if you let them.
9. If you are caring and loving of yourself, it's easier to be caring and loving of others. However, ensure you have healthy boundaries – you can't care about everything.
10. If you feel uncomfortable in a situation and have a sense that you are imposing, you can do one of two things: ask the person outright if you are imposing and hope for an honest answer, or simply walk away from the situation.
11. You won't know until you try. Think through the consequences - there will be more than one - and choose the road that leads to the best outcome. Better to grow old thinking "I took chances and made mistakes along the way", rather than regretting that you didn't try.
12. If you feel positive and good about it, stand up for what you believe or think is right. Avoid getting caught up in stereotypical thinking.
13. There is no such thing as a mistake in the creative world; it's an opportunity to learn, and you may uncover something better. Critiquing your work will help you improve.
14. Everyone works differently and at their own pace. You did your best, that's all that matters.
15. Don't be a martyr, you cannot do 'everything' and 'do it well'. Learn to ask for help; people are happier and more willing to help than you may realise.



Summary

- Depression is often a result of repressed anger.
- Your attitude affects everything you do, say, and think.
- Your attitude has a huge impact on the people around you.
- Take time to stop and listen to yourself.
- Ask yourself where your feelings are coming from.
- Identify and talk with a friend about any self-sabotaging beliefs you may be holding onto.

CHAPTER 5

THOUGHTS, TEARS, TRUST, TRUTH

THOUGHTS

Your thoughts create your world

Somewhere, somehow, sometime, you agreed that it was possible to see, feel, experience or perceive in some form, all the events and people who have been, or are currently a part of your life.

Positive thought is often an underused creative tool. When we use the creative imagination to anticipate our life-dreams as if we have already realised them, then the universe receives a clear signal. However, if we dwell on the reasons that we cannot fulfil our life-dreams, we will send a very different signal; one that asks the universe to oblige and confirm our negative expectations. When we anticipate negativity, we miss many of the opportunities that could lead to success. We unconsciously sabotage our chances and set up situations that confirm our beliefs.

Our thoughts and emotions play a role in the development of all illness. Positive thoughts can increase our capacity to heal. As we saw in the Self-Sabotage section, it is estimated we have 10,000 thoughts per day, with a high percentage of those thoughts being the same as you had yesterday, last week, last month, last year, five years ago, and so on. Very often we are not even aware that those thoughts are going over and over in our minds. The more we follow the pattern of these thoughts, the further we support that neural network, making it stronger each day. After years and years of re-affirming a negative thought, it may take quite some effort on our part to replace it with a positive one. We spend all our lives feeding our minds with a cocktail of thoughts and feelings.

As you begin to become aware of this continuous flow of thoughts, realise that it will take effort to begin a new regime of positive ones. Take comfort in knowing that the old can be replaced by the new, the bad can be replaced by the good; that new neural networks can be formed and further strengthened with time and effort. Take a moment right now ... how many different thoughts are running through your mind?

With our thoughts and feelings of the past, coupled with the fear of the future, no wonder we have great difficulty living in the 'here and now'. The more we practise eliminating thoughts, feelings and fears from the past and future, the more we can start to live in the here and now and begin to live at peace with ourselves and the world around us.

You need to want to make a commitment to making changes, and only you can do it. There are many people who prefer to stay with the same thoughts, feelings and fears, rather than make changes. In other words, there are people who wish to remain in, and enjoy swimming in, their own mud pool. My Bowen teacher said to me "The people who resist treatment the most, are the people who need it the most". This has shown true in my experience.

Ways to re-direct persistent thoughts:

Truthful Thoughts Exercise

There are seven questions below. Before you read them, look at the categories here and then take note of how you react to the questions:

- Answers come quickly
 - Answers come instantaneously
 - You react defensively
 - You have a definite “no” or “absolutely yes”
 - You become selective
 - You ponder
 - You don’t want to answer at all
 - You are fearful of the response to the answers
 - You find them intimidating
-
1. If the pathway to happiness and your life purpose required changing your job, would you do so?
 2. If the pathway to happiness and your life purpose required moving to another part of the country, would you do it?
 3. If the pathway to happiness and your life purpose required you to change most of your attitudes toward others and yourself, would you do that?
 4. If the pathway to happiness and your life purpose required you to change your physical habits, such as being selective or restricting what you eat and adding an intense exercise programme to your daily schedule, would you do that?
 5. If the pathway to happiness and your life purpose required you to be alone for a long period of time, perhaps an extended retreat enabling you to confront the shadow side of yourself, would you do that?
 6. If the pathway to happiness and your life purpose involved enduring extreme lifestyle changes of an emotional and psychological nature - good or bad - would you accept the challenge?
 7. If the goal of becoming healthy required you to lose everything familiar to you – home, spouse, job - what then would you say?

Adopted from Caroline Myss

TEARS

Often, we have difficulty identifying the depths of our emotions and feelings that lead us to become tearful. Crying reveals a person’s mood, but its evolutionary origins have long been a mystery. Angry tears spill forth from the outside corner of the eye. This originates in the ego, the part of our being that presents to the world who we *think* we are. Angry tears create heat and stiffness in the body, because when we are angry, we usually don’t know how to express what we feel

Sad tears spill forth from the inside corner of the eye finding their way across our nose, cheeks and lips. We lick sad tears – they taste salty. This usually brings a bending of shoulders and a drooping head.

Frightened tears take up the entire eye clouding our vision as fear will do. When we are frightened, tears are usually big tears that well up in the eye and spill over the whole face. Frightened tears come from the soles of the feet. They shoot through the body and create trembling and shaking.

TRUST

Learning to trust in our own true abilities, our higher selves, and our spirit is not an easy task for many of us. I have no magic advice to offer you here; this is something only you can do for yourself, especially during darker times in your life. We create pictures, scenarios and feelings of how and what future events and plans may look like; it is human nature to want to do this.

How you envision these future events and plans may look and feel quite different when they come to fruition. Your plans may differ somewhat from the plans set for you on a spiritual and universal level. Your higher self and spirit guides sometimes have different ideas to that of your own, that lead you to a more beneficial pathway for your highest good. Sometimes you are not meant to see how future things pan out, as spirit has its own idea of when things will present themselves in the best timing. Make every effort to create this trust, it is so important to your health and wellbeing. In doing so, you encourage your ability to evolve to higher realms of true happiness.

TRUTH

Tripping over the truth

Sometimes there are personality traits, behaviours and aspects of our lives we would like to change or transform, and we find it easier to not give them much thought or to ignore them completely. Often those people closest to us can easily recognise these flaws and may convey subtle and gentle ways to act in order to bring about change. To make those changes, we need to develop a sustainable solution for that change to happen. We may not really 'SEE' the naked truth until we have been made to.

TRUST IS ONE WAY THE HEART, MIND AND SPIRIT INTERACT. WHEN WE BOTH THINK AND FEEL THAT WE CAN TRUST, THE ACT OF TRUSTING REQUIRES A FAITH OR BELIEF THAT OUR BEST INTERESTS WILL BE SAFEGUARDED.

FAITH AND BELIEF ARE POWERFUL FORCES IN SERVICE OF SPIRIT. TO TRUST IS A SPIRITUAL ACT. AND ONE OF THE HIGHEST FORMS OF TRUST IS TO TRUST IN SPIRIT.

TRUST THAT SPIRIT IS EVERYWHERE, INFLUENCING EVERYTHING. TRUST THAT YOU HAVE SPIRITUAL ALLIES WHO TALK TO YOU ALL THE TIME.

AND IF YOU LEARN TO LISTEN, YOUR ALLIES IN SPIRIT WILL GUIDE YOU ALONG THE PATH THAT YOU INTENDED TO WALK BEFORE YOU EVEN GOT HERE, TO LEARN THE LESSONS YOU NEED THIS TIME AROUND.

TRUST YOUR SPIRIT GUIDES.

Summary

Complete and unconditional trust is something a lot of people grapple with. Only you can introduce and savour trust into your way of life, for life's sake, for internal/external happiness, in any capacity imaginable. Keep your dreams big and believe they are attainable, remembering you deserve for them to come to fruition. TRUST

CHAPTER 6

IMMUNE SYSTEM

Our cells have their own personal DNA, which carry a highly individual signature. Our immune cells recognise our own DNA and would reject any foreign cell that it could not identify with. Your immune system has its own intelligence and makes its own decisions. When cells turn cancerous, they have lost their DNA. A healthy immune system would recognise these cells as foreign, attack and destroy them. Feeding your cells with healthy thoughts and emotions is as important as feeding your physical body with healthy food.

It may seem a little difficult to grasp the fact that our own immune system makes its own decisions.

“In our western world we have been spellbound by scientific medicine, with its strictly physical explanation for disease. Now western medicine is conceding that illness can originate in either the body or the mind. With the advent of ‘mind-body medicine’, it is no longer clear that these two can even be separated. The interaction of the mind and the immune system is so fluid, that doctors cannot pinpoint the critical movement when negative thoughts compromise the body’s white cells.”

Deepak Chopra

Job satisfaction

Let’s look briefly at heart attacks. It is a fact that more heart attacks occur at 9am Monday morning than any other time of the week. It is also a fact that the people who are least likely to suffer a fatal heart attack are those who report a high degree of job satisfaction.

So, what does this tell you? That some people would prefer to spend time in hospital or die, rather than face another week at work? At a quantum mechanical level, mind and body are united; therefore, it comes as no surprise that a deep, smouldering dissatisfaction lodged in the mind should express itself in a physical equivalent, like a heart attack or a stroke.

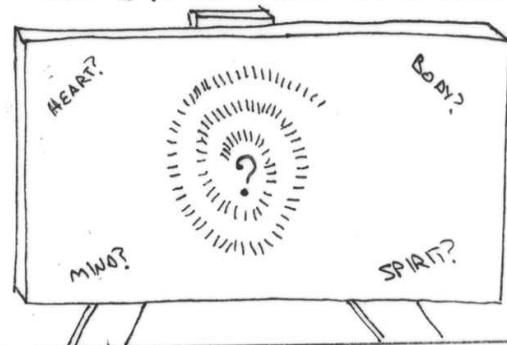
“As your days are, such shall your strength be”. You will find the strength when you have the faith. Sadly, we don’t learn this at school. On the contrary, we are taught that if we are not good enough, we will get nowhere, so we toil and toil, often becoming more miserable, or else we take risks and end up on the wrong side of the fence. We work on becoming more and more competent and efficient, earning more and more money, and forgetting more and more about what is essential or important. The only thing that has a meaning for us becomes the job and the money. If we want to change, we need to start right here, right now. The beginning of the rest of your life is today.

IMAGINATION IS A MAGNIFICENT PROCESS THAT SERVES MANY USEFUL PURPOSES. ONE OF THESE IS TO ASSIST IN THE PROCESS OF STEPPING UP.

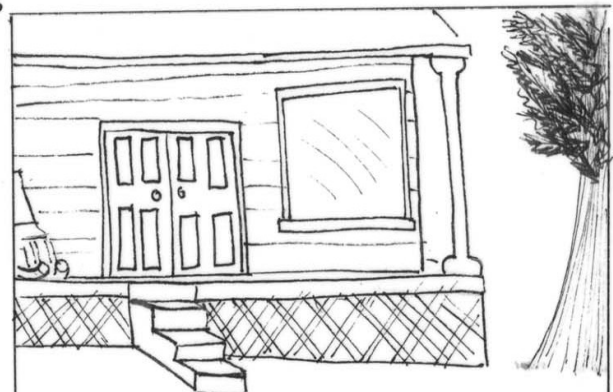
OKAY - I AM VISUALISING THAT I AM STEPPING UP... BREATHE IN... STEP UP... BREATHE OUT... STEP UP...



THINK OF IT AS A BLANK CANVAS. YOU HAVE EVERY COLOUR, EVERY ASPECT OF LIGHT AND SHADOW, EVERY SHAPE AVAILABLE TO YOU. WHAT IS IT YOU WOULD LIKE TO PAINT?



IMAGINE A SAFE PLACE - A MANSION, A BEACH, A MEADOW, A CABIN IN THE WOODS. NO ONE IS ALLOWED IN WITHOUT YOUR PERMISSION. TAKE YOUR TIME. PAY ATTENTION TO DETAIL...



THIS PLACE YOU'VE IMAGINED IS YOUR SAFE PLACE - IMAGINE YOURSELF THERE WHENEVER YOU NEED PEACE.

Summary

- Remember to feed your cells with healthy thoughts and emotions as they are as important as feeding your physical body with healthy food.
- If you are unhappy at work, think about how your job makes you feel. Create a new or more positive perspective, making changes to the way in which you view your job, as well as those you work with. While the job may not be what you want, perhaps the people you work with are, so focus on maintaining fun relationships with your peers. If your job is unbearable make focussed effort to look for another one until you find what you want.

CHAPTER 7

VISION, VALUE, VITALITY

VISION

What is your vision?

To keep yourself in the best emotional state, it helps to have a purpose - a vision that you are working towards.

To determine your vision, aim to work out what you want, rather than what you don't want.

Exercise

Set an intention to work out the first part of your life vision – the start of what you really want your life to be about.

Gift yourself a few minutes of uninterrupted time. Sit quietly, breathing gently until you feel a sense of peace.

Using your imagination, allow your mind to start creating a picture of a life you aspire to. Take the time to enjoy this vision.

As you finish, choose just one aspect of this vision that you feel is achievable in the near future.

You may like to create a vision / dream board. Having a vision is a bit like keeping your dreams alive. Collect pictures or draw all the things you aspire to have, be or do in the future. It can include anything you like, a healthy body, a new car, a holiday, or a book of healthy recipes. Make it big and bright and have it in clear view for you to look at every day.

Many are afraid of trying something, for fear of failing

Let's look at failure. If you measure 'success' by never failing, you're never going to be successful. Success is about experiencing failure and your response to it. Failure can be seen as a crushing experience, or as something you acknowledge, learn from, and move on from. Be true to who you are and why you are here in your dealing with failure, so that the memory of it becomes ultimately a positive thought.

One of the biggest failures you can make is staying with something that you don't want to be doing, because then you are failing yourself.

Many people are afraid of trying something for fear of failing. Fear can paralyse. When you talk to the entrepreneur or the achiever, you will find they have failed multiple times, learned from the experience, and bounced back; they understand that failure is part of the journey. Whether it was a mistake that cost them nothing financially, through to everything they had, they start again. Success comes from having the strength, courage, and determination to bounce back.

And so what if you fail? You have tried, and you have had the opportunity to learn valuable lessons along the way. Look back at a 'failure' – really look at it. What did it look like? How did it feel? You handled it, right?

As you move onto trying something new again, ask yourself:

- Have you got your head around the issue?
- Are you well enough prepared?
- Are you comfortable doing this, or are the risks – genuinely - too high? Is it going to take you so far out of where you reasonably feel challenged, that it is effectively going to become more of an issue than the challenge itself? If so, can you amend the vision to be more achievable?

VALUE

To achieve our vision, we have to value ourselves

“We do not see our size. We do not view ourselves with accuracy. We are far larger, far more marvellous, far more deeply and consistently creative than we recognize or know. We do not credit ourselves with what it is we can – and often do – accomplish. We are blind to our gifts; we are deaf to our voice. We do not see or hear our magnitude. Why is this? Seeking to value ourselves, we look to others for assurance. If what we are doing threatens them, they cannot give it. If what we envision is larger than what they can see, they cannot give support for what it is we are doing.”

Author Unknown

VITALITY

To achieve our vision, we have to have vitality

Physical exercise is a great way to increase vitality.

When we are suffering from depression, we can feel unable and unmotivated to get out and about and engage in physical exercise. Sometimes, even a gentle walk in the sunshine can feel too much of an effort. Studies have found that regular exercise of any kind, gets the dopamine and serotonin levels up so we may enjoy a more positive mood and have a greater sense of vitality.

Exercise

- Choose a small, achievable physical exercise goal.
- Choose a start date or time in the very near future.
- List the steps you will take to reaching your goal.
- List the strategies you can use if you lose motivation or go off track.

Helping others can help you too. If there is someone close by who is feeling down, give them a gentle nudge by inviting them to come out in the fresh air with you for a walk in a park or along the beach. A win-win situation!



Summary

- Work out your vision, and commit to do what it takes to keep it alive.
- Create a vision / dream board.
- Do what you **want**, rather than what you **don't** want.
- Encourage your inner strength and determination in working toward your goals and dreams, particularly if it means getting out of your comfort zone. Give it a go, what do you have to lose?

CHAPTER 8

IMAGINATION

It is clear that there is just not enough FUN in our lives. Many of us have forgotten how to have fun. Our lives are too busy, playing seems trivial, and the first thing to abandon is the non-productive or the plain silly.

Do you identify with any of these?

With passion, anything is possible

You want more passion? Then follow your joy

Go smell more roses

Watch more sunrises and sunsets

Find more grass to walk barefoot on

Hug a tree

Visit your favourite café

Laugh more

Find new places to explore

Go to the theatre or the movies

Indulge in more hobbies

Be more spontaneous

Listen to more music

Find a place to skinny dip

Smile more

Have more fun

Find out what you enjoy, what you are good at, and don't let anyone say you can't do it

If you do what you have always done, you get what you have always got

Don't die with your music still in you

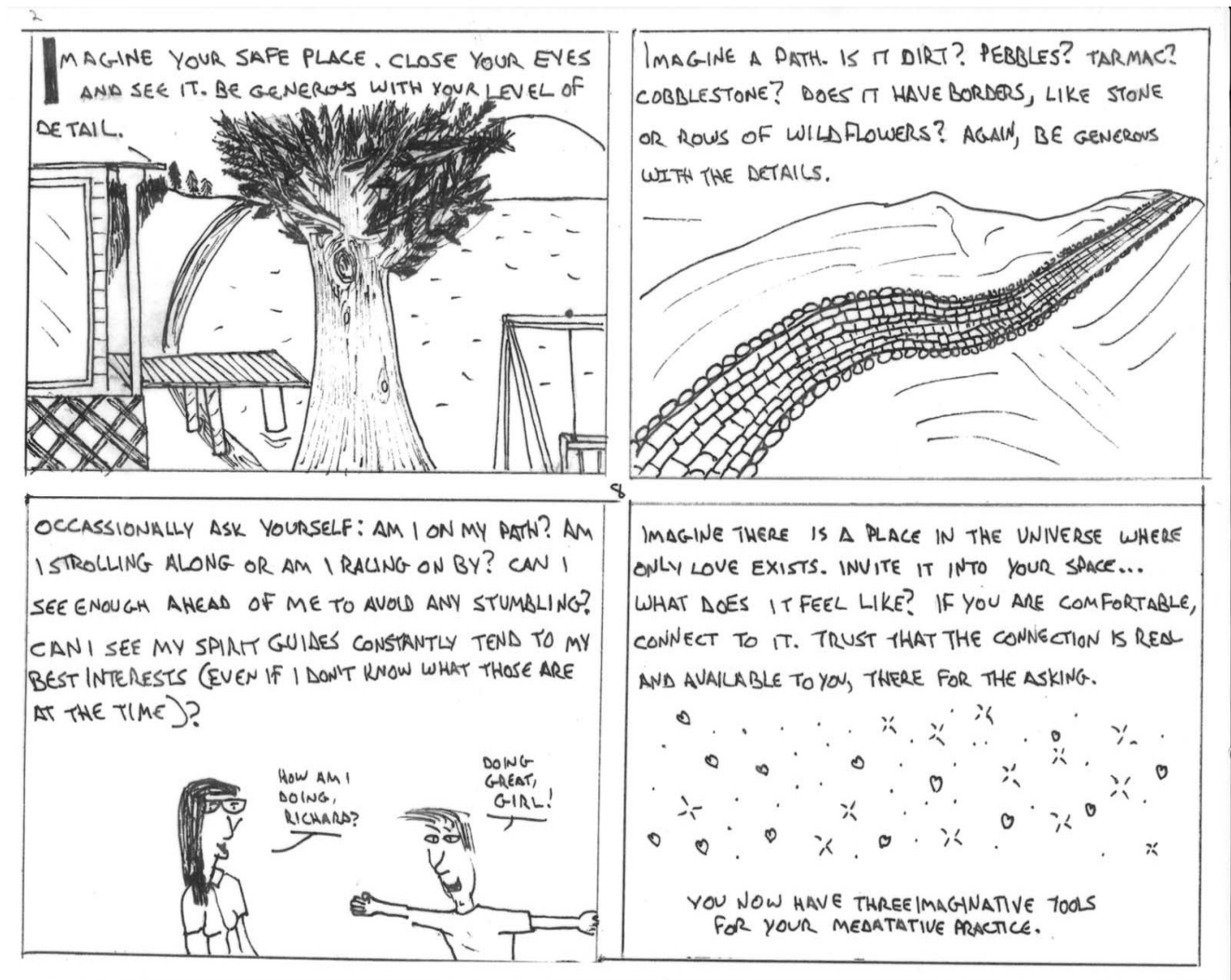
Good things grow around you. As you create things in your **imagination** and find a way to initiate a first step into making it a reality, you will not only feel good about yourself, but the people around you may become awakened and enthusiastic too.

Exercise

1. What did you love to play when you were a kid?
2. What stops you from playing today?
3. What reasons do you give yourself that play is not possible for you?

4. What would it take to allow yourself to explore fun just for its own sake?
5. What can you do that is fun and free?

Make a simple plan. As you start to implement it you will vibrate with an open valve of passion. Passion is Creation!



Summary

- Have fun, you deserve it.
- Be with people who make you feel valued and loved.
- Use your imagination, visualise it, work out ways to make to happen.

CHAPTER 9

TOUCH, TIME

TOUCH

Touch is as important as food

Touch and cuddles are known to improve the function of our immune system as well as reduce diseases such as those associated with the heart and blood. Receiving hugs leads to lower heart rates and blood pressure. Touch and cuddles reduce social anxiety and stress. Physical touch increases levels of dopamine and serotonin, two neurotransmitters that help regulate your mood as well as help your body relieve stress and anxiety. Dopamine is also known to regulate the pleasure centre in your brain.

Eight signs you might be suffering from touch deprivation / skin hunger

- Aggressive behaviour
- Body image issues
- High stress levels
- Loneliness
- Mental health issues such as depression
- Sexual dysfunction
- Fear of attachment and unsatisfying relationships
- Alexithymia, a condition that inhibits people from expressing and interpreting their emotions (this does not suggest that skin hunger causes this condition).

Nordic Cuddle

Moments of touch are hard to come by these days. Not the emotionally touching stuff but real physical touching. In our politically correct lives, it's a fraught business. Even the word is tainted, immediately conjuring up negative connotations of 'bad touching'. It's easy to forget that touching can be a good thing. At its core, it's our most natural human response, at the heart of our urge to comfort and care for each other.

"Touch is our earliest sensory experience in the womb, long before we could taste or hear or smell, we were touching, feeling our way, experiencing our world and its parameters against our skin. Babies thrive on touch and their development suffers if they're denied touch at an early age. Even as adults, the urge to touch and be touched is powerful and compelling. Our bodies have on average 4.5kg of skin, which stretches out to cover about 5.4 square meters of us from top to toe. Every centimetre of that skin is filled with nerve endings that feed our central nervous system. The feeling of another human's skin against your own, sends powerful positive chemical signals to the brain. Touch is affecting, soothing and life affirming."

Baker & Taylor

Suggestions

Give thought to someone nearby who lives alone. Make a point of visiting them, have a cuppa and a chat. Ask if you can give them a hug, or sit next to them and ask if you can hold their hand. You will be surprised at how it makes you both feel. Touch is so vital to our mental and physical wellbeing. If you are feeling uncomfortable by this thought, be brave.

Other options include (assuming they are done in an appropriate way):

- Have a massage
- Learn to massage
- Do massage swaps with a friend
- Play wrestle with children
- Read a book to a child sitting on your lap
- Volunteer as a baby cuddler
- Play with pets

TIME

Put the brakes on!

The clock ... we are enslaved to it!

The subconscious mind follows the pattern of the conscious mind. The subconscious mind does not know the difference between what is true or false, right or wrong, rational or irrational - it believes everything you tell it.

If you were to drop a pebble into a pond, the ripples go in enlarging circles, until they reach the outermost edge of the world. Drop a thought into a receptive mind, and it will go in enlarging circles until it reaches the outermost boundary of the conscious.

PAST

PRESENT

FUTURE

The present is a timeless, imaginary point on the timeline between the past and the future. A thought starts in the past and it will finish in the future. There is no time in the present, and so the only time to do anything is **right now**. You can't start something yesterday, any more than you can start something tomorrow. You can however, decide that you will do something tomorrow, but you still can't start it until tomorrow becomes today. We get caught up in a minefield of the past, the present and the future. When you take a problem from the past, couple it with a fear of the future, churn it over and over, it's no wonder the present is so hard. It is estimated that 90% of hardships the average person endures are mental, not physical, and unnecessary.

Take a minute to think about the thoughts running through your mind right now. Is it filled like a tin of live sardines, all crammed together and wriggling all around? Is your tin of sardines scrambled with past circumstances and the fear of the future? This creates a stressed and worrying mind. Where the mind goes, the body will naturally follow. Is there stress, tightness and discomfort sitting in your shoulders, neck, stomach or your knees right now?

Before the clock was invented, we went to bed when darkness fell, we slept in on dull days, arose early with the sun, and took a nap in the afternoon if we felt tired. In some countries where hot temperatures are reached in the afternoon, people take this time to nap then stay up later at night in the cooler temperatures to carry on with their daily routines. Furthermore, it was perceived as a perfectly natural process of daily life, without the guilt of 'taking time out'.

Nowadays we are not getting nearly enough sleep. Spending longer hours at work and cramming more into the day is viewed as something to be admired, a symbol of success and accomplishment. But is this true? The longer we keep pushing ourselves and the longer we live a frantic and stressful life, the more our minds and bodies suffer in the long term. Is not taking care of yourself, physically, mentally, emotionally and spiritually the sign of an accomplished and successful person?

Our bodies are not designed to stay up late into the night, get up the next morning, cram in as much as possible, and be expected to perform well in all that we do. Taking time for relaxation, silence and 'doing nothing' needs to be reinstated into our daily lives, without guilt. We have become trapped by time, living by the clock, missing out on much needed rest periods. Our physical, mental, emotional and spiritual health and wellbeing will improve immensely when we introduce regular time out.

Time to realise

To realise the value of ten years	Ask a newly divorced couple
To realise the value of four years	Ask a graduate
To realise the value of one year	Ask a student who has failed a final exam
To realise the value of one week	Ask an editor of a weekly newspaper
To realise the value of one hour	Ask the lovers who are waiting to meet
To realise the value of one minute	Ask a person who has missed a train, bus, or plane
To realise the value of one second	Ask a person who has survived an accident
To realise the value of one millisecond	Ask a silver medallist in the Olympics

*"Time waits for no one. Treasure every moment you have.
You will treasure it even more when you can share it with someone special.
To realise the value of a friend: Love one"*

Author Unknown

If I approach daily activities in a frenetic manner, thinking 'I will never get all this done', I make mistakes, get frustrated, and spend more time making corrections. I stress myself and burn up my energy quickly, leaving me feeling exhausted.

If I approach those same activities slowly in a calm relaxed manner, concentrating on each step one by one, I make fewer mistakes and amaze myself by what I've achieved in a timely fashion, remaining energised, relaxed, and satisfied.

Much of our time is taken up at work. Many of us carry a belief that work involves sacrifice, that we need to work for survival, and that it is a struggle. It's helpful to release this old idea and create a new belief system that tells us that life is meant to be fulfilling, that we have the

right to be doing work that is meaningful, and that work can be a passionate part of our life. You can create a new perspective of how you view your job, and of how your working life can be. Be aware that expecting your work to be totally fulfilling is unrealistic, and that balance needs to come into play. We can gain satisfaction in our work to the degree that we also set aside the time for other satisfying things in our life.

For example:

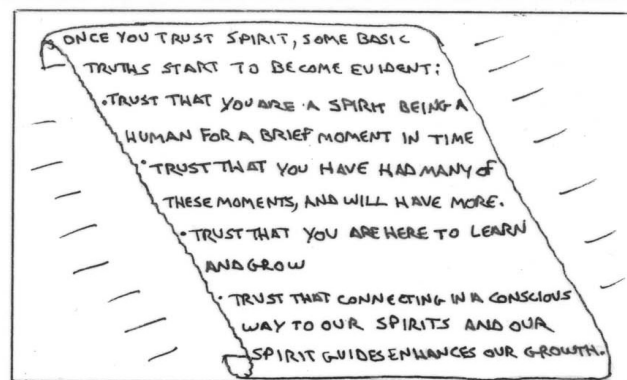
Time Alone	Intimate time with loved ones
Physical activity	Entertainment
Play time	Giving time voluntarily to a community project
Self-improvement/development	Time with your children/grandchildren
Maintaining your home and garden	Engaging in creative pursuits
Meditation	Resting and sleeping

Exercise 1

Over the next month or two, record what you do in a 24-hour cycle. Draw a circle. Inside the circle, divide your activities into percentages of how you utilise your time. By investing your time in creating your circle of weekly or monthly activities, it helps you realise how much time is spent on every aspect of your life. Sometimes this can be a bit of an eye opener. Quite often we go through our daily lives in automatic mode, following routines and giving little thought to how we can best manage our time. What are you missing out on? Are you giving enough, or any time at all, to the things you really enjoy? It's said that "What you can measure you can improve". You can then choose to adjust, add to, lessen or increase time slots, so as to include all aspects of life, and to live your life in a way that best serves you.

Exercise 2

- Set a goal to free up time to do things that bring you joy.
- Develop a timeline with a set date to reach your goal.
- Visualise yourself as already there, already doing it, and imagine how you are feeling when that goal is attained.
- List the steps you will take to reaching your goal.
- TRUST in spirit to help manifest your goals into reality.



Summary

- Visit someone nearby who lives alone; ask if you can give them a hug or hold their hand.
- If you think that time is always running fast or running out, you will never be at ease; there will always be a rushed or frantic sense to your life. However, if you train yourself to think you have all the time in the world, you will live with a sense of calmness and a more relaxed manner.
- Rather than make time your enemy, make it your life-long friend.
- Belief creates biology
- Recognise how you spend your time. Slice it and dice it to include doing what you love.
- Donate some of your time - not your money - to someone in your community. Being of help is very spiritually rewarding.
- Trust yourself, trust spirit. Trust can be difficult to maintain so work on trusting yourself on all levels of consciousness, unconsciousness and your higher self.

CHAPTER 10

YES, FEEL THE FEAR AND DO IT ANYWAY

Exercise

Find a friend and share with that person what your worst fear is.

There will be times when you are fearful of making changes and facing new challenges. Bite the dust and go for it ... trust that you can do it!

F	false	L	light and laughter
E	evidence	O	openness
A	appearing	V	vision
R	real	E	endless possibilities

Fear is the opposite of love. The *power* of love disperses fear, always, so let your fairy-tale begin. Life is an adventure. It is difficult to be bored once you have opened the door to your inner world and your mind / body / spirit connections.

You and your parents

When we are children, we learn how to feel about ourselves and our life by the reactions of our parents and other adults around us. This is the way we learn what to think about ourselves and the world around us. If we lived with family members who were unhappy, frightened, guilty or angry, then chances are we took on board many negative things about ourselves and the world around us. The messages we pick up as children manifest into beliefs that can create a challenging life as a teen or adult. If we were lucky enough to have grown up as part of a warm, caring and loving family, we will have grown up with many positive beliefs and values.

Don't blame your parents or family members for the way you feel. Most parents do the absolute best they can with the resources they have and the circumstances they live in. Parenting is seen to be the hardest thing you will do in your lifetime. Have you taken time to sit down and ask your parents or your grandparents about how life was for them as a child, or ask them about the relationship they had with their parents? You may be very surprised at what you learn about them. Often parents' and grandparents' stories reflect their attitudes and behaviour toward you. This is also a very positive way to bond with your family. Your parents will appreciate you taking the time to ask and to listen to what they have to say. This is a good way of helping to understand each other. You may find they welcome the questions and are happy to share with you the joys and triumphs of their lives growing up. Not only will it provide you both with the potential for a special bonding time, it can also be a time for a greater understanding of yourself, your parents and maybe your grandparents. You may begin to view your family dynamics in a new light.

If your relationship with your parents lacks closeness or bonding, then now could be the time to build upon that; it may not be too late. The parent / child relationship can be bi-directional; parents learn as much from their children as children learn from their parents.

Exercise 1

Take time to sit and talk with your parents / guardians. Ask them about their lives, their feelings, thoughts, emotions, and troubles. Ask them about their childhood and their relationship with your grandparents.

Communicate from a place of love, not blame.

Exercise 2

Questions for you to ponder and discuss

1. Who are the most important people in my life?
2. Am I investing my time in the people, activities and things that matter most to me?
3. If not, what am I willing to do about it?

Exercise 3

Practise re-phrasing your vocabulary and reframing your 'mind talk'. This is simple, yet effective.

For example:

Pain to Power Vocabulary

Pain

I can't
I should
It's not my fault
It's a problem
I'm never satisfied
Life's a struggle
I hope
If only
What will I do?
It's terrible

Power

I can
I could
I'm responsible
It's an opportunity
I want to learn and grow
Life's an adventure
I know
Next time
I know I can handle it
It's a learning experience

To remind yourself of this exercise, write it out, attach it to your refrigerator or pin it up on your wall.

Become a renegade

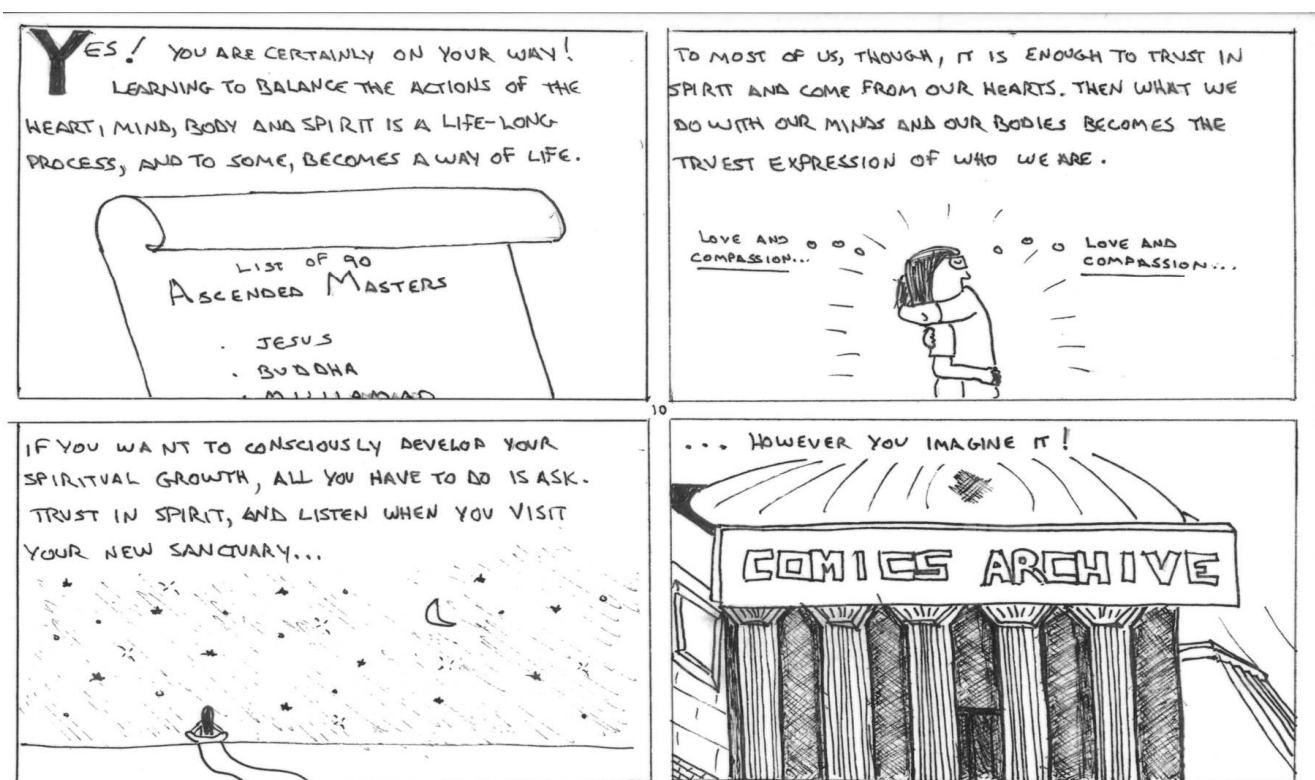
Success Magazine, an American publication for the 'entrepreneurial mind,' has for many years honoured renegades – people who defy convention and triumph. As the article said: "Some would consider renegades unreasonable people because they reject conventional

thinking and the narrow vision of others. There's no doubt the world needs reasonable people, but without the acts of creativity committed by the unreasonable few, we'd still be painting pictures on cave walls. There would be no progress without the efforts of 'unreasonable' men and women. It is the renegades that make a country great, by pushing beyond what others think are reasonable approaches to create unthought of opportunities. Renegades operate in the realm of the unknown".

When word of Edison's work on the electric light globe spread, people said "This guy is mad. It's a half-brained idea. He is going to kill the candle industry. People will lose their jobs".

What the non-visionaries, the non-renegades couldn't understand was that Edison wasn't going to destroy industry. He was building something that would create millions of jobs. If Edison had listened to all the people who told him not to do it, the world would have been deprived of a brilliant invention.

I challenge you to **rock the boat and become a renegade for something you love** - love is the most important key to happiness. Shake off the shackles of other people's ideology and views of life. Make this your year to colour outside the lines, follow your own compass, and be a trailblazer on an unusual journey!



Above and beyond anything in your life, love is the most important key to happiness.

Lynda's Ten Steps to Feeling Creatively Groovy

Cry openly, tears of love, joy, sadness, grief and relief with someone you love.

Ring your mother, father, sister, brother, lover or your friend and tell them you love them.

Enjoy the simple things in life. The best things in life are free.

Act on your impulses like there's no tomorrow.

Touch someone close to you ... hold their hand in yours.

Indulge in something 'just for you'.

Visit someone you have long been meaning to visit.

Invest your time in doing something you love.

Tomorrow is another day away ... live in the 'here and now'.

Your body talks, learn to listen.

A NOTE FROM THE AUTHOR



Hello, I'm Lynda Wyatt and this e-book is my legacy

I offer it for free in the hope that it benefits those who read it.

I simply ask that if you feel called to, please make a donation to **I Am Hope**, a New Zealand-based charity that supports youth mental health through free counselling services and awareness campaigns.

www.iamhope.org.nz

Account Name: **I Am Hope Foundation**

Account Number: **02-0428-0086124-000**

If you live outside of New Zealand, you are welcome to donate to a similar charity in your own country.

If you have been able to make a donation, I thank you on behalf of those people who will benefit from your support.

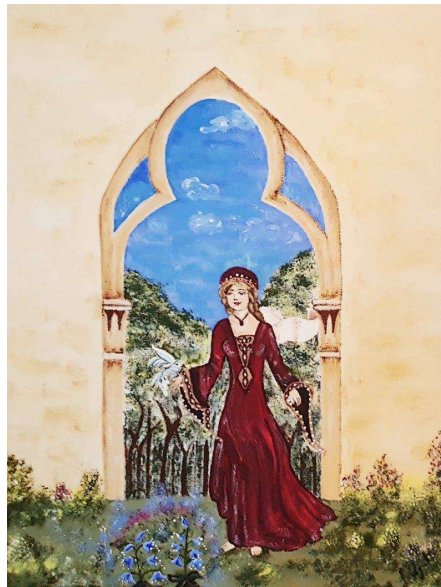
Lynda

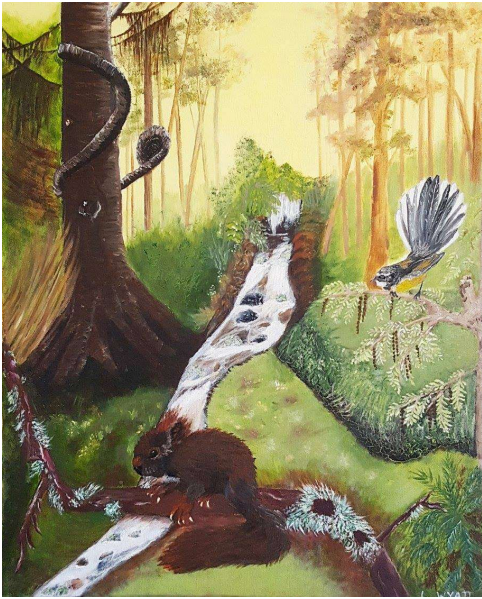
Queries

My friend Kim has helped me to bring this e-book to fruition. If you have any queries, please email her kim@kimchamberlain.com

CREATIVITY EXAMPLES

A selection of my artwork







HELPLINES

The following free Helplines operate 24/7

Depression Helpline 0800 111 757

1737 Digital Hub Freephone 1737 / free text 1737

Lifeline 0800 543 354

Samaritans 0800 726 666

Youthline 0800 376 633 / free text 234

Parent Help 0800 568 856 (*9am to 9pm*)

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RECOMMENDED READING

New Zealand Authors

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Acknowledgment

Edward Flagg, known as Ed, was a highly acclaimed Academic and Teacher. He knew the importance of the Mind, Body, Spirit connection. His work and life were balanced with cartooning and music.

Creativity

A guide to living with
depression and anxiety

Creativity is the key word to this book, because when you engage in art and craft pursuits and introduce new concepts into your life, it gives your negative and depressed thoughts a rest.

Engaging in creative pursuits encourages the unison of the left and right brain. As your unified brain hemispheres work together, it increases your ability to be able to relax, focus, meditate and be in touch with your higher self.

Human aliveness is inseparable from creativity. Creativity and intuition are intimately connected. As we set out on our creative endeavours, the fear of not knowing what to do, or making mistakes may stop us from starting. But there is no wrong way nor mistakes in the creative process. Everything that happens along the way, every stroke of paint, every first step to creating art in any form, every emotion that arises, every brave new choice that you make, is an important one.

There is a wide-open playground beckoning your artistic abilities to come out and play.

.....

“There is a wonderful wisdom in this book that can be of enormous help to not only those living with anxiety and depression, but also anyone seeking to understand more about the human life journey and how we can live to our highest potential.”

Kim Chamberlain, Author and Spiritual Channel