

Tap into the extraordinary Energy of the Universe to attract Peace and Abundance into your life

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Preface

Tap into the extraordinary Energy of the Universe to attract Peace and Abundance into your life.

We live in an amazing universe. ‘The Secrets of Universal Energy’ explains how the latest scientific discoveries confirm a power that is available to all. You can use this power to improve your life, create happiness and peace.

Tap into the extraordinary Energy of the Universe to attract Peace and Abundance into your life

Within this book you will discover comprehensive knowledge of the Universal Laws, Powerful Prayers, Spiritual and Metaphysical Techniques to give you the tools you need to change every area of your life.

This comprehensive life manual is full of practical ideas and behaviors to incorporate into your daily life. With time you can change any circumstances you want to. Knowledge is power, and this book reveals immutable laws that you may be breaking, causing blockages to your success. By using the laws you can move smoothly towards your goals.

As you apply each technique to a problem, the improvements will amaze you.

If you would like to invite success, abundance and peace into your life you will find the techniques you need within these pages to make your dreams come true.

ISBN 978-1-921501-21-0

Web Site: <http://www.colourstory.com/>

Chapter One

The rest of your life – stress and struggle, or peace and joy?

Life is demanding in today's complex society, and we would like to find ways to smooth our path. Would you like to enjoy prosperity, peace and harmony in your life?

Life isn't easy. Many people suffer stress, depression, and insecurity because modern life's complexity. The many demands on your life can cause depression, breakdowns and illness.

Most people have forgotten what it feels like to wake up in the morning and look forward to a wonderful, interesting, creative day. Would you prefer a life of peace and happiness?

There is Hope!

If you suffer from overload, don't panic! I've written this book to offer you hope, joy and a fulfilling future. This book contains the tools and techniques to change and improve your life.

Is life good at the moment? Changes can happen quickly, for good or bad, so why not prepare. Groundwork now could save you future heartache.

Go with the flow

This is not just another vague self-help book. I'm not promising "health, wealth and happiness" by following a few simple rules, or positive thinking, but practical suggestions and metaphysical knowledge that work.

What I do offer is the opportunity to improve your life by 'going with the flow' of the universe. You may be swimming against the tide, and don't realize a few changes could change your life dramatically. Take advantage of other people's research, trials and errors, to help plan and design your life to run in tune with the Universe, instead of constantly fighting against it.

Universal Laws

Chapter two lists several natural laws, which govern the way the universe works. By gaining some understanding of these laws, and using the valuable tools described in Chapter three, you can ease your passage through life. It's time to work with, instead of against the universe.

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To fully use the tools, you need to have some understanding of universal laws. Many people don't know about these laws, and therefore never discover tools to ease their burdens, and give them success in their daily life.

My wish in writing this book is to explain these natural and supernatural laws to you, then guide you through the tools. This guidance will help you achieve a more successful and satisfying life for yourself and your family.

The tools described in Chapter three, work by taking advantage of these natural and supernatural laws. A higher power created these laws for your benefit, at the beginning of time. Now you can use them today to attract peace, joy, and deal with almost any crises you may face.

The Construction of the Universe

Universal Laws are real, even if you doubt it. You could say you don't believe in the Law of Gravity, but if you jump from a high building, gravity will surely prove itself to you.

The following is a simple outline of the universal makeup. It explains how the world can link seemingly unconnected particles.

Your world is not solid, everything is energy. All matter and space contains energy fields that pass on intangibles such as thoughts and emotions that affect your world. As recent discoveries in quantum physics show us, the smallest particles can behave in unpredictable ways, and one particle can change another, even over long distances.

Do you know what's real? Let me explain. Quantum physics scientists have found that energy and subatomic particles are not consistent. These small particles can only be seen by how they affect surrounding particles. To prove they exist, we have to change them, to see the effect on the surrounding matter.

By changing them, we change reality, because the changes in the minute particles change the surrounding ones, and so on. We know therefore, they create several 'realities'. When we observe particles, we change them in such a way, that a new 'reality' has been created.

In experiments, scientists have watched these minute energy particles disappear and reappear in a different place. This gives us some indication of the way matter can move around the universe, creating different realities in different places.

We haven't the capacity to understand true reality. Thoughts, for instance, which are electrical charges, even though weak, can affect other people and even objects as they travel into the ether, and can easily cause a reaction, using the Law of action and reaction.

The Incredible Mind

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Our consciousness is difficult to understand. Does it lie in your brain, or extend outside your body? What we do know is the mind is powerful, and we only use a small percentage of its huge capacity.

The Multifaceted Mind

Our mind is split into the conscious, subconscious and super-conscious mind. World influences program our sub-conscious mind, which is first filtered through the conscious mind. Then the sub-conscious mind feeds back to the conscious mind the results, after working on the data supplied. I will explain this in more detail in Chapter four. Understand, that your reality is as you see it, and you can influence, and change reality, by your thoughts.

Just because we can't see a particular power it does not mean that it isn't there and that it can't work. In the same way we can't see electricity - we know it exists because of cause and effect. In the same way we can't see mind power at work, when we pray, talk, affirm. Thoughts are invisible. This power works in the background, and overtime you will see the effect.

When we are thinking normally and telling ourselves to write or do the ironing we can see the mind is working and directing our muscles to activate our hands to perform the tasks we have thought about. Thinking about future events can also put actions into motion through the power of our subconscious mind.

There is a time-lapse before we can measure thoughts, versus the actions they produce. It's not easy to recognize the correlation between the thought process and the results. The success achieved, lies in the strength, intensity and duration of your thoughts.

Scientifically we have to put our mind to work and experiment to prove to us that these actions do produce the wanted effects into our lives.

Your thoughts can affect others. People pick up your thoughts without knowing it, and act on them. This is a primary way your thoughts change the world around you. Impossible, no, and it's widely accepted. For instance, how many times have you thought of a person only to have them telephone you shortly afterwards? These 'powers' are often more obvious with emotional trauma, such as accidents, anger or illness, suggesting that emotion plays a big part in the efficiency of the mind.

We have to be responsible for every thought we think and every word we speak, because like it or not they have a huge effect on the happiness we experience. Your mind is a radio transmitter that constantly sends messages to our subconscious, other people, to Higher Beings, and into the universe. When you recognize the power of your thoughts, you can receive the best results that you want to experience in your life.

Body, Soul, Spirit

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Human beings consist of body, soul and spirit. Your body experiences the world physically. Your soul consists of your ego or personality, which affects the way your body interacts with the world. Your spirit is the part of you that interacts with the Holy Spirit and other people's spirits.

Think of the times you've taken an instant liking or dislike to someone. This is your spirit interacting with their spirit.

God designed us have dominion over the world, and its wealth. Through poor management of these assets the world suffers famines and lack. If people can learn to live in harmony with the universal laws, they can enjoy a life of abundance, good health and happiness.

Wouldn't you want to know how to change your life to experience more happiness and abundance, one of plenty, love and joy? It takes time and effort, on a consistent basis to succeed. It takes time and practice to change old habits to new ones that are much more enjoyable and workable. Start to practise the Laws that will bring you the life that you desire now. Don't put it off another day!

Chapter Two

The Universal Laws

God put the universal laws into place at the beginning of time. There are physical laws, natural or mental laws, and supernatural ones. Laws can work alone but often they work in unison. You need to understand the main ones, and follow them, achieve success.

Over the centuries wise men have discovered and recorded the laws. Advances in science have found new ones in this century. The study and practise of the natural Laws, changing your lifestyle and attitude to ensure that you work in harmony with these Laws, can change your life dramatically. Many of life's problems arise by conflict with these basic Laws. Imagine smoothing a dog's fur against the grain. Until you work in with the natural lie of the fur, you cannot smooth it satisfactorily. Push against the natural way of life, and you will always be uncomfortable, failing to achieve the success and peace you want.

Would you like to move in unison with the rhythm of God's universe instead of constantly hitting obstacles because you are 'swimming against the tide'? It takes time to learn and practise these Life Laws, but worth it. An initial time delay is natural until you begin to see positive changes, but I promise you will. As you understand and live within the Laws, peace and harmony will become second nature to you. God intended you to enjoy a full abundant life, and this is the start of your journey.

Here's a selection of natural laws:

The Law of Cause & Effect

This Law is basic and well-known. It essentially means that what we sow so shall we reap. The world mirrors our own attitudes and actions. Give out loving and good thoughts and actions, then you will receive love and goodness back from life. You cannot change people, but you can change their opinion of you and attitude towards you.

Of course the converse also works. If you give out anger, jealousy, hate, then you will receive these feelings back from others. The lesson we learn, is to constantly watch our actions and thoughts towards others. Do good, and receive good.

Children raised in a loving, calm home, grow up to become well-adjusted, calm and peaceful adults. Children raised in an unhappy and violent home, will show those same characteristics. They mirror what they experience.

An old man leant on the fence, on the road leading to a large town. A stranger approaches and asks the old man what the town is like.

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The man shook the stranger's hand. "Well what's the town like you've come from?"

"It was terrible – there was anger and backbiting, you couldn't trust anyone, I couldn't make any friends, and I'm happy to have left it!"

The old man replies: "Well, I'm sorry to tell you that this town is exactly like the one you have left!"

"Thanks for the warning." The stranger continued toward the town.

Shortly afterwards, another stranger approaches and asks the same question. Again the old man asks what the town was like he has left, and he says:

"Oh, it was beautiful. We had good friends, good neighbours, and everyone looked after one another. I'm sorry to leave it, but my job moved."

The old man smiled. "Well, I'm happy to tell you that this town is exactly like the one you have left, and I am sure that you'll quickly settle in and make new friends".

If we are honest, the common denominator in past troubles is ourselves!

The Law of Emotion

This law is connects to the law of imagination and law of inner and outer balance.

The law of emotion is simple. Each decision you make is an emotional one. We may think that we are applying logic and can ignore the emotions we feel, but this is a misconception. Further, all of our emotions fall into one of two categories - desire or fear.

A decision's result is dependent on the emotion you were feeling when you made it. Sense your emotions, and try to look at events dispassionately.

Whatever you strongly desire or strongly fear will eventually manifest itself in your life. I urge you to take control of your emotions by looking for the silver linings in your everyday living, and reject fear based thoughts. People can be controlled by their fears, and never achieve their greatest potential in life. Train yourself to overcome your fears. The worst case scenario is never as bad as you think.

Resolve every morning to think positively and visualize your goals. When a fear thought comes into your mind let it gently go and replace it with seven positive thoughts. Make this a daily habit, and change your life.

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The Law of Prosperity

God has provided generously for us on this earth. There is no real shortage, other than the shortages caused by man and his greed. Unfortunately, the governments of poor countries don't share the aid as they should. The western world has a plentiful storehouse, our ancestors couldn't imagine.

We prosper to the level we believe that we deserve. If you feel unworthy, and the riches are for others, you experience lack. If you believe you don't deserve your achievements, you block the flow of prosperity.

If you manage to achieve riches in some way, by inheritance or a Lotto win, your own perception of unworthiness will cause you to lose it again. Your subconscious mind finds a way to feel comfortable with your perceived station in life.

The lesson here is to train your mind to think prosperously until you are convinced you deserve prosperity. Speak out words of plenty, and pray for God to release the storehouse of wealth that He holds ready and waiting for us. Your thoughts and perceptions can change our life!

The Law of Vacuum

Create a vacuum in various areas of your life to make space for new gifts. The universe must fill any void you make in your life, as water rushes into an empty hole. Need a new wardrobe? Give away all the clothes that you don't wear or don't fit then send the Universe a request or pray, to replace the clothes with perfect new outfits.

Would you like new friends who are positive and in tune with your own beliefs? Then create a vacuum by letting go of some of your present friends who drain your energy and don't add anything to your life. The lesson here is the universe can't fill a gap that is already full. First empty the gap and attract people and circumstances that are ideal for you.

Stepping out in faith, creating a vacuum can lead to your dream.

The Law of Giving

You have to let go, to receive. It states the items or people you cling to, can be removed, by loss or waste.

For example, to allow the universal energy to flow in your finances, you must begin the flow. You do this by giving to others of your time and money. Finances must flow for riches to move from one person to another.

Holding on to the little that you may have causes your spirit to feel stifled, and shows a lack of faith on your behalf. In the bible, God promises, that if you tithe, he will open the storehouses of Heaven, and pour out such a blessing, that we couldn't possibly hold, and receive it all.

Your motive must be worthy, by giving with a willing heart, and not just so you can receive. It's a paradox, the people and circumstances you hold

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on to too strongly, you can lose. Circumstances and people you hold lightly, you keep.

Often, if you 'release' circumstances in your heart, they're not taken away, as God can see that you are willing to let them go. You are a steward of your wealth, large or small. You were born with nothing, and you can take nothing with you. Possessions are a temporary blessing in this life, which you should use with gratitude.

The Law of Desire

Whatever you want to happen in your life is directed to you by a universal energy. If you hold our wishes strongly in your heart and mind, you create an energy and vibration to attract those desires.

This law works well with the law of imagination. The stronger our emotions in imagining what we want, the stronger the reality becomes.

You've heard it said that you become what you think about. The more you imagine what you want, the stronger they're imprinted in your subconscious mind.

Desire without strong emotion will not be rewarded. Build the emotion of desire, through affirmations, prayer and visualization. The Universe then works to fulfil this Law.

The Law of Abundance

Everywhere we look in the world around us we can see profusion. From a small seed we get a tree heavy laden with fruit. There's no lack in this world except in your own mind. Imagine a generous stream of energy in your finances. Visualize abundance in every area of your life and you create the matching vibration that attracts all you think about to you.

The Law of Service

The more you help others, physically, mentally and financially, the more you receive. Helping others gives you a sense of fulfilment, and adds meaning to your life.

Serving others, sends out an energy that returns back to you. Maybe not immediately, and not from the same source, but in an area that you need.

This is a Universal paradox. The Law is only effective if the service you give to others is done from a pure motive and heart. If you give service to gain, or be seen in a better light, then you block the energy.

The Law of Detachment

This Law is similar to the law of giving. To keep the flow coming toward you, you have to let go of neediness. The more you hold on to the

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result you expect, the more likely you'll block it. Send out your request to the Universal energy, then detach from the result.

Relax and let the law work in its own time and way. The trick is to believe you will receive your gift or circumstance, then be willing to let go of the result.

The Law of Imagination

This law is the key to the whole energetic system. You use this law to create alongside the other laws.

Imagination is one of life's greatest and most powerful gifts. Through this gift you can conceptualize, reason, create, commune with Universal energy, and even heal yourself.

You use your imagination every day. The secret of making the Law of imagination work for you, is to control and direct your visualizations. You can't attract anything, until you've been able to imagine it in your thoughts. Use emotion alongside imagination, and it you will increase the energy, to a successful result.

Imagination is the key to changing circumstances. By holding thoughts in your head, and believing them, you cause circumstances to change.

The mind is powerful. By thinking with emotion in your conscious mind regularly, you train your subconscious. Your subconscious mind can't tell the difference between imagination and reality, so by forcefully imagining, you can change reality.

The Law of Inner-Outer Balance

The Law of Inner-Outer Balance says that your outer world is a mirror image of your inner world. You can judge a person's inner thoughts and mental state by the condition of their immediate surroundings. If you are in turmoil internally, the chances are that your living conditions are chaotic.

The inspiring part, is the mind automatically tries to balance itself. You can change inside by using the law of imagination.

For example, by an inside change of attitude, you can change people's reaction to you.

The Law of Self-assurance

Self-confidence is a powerful force when you step out into your world. It attracts people to you and opens opportunities. It's the opposite of fear and loss. To have self-assurance you can use the Law of substitution and the law of inner-outer balance. That is, by replacing negative and fearful thoughts with ones of success, power and confidence. Feeling strong internally, manifests a strong exterior.

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Self-assurance, emits a high vibration and can attract wonderful changes into your life. Start now to build up your self-esteem, confidence and let go of fear.

The Law of Perseverance

When you enter a time of struggle and misfortune, you must persevere to earn freedom and growth. This lifetime allows some of struggle, for you to grow and learn.

There're many examples of famous successful people, who had to persevere, to become an 'overnight success':

Edison, discarded, 3,000 different methods to produce a successful light bulb, over more than two years.

Abraham Lincoln, failed in business, had several disappointments to achieve office. He suffered a nervous breakdown, his sweetheart died, and yet became famous, and loved as one of the greatest American Presidents.

Colonel Sanders, of Kentucky Fried Chicken fame, was 65 when he first tried to sell his recipe, and was turned down 1,009 times before he got it accepted.

Keep trying! Your next effort may be the winning one!

The Law of Magnetism

This Law of Magnetism and the Law of attraction, are the same. They should be used with the laws of imagination, and desire, to attract good to you.

When you think positively about a circumstance or object, your mind creates an energy or magnetism that attracts a solution. The more specific you are and the stronger emotion that's injected into your thoughts, the greater the magnetism you create.

The Law of the Sub-conscious Mind

Your subconscious mind believes a thought whether it is fact or fiction. It doesn't know the difference. Therefore, when you think that you aren't going to succeed in a task, even though you may be capable of success, you will fail, simply because your subconscious mind believes that. Conversely, by imagining success, and convincing yourself that you can and will be successful, your mind works on that thought, and you reach your goal.

The subconscious mind is like an autopilot on a plane. It directs the outcome of your life by acting on your habitual thoughts. Your thoughts create

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your reality. You only see the world through the filter of your own beliefs. If you believe, with enough conviction, that is your truth. Therefore if you watch and control your thoughts, and direct them, you will create the life you want.

In a negative way, practitioners of Voodoo use this power to bring harm to people, or even kill them. Followers believe that when a Voodoo witch doctor tells them they are going to die, their subconscious mind works on that belief, and it becomes a reality.

The Law of Suggestion

This law ties closely with the previous two. Everything that happens around you, affects your mind. You're affected by conversations, physical circumstances and what you see and hear. Negative newscasts, affect you more than you think. A confrontation with an angry person can upset you, and can still affect you for ages afterwards. At those time you should make a positive effort to put details in perspective and think rationally about it.

You should actively seek out as many positive events as possible. This may mean not reading the newspaper, watching the news, and choosing the programs you watch. It may mean cutting off contact with negative people, and choosing new, positive friends.

By seeking as much positive information as possible, and filtering the negative through your 'belief filters', you can program your mind by the law of suggestion.

The Law of Love

You are fortunate if you were raised in a loving family, as you know how to give and receive love.

Your self-esteem, your understanding of your own worth, is regulated by the amount to which you value yourself. If you can love and accept yourself unconditionally, then you can attract love. You're a unique person, there has never been, nor ever be, a person exactly like you. Your balance of looks, talents, skills, mental capacity, understanding and spiritual strength is unique to you. Therefore you can love yourself, and recognize your value and talents. If you endured a loveless childhood, you can choose as an adult, to give love to you. Put yourself first, by being kind and considerate to you, and giving yourself the love you need.

The love that you create internally and give out, is in direct relation to the love that you receive. Conversely, if we try to 'suck' love from someone, we push them away. You cannot force someone to love you.

The Law of Control

It's well-known that you experience stress in relation to the lack of control you feel over your life. When you feel that you're in the hands of your boss, bank manager, doctor, or partner, by allowing them to control you, you

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feel stressed. Even, giving power to your negative thoughts, you will feel stressed, angry, helpless, and vulnerable. Then you won't perform at your full potential.

On the other hand, if you take control of your thoughts, you can change circumstances. After analyzing the facts, work decisively to take responsibility for them, and control over them, you can achieve success.

The time you spend to self-discipline your thoughts and emotions, will be paid back many times over. You will gain courage, determination, and patience, then receive the perfect result in every situation.

Law of the Spoken Word

The spoken word is powerful. The spoken word has power to create or destroy, to reach out in love, or destroy in hate. It creates circumstances in your life for good or evil.

A word once spoken can't be taken back. One word said in anger can spoil friendships, and cause family rifts. Watch and choose your words carefully. Think before you speak. Let your words be a force for good, and the way to manifest your wishes and not your fears.

Chapter Three

Powerful Tools to align your life with Universal Energy

My purpose in writing this book is to give you practical tools which will help you to manage your life. You will find many ways to deal obstacles and problems, to live the life you want.

Here I list some basic tools, which work with the laws in the previous chapter, to help you cope with everyday life. With each tool is a brief outline explaining how to use them.

These tools work. Don't worry about how they work, just use them and watch your results over time.

The Incredible Power of Thought

The first important tool is the use of your thoughts. Whatever you hold in your mind and mostly think about, you will manifest, whether good or bad. Proverbs 23:7 says 'as a man thinks so is he'. The negative side of thinking is best shown in Job 3:25, when Job said: "For the thing, which I greatly feared, is come upon me, and that which I was afraid of is come unto me". He went on to lose everything he owned, including his children.

The more emotion that you put into your thinking, the greater effect it has. If you're afraid of what may happen I strongly advise you to work on changing those negative thoughts into uplifting, positive and life-giving ones. You can do this by using the affirmations, and visualizations. Choose carefully the areas you want results, and work on one or two at time, to avoid confusion in the energy you are sending out.

Be specific with your requests. If you're looking for a new relationship, think carefully about the qualities you would like that person to have. Make a list, and read the list out loud several times each day.

If it's a new home that you would like, study the market and type of homes that attract you. Cut out pictures of your perfect house. Visualize the rooms and imagine living in that house. Visit show homes, and as you walk around the building send out positive energy.

Perhaps your problem is conflict in your family or workplace. Imagine harmony and peace, each time you are in the home or office. Send energy of toward them for their happiness and well-being. Speak out words of calm and peace.

Thank the Creator for your blessings, and hold the energy of gratitude. Don't give up too easily. These processes take time. Remember that for your desires to come into fruition, circumstances in other people's lives have to change as well. Practice the tools many times a day. It's not as difficult as it sounds. Get into the habit of checking your thoughts and bring them back to

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circumstance you want to create. Write down your affirmations, then look over them often, especially just before sleep.

Using Affirmations to re-program your Mind

The spoken word is powerful, so be careful what you say. Think before you speak, as you could be unleashing forces for both good and bad by those words. Make sure they are words that will move you closer to your dreams and not ones that could make harm you. Words spoken aloud, you can't take back. Words spoken in anger can harm another person, even if you don't mean them.

Affirmations are statements spoken aloud, with passion and conviction. Always use the present tense and say them using the "I" statement. Carefully word the phrases that you use. You will see from the ones used in this book how to word them. You can make your own, to suit your situation, and in line with what you want to manifest.

Affirmations should be accurate, but not limiting. Obviously, you would be foolish to use this phrase: "I will become a brain surgeon within six months." A phrase like "I'm drawing my perfect job to me now," is the affirmation you should aim for. The secret to moving universal energy is to say each affirmation strongly, with emotion and faith. Look through the examples in the following chapters and pick two or three and start saying them today. The results will amaze you!

Reprogramming with Visualization

Your mind and body can't distinguish between what you strongly imagine and reality. This fact makes visualization a fantastic tool for you to use. With this tool you can reprogram hurtful memories, as well as program future events.

For this tool to be effective, you need a deep state of relaxation. When fully relaxed try to experience the emotions, colors, odors and sounds as vividly as possible.

Most successful athletes use this method to improve their future performances. They picture performing their sport in the peak way. They see themselves winning the race, jumping there highest and swimming their fastest time ever.

Throughout the book I've created visualizations for you to try yourself.

Journalizing

Writing a personal journal can be helpful in many ways. You can use it as a way of clarifying your thoughts, releasing the past and negative emotions. It's a great source of inspiration when you use it to record life changes and list all that you're grateful for.

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Use to record your requests and answers you receive. When you are feeling low you simply look at your past entries to see how universal energy has worked for you in the past. You've changed circumstances in the past by your energy, so you can do so in the future.

When you record troubling thoughts of the past you can use your journal to reframe the events and put them in perspective. Listing each emotion you have daily enables you to slowly change your negative attitudes to positive ones, by showing you the attitudes that you consistently hold. You can read them and release them to the God of the Universe, letting them go.

Decisions become easier for you when you write down your challenges and directions you can take to change them. As you write them ask for the universe for guidance, and within a short time the decision that's best for you will manifest itself.

Hypnosis Changes Your Thinking

Hypnosis has been used for many years as a tool for reprogramming your subconscious mind. There are many good recordings available. Check out my website www.colourstory.com. I would encourage you to make your own, so you receive exactly the information that will do you the most good. The sound of your own voice can make the recording more effective for you.

It's like self-talk, after all, that you use constantly, day and night. If the self-talk is carefully worded and listened to via a recording it change your thinking in a shorter time.

I have included some scripts within the next few chapters that you'll find useful as a basis for making your own personalized script.

Self-Hypnosis Techniques

It's easier than you may think to hypnotize yourself. After all, hypnosis is only allowing your subconscious mind to receive suggestions by quieting down your conscious mind. Simply relax and let go of the present, and allow sights and sounds to fade away.

It's not a complicated, just similar to your state of mind just before you fall asleep. In the half awakening state your subconscious mind is open to accepting new suggestions.

Begin by making yourself comfortable. Lying down, supported by soft pillows in a dimly lit room is ideal. Focus your eyes on a spot across the room until you feel your eyelids begin to close. Repeat this several times, while breathing deeply and regularly. You should breathe slightly longer, than on the out breath. This allows your chest area and arms to relax naturally.

If your mind seems active cancel this by slowing repeating - r e l a x. Don't worry about whether you've achieved a hypnotic state or not, it doesn't matter. Acting as if you are is all your subconscious mind needs.

After a few minutes of relaxation begin to say to yourself out loud in a soft gentle voice the messages that you wish to pass on to your subconscious

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mind. Make the words similar to the affirmations you would normally use. Make the words in the present and first person, worded in such a way that your conscious mind isn't tempted to argue with them.

You can achieve a similar state by using the progressive relaxation technique. Do this by fixing your mind on each muscle group, then tightening and relaxing each muscle in turn.

For an even quicker technique use the time just before you fall to sleep or when you are in a half wakening state to repeat your suggestions to yourself.

Practice these self-hypnosis techniques often using short affirmations on one subject at a time. Preferably decide on one area of your life that you are trying to improve and use the suitable affirmations for perhaps a couple of weeks before moving on to a different subject. This will give your subconscious mind time to assimilate the message and act on it.

Using Thought Anchors to Change Your Behavior

Thought anchors are a physical way of reminding yourself to think in a particular way. For example, if you have to talk publicly, you may want an anchor to help you to relax and have confidence.

You do this by putting together the middle fingertip and thumb on both hands, pressing them together. As you press the fingertips together firmly, you say out loud and with feeling "I am relaxed and speak out confidently and with passion". At the same time imagine standing in front of your audience, giving an excellent presentation.

You need to do this a few times in a relaxed posture until your brain has anchored these thoughts and feelings to the physical action of pressing the fingertips together. When it's time to speak, press the fingers together, and your brain will bring back the same feelings. You will find you can speak out with confidence.

You can use thought anchors in many circumstances. For example, if you're addicted to chocolate, and want to lose weight, imagine yourself as slim. Use words such as 'I don't need to eat right away' and 'I always choose food that nourishes my body'. The possibilities are endless and I give further ideas in the following chapters.

Your Super-conscious mind and the Universe

All matter consists of electrically charged particles. Energy connects everything. Which means one thought can influence energy through electrical charges. The thought can repel or attract. Scientists have been able to detect faint radiation and radio waves which have originated millions of light-years away in space. All this energy mixes with your energy, and all the minds alive.

Scientists don't know exactly how all this radiation affects you, but the electrical energy produced by the brain is small. Therefore it only takes small amounts of electrical charges to influence it. You can use this, by training

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your mind to relax, allowing these influences to work. The mind is amazing, and we understand little of how it works, but we do know the superconscious and the subconscious work together. By reducing conscious thoughts, you allow your mind to work on the problem presented. This enables you to solve vexing problems.

Angels and Spirit Guides

You can use the name angels and spirit guides, interchangeably. They are otherworldly beings that have your interests at heart. The Bible mentions Angels more than two hundred times. They're powerful, and you will have heard many stories of their deeds. These spirit energies have warned people not to go to a particular place, and averted a disaster. Angels sometimes appear as supernatural beings, sometimes as mortal men, and can work invisibly.

Those supernatural beings want to help you, and you can ask them for help. Ask them for protection, for you and loved ones.

Creating Safe Havens - Sanctuaries

Sanctuaries are quiet, peaceful and comfortable places where you can relax, get away from the noise of everyday living, and allow your mind to work undisturbed on positive information.

Ideally, a sanctuary should be home, a place where you can feel safe and secure, and where you control access. When you're decorating your home and buying furniture, think about the affect they will have. Is your house quiet, is it light and uplifting? Are the colors peaceful and the furnishings comfortable? Create a corner of your home where you can be at peace, taking special care the area is reflective of your inner spirit.

If you can't physically create a sanctuary, it's possible, with practice, to create a mental sanctuary in your own mind. This will give you a place of peace, you can retreat to, when you feel the need.

Using your imagination, you can build and create the sanctuary in stages. First relax, close your eyes and begin to build in your imagination. Create an entrance to your sanctuary, a doorway or maybe a marble stairway. Your special place could be a house, room, or forest glade. Then imagine a couch or soft bed of feathers. I think you get the idea! Take as many sessions to build your sanctuary exactly as you want it. Remember you can always make changes or a new one. The only limit is your imagination. Happy building!

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Meditation

Meditation is taking time to ponder, think deeply, and concentrate the mind. Focusing the mind takes practice, so all outside interferences are blocked.

Meditation helps you to center and quiet your mind. It can help you find answers and direction for your life. When your mind is quiet you access not only your subconscious, but universal knowledge. The subconscious and superconscious minds can work in peace, allowing new thoughts to surface.

Meditation offers you serenity and relaxation, a time-out from the stresses of modern day life, allowing your body and mind time to repair.

There are many simple methods of meditation, such as watching your breath. I describe several methods later. Try more them, and find the method that works best for you.

Chart Building

The best learning techniques use multiple reinforcement. You learn visually, by doing, by adding to what you already know. Knowledge sticks when the facts are relevant to you at the time. This tool and the following one use both visual and action techniques to help to concentrate the mind. Visual inspiration is a powerful technique. One-way to use visual stimulus is to program your subconscious mind, using a chart.

Use this technique for problem solving, deciding, and programming your subconscious mind. Use chart building to work on your goals and wishes. For instance, you may want a lovely home, new job, car or new partner. Search magazines, newspapers or books for pictures that show your ideal needs. Paste the images on your chart, and put it in plain sight. Each time you pass the chart study the pictures and bring them to life in your imagination. In your mind brighten the colors, smell the new leather, and imagine sounds or voices that bring your vividly to mind.

For problem solving, use the chart to detail the information you have, and then write down the possible solutions. As time passes your subconscious mind will work to produce a solution.

Effective List Making

This is also a visual tool. Lists can be used in the same way as the chart, using columns instead of images.

For problem solving, use one column for all known details of the problem. Then start new columns for the steps required for each of the solutions you know about at the moment. Writing, frees your mind so that you don't have to hold the problem in your head, freeing you to think of solutions. As with the chart, leave it in some prominent place where you can see it easily, and ensure that you look at it several times each day.

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As your subconscious mind absorbs the list information, it will gradually work, to produce solutions. In a short time you will have at least one, possibly several, solutions which were previously not available.

You use the lists to work on your goals and desires. Detail all the information you have. As you think of further information, add to the list.

Lists are useful as a basis for prayer, affirmations and visualizations. Read through your list several times a day, and always before sleep. Your subconscious will work on a solution during the night.

Dream Directing

Dream directing is simply using the time immediately before sleep to think program your mind. You do this anyway, unconsciously, by thinking of your worries as you fall asleep, resulting in a restless night, and sometimes nightmares.

Directing your dreams, orders your mind to the positive as you sleep, and is easier than you may think. You direct your thoughts naturally, but if not you can learn the technique. It's a useful tool to master, and can provide answers, and heal past hurts. You can use this tool to have fun trying out new scenarios, such as skiing or deep-sea diving. The tool also improves sleep quality.

As you fall to sleep, direct your mind to think of a question you want answered. Direct your mind to provide answers or life direction. Start the dream consciously, put yourself in the place and imagine the people. Then feel the emotions that you want to experience. Even as you begin to fall asleep you will find that can focus on the picture you have chosen. If the image drifts, gently bring your mind back. As you practice, the easier it gets.

During the following chapters I have suggested directions that you may like to take in your dreams that can heal and help solve life's challenges.

The Movie Studio of Your Mind

Mental movies are fun and give you the opportunity to experience life in ways that you wouldn't or couldn't in the physical realm. Remember that because your subconscious mind can't tell the difference, what you think about, meditate on or dream about, a mental movie can appear real. Especially when you ramp up your emotions, sense of smell, hearing and colors.

Begin by relaxing in a comfortable armchair, with your eyes closed. Relax, watch your breathing, and unwind. When you feel tranquil, imagine you're sitting in a cinema, looking at the large screen. Now begin your mental movie. Just as you lose yourself in a good film at the cinema, it's possible to do the same in your own imaginary movie.

I love ice-skating. In my mind I see myself on the screen, dressed in a beautiful skating costume, with my chosen music playing. I can effortlessly perform axles and pirouettes, and glide over the ice as if I'm flying. Ten

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minutes in my own private world, and I feel a sense of joy and freedom, all from my armchair at home.

Use this technique for problem solving and for focusing your mind on your goals and wishes.

You'll find many more ideas in the rest of this book to excite your imagination, help you to control your mind, and suggest ways that will prosper you.

Developing Intuition

You will have experienced a hunch, or flash of knowledge or inner knowing. This is intuition. Hunches trigger naturally, but you can develop them further.

These senses can detect minute changes in air pressure, aromas which are so diluted to be undetectable, tiny changes in light. So your hunch can be initiated by your physical senses, as they sense something in your surroundings. Sometimes, memories of an experience, or maybe a fleeting expression that crosses the face of a stranger that you have just met.

You may decide that you don't like someone, or that they are lying to you, by unconsciously picking up on something that alerts you to their true nature. Paying attention to this quick insight, developing and honing this gift, can help you in many future circumstances.

Intuition is also spiritual. Your inner essence, your soul, is sensitive to atmospheres which are not detectable physically. Other people's spirits can be sensed by your spirit, connecting you to the real essence of the person. This information arrives in the form of a gut feeling, or inner knowing, or ideas which come into your mind autonomously.

The information could be a symbol or image, or more straightforward. Such as an inner voice that says, don't go or do that. Dreams can reveal hidden circumstances. You know that it's your intuition when you know facts that intellectually you couldn't know.

The way to develop and use your natural intuitive ability is to begin by noticing feelings and hunches that come to you throughout the day. Notice those hunches than act on them. As time goes you will see if intuitive messages prove true. Then begin to trust them for more important decisions or knowledge.

Ask yourself questions, which your subconscious mind will work on, and expect an answer. If you're unsure ask for confirmation in the form of further questions. When you meet new people or a new situation, be aware of your feelings and thoughts. Ask for universal direction and then note when you receive an inexplicable knowing that feels right to you.

Keep notes of guidance received and see if a theme or general direction arises. In your journal make notes when you have followed your intuition and record how the circumstance turned out. In time you will gain confidence and be able to use this useful tool.

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Acquiring Fore knowledge

Foreknowledge is a tenuous. I am not saying that you can predict the future, or know the lottery numbers, but you do sometimes receive foreknowledge. Universal energy works within you to help, guide and teach. Not only can you receive knowledge of future events, but in some circumstances, you receive knowledge of present and past events.

You access this knowledge through prayer, asking for guidance from the supernatural. Be that the Creator, spirit guides, or otherworldly beings. Information comes several ways, the still, small voice that you hear in your mind. Sometimes you receive an inner knowing, that's not your voice or thoughts. You may experience a waking or sleeping vision, especially when meditating.

Prayer should be a natural part of your life, and the basis of your connection with God, or Universal Spirit. Pray for revelation and knowledge, then wait with expectation and faith for your answer.

Summing Up

These practical tools can transform your life, your finances, relationships, and health, by aligning your life, with universal energy. As you use them you will start experience joy, happiness and prosperity that is your birthright. Your energy will increase as you stop fighting against life's natural flow.

Throughout the following chapters I expand on the tools, and show how to benefit from them. Start today to learn and begin to use them!

Chapter Four

The Conscious and Sub-conscious Mind

The Computer of Your Mind

Your mind is split into the conscious, subconscious and superconscious.

The conscious mind is the part you know best, which you use to think, observe the world, and perform consciously. Think of the conscious mind as the “processor” in computer terms.

The subconscious mind is the memory bank, and holds everything you have ever seen, heard, smelled, or experienced. The subconscious is like computer storage, only many times more powerful. It's programmed by ‘input’ from your conscious mind and the world around you.

The superconscious mind is the innermost part, and defines who you are. This spiritual part, communicates with a Higher Power. It picks up the energy from other people's spirits.

It's important to understand you ‘program’ your subconscious mind, through your conscious mind. As a child, you learned by practice. Learning to walk took time, during which you often fell. The subconscious mind learns from your failures, and successes. Gradually, your mind knows what works and what to avoid.

Your subconscious mind doesn't distinguish between reality and imagination. Therefore you can ‘program’ yourself for success by tricking the sub-conscious mind, using repetitive imagination. Successful athletes ‘program’ their success by imagining their success step-by-step. The subconscious mind accepts this dreamlike action, as reality.

The thoughts you think, and the words you say are powerful, and go a long way to creating your reality. Watch the thoughts you put into your subconscious mind. Consciously think positive, and good thoughts.

Other people's thoughts and words also affect you, and if you let them, program your subconscious mind. Be aware of this and use the tools provided in Chapter three to block circumstances that you don't want.

Discoveries of the mind's full power of the mind is growing. Breakthroughs in the mind's ability, have only recently been learned.

Your Inner and Outer self

The subconscious mind is your storage bank, and remembers everything. The superconscious mind connects with your spirit, the Universe, and a Higher Power. Now you know your subconscious mind is programmed and accessed, by your conscious mind. You can learn techniques to program your inner self. Direct your thinking and achieve the life you want.

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For this chapter, I'll call the conscious mind the outer self, and the subconscious and superconscious minds, the inner self.

Awaken the power of your inner self. Although it seems the conscious thoughts and experiences, or your outer self, control your actions, it's your inner self-that's the real power.

The total knowledge of the universe is available. You merely need to ask your inner self-to provide creative ideas and guidance, and it will. Access this great storehouse, through meditation and dreams.

Accessing the Universe's Storehouse

Ask the Universe for answers to your problems and concerns. Concentrate on a problem, believe for an answer, then forget it. The best time to try this is just before you go to sleep. Concentrate on the problem, without trying to resolve it, think about all aspects, then put the whole question out of your mind. Your inner self-goes to work, and in time the answer will arrive. For example, how often have you met someone but couldn't remember their name? This nags at you, until you put it out of your conscious mind. Out of the blue, when you least expect, the answer arrives.

You can use this technique to solve problems, create ideas for business, improve relationships or create a general feeling of well-being and optimism.

Combining your inner and outer self, when used correctly will manifest the life you desire. By right thoughts and beliefs, you can program your inner self to access the vast storehouse of the universe. The information you need is one thought away.

Remember the automatic pilot, it operates whether you realize it or not. Control your thoughts, limit your exposure to the negative, and your life will be great.

Strategies to Counter Negativity

Think thoughts of peace, prosperity, achievement and purpose and these will display in your daily life. Let thoughts of anger, loss and bitterness dominate your thinking and you will develop illness and depression. When you become aware of these types of thoughts let them drift effortlessly back out of your mind, consciously replacing them with uplifting thoughts and ideas.

One tool you can use to program your mind, is by affirmations and prayers. They do work, and you can use them for 'general' positive programming. Spend time each day to proclaim with words, what you want to manifest in your life. Over time, you will see results. Successful people from all walks of life have learned this secret. They automatically replace the negative, with positive, life enhancing thoughts.

This God given knowledge can transform your life. You already have within you the capacity to live a contented and harmonious life. Awaken your belief and choose to use your God given ability to use your mind and achieve your dreams.

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Your inner self cannot reason and works purely as you would program a computer. You will manifest the thoughts you think, and the words you speak.

Only allow thoughts of prosperity, health and peace to enter the depths of your inner self. Use any means to stop the negative and destructive thoughts or words that speak of lack, poverty and bad luck to enter or stay in your mind.

Be careful to check other people's words to you and about you. When you hear remarks that are not helpful don't internalize them. Immediately cancel them by speaking out positively. "No, I'm not hopeless - I am a wonderful creative being who succeeds in every area of my life".

If you realize that you're giving yourself negative auto-suggestions, make every effort to change these. For example you may say "I can never lose weight and I hate to exercise". Change this to a positive affirmation: "I am careful what I eat and drink. I choose food that nourishes me and moves me towards my goals. I choose to exercise every day and look forward to the good feelings that exercise gives me."

Monitor newspaper articles, and television programs. You'll be surprised at the negativity that bombards you. Develop a strategy to cancel these thoughts and ideas. Replace them with uplifting and life affirming suggestions, until they become the norm for you.

Core beliefs and How They Affect Your Life

What are your core beliefs, developed in childhood? Beliefs like "no one in our family goes to college," "be happy with your lot," "you never finish anything," and "You don't deserve to be wealthy."

It is important to work on changing these core beliefs and reinvent new beliefs for you. Beliefs can be stubborn and difficult to shift. You can change them, by replacing with positive beliefs. Program new beliefs with the use of affirmations and affirmative statements. Persevere, over a period of several weeks, using affirmations spoken out loud several times a day until your new beliefs replace the old.

Allow negative thoughts to dominate your life and life will be unhappy and depressing. Re-program your inner essence with good thoughts, and ideas, then your life will become exciting, interesting and harmonious.

Choose to be miserable and you will attract depressing friends. The adage, that misery loves company, and it is true. Choose to be upbeat, exude love and compassion, then you'll attract beautiful souls. Like does attract like. You do have the power to react to others as you want. Reject their negative words and reply with love and support, and you will soon find that your old friends will change with you or move away from you. Seek out positive, happy and loving people. Don't allow energy vampires drain the life force out of you.

Be aware of every idle word that you speak, or idle thoughts that drift into your mind. Allow yourself to entertain the best, and reject the rest. Don't let others' beliefs, control you. Choose your own. Choose to feel blessed, prosperous and healthy.

Chapter Five

You can live a Peaceful, Stress-Free Life

People prize peace of mind. In this modern world, it's difficult to achieve and hold on to peace. As a result, people strive to avoid suffering and look for happiness in the wrong places. The worship of money and material things, and yearning for a bigger house, a fast car, a boat, and expensive holidays, doesn't satisfy the soul. Climbing the corporate ladder, and chasing accolades, satisfy temporary. Gratuitous sex to try to buy love, people pleasing to get people to like you, cause more problems than peace. These practices are endemic today.

When people can't find peace and happiness, they turn to drugs, alcohol, sex or overeating, to escape and numb their fear. People who've tried some or all of these false solutions to anesthetize their pain, still find that peace elusive. There are many instances of rock stars committing suicide because they have experienced everything and still found life empty.

You can find true peace from filling the spiritual-shaped vacuum within you. Inner peace is the key, with the knowledge that spirit is helping you, counseling you, healing and guiding you.

With spiritual energy available to you twenty-four hours a day, you can cope with anything. Spirit helps you to develop steadfastness and peace in every circumstance.

Letting Go

Un-met expectations can be a major source of stress. When people let you down, or circumstances don't turn out how you would like, you become disappointed and frustrated. Expecting a particular result, sets you up for failure. Events beyond your control can change your life in an instant. Therefore it's a waste of energy for you to set your mind on a specific outcome. It's like expecting your house to sell within a given time, and for a set price. When it doesn't happen exactly as you imagine, you begin to think it won't sell. Your thinking begins to run in a negative downward spiral. You feel bad about circumstances that you have no control over. We can't force someone to buy the house, or force them to do anything. The holdup could be helpful, as your ideal house is not ready.

Often people often don't live up to your expectations and it's not because they're bad. They are doing the best that they can at this particular time. It's just that their best is not good enough for you, when you expect more than they can give. You have no control over how other people will react. So don't set yourself up for disappointment, by expecting them act in the way you want every time. Do not expect more of people than they can give. Release your expectations, and they won't disappoint you. You may receive a pleasant surprise when the result turns out better than you hoped.

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Let go of control. It is impossible to control everything – whether it's your children, your partner, your friends, other people or circumstances. Despite your best intents, life will often frustrate your plans.

Always be flexible –make plans, but prepare to change them as circumstances change. Trying to control everything about your life, especially people, will tire you. Let go of the need to control others, and learn to accept them as they are, then peace will find you. Try not to jump in when people disagree with you. Let them have their own views, it doesn't have to change yours.

When people are hurtful or cruel, this springs from a fear of loss. Put yourself in their shoes. What apprehension or upset is causing them to act in this way? Understanding where they're coming from, enables you to forgive, and brings peace to both parties.

Let go of possessions. Eventually everything wears out. Nothing is forever. Disappointment will arise, if you let your happiness depend on possessions. As spiritual texts say, go after what doesn't wear out such as love, peace, good relationships and spiritual growth. These life affirming pursuits will nourish your soul.

Let go of being the victim. "If it wasn't for so-and-so I'd be a success." "If I had more money my business would prosper." "If only my partner would help around the house, then I'd be happier" None of this victim attitude helps in anyway. Take responsibility for your own actions and let go of the useless 'blame game.'

Let go of the problems. Everything passes in time. Little irritations are little irritations. They're not worth disturbing your peace, so let little upsets go.

Do all you can to solve a problem then relax and let the Universal energy work its magic. Once you've done all you can, put the problem aside and get on with your life.

Let go of the unimportant. Everything is unimportant.

Embrace Peace

Peace is a choice. You can focus on the negative, or choose to see the beauty of this wonderful world. You can choose to stay and argue, or can move gently away and keep your peace. You can choose friends who constantly drain you and use you, or you can choose friends who're helpful, encouraging and uplifting.

When events happen in your life to disturb your peace there is always an alternative available. You can pray, you can make positive moves to improve the circumstance, or can wallow in your misery. The choice is yours!

Meditation

Meditation relaxes your mind, and opens a portal for spirit. A simple twenty minute breath meditation is the equivalent of an hour's deep sleep. The solutions you seek, can arise during meditation. Insights and creative ideas

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often flow during and after a meditation session. Meditate each day, and refresh your soul.

Imagination & Substitution

Keep a watch on your thoughts and when a negative spiral appears, stop, then immediately substitute a positive thought. Within a short time substituting your thoughts will become a habit.

Find time to sit quietly and imagine yourself as a peaceful, calm person. Imagine a stressful time and substitute in your mind, a peaceful response instead of fear or anger. These imagined responses will become your normal response.

You will feel so good when you've handled yourself in this new way that you'll look for other ways to create peace. Imagine reaching out with love to others, and cover them in a golden light.

This Too Shall Pass

Think back over painful events in your past. Did they resolve and are now a distant memory? Probably most of them were, and don't worry you today. At the time, if you knew how the circumstance would turn out, would you have been so stressed?

Time has a way of resolving most issues. Remember 'This too shall pass'. Nothing lasts forever and each day is a new day, a new start, a time when you can act differently.

Mentally project yourself into the future. Move on fifty years. Will your problem still be there? You may not be alive then, so why waste time stressing now. Bring an air of calm in every circumstance.

The Parable of the Farmer

There's an old folklore story about a farmer who owned one horse. One day his horse ran away and the village folk commiserated. "Isn't it awful the farmer needed that horse to pull his plow" The farmer stoically replied "Is it good or is it bad?"

Several days later the horse returned with a herd of wild horses. The village folk rejoiced. "Isn't it wonderful, now you have a herd of horses?" The farmer replied "Is it good or is it bad?"

The next day the farmer's son, who helped him work the farm, started to train the horses. But later fell from a wild stallion and broke his leg. The village people remarked. "This is terrible. You would have been better-off without the herd." The farmer replied. "Is it good or is it bad?"

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A week later a battalion rode through the village. They forced all the young men to enlist and go to war. Because of his injury, the soldiers left farmer's son behind. The townsfolk told the farmer. "You're so fortunate that your son had broken his leg." The farmer replied. "Is it good or is it bad?"

The moral of this story is that whatever happens in your life you don't know until time has passed, whether it's a catastrophe, or the event could turn out to be your good fortune. So why, worry?

Affirmations for Peace & Rest

Blessings arrive for me each day.

I fall asleep peacefully the moment I lie down to sleep.

My heart feels joyful each day.

My heart is glad and my soul rejoices always.

Complete joy is mine

I feel radiant and joyful.

My life is sweeter than honey, and is perfectly rewarding

My heart dances with joy.

Beauty and joy flood my soul.

Harmony of mind and emotions settle peacefully in my heart.

Peace is mine.

I feel serene and peaceful.

My home and office are harmonious places to be.

Relaxation is my natural state.

I find sleep comes to me easily and I always have pleasant dreams.

Peace and tranquility fill my soul.

My home is my castle and a refuge from the world.

My home is tranquil and calm.

Peace Prayers

The Prayer of St Francis

*Lord, make me an instrument of your peace.
Where there is hatred let me sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
Where there is sadness, joy
Divine Master,
grant that I may not so much seek
To be consoled as to console
To be understood as to understand,
To be loved as to love
For it is in giving that we receive,
It is in pardoning, that we are pardoned,
It is in dying that we are born to eternal life*

Christian Prayer for Peace

*Blessed, are the peacemakers,
for they shall be known as
the Children of God.
But I say to you that hear, love your enemies,
do good to those who hate you,
bless those who curse you
pray for those who abuse you.
To those that strike you on the cheek,
offer the other one also,
and from those who take away your cloak,
do not withhold your coat as well.
Give to everyone who begs from you,
and of those who take away your goods,
do not ask for them again.
And as you wish that others would do to you,
do so to them.*

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Relaxation Technique

Try this way to relax the body. Sit in a deep comfortable chair or lie on your bed. Imagine that a heavy, but warm weight is resting on you. Think of your limbs getting warm and let the imaginary weight sink your body down.

Imagine you are floating on top of a warm pond. Gradually let yourself sink below the surface and look up and see the sky blurred by the surface of the water. You can breathe easily. Sink a little further and see the water darken slightly into a mossy green color. Let yourself sink further until you can feel the soft tendrils of foliage caressing your skin. Finally rest on the bottom of the pool.

All is silent and still. The sandy bottom is warm and soft. Stay there and relax. If any unwanted thoughts come to mind just allow them to drift away and dissolve in the water. You will feel wonderfully refreshed and peaceful. When you're ready, slowly imagine yourself rising to the surface.

Breaking the worry habit

Worry has become a national past time. The more you worry the deeper the habit. All worry is useless, a waste of your time and energy. It's one of the biggest causes for apathy and depression. There is nothing good about worry. Jesus asked. "Will worry add one day to your life?" The answer is NO, but it will create illness and reduce your life span.

Worrying about the past is a waste. It's already gone, and you can't change it. Worrying about the future is useless, as circumstances change. Worrying about the weather, politics and other people's opinions are a waste of your time. You can't change circumstances or people that you have no control over.

It's well-known that ninety-nine percent of worries never come to pass. Although the act of worrying, and holding that energy in your mind, can create the circumstance you fear. But changing to positive thoughts, brings a better solution.

If the worst does happen, in time it will pass. So there's never a reason to worry.

Remember the Law of mind, whatever thought you hold, will come to pass. Memorize the affirmations and replace those worry thoughts with them.

Set a Worry time

If you can't cut out worry, you can cut it down by assigning a worry time. Decide to worry once a day, at say four o'clock, for fifteen minutes. Better still allocate a time once a week for ten minutes. When your worries arise, remind yourself, that your worry time is next week, on Monday at one o'clock. Never pick a time that is close to sleep time, to avoid bad dreams. Choose, the morning or middle of the day.

When you sit down to have your worry time. Think of the worst possible case scenario you can, then decide that if that's the result, you will

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cope, and it will pass. After your worry time, ask a Higher Power for help. Then forget the worry, until the next scheduled worry time. "Let go and Let God"

Each Morning Decide

Decide each morning to be happy.

Decide each morning to learn something new.

Decide each morning to practice kindness.

Decide each morning, you'll accept what you can't change.

Decide each morning to spend more time with your family.

Decide each morning to eat sensibly and take exercise.

Decide each morning to commune with a Higher Power.

Decide each morning to write down and follow your plan for the day.

Decide each morning to tackle only today's problems.

Decide each morning to go through the day relaxed and at peace.

Decide each morning to enjoy and appreciate nature.

Decide each morning that today will be a good day, well lived.

Peace Meditation

Lie back on soft pillows, take several deep breaths letting them out slowly and relax. Allow your arms and legs to grow warm and heavy. Sink into a relaxed state, allowing your eyes to close and breathe slowly and evenly.

You are sitting on soft warm sand, looking out over an azure blue tropical lagoon. Slowly rise and step into the balmy waters. Move leisurely forward until the water reaches your shoulders. Slip beneath the water and float gently. You find that you can breathe easily beneath the surface and you let yourself relax further, letting the natural buoyancy of the water support you.

Looking around you begin to notice the exquisite colors of the coral clusters. The wonderful shapes and hues fascinate, as you lightly float over them. Gently move between the contours of the coral and begin to notice the gentle movements of other marine life.

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Among the tints of purples, pinks and blues you catch glimpses of tiny fish that dart in and out of the marine forest. The colors are remarkable, iridescent blues and silver. Rainbow fish swim slowly beneath you.

A feeling a deep peace invades every atom of your body as you survey the hushed wonderland below. Tenderly release and let go all your concerns. Wash away worry and fear, as you float with the slow moving current.

You float deeper below the surface of the lagoon. Your body has grown weightless and you feel in harmony with your surroundings. Moving quietly through the water you notice a sea turtle swimming alongside. In perfect harmony you move with the creature through the picturesque seascape.

Noticing a clam gradually opening, you wait and watch. Inside lies a deep shimmering green flawless pearl. You lift it out of the shell, which delicately closes.

Floating unhurriedly towards the beach you reach shallower water and you relax, half in and half out of the water. The sun warms your cheek, and you smile as joy rises within your spirit at the beauty that surrounds.

As you caress the precious pearl between your fingers it is a reminder to you that your concerns now lie at the bottom of the lagoon. The pearl symbolizes the joy and verve of life.

Consciousness begins to rise within you. Now begin to waken feeling better than you've felt in a long time. You stretch your limbs and feel alert and ready to re-enter your world, knowing that you carry peace within you.

You can tape this in your own voice, or read it through several times until you can follow the scenario, in your mind. Whether on tape or in your thoughts, say the words slowly and quietly, in a relaxed tone.

On Audible.com, check out my guided imagery audios -

http://www.audible.com/search/ref=a_mn_at_ano_tseft_galileo?advsearchKeywords=Christine+Sherborne&x=0&y=0

Chapter Six

What is prosperity?

Prosperity is not only wealth and finances, it's flourishing in your life. Having peace of mind, living in harmony and health, and, of course, living in financial plenty.

You live in a plentiful world, there is no shortage. However, you have to attract and receive prosperity.

In the Old Testament of The Bible, we read of God's generous provision for His chosen people. Many character's would be considered multi-billionaires in the modern world, yet displayed weaknesses. These flaws could have made them unworthy, to receive the prosperity they did. God blessed them with physical riches, happiness and peace of mind because they had a close relationship with Him. Some examples of these are King

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Solomon, who was the richest man in the world, his father King David, who was also wealthy, and others include Abraham, Job, Jacob and Joseph.

Heaven's description is one of incredible splendor - streets paved with gold, and pearly gates. The walls surrounding the New Jerusalem, are inset with twelve types of gems. Trees laden with all kinds of delicious fruit waiting to be picked, and you're promised, no more tears or sickness and a perfect body.

There is a Higher Power that promises you abundance. Through prayer you activate the universal energy vibrations.

An Abundant World

You live in a plentiful world, with riches available for everyone.

Don't block wealth through thoughts of lack, unworthiness and disbelief. These thoughts produce a poverty attitude, and brings that state into your life. Whatever the economy or stock market conditions, you can be wealthy. Your income doesn't depend on them, and you can access creative ideas to produce riches now.

Everything consists of energy, which you either attract or repel. Your thoughts and beliefs either draw or ward off wealth. You're as rich or as poor as you believe you are. If you believe wealth isn't for you, or you don't deserve it, so it shall be. If you believe that you deserve to do well, live well, enjoy good health and prosper, so you attract plenty to you. It's so true, that as a man thinks, so will he be.

Get rid of the, "I'm not worthy" thoughts, and replace them with better thoughts. "Out of all this abundance, there is plenty for me, and for everyone." Money's not evil, but an inanimate object. It's the way you use or misuse money, which makes it good or bad. The Universe wants to you, so you can bless others. The law of reciprocity and the law of vacuum state that you cannot attract wealth to you, unless you are a giver. If you hoard the little you have, it will remain a little or dwindle. Hoarding is a stumbling block to further riches. Wealth has to circulate to work - it has to circulate to come into your life, and that means using, then letting go of money that comes to you.

Bless Others

When you bless others and pray for their prosperity, you open the way for your own blessing. Bitterness and resentment of other's good fortune, blocks your mind and keeps you in your present state. Lighten your heart, expect wealth to flow to you, and it will.

You may want to choose who the 'others' are, excluding people you think perhaps don't deserve it, or need blessing. Resist this temptation.

Believe a Higher Power wants you to be happy and richly blest, without doubt, and it will come to pass. Believe, as money goes, more will come. There's a never-ending supply. Bless others and pray for their financial success. Remember, money is a tool, it expands your mind and life, and the

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lives of others. Give out a high vibration, then expect that energy to return to you, a hundredfold.

Power of Imagination

Use your imagination to see and feel and smell how your life would be if you had the wealth you desire. This sets in motion the power of your mind, and the law of attraction. Your subconscious tries to balance imagination with reality, to attract exactly you want.

Using Your Talents

You have unique talents and abilities, and should use these gifts as skillfully as you can. Read books, take courses, and study under mentors, and then use your gifts, learning from successes and mistakes as you go. Ask your Higher Power for guidance, and to provide creative ideas, to draw abundance in to your life.

Form a Vacuum

Holding on to possessions that are old and worn out, or no longer useful, leaves no room to receive new ones. Keeping a tight hold, causes a blockage to receiving, and can cause you to lose what you are trying to protect.

Clean out your wardrobe, and give away anything that doesn't fit, or you haven't worn for a long-time. It's amazing how creating a space in your wardrobe attracts new clothing you really want.

Do the same, throughout your house. Get rid of clutter and simplify your life. You could cull many of your ornaments, books, tapes, disused gadgets and even furniture. Not only attracting new items, by creating a vacuum, but also clears your mind. This allows a sense of peace and expectation to settle in your home.

Prosperous Relationships

People you regularly see have a strong effect on your well-being and emotions. Associating with positive, happy people makes you feel optimistic yourself, as you soak in their encouraging energy. These are the people who encourage you, and help to refine your ideas and goals. Friends who're not threatened by your success.

On the contrary, negative, complaining or simply unhappy people can be toxic. These friends drain your own positive energy, with their negativity and unhappiness. They shoot down your good ideas because they feel threatened by anything which moves you ahead. Consider the people in your life who detract from it and give nothing back. Examine your friendship critically, and decide whether it's time to let go of harmful associations.

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This does not mean that you don't help people in genuine need, such as friends who have hit a temporary bad patch. But you know the ones who can't be helped, who enjoy complaining, and need an audience. Make sure that audience is not you!

When you have carefully considered to distance yourself from the real energy drainers, do so gently, and with forgiveness and goodwill. By releasing these people, you release new energy into your life. This creates a vacuum to attract positive, and compatible people.

When making new friends, tread carefully, until you know the person. Ensure they are cheerful, upbeat people who will enhance your life and not drain it.

Prosperity Habits

Habits are patterns of behavior which you've built through repetitive actions, thoughts or words. Habits can be good or bad, depending on their overall effect on your life. Often, you don't realize that you've learned a habit, until you pay attention and note your behavior over time, or ask someone close to you.

Habits can move you towards prosperity, or program you subconscious to repel wealth. For example, habitual negative thinking produces feelings of unworthiness, convincing you that you don't deserve wealth.

To change poor habits, you need to replace a bad habit with a good one. To be successful in changing, concentrate on a useful habit, and substitute it in your behavioral pattern. Practice this new behavior for thirty days. It takes this long to take hold.

At first, the main area to work on is your self-image towards wealth. You should use the exercised to convince yourself of your worthiness. Without this basic belief, whatever else you do won't succeed. Work on one habit at a time, using the tools provided, to ensure the new valuable behavior takes hold.

When you've changed your mind-set, you can work on the practical methods of attracting wealth into your life. These include, working to a budget, saving regularly, thinking before squandering money on luxuries which do not appreciate, and keeping track of spending.

Study the habits of the wealthy and replace your old ways with new ways, ways that work for you, and not against you. As you change you will feel good, and change other habits that drain you, one by one.

Set Goals

If you don't plan, you plan to fail. If you were setting off on a journey, you would plan your route. Most people put more energy into planning their vacation than they do into planning their life!

Write down your prosperity goals in order of importance, then write down the first step and the second step, of each goal.

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There're many excellent books on goal setting and even Internet sites you can use to record your goals and have the site email you, to check your progress.

The key to receiving, lies in being a blessing, so include volunteering goals, or another way of giving back.

Power of the Spoken Word

The thoughts you think and the words you speak, affect your life in many ways. Words are powerful and can have a strong influence on your future. The spoken word affects not only you, also others in your social circle. The Bible tells us, God created the world with a word, and Jesus healed with a word.

Speech is seldom neutral, but either positive or negative. God tells us that we will have to account for every idle word that we say. He warns us not to be faultfinders, boasters, grumblers and complainers. Acting this way has an emotional impact on those around us, and damaging effect on your own well-being.

One negative statement can stay with you for life, but the positive largely go unnoticed. Remember back to childhood, and think of a time which impacted your self-image in a negative fashion. Children are sensitive to the words they hear. They are in a high learning phase, and pick up even subtle influences. If there's a particular comment or criticism which has stayed with you, for instance "you never finish anything" or "you're hopeless at drawing", you need to replace with positive affirmations. Practice for thirty days or more.

Say your affirmations out loud, each day, and pray with feeling. The results will surprise you, as good events start to unfold. You will wonder how you went for so many years speaking unease and trouble into your life.

Thought Management

Your mind is working all the time, even when you're asleep. Your brain is about 2% of your body weight, yet it consumes 20-30% of your energy. This is a tremendous amount of energy being used, so make sure that it's producing positive results. When your thoughts are negative, they trigger the body's automatic 'fight or flight' system. This produces powerful chemicals which cause the heart to beat faster, your breathing increase, and changes blood circulation. All this activity increases the wear on your body!

Unfortunately, for most of us, the negative thoughts and worries outnumber the positive. This results in apathy, unhappiness and depression, which eventually shortens life.

It's difficult to produce creative and productive thoughts, and make logical plans and goals. When you waste your thought energy, you make mistakes. Learn to manage your thoughts, and channel them into the areas which will bring the best results. Write your thoughts down for a day, and see if there're negative. Now you know which thoughts to remove.

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First, decide what your dreams are. Without a concrete goal, you don't know your direction. Prosperity means different conditions to different people, and you should define for you, what wealth means to you. It could be financial security, a beautiful house, sports car, boat, or none of these. Once you've decided what prosperity conjures up for you, hold that thought and build on it. Use mental pictures to strengthen your image, build a detailed image of what life will be like when you achieve your objective. Use these images whenever you find negative or fearful thoughts arise.

You have a choice to control your thoughts, or let random ideas flood your mind. If start one good habit, let it be control of your thought life.

Give Freely and Freely Receive

Universal natural laws often seem topsy-turvy. One, is the law of giving, which is relevant to wealth.

To understand the law of giving, perhaps an illustration from relations may help. If you genuinely love someone, you give to them, both physically and emotionally, without the need for return. The person responds, as they understand and respect your love for them. A forced partnership, drives away trust and respect, but an unconditional one grows love.

But if you love someone who does not love you, the more you try to hold on to them, the more they pull away. This is jealousy, which is the fear of rejection. The more you try to control a person's actions, the more they will resist, until they break away.

The law of giving works with wealth in the same way. The act of giving produces a generosity of spirit, which in turn attracts a prosperity vibration. This forms a flow of abundance. To enter this flow you have to give, of your money, your time and your possessions. Look for ways to bless, and you in turn you'll be blessed.

On the contrary, if you hold onto possessions, time and money, you are working against the law of giving, and not producing a vacuum. This results in the loss of possessions, and people.

Develop Your Intuition

Take notice of your intuition. Universal guidance is when you receive a feeling of peace or unease. Use these intuitive nudges in all of your decisions.

If you have to start justifying a decision to fit in with what you want, or with what other people recommend, it's probably wrong. If the path you want to take seems against everyone else's wishes, but you have a deep feeling of peace, take notice.

Try not to jump into decisions if you can feel nothing either way. Wait until you sense a distinct peace. This is can be difficult, as you're used to deciding and acting. However, if you send out your intention for guidance, listen to your inner voice, the answer will arrive.

The Gift of Discernment

Discernment is an inner knowing, insight, which you can't explain naturally. It's the ability given to you by a Higher Power, to your spirit. This gift allows you know the truth, about a situation or person, supernaturally. For instance, you could be thinking of entering a partnership with someone, or a business deal. The deal sounds profitable and exciting. But you feel a slight discomfort, without reason, then listen to your inner voice.

An acquaintance of mine in New Zealand, who's wealthy, received a revelation during a meditation. He felt he should change his investments from the Stock Market into property. He obeyed the inner prompting, liquidated all his stock market investments, shortly before the 1987 stock market crash.

An American friend had the opportunity to invest in a successful company, at an advantageous time. Excited about this once-in-lifetime chance, and began to arrange to raise the capital needed. A few days later he felt uneasy about the investment. After further confirmation, he heeded this warning, and declined to invest. The next couple of years, the company was one of the stars of the business world, growing at a phenomenal rate, and he felt that he had missed the boat. However, a year later, the company collapsed, and many directors were prosecuted for fraud. Had he ignored his inner warning, he would have lost his investment.

Insight needs practice and a close connection with Spirit through prayer. Constantly check your inner spirit as different events arise throughout each day, and heed the feelings of peace or unease. After a while you will see the results, and you'll find you've had a few narrow escapes. Gradually your discernment will become accurate, as you become skilled at listening.

Fairness in all Things

There is balance in universal law that reminds me of an old saying, "what goes around, comes around." If you're fair in your dealings, on balance you will receive fairness in return.

But if you behave contrary to the rule of justice and fairness, it's likely that you will be treated in the same way. You may think you've gained an advantage, and it will be short-term. Eventually the balance will turn against you, and you will pay the cost.

Universal Spirit is fair, just and good. Your efforts will be blessed if they're based on good practice and fairness, but if you misuse people or misuse your wealth, in the end justice will prevail.

Self-fulfilling Prophecies

The power of the subconscious mind and self-suggestion is unlimited. Whether you realize it or not, you program yourself for success or failure.

If you think you'll be wealthy, and those are your primary thoughts and beliefs, then you will be. If you believe you'll never become wealthy, and that's your overriding expectation, then you won't. You can never achieve

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more success than you believe you're can. The Bible says "As a man thinketh so is he."

If you constantly visualize yourself as successful and enjoying the fruits of your labor, then you program yourself to prosper. On the other hand, if you imagine yourself struggling, then your subconscious mind has to make that happen.

Check your thoughts regularly. When you find negative and destructive thoughts coming arising, challenge them, and replace them with positive, uplifting and successful thoughts. Use visualization to program your mind for exactly what you want. Imagine your future using strong emotions, clear pictures, and the time-line.

Prosperity Affirmations

I am never in need.

All good things flow to me from the universe.

Success, happiness, health and abundance are mine each day.

I always have plenty of money to meet all my needs.

Abundance, wealth and prosperity flow to me in an endless stream.

I release my problem to Spirit's infinite wisdom that directs all my ways.

I have an endless supply of money and am able to give to others.

Abundance of wealth, health and happiness flows to me effortlessly.

I have a limitless supply of wealth to do with as I like.

I feel prosperous and financially secure.

Abundance is mine in all my affairs.

I live up to my potential each day.

I always handle my finances wisely.

I attract riches into my life.

Money manifests into my life from unexpected sources.

Financial independence is my natural state.

I attract winnings and windfalls to me often.

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My bank balance is always healthy.

I have a surplus of cash to use in any way I choose.

My finances grow daily.

I am a wealthy person.

My world is a happy and prosperous place.

Prosperity flows to me from many channels.

I am unlimited in my financial achievements.

My wardrobe is blessed with smart beautiful clothes.

My finances are substantially increased now.

My income grows quickly to meet all the desires of my heart.

Riches are attracted to me from all avenues.

The 'Let's Spend' Game

Are you subconsciously stopping the flow of financial blessings into your life by the wrong mind-set? You may feel that you don't deserve to be blessed, and wouldn't know how to spend a huge amount of money.

This is a great game to open your ability to receive. Play the game alone or with a friend. It's easy to play with a friend. Email each other once a day, so you keep each other on track.

You'll be amazed what happens when you start to play this game. It removes blockages, and you begin to receive financially from places that you wouldn't have imagined yourself. When you're matching the prosperity vibration, you can start to prosper. Try it and see for yourself.

The first day you have an imaginary \$1,000.00 to spend. Write the figure, then decide how to spend it. Detail the amount and how it's spent, and feel the emotion, as if it's real.

It's a good idea to give away at least ten percent to charity, or people in need, before you spend the balance on yourself.

The second day you double it. \$2,000.00 to spend today, and continue in this way, each day doubling the amount you allow yourself to spend. By the eleventh day you will have \$1,024,000 to spend.

You can play as long as you like but fourteen days is a good time to open the channels in your mind to think like a millionaire. Day fourteen will give you \$8,192,000 to spend – see the table below:

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Day 1	1,000
Day 2	2,000
Day 3	4,000
Day 4	8,000
Day 5	16,000
Day 6	32,000
Day 7	64,000
Day 8	128,000
Day 9	256,000
Day 10	512,000
Day 11	1,024,000
Day 12	2,048,000
Day 13	4,096,000
Day 14	8,192,000

You'll find the items you thought you would buy, will differ as you progress in the game. Prepare for a surprise, as you discover your real self. Have fun!

The Parable of the Rich Family

One day a rich businessman decided to take his family to the country. His ten-year-old son sat in the back of the new Mercedes. "Why're we going to the country, dad?"

"I think that you take everything we have for granted, so I thought I'd show you the difference between the rich and poor."

The struggling farmer's old ranch, had few furnishings, and plain food.

At the end of the week, as they drove away, the father looked across to his son. "How did you enjoy the holiday?"

"It was great, dad. Thanks!"

"Did you notice how poor people can be?"

"Yes, dad, I did."

"So, what did you learn from the trip?" His father said.

"I saw that we have a pet dog at home, but that farmer had four well trained dogs. We have a swimming pool, but the farmer and his family have a beautiful creek with freshwater, that goes on forever. We have electric lamps in our garden, but did you see those stars and the moon? Our patio reaches to the front yard, but they have fields right to the horizon. You work in a stuffy office, but the poor farmer gets to be out in the fresh air all-day!"

The boy thought for a moment, then said "Dad, you said you were going to show us how poor people can be, didn't you? I get it – I didn't realize how poor we are!"

There are different types of prosperity, and depends on the way you view the world. If you are poor of spirit, you have nothing!

Chapter Seven

Natural Health - Your Inheritance

Most people are born healthy, and our bodies are designed to heal themselves. Your body is a marvelous creation, with automatic systems built in to protect you from harmful organisms. Your skin, your digestive system and your airways are designed to protect you. Your natural state is health, and your body will work well, if treated well.

Even when you develop illnesses, doctors largely rely on the body to heal itself. They may use surgery to remove diseased tissue, or medication to help with a virile infection, but it's the body which heals.

Thinking and Health

The brain controls all the functions in the body automatically, and the way you think has a tremendous effect on your health. As we have seen, the subconscious mind cannot tell the difference between reality and imagination, but works at trying to keep a balance. If your thoughts are negative about your health, you attract illness. Your powerful inner mind brings about what it believes is your reality. As I mentioned above in the 'laws' chapter, voodoo practitioners can put a death curse on their victim, and as the victim believes in the curse, they usually die shortly after hearing the curse pronounced. The victim thinks he will die and his subconscious mind directs his body to obey.

On the other hand, if you convince yourself that you are well, and your body is healthy, your mind will work to bring about balance, resulting in a healthy and energetic body.

Health and Your Subconscious Mind

As we have seen above, if you program your subconscious to heal, your body will obey. On the other hand if you think negative and destructive thoughts they cause illness, tiredness and you feel run down.

Bitter, angry thoughts, activates your automatic 'fight or flight' reaction, and secretes chemicals. These cause problems like arthritis, heart damage and indigestion. With thoughts of health, energy and love, your body produces good chemicals called endorphins. Endorphins help deaden pain, produce a feeling of well-being, and stimulate the immune system. So if you want to feel wonderful and have life giving energy, change your thinking. Think of all that is good, upbeat and harmonious.

A Boy is healed

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A twelve year old boy, diagnosed with an inoperable terminal brain tumor, had no hope. His therapist, who was helping him to cope emotionally, believed in the healing power of the mind. He suggested to the boy that he imagine that his white blood cells resemble Pac-men and send them to the site of the tumor, then imagine them eating the cancer cells.

The boy did this two to three times a day. Some weeks later, during a session with the therapist, he told her that when he mentally sent the Pac-men to the tumor, they couldn't find it. They sent him for a new brain scan, and found the tumor had disappeared. The doctors discharged the child, and he went on to live a normal life.

Healing and Prayer Power

Scientific studies prove that prayer works. One study consisted of a group of heart patients in hospital. Half the group received normal care and medical treatment, the other half were prayed for in addition, without being aware of it. The group which received prayer recovered faster, had fewer complications, and the survival rate was significantly higher.

Combine right thinking with the power of prayer and you are release healing energy against your illness. Imagine your body as whole and energetic, and your thoughts and prayers will release divine healing power within you. It's important to have faith that you will be healed, as thoughts with strong emotions are the answer to receiving healing. Faith is achieved by thinking positive and constructive thoughts, substituting them for the negative.

Thoughts of pain, illness and poor health will produce exactly that for you. You often get what you most fear, if that is what you dwell upon. Job said, "That which I greatly feared came upon me

In the Bible, God says, "Choose this day. Choose life or death." Choosing life means selecting all that is good in thoughts, words and deeds. You already have the healing power within you. Choose life. Choose now.

Using Sleep for Healing

If a patient is in a poor state (for instance with major burns), doctors will induce a sleep or coma. This removes emotional strain, and enables their body to use its resources for healing.

You can make use of the same state, by using ordinary sleep, with instructions for your body to heal itself. When you go to sleep at night, and when you wake in the morning, say a health and life producing affirmation aloud. Your mind is working while you sleep, and your last thoughts as you drift off will be affect your body, so make sure that you program your mind accordingly.

Use Emotion to Heal

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It's not always easy to line up your thoughts and words you say with your emotions, especially when you're in pain. Your subconscious mind will always follow your strongest feelings. Unless you believe, you may be wasting your time. To overcome this problem, stop struggling and relax. Take time to sit quietly, and imagine the result you want. Imagine how you want to feel, and what can do when you're fit and healthy.

Eventually, your feelings and thoughts will come into balance, allowing miracles to happen. Your subconscious will work to and bring about the wonderful outcome that you long for.

Keep relaxing, mentally imagine the best conclusion, and speak your needs as if they are true, and they will be. Control your thoughts, and speak out a carefully worded affirmation that you can believe. If you find this difficult, just keep affirming to yourself one word 'health', this will sink into your subconscious.

Lifestyle and Healing

Even the best doctors and surgeons rely on the patient to ensure their lifestyle contributes to their health and healing. If the patient isn't prepared to change a destructive lifestyle habit, such as smoking, then the doctor's work is in vain. These practices sabotage the body's healing mechanism. There've been cases of dramatic instant healing, through prayer, but when the recipient reverts to their former lifestyle, the problems return.

When you eat in excess, smoke or consume too much alcohol, don't exercise, or live a stressful lifestyle, you suffer the consequences. Your body is designed to thrive on healthy foods, such as fresh fruit, vegetables, wholesome grains and healthy protein. Your body needs regular and adequate exercise and rest.

Because of pollution in today's environment you would be wise to take supplements. Depleted and contaminated soil, has less goodness than in the past, and contains harmful chemicals from pesticides. Eating organically grown foods may soon become a necessity to extract the goodness your body needs for optimal health.

Modern labor-saving devices and the work many of us do means that we get little exercise. Therefore it's important to make the effort to take exercise in the form of walking, gardening or playing sports, to keep the body in good working order. Exercise releases endorphins, which make you feel good, reduces stress levels, and gives your body time to recover.

If you follow sensible rules for healthy eating, exercise and take enough rest then your body repays you, by remaining in good shape.

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Fasting and Healing

Fasting can be good for your health, as your body needs rest from the process of digesting unwholesome foods. Fasting for a couple of days, or regularly missing a meal, lower blood sugar and cholesterol, and controls weight. Drinking clear, filtered water, flushes toxins from your our system.

Fasting is not easy and without medical advice can be dangerous if practiced for extended periods. If you've new to fasting, I would recommend you fast from food only, for a maximum of one or two days. During this time ensure that you drink plenty of water, fruit juice and vegetable juices. If you have medical problems, consult your doctor before fasting.

If it's difficult for you, or if you find you suffer excessively from stomach acid, tiredness or headaches, then fast just one meal a day.

Healing and Energy Drainers

People or locations can sap your energy, drain your resources. If you encounter bad energy over an extended time, it can cause illness. You may have experienced going into a roomful of people, then immediately felt uneasy because of a negative atmosphere. When introduced to someone who seems pleasant and friendly, you're still uneasy, take note. Listen to these instincts, so you can take action. Leave the person or room.

Some people create negative energy, and drain positive energy away. It may be the person is negative, unhappy or jealous, and contact with them leaves you feeling tired, listless and depressed.

Think about the people that you see each day. Do any have a negative energy? Do you feel drained after spending time with them? If so, then you need to act to protect your life force level. There're several ways of achieving this – first, if you can, get them out of your life. If not, lessen contact with them, and when you are with them imagine a shield or barrier surrounding you. You'll reflect negative energy back to the sender.

Certain occupations or lifestyles come with negative and spiritually harmful oppressions. For instance, doctors, policemen, and fire-fighters, are often in contact with misfortune and tragedy, and absorb feelings of oppression and trauma. If your job involves extensive public contact, be aware and sensitive to the spiritual. Protect yourself by prayer and affirmations, and imagine a protective light around you.

Old places radiate this negative energy, as the fabric of buildings absorb the energy produced by the people who have lived there. When you visit places, such as morgues, hospitals and cemeteries, you can absorb this energy.

You can cleanse buildings of harmful spiritual energy by prayer. Go through each room praying for any evil to leave, and asking for God's love to fill each rooms.

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Breathing and Health

Breathing is essential for life, but many people don't breathe correctly. Deep breathing enables your life-giving process to work efficiently and revitalize your body. People often breathe shallowly and irregularly without realizing it. People can hold their breath, especially when concentrating.

Deep breathing is beneficial to your health, when you fill your lungs. Take time, especially in the morning, but also at intervals throughout the day, to breathe deeply near an open window.

At night breathing in and letting your breath out slowly will relax you and help you fall to sleep easily and naturally. A slower and more deliberate out breath than the in breath makes the body relax physically.

Health and Stretching

Slow stretching exercises, such as Pilates or Yoga, strengthens and relaxes your body. When you exercise the glandular and lymphatic systems clear and lead to increased flexibility. It's an exercise that people of most ages can do, and is a low-impact, low damage exercise. To increase benefits, incorporate good breathing techniques.

Take a local course or buy a book or tape, and exercise your way to health.

Beautiful Thoughts – Beautiful Appearance

“Cheerfulness and contentment make a person beautiful and preserves a youthful look”
Charles Dickens

Your attractiveness or is mainly due to your genes, but your lasting beauty is affected by the way you treat our body, through diet, exercise, and your inner serenity.

Your thoughts, words and deeds impact your outer appearance to a great extent. Many a natural born beauty who has habitually worn a petulant look on his or her face finds a pinched, harsh appearance has decreased good looks.

The old advice from parents “don't make that face, you'll stick like it!” Is truer than you think. Thoughts affect the expressions that our faces settle. Lines form as meanness etches them on your face. Continual thoughts of sadness and despair produces a facial expressions that an endless gloomy look.

A cheerful expression on the other hand may produce more lines, but they go in the right direction. A bright, cheerful personality is attractive, and it shows in your facial expressions.

Aged faces that show a serene, peaceful appearance, portray a life well lived, a life of contentment.

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Eyes are the windows to the soul, and reflect your character. We're naturally drawn toward a person's eyes. We're attracted to eyes that have sparkle and a sense of fun in them, as they reflect inner health and peace. On the other hand, Dead and listless eyes are off-putting, and suggest a personality which will swallow your joy.

Use mind power to rejuvenate your looks, thinking youthful, joyful, happy thoughts, is reflected on your face, and the way you hold your body.

One of the great benefits of controlling and choosing right thinking is a renewal of youth in mind and body. Think young, think serenity, think happiness and grow an inner and outer beauty.

A Meditation for Healing

Lie down in a comfortable place and begin to relax. Lie quietly and let your arms fall down by your side.

A warm light, a warm golden light surrounds your body; your body begins to feel warm and relaxed.

Take a deep breath, hold and let the breath out slowly, deepen into your relaxation. Feel your arms growing heavier and your hands warmer.

Count down from 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

As you breathe out, let your whole body relax.

Imagine yourself in a beautiful garden, with rich, lush grass and brilliantly colored flowers. Butterflies flutter around a lilac bush.

You see a path leading to a bridge that crosses a small stream. You walk along the path towards the bridge. You stop on the bridge and gaze down into the sparkling stream, and watch a leaf float lazily along, watching as it slips under the bridge and emerges out the other side.

You continue on along the path and see an old cottage ahead. You reach the cottage and notice that the heavy oak front door is ajar. Slowly you push open the door and step into the hallway.

Moving along the hallway you see another door that lies open. You approach the door and look into the room beyond.

In the room is a comfortable looking and inviting four-poster bed. You begin to feel tired and decide to lie down on the bed. The soft feather comforter billows up softly around you cocooning your body gently.

Your body feels more and more relaxed. Your mind feels peaceful and calm.

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In the corner of your eye you notice a figure appear in the doorway. It's man wearing a white robe and a blue cloak. He enters the room and moves over to you and sits on the edge of the bed. You realize that it is Jesus the great healer. He looks down and your eyes meet. His eyes are full of compassion and you feel peace flowing towards you.

He lays his hand upon your head and His other hand upon your chest. His touch is gentle and loving. You begin to feel a tingle from beneath the palms of His hands. You feel the healing power of Christ enter your body. The warm energy flows from His hand throughout your body, down through your head, spreading across your shoulders and your chest area. The power continues flowing down, through your hips and along you legs, right down through your calves to the tips of your toes. You have never felt such a warm, golden glow before. The energy is imbued with healing, love and compassion.

The energy begins to repair any damage it finds in your body. Every organ is flooded with the healing glow and each organ is renewed. You feel the energy moving through your bones and your flesh, and they begin to glow with His healing power. You know that every cell in your body is being renewed and rejuvenated by God's power.

As you look again into the eyes of Jesus, you see the pure love he gives you. You accept it, and a deep comforting and healing feeling continues to flood your entire being.

You close your eyes and relax into the moment. You feel a weight lifting off the bed and you know that Jesus is returning to whence he came.

You know that the healing process has begun to work in your body and that each and every cell is repairing itself through the power that has been imparted to them.

You fall into a light sleep for a few minutes basking in the warm golden glow. A sense of vitality spreads throughout your body as you begin to stretch and begin to waken.

You begin to feel a joy and energy growing inside you.

As you start to stretch you begin to count from one to five. 1, 2, 3, coming fully awake now 4, you feel happier and more joyful than you have felt in a long time 5, you are now fully awake.

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Health Affirmations

Chose several affirmations and speak them out several times a day, with faith and conviction. You may find it helpful to write them on a card, which you carry with you as a reminder.

I am blessed with a long, healthy life.

Vibrant energy exudes from every fiber of my being.

My body is healthy because I choose to look after it.

Energy, strength and vitality are normal for me.

I am in total control of my eating.

I love my body as the divine creation that it is.

I live in a safe environment.

I find it easy to maintain my ideal weight.

I always choose the right foods to eat for my health and well being.

My body heals quickly and easily.

Each day I move closer to my ideal weight.

I awake fresh and hopeful each morning.

Beauty and grace surround me.

I grow younger and more beautiful as I take care of myself with God's help

It's great to be alive! I love to be physically active.

I enjoy play, humor, fun and curiosity. I am involved in living. I love my wild and silly ideas.

My immune system strengthens daily.

I feel healing energy flow through my body.

I have a strong, healthy body that teems with vitality.

I am totally relaxed as the healing energy flow through me.

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I do my work in a calm, relaxed state.

Anxiety leaves me as I breathe in and out deeply and rhythmically.

I grow stronger each day as I increase my exercise.

I choose food that nourishes me and creates a strong healthy body.

I feel tension leave my body as I relax and let go of my fears.

I am thankful for a healthy and strong body.

Chapter Eight

Seek Wisdom and Prosper

What is wisdom?

How do you become a wise person? The dictionary defines a wise man as having good judgment, understanding and intelligence. He or she is discerning, perceptive and knowledgeable. Wisdom is more than learning facts but having the ability to discern how to use those facts to give you the best outcome in living your life. Wisdom has to be developed within oneself, by experience, being willing to learn, and by studying and understanding people.

There have been many noted wise people throughout the ages. The most famous wise man was probably King Solomon whose story is found in the Bible.

God said: Solomon, I'm pleased that you asked for this. You could have asked to live a long time or to be rich. Or you could have asked for your enemies to be destroyed. Instead, you asked for wisdom to make right decisions.

1Ki 3:10

Solomon wrote down his wise thoughts for our benefit in the book of proverbs and Ecclesiastes. It is well worth your while to read and study these two books of the Bible to gain everyday wisdom such as:

Don't step too often in your neighbor's house or he will hate you.

Whosoever commits adultery with a woman lacks understanding: he that does it destroys his own soul.

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A soft answer turns away wrath: but grievous words stir up anger.

Enter not into the path of the wicked and go not in the way of evil men.

Withhold not good from them to whom it is due, when it is in the power of your hand to do it.

Train up a child in the way he should go: and when he is old, he will not depart from it.

Notable Words of Wisdom

Here is what some of the wise people of recent times have to say about wisdom:

Science is organized knowledge. Wisdom is organized life.

Immanuel Kant

Pick battles big enough to matter, small enough to win.

Jonathan Kozol

Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials.

Lin Yutang

Knowledge is a process of piling up facts; wisdom lies in their simplification.

Martin Fischer

Wisdom consists of the anticipation of consequences. Norman Cousins

It's so simple to be wise. Just think of something stupid to say and say the opposite.

Sam Levenson

Wisdom is the supreme part of happiness.

Sophocles

Six essential qualities that are the key to success: Sincerity, personal integrity, humility, courtesy, wisdom, charity.

William Menninger

So what is Wisdom?

It is the ability to see situations clearly, exactly as they are and not as we would like them to be. It is acting carefully and with forethought.

It is weighing the pros and cons, taking advice, gaining knowledge and information in order to make decisions that will promote your ultimate wellbeing. Understanding other people, their motives and intentions, and then acting with compassion, kindness and effectiveness.

You need to be able to anticipate probable problems so you can choose the right course of action. Sometimes it is knowing when to wait and do nothing.

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Wisdom is much more than commonsense; it's the ability to act with integrity to everyone's good.

Making a Wise Decision Every-time

The total sum of your life is built on every decision and choice you have ever made. Therefore it is essential to take the time to make right choices and not be tossed by the winds of circumstance and change. Even if you have made unwise decisions in the past for which you will now be paying, it's not too late to stop and begin to create a better life for yourself. Think carefully, following my guide lines to make good choices now.

It often takes courage to make a wise decision, and it's important not to make a decision out of fear. The first part of starting the process of choice is to ask yourself a lot of questions and to ensure that you have as much information as you can on which to base your decision.

Questions such as;

Is it an easy or a complex decision?

If I did nothing at this time would there be any dire consequences?

Is there a real problem or an imagined one?

Have I collected all available data?

Have other people faced the same decision and what did they do about it?

Have you asked God to give you supernatural insight or an answer?

How big would the consequences be if I decided this way?

Can I live with this choice or that choice?

Would the decision I'm thinking of making hurt other people?

Am I over-reacting to the facts?

Are there any time restraints that need to be taken into account?

Is the problem involved with finances or connected with people?

Simple decisions should be made quickly and easily. If there are no long term detrimental consequences to your decision, such as which film to see, then it really doesn't matter what the decision is. Don't become a procrastinator.

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Tossing a Coin

When you are not sure which way to jump when making a simple decision, you can simply toss a coin. Before the coin lands you will already know in your heart which side of the coin you hope will win. It doesn't matter how the coin lands, it simply is a process that brings to the fore your real desire.

Delay making a Decision

Delaying making a decision can sometimes be the best thing to do if it doesn't affect the outcome because of bad timing. Often time has a way of resolving the problem anyway, so don't be in too much of a hurry, and don't allow others to push you into a decision before you need to.

Write down the Problem

Always write down the problem. This act in itself is often enough to bring light to the right answer, or action you should take. Choose words that describe the problem fully then write down all the possible answers you can think of. The process will evolve as you write bringing new ideas to mind, and simply thinking about the problem and how you can describe it, clarifies it in your own mind.

Creating Distance

Sometimes you are just too close to the situation or the people and need to create some distance between it and you. If you can take a short holiday or even go on a long solitary walk it gives you the space to allow new ideas to come to you.

Using your Intuition

Problem solving is one of the best situations in which to utilize your intuitive powers. Always keep a pad and pen by the side of your bed as first thing in the morning as you awaken you will receive your best intuitive thoughts. Remember to ask your sub conscious mind to give you the solution as you fall asleep at night and then expect an answer to be forthcoming.

Use your gut feeling when checking out possible solutions or when taking advice from friends or professionals. What is that inner voice trying to say to you? Does what this person is saying ring true to you or do you get an uncomfortable feeling that all is not quite right? Don't ignore your gut feelings.

Know when to Quit

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Know when it's time to call it quits. If you have made a bad decision then don't hang in there, pull out, cut your losses and move on with your life. There is a time for holding on, as sometimes we quit just before a break through is coming. But when you can clearly see the writing on the wall, don't waste more time and energy on a dead duck. Quitting at this stage will leave you with resources to begin again in a new direction.

Your Mental Movie Studio

Problem solving is the ideal situation in which to use the tool of making mental movies.

Sit in a comfortable chair and relax your muscles, one by one. Close your eyes and imagine that you are sitting in a cinema. In front of you is a large screen and you are the star of this movie.

Start by seeing yourself in the middle of your situation on the big screen. Mentally create the setting which is most appropriate, and then bring in all the people involved. Play out the scenario of how you may act and how others could possibly re-act to your decision. This can be carried out several times, utilizing whatever alternative actions and reactions may occur to you as you play through the movie in your mind. Next change the set and situation into the opposite avenue that you might take.

For instance you may have to make a decision on whether to have your mother in Law move in with you. Imagine her living in your home, and go through what you think a typical day would be like. Then imagine her moving into a village for the aged and again imagine what her typical day would be like. In both instances try out alternative realities as you go. Imagining the opposite can often give you valuable insights that would otherwise elude you.

This tool enables you to use your sub-conscious mind to feel out different scenarios, noting the effect that each one has on you, to choose the one you are most comfortable with.

Different Angles Give Different Views

Now look at the situation from a completely different perspective. Imagine that maybe you have got the circumstances all wrong, for instance the people involved may not be thinking along the lines that you think they are, or the imagined disaster may never happen. Re-run events through with the thought in your mind that your assumptions may be completely incorrect. Doing this may generate other options that you have never thought about.

You can play the movie through several times, with the aim that you refine the situation until the final scene should be you seeing on the screen the ideal outcome for your problem or you doing whatever you are trying to decide to do exactly as it would be if you couldn't fail.

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With that successful outcome in your mind slowly see the credits go up on the screen and gradually come to your fully awakened state. Sit quietly for a few more minutes and think about what you have learned from your visualization movie experience, and write down the solution you have learnt.

Utilizing the Imaginary Mentor Method

Sit in your most comfortable easy chair in a restful sitting room. Now imagine that opposite you is another person who is also sitting comfortably. This person could be someone you respect as a role model, someone who is famous in the field of the problem you are wrestling with, or it could be Jesus.

Talk to this other person and describe your problem or dilemma as fully as you can. Just thinking through the problem in order to verbalize it will help to crystallize the situation in your mind, and then you can ask them what they would advise. What would they say, how would they solve your problem? Listen carefully, get involved mentally in the conversation, and you may be surprised at the advice you receive.

Another alternative method is to imagine your-self in a boardroom of a large company. Sitting around the board table are six to eight people. These could be people you know who seem to have made wise choices for themselves, they could be well-known business people, or they could be famous people that you respect, such as Mother Teresa, Nelson Mandela, for instance. If you use this scenario, mentally go around the table and imagine what advice each person would be likely to give you if they were in your situation.

The Tropical Island

Never make a decision through fear. Sometimes we are too close to the problem, and can't see the wood for the trees. This is a poor position to make wise decisions from, and one tool you can use to help you distance yourself from the reality, is to imagine yourself on a tropical island.

Relax and let go of the fear, imagine yourself on a tropical island. Work on the image, to create the perfect setting. Firstly, imagine what the island will look like – white sand, beautiful blue sea lapping on the shore, graceful palm trees fringing the beach. Then put yourself fully into the picture, lying on the warm sand with the blue sky above, and the soothing rhythm of the waves lapping on the shore. Lazily watch the small puffs of white clouds float slowly across the sky, look to the horizon, and the azure sea spreads out before you as far as you can see. Relax and empty your mind of the problems and choices that you are struggling with.

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When you have relaxed completely and let go of the fear, pray quietly for wisdom. Only then start to think of the situation in a detached way, as if it is someone else's problem. Letting go of the fear in this way, and distancing yourself from the problem will enable you to think more clearly and dispassionately. As you continue to relax it allows your subconscious to bring into your mind solutions that will work, which you can test by the mental movie tool, enabling you to arrive at the best decision.

Decision Making by the Pro and Con Method

This is a simple method of making two lists, thinking of all the pros and cons you can, listing them in column A for pros, and B for cons. Think carefully to come up with as many positives and negatives as you can. This can be carried out over a period of time, leaving the list so that your sub-conscious can work on it, so that when you go back to the list you will probably find that you can add to it each time. When you are confident you have as many points as possible, compare the number of pros or cons in each list. The list with the greatest number of points gives you a pointer as to what decision you should make.

Checking Out Your Decision by the Weighting System

This system can follow on from the one above, as a further confirmation. From the lists produced above, give each point a rating from one to ten depending on how important you think the point is. Then add up the score in each of the two columns, and you can usually see clearly the best course of action.

Using this method, even though you may have more points against the decision, with the weighting system, the decision may still go the other way.

Walt Disney's famous words of wisdom

Walt Disney used these four steps to motivate his staff:

- **Think**
- **Believe**
- **Dream**
- **Dare**

- | | |
|----------------|--|
| Think | - What would you really like to do? |
| Believe | - Believe that you can do it. |
| Dream | - Dream of your desire being a reality. |
| Dare | - Dare to step out and achieve your dream. |

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Using these questions as guidance, we can really think outside the square, as Walt Disney did, to succeed against all odds. If you really answer the questions honestly, you may be surprised by your hidden desires.

Wisdom & Goal Setting

A wise man leads a planned and structured life, but with room for spontaneity and the choice to change direction when required. It is essential to set goals in order to live wisely, and to continually review those goals as circumstances change. Circumstances do change, and you are either moving towards a better life or away from a better life, with each decision you make, but are rarely static. Wisdom means thinking about how we want our life to be in five or ten years' time, and making a plan today to get there.

Goal setting is covered more fully in chapter eleven on success.

Wisdom & Attitude

"You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you."

Brian Tracy

Nothing affects our emotional state as much as having the right attitude. It is not what happens to you, but the way that you deal with it that is important. Having a wise attitude to life makes all the difference to the quality of life that you enjoy. Nothing lasts for ever, and no matter what situation you are in now, it will change in the future. Unfortunately, many people hang on to bad situations or memories, affecting their life in the present, long after the circumstances have changed. This prevents them from enjoying the life they are leading now, which to outsiders may seem ideal, but to them they are still stuck in the past.

Your attitude to other people has a huge impact on your own well-being. You cannot change others, but can control your own attitude to them, usually changing the way they relate to you. The majority of your life is spent with other people, so make the decision to get along with your fellow travelers on this planet.

Decide to have a good attitude in every situation. Choosing a wise attitude gives greater benefits than you could imagine, which accumulate with the passage of time. Attitude is a matter of choice.

Wisdom and the Real World

Life isn't fair. As the Bible tells us the rain falls on the righteous and the unrighteous, and we all have our fair share of ups and downs. We have to make our mind up to ride out any storm that comes our way, trusting that God will give us success ultimately and freedom from the world's woes.

People are people; they can use you, betray you and hurt you in many ways, and accidents and illness can happen to anyone of us. Even so, we will benefit by resolving to have a wise response to whatever may befall us, knowing that this too shall pass and time will right most wrongs that we have suffered.

Knowing that good times do not last forever, and crises befall most of us at some time or another, try to plan in the good times for strategies to deal with problems which may occur. It is a good idea to journal, recording all the good things that happen to you, and recording positive answers to prayer. This journal can be used as a reminder in the bad times; helping to uplift you and remind you that good times will come around again.

We can learn like Saint Paul to be content whatever the circumstances and believe that through the power of Christ we can do anything. That is the point to remember, we don't have to rely on ourselves to go through trials but we rely on the help of our loving Father who can and will do more and abundantly more than we can ever ask or dream of.

Abraham Lincoln was quoted as saying:

"People are about as happy as they choose to be"

Wisdom is making the choice to always see the silver lining in every situation.

Wisdom & Now

Wisdom is choosing to be happy right now, not waiting until.....whatever the until may be. There is always another until. People say "If only I had children I would be happy", then they say "I will be happy when the children go to school, to give me some spare time", and these 'until's' can continue through life, until they are saying "I will be happy when I retire, so that I can do what I want to". Unfortunately, some people don't live to retire, and their whole life has been taken up waiting to be happy.

Happiness is largely a choice, and a state of mind. Sometimes we just have to go through the actions of being happy until the feeling of happiness catches up with us. Live in the now, enjoy each day as if it was your last. One of these days it will be, and if you have enjoyed every day up till then, you have not wasted your life.

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Your present is made up of all the things which have happened to you in the past. If even one small thing had been different, you would not be exactly as you are now, to remember, each choice you make affects the way you are in the future.

Decide to choose wisely.

Wisdom & the Past

The past is gone, and cannot be changed, so learn from it, then forget it and move on. If you do not move on, you will be always chained to events which have already happened, and your future will be dictated by your past.

There is never any point in beating yourself up over anything that has been and gone. Forgive yourself, and forgive anyone else who has hurt you, and get on with your life. Don't let past hurts and disappointments determine how you react to events today, which can spoil your happiness.

Wisdom is choosing to live in the moment and looking forward to the future, leaving things of the past behind. God says "forget the former things, see what a new thing I do now"

Wisdom & Emotions

Anger and other negative emotions are killers. They release poisonous chemicals into your bloodstream, overwhelming your immune system, and leaving your body vulnerable to attacks by viruses and infections, and can cause all sorts of illnesses from arthritis to cancer.

Wisdom in controlling your emotions is an essential tool to learn for a long and happy life. Make every effort to live at harmony with others, and learn to let your ego go, endeavoring to get along with people and making peace rather than always trying to win.

Pick your battles, as often we choose to fight the wrong ones, which are not worth the effort and cost of the stress, when it would be far more profitable from all points of view to let go and get on with the next phase of our life. Use your wisdom to decide if it is worth fighting, as in many instances you can save yourself a lot of grief by letting things go and walking away.

Wisdom is a life long journey.

Affirmations for Wisdom

I act wisely in every situation.

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I walk each day in integrity.

I listen to the wisdom of my conscience.

Wisdom is central to all my choices.

My wisdom prospers me.

God's wisdom lays out a perfect plan for my life.

Wisdom and compassion flows through me and out from me.

I seek out wisdom in every situation.

Chapter Nine

High Self-esteem Equals Self Respect

You Are a Child of God

Low Self-esteem destroys our dreams and causes us to feel that there is no worth-while future for us. If we don't believe in ourselves, how can we expect anyone else to take us seriously? It is important that we discover the causes of our own low self-esteem, so that we can understand it, and then utilize the Laws to improve the way we think about ourselves.

We were created by God, and what He has created can only be good as He is the epitome of goodness and love, and created us to have fellowship with us. We are children of the King of the Universe, and as such we should think and act like princes and princesses. As the well-known saying tells us, God doesn't make any junk.

You are a unique creature. There is only one of you, there has never been another and will never be another in the future exactly like you. Isn't that amazing, that God fashioned you as a one of a kind? You are an exclusive, exceptional human being. You have no right to put yourself down, to think less of yourself, when God created you to be a wonderful person and expects you to fulfill the potential that He has planned for you.

It's a Wonderful World

God created this world into which He has placed you, for your use and pleasure, and with it He has given you all the opportunities, tools, and resources for your advancement. He wants you to be an achiever, a success and to be prosperous in everything you undertake.

Every day remind yourself that you are a unique being, created by and loved by God. Decide to live out that day to the best of your ability. Decide to be happy, decide to be kind, and decide to persevere in the pursuit of your goals. You are worthy, you are valuable, and you are precious in the sight of God. Remind yourself constantly of these things. Join in the great adventure of life.

Your Natural Born Inheritance

Children are naturally born with a high sense of self, and babies are very self-centered, as they only know of their own needs. Unfortunately while growing up, many of us experience circumstances that destroy our self-esteem, and make us doubt our own worth. The early formative years are very important

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ones, and in those years, children are very impressionable, as their character is being formed.

Physical or emotional abuse has dire consequences on the growing child, and the adult that results from these circumstances usually has feelings of poor self-esteem and low self-worth. It may be that you are told, as a child that your physical appearance is less than perfect, that you are clumsy, or that you are hopeless. These statements become self-fulfilling prophesies, unless there is some other influence which counters them.

An upbringing in a poor neighborhood, a lack of education, or a family with a history of menial work, can form in you a belief that this is how you are meant to be. It takes some outside influence to change this thinking, or you could be trapped into under-achieving because of your self-beliefs.

To overcome these deep-seated self-beliefs, we have to challenge them, maybe seek outside help to enable us to look at them from a dispassionate outside viewpoint, in order to identify them before we can change them.

Sometimes with a very poor self-image, it can cause us to try to dull our pain in substance abuse, using drugs or alcohol, and sexual promiscuity. We believe that we are not worth anything anyway, so the fact that we are abusing ourselves in this way does not matter.

We may try to compensate by buying possessions as status symbols, to show the world that we have worth. Some of the world's most successful people have risen to the top because they have been driven there by a need to prove themselves because of their low self-esteem. Although in the eyes of the world they may seem to have it all, very often their poor self-esteem remains, causing them to still be unhappy.

Recognizing a Critical Spirit

If you grow up in a household where you are never good enough, whatever you achieve is still criticized; you can develop a critical spirit, both of yourself and of others. This can result in an exaggerated confident manner and aggressiveness to fool themselves and others and cover their own perceived failings. These people very often tear down others achievements and belittle their accomplishments in order to make them-selves feel more superior.

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Ways to Overcome Low Self Esteem

It is obvious that the results of having a low self-image are destructive and a cause of huge unhappiness in our lives. Now we will look at ways of building up our self-esteem and begin to look at the way God meant us to be and made us to be.

You Are One of a Kind

Firstly God has made each of us to be unique, precious individuals. There is only one of you in the entire world, in all the people who have ever lived and will ever live. God created you intentionally, and loves you completely and unconditionally. Everyone who is born is born for a reason, and there is a reason for **you** to be living on this earth at this time.

There is a precious gift that God has endowed in you for you to make a difference in the world that no one else can do. Your life purpose is to discover the work you need to accomplish in order to fulfill your reason for being here on Earth at this particular point in time.

Knowing this, meditate on the fact, to firmly establish the belief of your own uniqueness in your mind, enabling you to overwrite the negative conditioning which has been established by your past, replacing it with affirmative beliefs which will allow you to achieve your full potential.

Your Source of Happiness

Real happiness cannot be found by relying on men or women. No other person can make you whole, and no-one replace what you feel is missing in your own make-up. Others cannot make you happy, because they are all without exceptions fallible human beings. However hard you try with your relationships to fill the hurt and empty places inside you, you will fail. It just isn't possible for some-one else to fill and meet all your needs, even if for a time it may seem like some-one is achieving that, there will always come a time when they will not be able to or you will feel let down by them. Not because they are bad people, but because they are merely human with needs and hurts of their own.

Relationships where one or both are trying to fill a need in them self from the other person, are doomed to failure. This type of relationship always drains the resources of the people involved. The only way for a relationship to be successful is if each of the parties is complete in themselves, then both add to the other one without being drained in any way themselves.

You can only be complete in yourself by filling the God-shaped vacuum within you with a relationship with your Creator, and relying entirely on Him for your

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needs to be met. The good news is that God is ready, waiting and willing to facilitate your growth, leading you to a life of joy and happiness.

Only He can make it possible for you to enjoy every moment of your life, stop worrying, and enable you to feel appreciated for the wonderful person you are.

Talking to God

Firstly you need to utilize the power of prayer to talk to God. Have a conversation with him like you would with a friend, your best friend. Tell him your worries, doubts and fears. Ask him to take these away from you and replace these feelings with the full measure of his love and peace. Ask Him to heal the hurts inflicted by others in your childhood and to show you that you have to forgive those who have damaged your psyche.

Prayer is a two-way street – you speak to God, but you have also allow Him the opportunity to talk to you by being quiet, so it is important in your prayer time to be in a quiet and peaceful location to allow your mind to shut out distractions.

Affirmations to Raise Self Worth

Affirmations are very powerful – you programmed your mind over a period of time by the things that were spoken to you by parents, siblings or friends, but unfortunately these natural affirmations are usually predominantly negative and damaging to your self-esteem.

By choosing affirmations which are positive and tailored to the particular area of your self-criticism, you can use the natural system of learning and self-program yourself to overcome the conditioning of years, in just a short period of one or two months.

Choose just three or four affirmations from the ones found in this chapter or come up with special ones of your own. Write them out, and keep them in places that you will see and read them regularly. You will find that when you say them out loud with feeling that they will begin to sink into your subconscious and the changes will soon take place in your personality and self-image.

The use of affirmations is particularly crucial in re-building self-esteem. Over the years you would have heard many negative statements said to you, and you need to spend time replacing these damaging statements with positive ones of your own. Depending on how damaged your inner self is will depend upon the length of time the new ideas will take to sink in and be effective, but it is generally accepted that thirty days is the length of time needed to form a new habit.

Visualize a Great Self Image

As part of the re-programming of your self-image, use visualization techniques to imagine yourself as you would wish to be. Take ten minutes to sit quietly each day and think about situations where you have felt of low value. Re-run these in your mind but this time see yourself saying and doing and reacting in the way that you would like to have done. If you do this often you will find yourself acting in this way the next time a similar a circumstance happens in your life.

It may help to visualize situations where you confront those who have broken parts of your spirit. Imagine them in front of you, and tell them how they have hurt you and how you wish they had treated you instead. Then mentally forgive them and let them go.

In dire cases of childhood abuse it may be necessary or helpful to obtain professional counseling.

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Assertiveness Training

There are many good courses available to teach assertiveness training. If the level of your self-esteem causes you to be a people pleaser and you end up living your life jumping to every one's tune except your own, then one of these courses is for you. They are particularly useful to people who have problems learning on their own, or who are not disciplined enough to spend the time needed without a commitment to an outside source.

Anger Management

There are many reasons for short temper and anger problems. It can be learned in the home environment when growing up, where violence and arguing are the norm, or it can be caused by low self-esteem, again caused by the home environment, where you are constantly put down at a critical time in your development. Sometimes you may not realize how negative your childhood was, until you start to analyze it and think carefully about specific incidents and occurrences.

Low self-esteem can cause a problem with being able to control your anger, because you are defensive about criticism, or the way you have been treated over the years can cause a build-up of angry feelings that you haven't been able to express. For instance, as a child anger can be internalized because the person who is causing these feelings in you is often an adult who is bigger and stronger than you are, and you feel helpless. When you reach adulthood yourself, the anger has built up inside you, and is sometimes expressed in inappropriate ways such as short temper, violence, or self-destructive behavior.

If this is a problem for you I suggest that you book yourself in for a local anger management course or for counseling. These can be accessed either through your family doctor, citizen's advice bureau or local church, and are run by experts who have seen everything before!

You can also use the visualization techniques to re-run the events you experienced as a child, but imagining a good outcome and you being the one in control. By giving your sub-conscious a revised outcome to work on, eventually the new thoughts will subdue and overcome the actual memory of the events, and convince your conscious mind that you are able to behave differently in the future.

Hypnosis to Overcome Anger and Low Self Confidence

Hypnosis can be very effective in both assertiveness and anger management. Record and listen to the following visualization and you will find that you become more in control in every situation.

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Lie down on a comfortable bed, using a soft pillow both under your head and under your knees. Make sure the room is warm enough and has subdued lighting.

Notice your breath. Begin to breath more deeply letting out your breath slower than your in breath. Say the words “Relaxed, more and more relaxed” several times. Your limbs begin to feel warm and heavy. Allow yourself to sink deeper in the mattress.

You find yourself in a warm calm place. You are in the middle of a forest and lying on a carpet of soft moss. The trees gently move in the soft warm breeze. Their fronds provide just the right amount of shade, but you can still see a blue sky above you with the sun glinting occasionally through the leaves.

Peace surrounds you. Birds gently sing high in the treetops. You feel relaxed and at peace with the world. Tranquility pervades every cell of your body.

Then speak out the following:

Self-assertiveness is the best way to express my anger.
I treat others with respect and dignity.
I can handle anything that life throws at me.
I express myself clearly and easily.
In every situation I think rationally.
I realize that expressing anger will not help the situation.
I find it easy to walk away when it is appropriate to do so.
I give people the benefit of the doubt until I know better.
I replace my anger with laughter as I realize that life is too short to be at odds with anyone.
I am able to wait and consider my position, giving myself time to consider my response.
I always focus on the solution not the problem.
My life is perfectly fulfilled for me.
I am able to give myself love and kindness and don't need to demand this from others.
I am able to express my needs in a quiet calm manner.
Life is good and I always appreciate others and myself.

When I arise I will feel good about myself and have a calm serene state of mind. I begin to stretch out my body and begin to waken now. When I count to five I will find myself fully alert and ready to enjoy my day. 1 2 3 4 5.

Confronting Your Fears

Fear is a natural and necessary conditioned response, which is designed to keep us safe and away from harmful situations. Without fear, we would constantly be putting ourselves in dangerous and potentially fatal situations. Unfortunately, sometimes this natural instinct can grow out of proportion in some areas, making us unreasonably afraid of certain things. It may be something that happened to us as a child, something we have been told by someone which has had a very strong effect on us, or something that happened to someone we know.

You need to look honestly at your pre-conceived beliefs and see if your fears are rational and reasonable, or exaggerated out of proportion. If you know that there is a particular situation or environment, person or animal which frightens you so that you are unable to function, then that is the one to work on first.

The only way to overcome fears and phobias is to condition your-self, face them and work through the fear. Try to confront your fears in a controlled and gentle way to begin with, then analyze your feelings honestly, listing out the various ways in which you were affected. Try to rationalize these feelings, and discuss with someone else if possible, to help you to put them into proportion.

When you are faced with a situation that is scary for you, as long as it is not death-defying stupid, decide that you will go ahead and do it anyway. Each time you make yourself confront your fears you will find that your self-esteem is given a boost, and your internal programming is changed slightly. The more often you step out and do what you fear the more your self-esteem will improve.

FEAR stands for **F**alse **E**vidence **A**ppearing **R**eal. Very often we feel fear because of our perception of a problem that might exaggerate it out of all proportion. Find out all the facts before you decide whether or not you should even feel fear, think of all the different aspects of the situation, trying to look at it dispassionately, then evaluate all the evidence, try to imagine yourself confronting the situation as you may think that someone else might, then decide how you are going to deal with it. The first time you step out of your comfort zone you might feel very uncomfortable, but if you determine that you will face your fear and conquer it, you will feel a sense of achievement when you do.

Looking back, you will find that more than ninety five percent of your fears never eventuate, and very often the five per cent that do, you are able to cope with them at the time because you have to. Combat irrational fears by finding the courage to do it anyway.

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For years, I had a terror of roller coasters, even to the extent that on one children's ride which dipped slightly, I was ready to try to get off, as I thought I had got on a 'sneaky' roller coaster by accident. Then one year, my husband and I visited Disneyland, and they were offering a certificate for anyone who would ride on all four major coasters in the park. He challenged me to ride them all, and I did manage to make myself do it. Amazingly, I found to my surprise that I actually enjoyed the rides. I ended up not only overcoming my fear, thereby feeling good about myself, but also having the pleasure of experiencing something that I hadn't before.

Self-esteem Affirmations

There are a great many affirmations in this chapter, but that is because they are particularly effective in the area of self-esteem, so use them regularly.

I am the apple of God's eye

God is my encourager.

I can break through any barricade or obstacle that lies before me.

No one can gain control over me.

God arms me with strength, and makes my way perfect.

I receive courage from God daily.

I am strong and courageous and can cope with all that happens in my life.

Like a mountain I stand firm when chaos is around me.

Raging floodwaters of life are like a calm lake to me.

I am equal to dealing perfectly with any situation that arises.

Stress and worry are distant memories in my life.

God loves me.

I am a talented person.

I am emotionally calm and stable at all times.

I show responsibility in all my decisions.

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I trust myself to make good choices.

All my decisions I make with confidence.

I am a complete and good person.

I always treat myself with kindness.

All my thoughts are becoming more positive every day.

I enjoy each day, allowing my inner child to express joy and playfulness.

I am becoming the person that I decide to be.

I am confident in all my dealings.

I love and accept myself unconditionally.

I am a unique person created by God to enjoy my life.

In all I do I am clear and focused.

I am accepting of myself and love myself.

I take full responsibility for my own happiness.

I feel competent and intelligent.

I am talented and creative in my work.

Self-confidence comes to me easily.

When I need to I can be assertive.

I control my temper when I need to.

I handle my problems easily and effortlessly.

I really like and appreciate myself.

I love my life and find the greatest pleasure in every day.

I feel vital and alive and ready for any challenge.

I have total confidence in my abilities and myself.

I feel good about myself and appreciate my amazing talents.

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I am a powerful and effective person.

Brilliant ideas come to me often and easily.

I have a fantastic personality and friends flock around me.

Intuition grows in me and helps me to know how to act in every situation.

I have an inner strength that never lets me down.

I build a better and better life for myself day by day.

I am not afraid of any person or situation.

I am equal to any situation and deal with everything easily and quickly.

I feel secure.

There is nothing too hard for me to accomplish.

I am lovable, and I listen to the still, small voice of God within me.

I am always doing the best that I can with what I have in each moment, and I forgive myself for the mistakes that help me to learn and to grow.

I am capable.

I accept my successes and failures equally, as part of the adventure of life.

I know that my experience of life as negative or positive is up to me, and I choose to make it positive.

I keep a perspective when details become problematic, for I am resilient and balanced.

I have an invincible summer at the deepest part of winter in my life.

I welcome my challenges.

I am courageously facing my shame and fears of rejection. I choose a new way of life. I am willing to risk sharing my feelings and ideas.

I am my own best friend, even to the parts of myself I have rejected.

I love and care for my feelings and myself.

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I am honest with myself about my anger, and find respectful ways to express it.

I am vocal, vulnerable, and vital. I am persistent, strong, a survivor.

I have a creative initiative that follows my intuition. I am a productive, pioneering light onto the world. I am willing to share my holistic vision of life.

I always have an optimistic attitude towards life, and life treats me well.

I am a worthwhile person and deserve to be treated with respect.

Even though I still make mistakes, I am worthy of love.

The Fruits of the Spirit

Love

The first of these fruits is love. That means not just showing love in relationship to others, but also loving ourselves, as I have said above, you cannot love others until you love yourself. Sometimes, love is difficult to explain, but the following passage from The Bible explains what showing love means.

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal.

If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing.

If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres. Love never fails.....

And now these three remain: faith, hope and love. But the greatest of these is love. *1 Corinthians 13*

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These words tell us clearly how we should act and respond with love towards others, and if we seek to show love in this way, we will draw people towards us who are positive and loving in return, increasing our enjoyment of our friendships and family relationships.

Joy

Mankind was created to be joyful, and in a good relationship with God. Unfortunately, in the modern, busy world, many of us have lost the art of feeling joyful, as we hurry through our over-scheduled lives. Very often this is a result of not having sufficient time to spend with God, and you can probably count on one hand the times you can remember feeling a sense of joy well up inside you.

In order for us to experience joy today, we need to spend time with God in prayer, enabling us to receive a supernatural imparting of joy from the Holy Spirit.

It may seem difficult to fit in prayer, but Paul advises us in Ephesians 6:18: *Never stop praying, especially for others. Always pray by the power of the Spirit. Stay alert and keep praying for God's people.*

Basically, Paul is saying pray in every circumstance – involve God in every area of your life, so that prayer becomes as natural as breathing. Pray about every situation in your own life, but pray constantly also for others, as reciprocity will again ensure that others' prayers for us will be added to our own prayers, bringing an inner peace and joy into the mundane situations of life.

Sometimes, joy is denied us because we have unresolved anger or fear in our hearts, from past experiences. When you decide that the past is past, and concentrate on the now and the future, then your mind will be freed to receive and benefit from joy. Joy in life is a decision and we have the choice daily to choose to practice and keep our joy.

Peace

I have covered peace quite extensively in chapter five, but have included some additional information here as peace is one of the fruits of the Spirit. Jesus promised peace to those who believe in Him and rely on Him:

I have told you these things while I am still with you. But the Holy Spirit will come and help you, because the Father will send the Spirit to take my place. The Spirit will teach you everything and will remind you of what I said while I was with you.

I give you peace, the kind of peace that only I can give. It isn't like the peace that this world can give. So don't be worried or afraid.

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John 14:25-27

You can have all the monetary riches in the world and they will mean nothing to you unless you have peace. You can strive to be a success in the eyes of the world, but lose the love of the family who you never see. Peace is being able to rely on God through the guidance of the Holy Spirit, so that you don't have to rely on yourself.

You can only experience peace when you learn to stop striving on your own, and allow God to work in whatever situation you are in. This means that we have to do our part by using the fruit of self-control in order to keep our peace. The fruits of the spirit all work together to produce their fruit inside you.

Patience

What is patience? It is having the ability to wait with equanimity, what ever is going on around us. Waiting for God to move and answer prayer is sometimes difficult because we are impatient and want answers now. We have to remember that to God a thousand years is like a day, and God is never early and never late, but He knows all things, and causes things to happen at the right time, even if at the time we believe it is late.

Trusting in God brings peace, and sometimes when we think that God has made the wrong decision, or at the wrong time, with hind-sight, we understand that in fact it was the best for us. We may have really desired that new sports car, but God knew that if we had it, we would have overdone it and crashed with fatal consequences.

In our day to day life we are constantly tested in our patience, for instance when we are waiting in line and the teller is slow, when we are cut up by another car, or when other's opinions differ from our own. Being impatient in these and most other circumstances is a complete waste of time and changes nothing, only causing the release of harmful chemicals into our bodies, whereas being able to wait with patience brings peace to our soul.

If we let our-selves get frustrated we are wasting our energy, and wanting immediate action often causes us to move in the wrong direction and make mistakes. Pray for patience and work at cultivating serenity at all times. Practice living in the now.

Kindness

All of us like to be treated kindly, and to receive mercy and forgiveness when we have hurt others. It is easy to be kind to others when they are kind to us, but there are many times when we must be the first one to show kindness. People like kind people, as they are easy to get along with.

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God's nature is kind and He is pleased with us when we demonstrate kindness in our relationships. When you are caring and compassionate to others you feel better about yourself inside. This in turn builds up your confidence and sense of worth.

The law of reciprocity tells us that we are given the same measure as we give out. If you treat people with kindness and respect, you will get treated in the same way. You don't have to wait for people to deserve our kindness, but you exhibit the God nature within you when you give your kindness to others anyway. God rewards this behavior and He is always kind to us.

Even blessing your enemies and doing good to those who treat you badly is possible with the power of the Spirit. If we all waited to receive from others before we give, the world would come to a standstill. Today's attitude tends to move towards looking after number one first, but no man is an island and at one time or another we all need to be offered love and kindness from our fellow man.

Remember that if you are treated badly, God can turn that event into one for your good. With God on your side, you can afford to be and do good for others whether you feel they deserve it or not. Practice kindness every day.

Goodness

Goodness is allied to kindness in a way, but perhaps in use it is more active. God expects us to actively go around looking for opportunities to be good to people, so that we can bless them, and God can bless us for being obedient. People who go around doing good whenever they can are fulfilled in themselves, and command respect from others. God is good, and part of our life purpose is to reflect His nature more and more each day.

As the twenty third psalm tells us 'goodness and mercy follow us all the days of our lives'. We are given goodness and mercy from God and the least we can do is to pass that on to other people.

You may be thinking that you would do more good if you were better set up financially, but you don't have to wait for money to be more plentiful, as there are many ways of being good to others that don't cost a cent. For instance, you could offer to baby-sit for a harassed single mom, give an elderly person a lift to the store to get their groceries, or look after a neighbor's pet whilst they have a much needed holiday. Look for opportunities to pass on good to others, and you will find them easily, and the giving towards others fulfills you and makes you feel satisfied.

Doing good for others raises your own self-esteem, and makes you a great friend that lots of people will want to have. It has to be done with the right motives, to bless the other person, and not for the rewards that you may

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receive. Helping others has its own reward that you will soon discover when you begin to look for opportunities and practice goodness towards others.

Faithfulness

Faithfulness is constant commitment to God, to others, and to our own plans and goals. It is sticking with a marriage that is not working to well and turning over every stone to improve and restore it. It is being faithful to and sticking with a friend who is going through a hard time and not so much fun to be with at present.

In our job we need to be faithful to do a good day's work for a day's pay, and not short change our employers. Eventually we will receive the rewards of being faithful, in our marriage, in our relationships with friends, in our work and in achieving our goals, because we didn't give up too early and persevered.

Before you make major changes in your life situation, pray first, asking God if the time is right or if you need to persist a bit longer. Sometimes we give up on someone or a situation just before there would be a key change, and we lose the benefits that we might have had. Don't be too quick to lose faith and commitment, weigh up the pros and cons carefully and see if there is anything further that you can try. Remember Edison, Abraham Lincoln and Colonel Sanders in the Law of Perseverance in Chapter two, who persisted against all the odds and achieved great success.

Most of all stay faithful to God and His will and purpose for your life. He has lots of good things in store for you, so stick around until you receive all the abundance that is yours.

Gentleness

Being gentle today in our 'me first' world, where everyone has 'rights', is usually looked upon as a weakness. Gentleness is really another word for mildness, calmness, tenderness and humility, all words which suggest restfulness and peacefulness. Using these words is even more detrimental in the eyes of the world, where everyone feels that they must have what they are entitled to, even if someone else has to go without to provide it.

In fact, gentleness is actually controlled strength, as in the case of Mahatma (*In India, a title bestowed on somebody who is deeply revered for wisdom and virtue*) Gandhi. He was a gentle, humble man who through passive and quiet strength freed the continent of India from British rule. Mother Teresa also exhibited gentleness in her dealings with the poor of India, and saved many lives. Her own life was a hard one, with very few creature comforts, but she had the quiet strength to change her part of the world and the situation of many of the desperately poor people, most of whom would have died in the gutter without her help.

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I don't think the world would accuse either of these two people of being weak, yet the main talent they had was gentleness, mixed with tenacity. Always think of gentlepeople as being people of quiet strength - The soft voice turns away wrath. Gentleness fosters peace, and as we have already discussed, peace is essential to our happiness.

Ask the Holy Spirit to show you how to be gentle with others, looking at all their good points, not concentrating on the negative. Allow people to express their own opinions without shooting them down in flames and speaking over them to get your own point across. Let your pride take a holiday and react with humility more often, becoming gentler; a peacemaker not a peace breaker, spreading peace and harmony, not strife and conflict at home or at work.

Self-Control

This is one of the greatest gifts we receive from the Holy Spirit. How many times can you remember when you were able to use self-control and it has saved you from nasty situations? Strength of mind is difficult to have under our own power and strength, but this power can be imparted to us when needed by the Holy Spirit.

Self-control means making the right choices by having the strength of character to do so, and the persistence to continue making the right choices until our desires or circumstances change for the better. Without discipline to choose correctly, we can quickly find ourselves in tricky circumstances, and without self-control we will be unable to achieve our goals and make our dreams a reality.

Pray to develop the fruit of self-control so you can make the right choices and achieve your desires. Discipline your thoughts so that you will be able to manifest the best outcome for your life. Self-control is essential when it comes to achievement. Chase after it, develop it and don't give up until you achieve it.

Fruits of the Spirit - Summary

These Fruits of the Spirit were written about two thousand years ago, and although in our present day world they are not seen as important, they are in reality as relevant today as they were then. The values of our world have slipped drastically in recent years, and the problem is that as it has happened over a period of time in small increments, as we accept each small deterioration, the next slide does not seem as far. If you look back over say thirty years, and compare accepted values of society then with the present day, you will see that we have fallen a long way.

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If you practice and use the fruits of the Spirit, you will stand out from the crowd, and will attract others with values into your circle of influence, and their influence will build up your self-esteem.

Chapter Ten

Maximizing Good Relationships

We were created to be social people, living in family groups in communities designed for mutual help, security, companionship and friendship. We receive our greatest joys and peace in life through special relationships, with our parents, siblings, children, spouses and friends.

Our ability to get along with people in general can determine to a great extent our success in life. If we haven't the ability to forge and build worthwhile relationships, we find that friendships are short lived; marriages are difficult and lead to acrimony and strife, and careers jeopardized. Therefore it is crucial that we develop the skills to build meaningful relationships in all areas of our life.

General Rules for Social Interaction

To improve your relationships, work at being an agreeable person, fun to be with, helpful and attentive. Look for the good in others, and overlook annoying traits. There are some issues that are worth taking action on, but usually it is easier to overlook and accept other's faults. Learn to let small annoyances go, and your day will go smoother, without building up unnecessary stress.

Develop your skills in listening and communication. A large part of communication is in body language, eye contact and active confirmation of understanding, besides just hearing. This is illustrated by a disability called autism, where the sufferer is unable to interact in a normal way, and does not understand body language and the socially accepted norms due to abnormalities in the brain. Although they hear what is being said, they cannot put it into context and therefore do not fully comprehend, having to learn acceptable behavior and 'act' it out.

For the rest of us, there are many good books to assist you to improve your communication skills. Become a good listener, focus on what the other person is saying, and convey this by your body language and actions. There is nothing more annoying and demeaning to the speaker than someone fidgeting, avoiding eye contact, looking at their computer, reading or continuing some other action while they are 'listening'. Show that you are attentive and interested in what the speaker is saying, and it will really be appreciated. Don't be a criticizer; instead look for ways that you can build up the other person, by being generous with deserved praise.

One of the biggest drawbacks to developing good relationships is low self-esteem. If we don't think well of our selves, how do we expect others to?

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Those with high self-esteem are more out-going and confident, which draws people to them, and others want to be in their presence. People with low self-esteem tend to be critical, angry and self-centered. If this is a problem for you, read and follow the guidelines in the chapter on self-esteem.

Forgiveness in Relationships

No one, including ourselves, are perfect, and all of us at some time will perform wrong or selfish actions to the detriment of someone else. If we take offence at every little offence that someone commits against us, or argue unreasonably against something we don't agree with, we will soon end up with very few friends.

Learn to forgive people, because we are all human, and none of us flawless. It is a greater wrong to take offence, because very often we can offend people without even knowing it, so we are oblivious to the situation, but to take offence at something takes a conscious effort, with a **decision** to take offence. Even if you find it difficult to forgive the action that has offended you, make an effort to forgive the person them-self, separating their actions from their persona.

Holding bitterness and grudges causes great stress in our lives, resulting in ill health, high blood pressure and other related problems, whilst the person we believe has caused the offence, is very likely unaware of your feelings, so is unaffected. The act of forgiveness is a kindness not to them but to ourselves. Make your mind up that you will always practice forgiveness, no matter what the circumstance or offence. This will turn out to be one of your greatest health benefits and allow you to be at peace.

The Law of Acceptance

"Lord! Give me strength to change the things I can change, give me courage to accept the things I cannot change, and grant me wisdom to know the difference!"

This law is similar to one of Non-attachment. When you accept people as they are without trying to change them, it brings peace and harmony into the relationship. It is amazing how many people marry the person of their dreams, and then immediately set about changing some aspect of their personality or actions. How quickly it is forgotten that a particular quirk, which now irritates, attracted you to them in the first place. Any person is a complete package, and changing or attempting to change one aspect of them can change them completely, wiping out the good things with the bad.

Acceptance makes sense because you cannot change other people, you can only change your attitude to them, and that may or may not cause some change in them. Practicing acceptance in love towards your spouse, children

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and others, will move you forward and deepen those relationships. This is especially true in relationships with your children. The greatest gift you can give to your child is to accept them exactly as they are and love them unconditionally.

The law of acceptance should also be practiced in situations that you may find yourself in. For example, your partner may develop an illness that obviously is out of your or their control. It is pointless to rail against this or let it develop a chasm between you, and acceptance with love will enable you to find answers and coping strategies. Non-acceptance puts you in the victim role and hinders you from thinking straight and making good decisions.

This law applies in many areas. It may be that you find it hard to accept your financial situation, your in-laws, your partner's past, or changes in your partner or children. In every situation I urge you not to hit your head against a brick wall by trying to change circumstances without first accepting the reality. Start by acceptance and the remedy will follow.

Accept and be Content

"To be content with what we possess is the greatest of all riches"
Anon

"Content makes poor men rich; Discontent makes rich men poor"
Benjamin Franklin

Contentment in relationships follows practicing acceptance. When you accept situations as they are rather than as you would like them to be, you can work on that situation to enable you to be content in it.

In your marriage, aim for contentment, regardless of external circumstances. Make a commitment to each other that you will support each other and both endeavor to be content in all circumstances. If you have each other, can rely on each other, feel secure in each other's commitment, then even in the worst situations, it is possible to be content and feel that you can overcome any adversity.

Communication – A Two Way Street

No relationship can survive without good communication, for that is the bedrock upon which a bond is built with each other. Communication has to be worked at, it doesn't just happen, and it is part of the commitment that you make to each other. Make it a habit to set aside certain times to be with each other, a time that you can use to 'catch up' with things which have happened in your lives.

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If necessary, book a date with your spouse on a regular basis so that you have uninterrupted time to talk. Take each of your children out on a date individually and plan outings that will honor and please that child. It means so much to children to have the individual attention of their parents, away from their siblings. This will enable you to connect with each child in a deeper spiritual connection that is impossible within a mixed family environment.

Spend time alone with God in prayer, to form a deeper bond with your Creator. Spend time with yourself to re-charge your batteries and get to know yourself more intimately. It is remarkable how many people don't know what they think and feel, because they have never had the time or have never thought about thinking about themselves. They keep their schedule so crowded so that they don't have to spend time with themselves, and even when alone often their hand reaches out to switch on the radio or the TV to drown out the silence. We all need silence and quiet time alone to really think things through. Often just the practice of time spent alone will bring insights and answers that will often surprise you. Try it.

Law of cause and effect

It's a Funny Thing But True

*It's a funny thing but true,
The folks you don't like, don't like you.
I don't know why this should be so
But just the same I always know,
That when I'm sour, friends are few,
When I'm friendly, folks are too.
I sometimes get up in the morn,
Awishin' I was never born,
And then I make cross remarks, a few,
And then my family wishes, too,
That I had gone some other place,
But then I change my little tune,
And sing and smile,
And then the folks around me sing and smile.
I guess 'twas catching all the while.
It's a funny thing but true,
The folks you like, they sure like you!
Anon*

People tend to reflect back to us what they see in us, whether it is friendliness or irritation and anger. To control what you receive back, in most cases you only need to control your own disposition. (This is not so 100% of the time, as the other person may be in a heightened state of aggravation before you came on the scene, or may be mentally ill). As we have said before, you cannot

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control the other person's actions or reactions, only your own, but in most cases your disposition is reflected back to you.

If you become angry with a teenager and rant and rave, the teenager will immediately react with his or her own anger, and the situation can escalate into a serious condition where both of you can say things you don't mean and later regret. Instead, if you keep calm, listen attentively to what they have to say, and speak in a low, measured voice, usually this will take the heat out of any situation. Control your negative emotions and practice your positive traits and this will be reflected back to you.

Law of Service

The law of service uses reciprocity, in that any service you offer to others is returned in kind. It may not be in the same way, in the same time frame, nor even from the same person, but it is an immutable law that service is always returned. Usually the service we receive back is in an area in which we are in need at that particular moment, and sometimes we may not recognize that it is a return from something we have done.

For this law to work, as with most of the other laws, serving others needs to be carried out with the true motivation, and is rewarded by satisfaction in having been able to do a good turn, besides any tangible return.

Give mercy and receive mercy. Be a peacemaker and receive peace.

Law of Commitment

Commitment is a discipline, a choice we make, which has rewards far beyond the immediately obvious advantages when you make the commitment. Whatever we commit ourselves to grows, and returns to us more than we give out.

Make a commitment to your marriage and to your spouse, and with the law of cause and effect, your change in disposition towards your spouse will be reflected back to you, bringing trust and peace to the relationship. This agreement in attitude will grow, as you become more in tune in every area through sharing, and the old adage 'the sum of two is greater than the two parts', begins to work with growth in every area of your relationship.

Make a commitment to your children, to love them unconditionally and always be there for them. If you do this, even if they go off the rails at times, they will always return to you and return to their core values that you have taught them.

Commit to being a good friend. Many friendships eventually fail because the effort that was first put into the relationship wanes. Continue to do the things

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that promote and build your friendships, and help them to grow into lasting and meaningful ones.

Journal to Remember

Very often, especially in the bad times, we get depressed by our circumstances and it seems that it has always been that way, that there is no hope for the future. We forget the good times, the answers to prayer, the feelings of gratitude and pleasure which we have experienced in the past. This is why keeping a journal can be a wonderful tool for reminding you of those good times, and giving you hope for the future because you have had those good experiences in the past.

When you are down and everything seems to be gloom and despair, you can go back to your journal and re-read those records of amazing and uplifting experiences. You will be surprised how many good things have happened to you, and how quickly you forgot them, even reasonably recent ones.

In a similar vein, Oprah Winfrey promoted the idea of keeping a gratitude journal, which is an excellent way of reminding us of our blessings. Each day write down three to five things that you love about your spouse, children and friends. It may be a small thing like your spouse bringing you a cup of tea to drink in bed before you get up, or it could be that your friend is always ready with a listening ear when you need it. This type of journaling is so beneficial to our wellbeing, and makes us think about the good things rather than the bad, so try it today.

Thought Anchors

Thought anchors are actions you can use to remind you to relax and take 'time out'. It is very much like the idea of counting to ten when you begin to feel angry, but using a physical action to help you train your mind to 'take a step backwards'. You could use it in situations where you become impatient, for instance in traffic jams or waiting in queues at the supermarket.

Decide upon the physical anchor you would like to deploy, for instance it may be holding your little finger tightly, or placing your forefinger and thumb together. Practice doing this while saying an affirmation to yourself such as "I am calm and relaxed at all times", then when you are faced with an impatient situation you can repeat the physical act which will remind you of your affirmation to tell your mind to relax.

Mind Power in Relationships

I mentioned at the beginning of the book that thoughts are physical energy emitted by the brain, and that it should be possible through the effect of

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quantum physics to affect others with our thoughts. You will almost certainly have experienced examples of this, for instance thinking about a particular friend you haven't seen for some time, only to have them telephone you shortly afterwards.

Test it for yourself - to influence others in a positive way of your choice, concentrate on thinking about them, and send out to them mentally the idea or thought which you wish them to receive. Do this several times a day, record it in your journal and you will be amazed at the effect this will have.

Others may be doing the same to you, so be aware of this, as this technique can be used negatively also. If someone is sending a negative message to you, then you need be aware of the fact, and take steps to stop it. You can do this by praying for God to put a hedge around your mind to block any negative or evil thoughts that others may be sending.

Using Intuition in Relationships

Our intuition is a powerful sense, but in the modern world we tend to ignore it or have lost the ability to use it. Intuition makes its self felt with subtle or sometimes palpable feelings of unease, fear or apprehension, which usually we dismiss and tell ourselves we are imagining it. If you learn to listen to and develop your intuition, it can be a very valuable tool.

When you are in the presence of others, be aware of what is going on beneath the surface. Use your intuition to understand words that are not being said but are intimated. Study body language, develop all your communication skills, use your intuition, and you will find that you will make fewer mistakes, and suffer less misunderstandings, giving you the advantage of a greater insight and understanding of people's motives in all situations.

Prayer in Relationships

Prayer is releasing the energies of God. For prayer is asking God to do what we cannot do.
Charles Trumbull

Prayer is one of our most important tools, in every situation, and particularly in relationships. Very often we drift into friendships, partnerships, or even marriage without seeking God's guidance in prayer about them. If you pray before committing yourself to anything, and listen to and follow the guidance you receive, you will find that you will be much more fulfilled in your relationships of every kind, and you will possibly save yourself a lot of heart-ache down the track.

It is important to be honest with yourself and pray with an open mind, with a willingness to act upon the guidance you receive. Sometimes, when our

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heart wants to go in the opposite direction, we follow its path and end up regretting it.

Pray often for God to bless your relationships and to bless the people in them. Be specific when praying for change, but also pray for a general blessing to be given.

Attitude Makes All the Difference

"Attitude is a little thing that makes a big difference."

Winston Churchill

"There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative."

W Clement Stone

Your attitude to people and life in general can be the most important factor influencing your success or otherwise in relationships. Everyone is drawn towards the cheerful, happy person who enjoys life and enjoys the company of others, and shows it in their attitude. No-one likes to be in the company of a perpetual complainer who displays a miserable countenance and has a negative attitude towards everything.

Be aware, the person who is always complaining about the Government, their boss, their job or the state of the world in general, will probably complain about you to someone else, so avoid them.

For your part, be the enthusiastic one, the one who lifts others up and encourages them. Train yourself to overlook offences and to look for the good in others.

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Loving Your Enemies

When the opportunity presents itself for you to defeat your enemy, that is the time which you must not do it. There will come a time, in many instances, when the person who hates you most, the person who has misused you most, the person who has gossiped about you most, the person who has spread false rumors about you most, there will come a time when you will have an opportunity to defeat that person. It might be in terms of a recommendation for a job; it might be in terms of helping that person to make some move in life. That's the time you must do it. That is the meaning of love.

In the final analysis, love is not this sentimental something that we talk about. It's not merely an emotional something. Love is creative, understanding goodwill for all men. It is the refusal to defeat any individual. When you rise to the level of love, of its great beauty and power, you seek only to defeat evil systems. Individuals who happen to be caught up in that system, you love, but you seek to defeat the system.

Martin Luther King jr. – 1957

How to create a strong Marriage:

The Power of Synergy

The synergy of bringing two people together should create a bond that is stronger than the sum of the whole. The two of you combining your talents, energy and physical attributes should form a powerhouse from which you can operate your life. Pulling together and not against each other is the recipe for success. Working in tandem will present a strong front to the world.

A Soft Place to Fall

One of the best parts of marriage, as Doctor Phil often says, is having a soft place to fall. When things aren't going well in your outside world, you need to know that you can go home, which should be a haven for you, and be nurtured by your spouse. Be there for each other. Sometimes it will be one of

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you that need the support and cosseting and sometimes it will be the other. Be that soft place for each other.

Be Committed

Your spouse needs to know that whatever happens you are both committed to making the marriage work and last. You both need to constantly reiterate that commitment, comforting and reassuring each other of that promise.

When one partner starts threatening divorce or suggests something which could threaten the strength of the bond between the couple, whether they mean it or not, they create a deep insecurity in the other. There is no excuse for this, even in play, so think before you speak. Make a commitment with each other that if the marriage starts to have problems that you will both do your utmost to correct them and work towards recreating the strength of the bond between you.

Fulfilling each others' needs

"Success in marriage consists not only in finding the right mate, but also in being the right mate" Anon

Part of marriage means being able to fulfill your partner's needs and they yours. Not in the sense of replacing something which is missing in your partner – both should strive to be as complete in them-selves as possible, so that the qualities brought by the other person complement and increase the completeness of the couple, rather than draining one to improve the other. The idea is to not suck the life out of the other person, but for both of you to give a hundred per cent to each other.

To enable each to provide the qualities needed to maximize the completeness of the relationship, you must both make sure that you communicate your emotional and physical needs to each other in an honest way. No one is a mind reader.

There have been studies done that have listed the top five basic needs for men and for women, and the results illustrate beautifully the difference between men and women. These needs obviously differ in importance and necessity in individual couples, but knowing what they are likely to be in your spouse will give you an insight and allow you to work at fulfilling them.

Men's Needs	Women's Needs
1. Active Sex Life	1. Affection
2. A wife who is a friend to play with	2. Conversation
3. An attractive wife	3. Integrity and Truthfulness

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4. Family & Home Support	4. Monetary Support
5. Admiration & Respect	5. Commitment to the family

Don't Let the Sun go down on a quarrel

When you have a disagreement, try to resolve it in a calm way - determine that you will sit down and discuss any differences in an adult manner, listening to each other until you can arrive at an agreement that you are both happy with. If this is not possible, it is much better to reach an understanding of agreeing to disagree, rather than continuing the quarrel to the bitter end. Never go to bed without resolving your problems if at all possible, as they will fester and still not get resolved and can escalate into a full-blown fight.

Try not to argue in front of your children, as even if it doesn't seem to affect them at the time, it has been proven that constant conflict in the home can have a huge detrimental affect on the adults they become, affecting their home life also, perpetuating the conflict or violence.

Plan Your Future Together

"Failing to plan is planning to fail!"

It is true that if you don't plan you will never know if you have arrived, as you don't know where you are supposed to be! A ship that leaves port without a detailed plan of its course will very likely hit rocks and sink, and that is true of our own lives also.

A good relationship is one where each is a partner to all aspects of it, and everything is shared. If you don't take the time to sit down with each other and write down your goals for your marriage and for your family, you probably won't know what your partner's goals and dreams are.

Planning the future together has many advantages beyond the obvious one of having a common goal to work towards. Planning together ensures that the future vision is a planned one, which both have shared input into, and both put equal effort into achieving. Make sure your goals are exciting as well as practical, and when you both get energized to work towards them, it will add happiness to your lives and draws you closer together.

Finances As a Partnership

Marriage is a partnership in all things, including finances. In a good marriage there should be no 'mine' or 'yours', with everything 'ours'. It is possible to have individual accounts, but all aspects of them should be open to your partner's knowledge, as secrets in any aspect of a marriage create division, leading to a breakdown.

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Work together to plan out your finances, and ensure that each knows the full financial situation, so that each is responsible. Be open with details of what savings you have, and discuss between you when to buy big-ticket items.

Working together to sort out your spending can save a lot of stress on a marriage, and can actually bring you closer together. The number one cause of divorce is money problems, which can be strain on finances or one partner being irresponsible with the family money.

The All Important Sense of Humor

A sense of humor, and enjoying a good laugh, has been proven to improve your physical health. It also improves the health of a relationship when humor and laughter is part of it.

Laughing about everyday events and finding the funny side of problems releases tension and helps you both to relax and see challenges in a different light. Not only that, but playing together, having fun, telling jokes and having family quirks that you can laugh about makes life good.

Make sure that individually you are both fun to live with, which will improve your enjoyment of each other and strengthen your marriage, whereas being negative and pessimistic makes sure that people, including your partner, avoid you and leave you to be lonely.

Keep Romance Alive

When you are courting, each of you make an effort to bring romance into the relationship, arranging special dates, bringing flowers, giving surprise gifts etc. Unfortunately, in time, the romance can disappear, replaced by apathy and laziness, and taking the other person for granted. This can lead to problems in the marriage, for instance when a husband does not feel appreciated or listened to at home, if he meets someone at work who takes an interest in him and listens to him, he seeks that attention out, which can lead to infidelity.

Don't let romance slide when the demands of work and family threaten to overwhelm you. Make your husband or wife feel special, listen to their account of their day, make a point of hugging and kissing each other when leaving or returning, do nice things for each other, ensure that you remember anniversaries and special occasions, take flowers home for no reason, slip a note in your husband's or wife's lunch or briefcase.

It is a nice idea to have a weekly date with each other, especially if you have children. Make the date really special if possible, by dressing up and going somewhere nice. Try not to fall into the trap of not looking after yourself, letting your appearance and personal hygiene go. For the wife, have a good

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haircut and have your nails done, wear make-up, make sure you always look at your best. For the husband, bathe and shave regularly, wear a good after-shave and nice cologne. All the things you did naturally when you were courting! It's all the pleasant little things that create a great whole for the two of you.

Keep the romance alive and you keep your marriage alive.

Relationship with your children

*“Train up a child in the way he should go: and when he is old, he will not depart from it”
Prov 22:6*

Most of a child's future is decided by their experiences in the formative years, usually reckoned to be up to seven years old. During those years, they learn most of their values, they learn how the world works and they learn their own self-image from the way that they are treated. This is why a child brought up in an abusive home, generally grows up to be an abusive person – this is how the world is supposed to be, and how it was for me.

It is important to spend as much time as possible with your children in these early years, and if necessary sacrifice time from other priorities to spend time with your children and tell them how special they are, how unique they are, and how much you love them. Share as many different activities with them as you can, making them as much fun as possible, helping them to become versatile in their tastes so that in later life they will have a wide range of interests.

The main needs that children have are to feel secure, to be loved and to be accepted unconditionally. Make sure that you show them how much you love them, listen to what they have to say without being critical, let them know that you will always be there for them, and then when they have something important that you should know, they will tell you. Look out for ways to give them praise, as a child that is constantly praised, tries harder, and has high self-esteem.

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Set them a good example. Remember that children learn more by seeing how you conduct your life than by what you say.

Pray for your Children

Praying for your children helps to bring God's blessings upon them, and the act of praying crystallizes your thoughts onto them, helping you to concentrate on ways that you can nurture and help them. When you pray, ask God to help your children to grow and exercise their unique talents and abilities. Pray for them to reach their full potential as human beings, and ask God to always have His angels around them to protect them from harm.

Pray with your children, teaching them about spiritual matters and how to pray. Let them know that they are never alone, and that God is only a thought away.

Prayer for your children

*Heavenly Father, we thank you for the wonderful gift of our children.
We thank you for choosing us to parent these children and we ask you
for the skills and wisdom to nurture them, for the finances to feed and
clothe them,
for the love and understanding to grow their minds and characters so
that they become loving, self-sufficient and caring adults.*

*Instruct your angels to guard their steps throughout each day and
watch over them as they sleep at night.*

*Give us patience to listen to their hopes and fears and the insight to
guide them with right actions and answers to ensure their future is
successful.*

*Bless them with bright and inquiring minds and a good work ethic.
Bless them with good relationships at home, at school and with their
friends.
Bless their bodies with strength and excellent health.
Make our children to be a blessing to others.*

*Thank you, Father for the amazing blessing that our children are in our
lives.*

Amen

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Nurturing your Children

As parents we have a tremendous responsibility. As I said before, the child's formative years are up to age seven, and in those years the child's initial values are formed, they learn so much, and are like a sponge, soaking up all the information around them. Therefore it is important to monitor the type of information and surroundings they are exposed to, so that their personality is formed in a balanced and appropriate manner.

Encourage your children to be curious about the world around them, help them to dream big dreams and imagine the possibilities this wonderful world provides. Give them the opportunities to explore and grow through challenges, and stimulate their imagination so they develop their own creativity.

Help your child to develop their sense of optimism, teach them that whatever the circumstances at the moment, they will always change for the better. When they make a mistake, show them that it is not the end of the world and that they can do better next time. Let them know that they are still learning, and that even adults make mistakes, tell them that no one is perfect and never can be. Don't force unrealistic expectations onto them.

Feed them a healthy diet and ensure that they get to play outdoors often, to be nurtured by the fresh air and the natural vitamin D from the sun's warmth.

Monitor the type of television they watch and the type of web browsing they are doing, as so much today is complete rubbish and inappropriate. Encourage them to improve their concentration and focusing skills, improve their reliability by ensuring that they finish projects rather than giving up half way through. If you think they may have attention deficit disorder, there is professional help available, as with poor concentration their learning ability will suffer.

Ensure that they understand personal responsibility and accountability, so that they grow up as caring, sharing, dependable adults. You can help develop this by giving them small chores to do around the home, which are solely their responsibility, but make sure that the jobs that you are expecting them to perform are appropriate for their age and competence. If you push them too hard and give them chores beyond their years, you are setting them up to fail.

Today we see that parents have a tendency to over commit their children with too many activities, which are the parent's dreams not the child's. Try not to fill their every moment with dancing, piano, clubs, gym classes etc., but give them time to relax at home, dream and time to just play. Their adult life will have enough stress so let your children have the time to be what they are, children, while they can.

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Prayer for Your Family

Father, I thank you for my family and my friends. I ask you to bless each and every-one of them. You are the God of love. Please enable me to treat each person that I meet with your love, to be understanding, kind, helpful and respectful. Nurture me so that I can nurture others. Let me grow in wisdom in all my relationships. May my relationships with my family and friends continue to grown and deepen. Thank you, Father, for your love.

Amen

Relationship Affirmations

I receive blessings and I am a blessing to others.

I am at peace with my neighbors.

I exude kindness and love towards my family and friends.

Each person that enters my life adds to my good.

I release every person that has ever hurt me in my life.

Loving relationships manifests and grows in my life.

Others don't control me and I let go of my need to control others.

I am friendly with everyone I meet.

Love surrounds me and I give out love to others in return.

I like my work colleges and they like me.

I have complete freedom to express my self to others.

Others accept me for the unique person God created me to be.

Love is all around me and within me.

I care for others and others care for me.

It is natural for me to be open and share my feelings.

I let others take responsibility for their own choices.

I let go of the need to interfere in other people's lives.

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Praise for others flows from me with ease.

My happiness is reflected in those around me.

Love fills every cell of my being and radiates out from me to others.

I interact well with others.

I find it easy to make and keep new friends.

Deep relationships are the norm for me.

I make and enjoy a clean living environment for my family and myself.

My family is loving and close.

I know exactly the right words to say on every occasion.

My partner is my best friend.

I have a terrific relationship with my children.

I guide and teach my children with ease.

I am lovingly connected to my family and friends.

People who no longer add to my good move out of my life now.

Persons who can help me are attracted into my life now.

I forgive everyone in my life for past, present or future hurts.

I release relationships from my life that is opposed to my best interests.

I am released from all attachments that are detrimental to my highest good.

My life is transformed through love.

Relationships are healed and restored to me through God's grace.

All is well in my life as I send out thoughts of love and increase.

I know how and when to ask for help with my problems.

I accept others anger when it is directed at my behavior.

I am patient, gentle, and compassionate with others and with myself.

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I am walking out of isolation and into trusting, nurturing relationships.

I am a warm friendly person.

I am grateful for, and take the time for, my relationships. I am not alone.

Courageous people like myself surround me. I praise them.

I am letting go of my desire for rational control.

I'm okay, you are okay.

I respect myself and I respect others.

I receive emotional support from my friends and family.

I give and receive deep blissful love with my partner.

Love and grace restore any mistakes I have made in my relationships.

Relationships Summary

At the end of the day the relationships we have determine our quality of life. We were made to be social beings, and good relationships bring happiness and contentment into our lives.

A close relationship with our creator brings us peace.

No man is an island; no one likes to be lonely.

Make the effort to be a good friend, a loyal employee, an excellent parent and a spouse who is also a lover. It is an effort that will pay huge dividends throughout the years.

Chapter Eleven

Secrets of Success

“He has achieved success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem, or a rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has always

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looked for the best in others and given them the best he had; whose life was an inspiration; whose memory a benediction”

Bessie Stanley

How do you define success? How do you measure it? How do you maintain it? What level of achievement or accomplishment indicates that you have become a successful person?

Most people's perception of success relates to material success, with money, income, possessions or fame as indications of a person's success. However, to truly be successful, all areas of your life need to be part of that success, and need to be in balance.

What use is it if a 'successful' businessman achieves all the material possessions he could crave for, but suffers a breakdown in his marriage, with estrangement from his children? Or a 'successful' entertainer, who has fame, fortune and admiration, but becomes so bored by having access to all the distractions available to him, becomes a drug addict and eventually commits suicide?

With a good balance in all areas of your life; sufficient income to be comfortable, a happy family life, good health and satisfaction from giving back to the community through donations or time, you can achieve peace and harmony, which should be considered as the greatest success.

However, success is an on-going work in progress, encapsulating all areas of your life, needing to be constantly monitored and adjusted to retain that level of success. What you may consider success this year, may be falling short in some areas next year, so needs constant scrutiny and adjustment.

Success in personal relationships

You will have read in the previous chapter, that we were born to be sociable creatures. To ensure that your life is as happy and fulfilled as possible, you need to develop good and nurturing relationships with the people around you.

No one can claim to be a success without the help and input of others around them, so it is important to make it a priority to work at and nurture our close relationships, but also to cultivate and develop selected casual relationships which could develop into close ones.

More than that, you should strive to be pleasant and agreeable at all times, making an effort to make the lives of those around us a little more pleasant by showing them friendship. Apart from the personal peace this engenders, you never know when the person you are interacting with may be in a more powerful position in the future, able to harm you in some way: Clash with the receptionist and you may never get that important appointment that could

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change your life; Complain or be unpleasant to waiting staff in a restaurant and you could find that your food contains more than you bargained for; The car you cut off at the intersection could belong to the person who is interviewing you today!

Often we don't appreciate the people closest to us, taking them for granted and even taking advantage of the relationship to gain benefit in some way to the detriment of the other person. This again can backfire on you in the future. Your family and friends are the most important people in your life, so give them the gift of your time. Make them a priority in your life, as time spent with your spouse and children is as precious as gold. They are the ones who you are working and striving for, and a successful life is one that gives you quality time with your family.

Learn to let things go; the issue is never really worth the argument, and left to fester will always grow out of proportion. Always make sure that you settle differences before you leave, and that you leave in as friendly and loving way as possible, for you don't know what may happen to you or them in the future. If anything happened to a loved one, you would be devastated if the last contact you had with them was an acrimonious and unhappy one.

Accept people as they are and let them be entitled to their point of view and beliefs, knowing when to back down. It is pointless putting up the backs of others just to win an argument, when winning will have no overall positive affect on your life at all.

Work towards helping others when ever you can, walk in peace and acceptance, smile and show others your appreciation of them, and you will always be surrounded by people who love you.

Education & Success

Success does not depend entirely upon knowledge, but certainly having knowledge helps considerably. Knowledge is powerful! And learning increases knowledge in an exponential way, because the more you know, the easier it is to learn new things, as new knowledge is often built upon existing knowledge.

It is like trying to find your way in a new city, as even with a map, it is very difficult, because you have to plan out the entire route over unfamiliar ground. When you know some parts of the city, it is very much easier, as you can relate the new destination to places you already know, so you only need to plan part of the route from places you already know how to get to.

There is an old saying, *"the only place that success comes before work is in the dictionary!"*, and that is true in the case of education. The amount of time and effort we expend in getting an education or educating our-selves is in

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direct proportion to the success we achieve in our chosen field. It doesn't matter whether or not you have had a college or university education, as you can still take steps to improve your knowledge through reading books, attending seminars, listening to tapes or one to one mentoring.

Even if we have missed out on a formal education, all is not lost. We still have the option to choose to follow our chosen path and begin to learn all we need to, to be a success in that field.

If you have a job but want to change careers and feel that you just haven't got time to educate yourself in your new venture, don't worry, you have. Some people seem to fit in amazing amounts of activity into their lives, and still appear relaxed and happy, while we struggle to manage a meager amount in a day, and end up feeling discontented.

But it's all a matter of choice, as to what you do with your time. You have time to watch television; go out to dances and parties; meet up with friends and generally socialize; but you don't have time to learn!!!! If you can discipline yourself to make the most of your time in a productive way, and think of this learning time as a season in your life that will pay off in the future, you will find that you are much more satisfied, as you are working towards your goals.

Time spent in fuming in traffic jams is totally wasted, but if you have learning tapes in the car to listen to, you can use that unproductive time to help advance you in your quest for knowledge. Another good idea is to take one of your books that you need to read into waiting rooms with you. Whether you are waiting for the doctor, the dentist, or just waiting for a bus or train, you can use that time productively. The out of date, grubby magazines that are available for us to read whilst waiting, won't move us forward towards the successful goal we are aiming for. Discipline yourself to get up an hour earlier in the morning, and have a quiet study time before the rest of the house arises.

A successful career means constantly updating your skills by learning. Whether you want to further your present career or change to a new one, learning the relevant skills will pay dividends. Take responsibility for your own education.

Success & Goal Setting

"Success is the progressive realization of a worthy ideal."

Earl Nightingale

Without setting goals, and working to achieve them, you cannot move forward in life, you will just drift, going around in circles and not achieving anything

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worthwhile. You need to take the time to think carefully about what you want from life, where you are headed, and how to get there.

There are many publications on goal setting that you can read, but usually the simplest method is most successful. If you try to make it too complicated, you will not persevere, and give up.

Just take a sheet of paper and write down headings that cover each area of your life that you would like to set goals for, for instance work, family, friends, leisure time, financial, health and spiritual.

Think carefully about your present state in each of these areas and where you would like to be in six months, one year and maybe five years. Write out your goals in a positive manner under each heading and each time frame, thinking carefully to make them real and achievable. Then, write out the steps you need to take to reach each goal, being as detailed as you can.

Once you have this basic set of goals and the route plan of how to get there, keep them in a safe place, and look at them regularly, keeping track of the achievements you have made, noting them on the paper. Be prepared to modify your goals, and the method of achieving them, as you progress. Your goals may change as you achieve some of the steps on your list or your circumstances change. You may find that some steps are easier than you imagined, others harder, or you may find a completely better way of achieving them.

Only seek the input of positive, encouraging friends and relations when determining your goals, (or keep them secret to yourself), but don't discuss them with negative people, who are always quick to detract from other's success and put them down. There will always be those who will knock your dreams and tell you that you are reaching too high, that you don't deserve to advance, or just that you are dreaming and have no chance of succeeding. Keep away from them.

When choosing your goals, don't limit yourself unnecessarily. You need to have some realism. For instance, you are unlikely to become a brain surgeon overnight, but on the other hand, you will find that you are able to achieve far more than you think, if you push yourself and are committed to progressing. Aim for the stars, and you may just get there.

Plan for Success

Planning is one of the key ingredients to achieving success. If you don't plan, you plan to fail. If you don't know where you are headed you haven't much, if any, chance of arriving at a destination you would enjoy.

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Not only must you take the time to decide on your future goals as above, but you need to extend that process into each day, by planning your day, writing down your goals for that day plus any tasks that you know have to be done, and prioritizing them. Be sure to order them into the most important first, rather than the most urgent, as otherwise you will find that you are chasing your tail trying to achieve all the urgent items on your list, but at the end of the day you will find that none of the important items were achieved, making them tomorrow's urgencies. Each evening, cross off the things you have achieved, add any new items, re-prioritize them and produce a new list for tomorrow.

Discipline yourself to keep this system diligently, and you will find that you will quickly achieve success in many more areas than you thought possible, and will become known for being efficient and reliable. You will surprise yourself at how much you are able to achieve each day!

The majority of people live in a rut. Their daily routine of work, food and sleep is followed without any thought of moving towards their life's dreams. They are tossed about and battered by the winds of life, bending first this way then that, and wherever life's storms throw them, there they remain, moaning and groaning that life isn't fair. They have no thought of improving themselves, and believe that the world owes them a living.

I can't express to you strongly enough that you have to take the time to set detailed goals with a time frame for achieving them, in every area of your life.

The goals you set move the world around you to begin fulfilling those goals. Your mind and the universe works with you in a mysterious way to move you in the direction that you are thinking about. Your goals should be read daily and revised if need be, with new goals added, and new steps added as they come to mind to realize goals already in place.

When you sit down to set your goals don't worry too much about how you are going to reach them. This limits your thinking and you could end up setting your sights too low. Think about each part of your life, career, marriage, relationships, and personal improvements. First of all, think of your target, what you want to achieve in each category, then set specific time frames and detailed steps towards achieving them.

Every day, think of one thing that you can do today that will move you towards accomplishing each goal on your list. For example, you may decide to have savings of a certain amount by a set date, so open a savings account, and plan how much of each pay check needs to go into it, ensuring that that is the first payment you make from each pay-check.

Remember that what you think about with an intense desire, you will accomplish, so make sure that all your goals are also strong desires. List all the benefits that you will receive by reaching that goal, which will increase

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your desire to reach the goal. Use the tools in chapter three to visualize your goals as being a reality, and decide that you will persevere until you have obtained your dream.

Success & Your Finances

To be successful in your finances, again you need to plan. Many people drift by from week to week, becoming deeper in debt, because they do not sit down and analyze their situation and plan a budget. Often it's not the amount of money that you earn that determines your success with finances, but the way that you utilize the cash available. Some of us are good managers and make intelligent choices with our money and others don't.

To enable you to plan, firstly you need to know the current state of your finances. How much income do you have? What are your regular outgoings? How much do you owe? Have you any savings? Do you know the details of pensions and insurance policies etc? Until you know all these details, you cannot begin to plan.

When you have all the information, if your outgoings are greater than your income, you have a problem! You would be surprised to learn how many people are in this situation, and do not know it until they actually put all the details on paper. You will need to make plans to reduce your outgoings, and if possible increase your income, as soon as possible. If you have a lot of debt, you can usually get a consolidation loan to help you pay it back over a longer period of time, but it is essential to have a detailed planned budget as to how you are going to pay off the debts, and to stick to it.

Scrutinize each item of spending religiously, and question each item as to whether it is necessary. For instance, could you start taking lunches to work, rather than buying food and lattes at the coffee shop? Would it be cheaper to catch public transport to work, or car pool with someone, rather than wasting petrol in traffic queues, with one person in the car? How much do you spend on drinks or cigarettes? Cut your cloth to suit your budget, plan expenditure carefully, and avoid impulse buys.

Avoid credit card debt! It is very easy to run up a liability on credit cards, but they are one of the most expensive forms of borrowing. If you have an outstanding balance on credit cards, cut the cards up, and formulate a plan to pay off the balance over as short a time as possible. Consider a bank loan or extending your mortgage to clear the credit card balance, as the interest rates are very much better. Of course, this should only be done as a part of an overall strategy for your finances.

Financially successful people spend their money on larger ticket items that appreciate in value, such as antique furniture, jewelry and of course stocks and shares. Items which the average person buys such as cars, cameras,

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televisions etc. all lose value, and are therefore an expense rather than an investment. Buy a cheaper car, rather than putting yourself in debt to buy a new one or status symbol.

Think, before you buy anything. Does the purchase of this item bring you closer to your goal of becoming debt free? Do you really need that new dress or a one-day wonder electronic toy? Become discriminating in your purchases.

Be sure to factor into your budget a savings plan, even though you are still paying off debt, it is important to get into the savings habit. Aim to save ten per cent of your income, but if that is not possible right now, at least start a regular pattern of saving. This will give you the saving habit and emotionally make you feel that you have money available, even if you have no intention of spending it.

Success & Giving

Giving is another of the paradoxes of a happy and fulfilled life. In the Bible, in Acts 20:35, it says *“it is more blessed to give than to receive”*.

This is very true, as the fulfillment in giving and making someone happy is far better than the guilt of not giving when you have the resources to do so. You could say that you are not able to give, but no matter how badly off you are, there is always someone worse off than you, and the little that you are able to give may be the saving of the recipient, exactly what that person needs.

The law of giving uses the law of reciprocity and the law of vacuum, so that whatever you willingly give, you will receive up to ten times the value back to you. Not necessarily the same things, or even in material goods at all, but in some way you can be sure that if you give with the correct motives, you will benefit more than you could imagine.

Tithing a tenth of your income is a well-known biblical principle, and as the quote from Malachi below shows, has a promise with it, as long as it is carried out with pure motives. Usually the tithe is given to the church or people from whom you receive your spiritual teaching, but if you don't attend a church or support another type of spiritual ministry, then the donations can be given to any good cause, without any strings attached.

Become a cheerful giver and see what wonderful gifts find their way back to you.

“Bring the whole tithe into the storehouse, that there may be food in My house. Test Me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out such blessing that

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you will not have room enough to receive it.”

Malachi 3 v 10

Success & Health

Success in other areas is rendered useless if you do not enjoy good health. Nothing else can compensate for the loss of health and vitality, and it is not possible to enjoy other areas of success if you are not healthy, with plenty of vitality and stamina to make the most of them.

It is important to develop healthy habits and make healthy lifestyle choices in order to feel great, and the rewards far outweigh the effort, with increased energy, more strength and stamina, and the promise of a longer, happier life. Make the commitment to yourself that you will take all the steps needed to become as fit and energetic as you can be, and enjoy all the rewards good health returns to you.

Gain without pain is not possible. If it was that easy, then you would not see all the unhealthy and overweight people walking around, and the health and diet industry would not be so huge. As with all other areas of success, you will have to formulate plans, and determine that you are going to stick to them in order to achieve your goals. You may have to make some uncomfortable choices, in order to achieve maximum health, and start thinking about health as a change in lifestyle rather than a short term diet or exercise routine.

Our bodies were designed to move, and need regular movement to remain supple and healthy. Unfortunately, in the modern world, everything is designed as ‘labor saving’, which sounds good, but has created a whole generation of overweight, unhealthy individuals. In the ‘good old days’, just normal living involved much more effort than it does now, where every normal daily routine required physical effort.

Regular exercise is essential to maintain our range of movement and staying power. How can we achieve or even enjoy our other goals when we are too tired to move off the couch? Today, decide to start your new exercise regime, and set out a plan, with your ultimate health objective as the goal to aim for. You could start with as little as walking a couple of blocks each evening, building up to thirty-sixty minutes of exercise each day over a period of time. You could employ a personal trainer, or join a gym, if these are within your budgets. The secret is to make a start.

Change your habits, by taking the stairs instead of the elevator; park the car further away from work and walk the rest of the way. Look for ways to exercise during your normal daily routine, making the choice which will exercise you, instead of the easy option you may have chosen before. The more you exercise, the easier it will become. In time you will find that the

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endorphins that your body releases when you exercise are pleasurable, and actually improve your mood.

Food is one of the essentials of life, and is not something that you can totally give up. However, modern food production is a multi-billion dollar industry, which tries to make it as easy as possible for you to eat, without thinking. To progress the industry, much of the modern fast food we eat has additives which are designed to titillate your palate, and as a result are almost habit forming. Because the food is attractive, we crave more of it, and as a result usually end up overeating.

You can't stop eating altogether, but you can change your eating habits. Think before you eat, and ask yourself if the food you are about to eat is going to nourish you, and ultimately move you towards your goal of better health. You have to make a plan to control your eating, and plan out meals more carefully, rather than taking the easy option of eating ready-meals or takeaways. There are more diet books available for you to read than I could mention, and all claim to have the answer, but these days most of us know what type of foods we should eat and the ones that we should eat sparingly, and common sense should help us to choose wisely. If you are not sure, obtain a book on nutrition from the library or your local bookstore.

Start by making small changes in your eating habits; choose the fresh fruits and vegetables and eat less of the fats, cakes and cookies. Get into the habit of speaking out the affirmations that will help you, before you eat, for instance: "I always choose the foods and drinks that will foster my well-being"

You do know what to do, so take responsibility. Will power alone will not work, so make a specific plan that you can follow each day, for instance resolve that you will take a half an hour walk each lunchtime, and that you will take a healthy lunch to work instead of buying fast food. Choose something that you are able to stick to, and set up your environment for success, by only having healthy food in the pantry and taking a route to work that by passes the takeaways.

The other bad habits, which you should eliminate as soon as possible, are smoking, drinking too much alcohol, and taking drugs. These days some people are becoming addicted to prescription drugs, such as painkillers, which can become just as habit-forming as the hard drugs. These will have just as detrimental effect over time on your health as the traditional drugs such as marijuana. Make sure that this does not become a problem for you.

In all your goal setting and changing lifetime habits, there are a few rules to follow in order for you to succeed.

1. Make your goals specific. Write out exactly what you will do. for example "each day I will walk around the park walking track for thirty minutes each day" and not "I will take more exercise"

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2. Set a measurable outcome. For example “I will lose twenty pounds”
3. Put with it a timeline “I will lose twenty pounds within three months”
4. Have a plan and work your plan, monitoring it and adapting it to circumstances.
5. Set up your environment to help and not hinder. For instance if you are have a goal to lose weight, don't have fattening foods in the cupboard. Just don't buy them.
6. Make yourself accountable for your actions. If you eat something that you have decided to give up, then you must walk for an extra thirty minutes the next day, or you will forgo some treat that you wanted.
7. Keep in mind your long-term goals and try not to get distracted by short-term pleasure.
8. Live one day at a time. If you fall down one day, don't worry. Resolve to live tomorrow well.

“Always bear in mind that your own resolution to succeed is more important than any other one thing.” *Abraham Lincoln*

Sowing & Reaping

This law of sowing and reaping governs all areas of our lives. You cannot expect to grow flowers or vegetables in your garden unless you sow seed, and it is the same in everything else. We sow goods, ideas, discipline, effort and determination, and following the universal laws, we reap success. This is a simplified explanation, but it is a fact of the universe.

In fact, the farmer doesn't just plant his crop and then wait for the harvest, without any further effort. Each day he has to weed, water, scare off birds and generally take care of the seeds he has sown. This is the effort he sows into his crop. The way to achieve success in life is the same way the farmer works, sowing resources each day. All the small actions that you take from the moment you wake up until the time you go to sleep, these form the sum total of the future we will experience, and if we can direct and harness those actions, we can increase our chances of success many-fold.

You can only work one day at a time, but it is important to use this day productively. We only live in this moment, and can only worry about today, consciously sowing the seeds for tomorrow. Worrying about the future is a waste of time, and dilutes the effort we put in. We make the future by what we sow today, this moment.

When you string each day that you live together, the days become weeks, the weeks become months and the months become years. Every day that you work at achieving your goals and improving your thinking patterns will result in the harvest you dream of as the years unfold, so don't waste a moment.

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Each morning, make a list of the actions that you intend to do that day. The next day make a new list. At the top of the new list start off with any actions that weren't completed the day before plus the new actions for the second day. If you work like this consistently you will find yourself achieving more than you ever thought possible. Each time a goal is reached the feeling of achievement and success will spur you on to reach for more exciting goals and dreams.

"Man is so made that when anything fires his soul, impossibilities vanish."

Jean De La Fontaine

Shortcut to Success

There is no short cut to success. Success is achieved by consistent daily effort, focusing on your goals and doing the tasks that need to be done. Today we expect everything to be instant, including success, but this is impossible. The successful man or woman knows that it takes more than a get rich quick scheme, and if it sounds too good to be true, then it probably is.

There are numerous schemes that bombard us on a daily basis, trying to seduce us into investing money or time, but these schemes only benefit the ones operating the scheme. They are successful using your resources! Many of these are the pyramid type of operations that only the ones at the top of the chain ever benefit from.

"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them."

George Bernard Shaw

Fear & Success

Fear can be a huge barrier to success, even if you do not feel you are afraid. Your subconscious may think that you do not deserve success, so will always produce barriers or diversions which get in the way of success.

You may be frightened that you might fail, so won't even try – for instance you may wish to be a successful author, but keep making excuses not to finish the novel or send it to be published, in case it is rejected.

You may fear losing what you have gained so far, so won't risk attempting something new or investing in a new venture, to conserve what you already have.

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Maybe you are afraid that you might lose your friends, if they are unhappy that you are doing better than they are? Or perhaps you are afraid of making a fool of your-self by failing, so won't even try, for fear of losing face with your friends and acquaintances.

In order to overcome these fears, simply ask yourself "what is the worst that could happen?" When you face up to this fear and analyze the situation honestly, you invariably find that the worst is not as bad as you might think, and that you could cope should the worst happen.

Try thinking about the best that could happen, what would it be like if you achieve the success you are aiming for? Imagine yourself in that position, with all the implications in every area of your life. You will find that the risk is worth it after all, so exercise your courage, pray for God's help and step out and face your fears.

The saying – *"It is better to have tried and failed than never to have tried at all"* is true!

"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success."
Norman Vincent Peale

Success Affirmations

I succeed in everything I do.

God makes all my ways smooth.

God's favor rests upon me.

Pleasant places are marked out for me.

My life is sweeter than honey, and is perfectly rewarding.

God blesses me with all good things.

I have power and passion that produces good results in all I undertake.

Favor follows me everywhere I go.

New opportunities constantly present themselves to me.

I expect every situation to work out perfectly for my good.

Creativity flows through me, and manifests in me effortlessly.

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My dreams come true.

Every day I look forward to the favors that come to me in every situation.

New challenges are exciting and easily reached.

I succeed in everything I put my mind to.

I am well rewarded for all my labors.

I manage my time well, allowing me to achieve more each day.

I am a winner.

God gives me the desires of my heart.

I do not need to worry, as every outcome is the best for me.

Nothing can faze me because everything works out for my good.

I use my intuition to guide me and help me with my work.

My career grows by leaps and bounds.

There is nothing that I cannot achieve in my chosen career path.

Perfect results and positive outcomes happen for me without fail.

My job is fantastic and I look forward to my working week.

Success chases me down the street.

All that I decide to do is successful.

Success is normal for me.

I understand that everything continues to change, except for God, who is always there for me.

My problems are stepping-stones to freedom.

There is enough time to accomplish my goals.

I appreciate all the good things in my life.

I have complete confidence that all aspects of my life turn out for my

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highest good.

I am optimistic in the knowledge that my life is turning out great.

I direct my efforts to my top priorities.

Success & Action

“Determine never to be idle. No person will have occasion to complain of the want of time who never loses any. It is wonderful how much may be done if we are always doing.”
Thomas Jefferson

Success needs action on your behalf. If you drift aimlessly, you will end up in a place you don't want to be – nowhere! If you are going on a journey, to arrive at your destination, you need to know where that destination is, and you need to plan a route to get to it. How much more important is it, then, to plan your life, with goals and aspirations planned out, set down on paper, and then followed up with an action plan and monitored on a regular basis? Again, it is no good putting goals down on paper unless you also prepare an action plan and monitor your progress regularly.

When you fail to make goals and work towards them, you are letting yourself be tossed by the waves of circumstance, and you will feel anxiety and confusion, as your life is out of control. If you don't take action to improve your situation, it won't change, and the longer you allow this situation to continue, the more confused and lost you will feel.

If you think about nothing, you become a nobody. If you are so tired or maybe battered by what life has thrown at you, you may find it difficult to even begin to think about making changes. Don't worry, just make a start in a small way; decide on a minor goal, achieve that one, then make another. The habit will grow on you, and as you experience the improvements, you will become motivated, and before you realize it your circumstances will have improved dramatically.

As I have pointed out before, our thoughts are very powerful, and influence our life dramatically. Challenge and take control of your old ways of thinking, using the tools provided in previous chapters to train your mind and create new thought patterns. God has given you the gift of imagination and the ability to influence your reality.

Use your emotions to move you in the right direction; direct your thoughts into thinking about exciting and outrageous paths you could take, and imagine them strongly, using the power of the sub-conscious mind to program your conscious mind and train your thought processes. Mentally take yourself down these paths and experience your daydreams with strong emotion, helping you to get moving to set your first few goals.

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The force of your new right thinking and the strength of your new positive emotions will move the energy and vibration of the universe to start drawing your desires to you.

Every day take some action that will move you towards your goal. Imagining, dreaming and planning are ineffectual without action. Start today, take action.

Success Verses

Today I am giving you a choice. You can choose life and success or death and disaster.
Deu 30:15

I will bless you with a future filled with hope--a future of success, not of suffering.
Jer 29:11

Success & Service

One measure of success is how much you improve the lives of others around you, how much you contribute to the lives of others. When you have an attitude of service and look for opportunities to help others achieve their dreams, you benefit enormously yourself.

Opportunities have a way of presenting themselves to you when you look for ways to serve others, and the help you offer benefits you in other ways – satisfaction, a feeling of well-being, fulfillment, and peace. It can also benefit you directly in the area which you have offered the help; for instance if you offer a job to someone who has a poor work history, and help them to achieve stability, you may find you have the best employee you could hope for.

We are not passengers on this planet alone, and we need other people in many ways, for companionship, to help us move ahead ourselves, and for emotional support etc. If you think about it, you are probably in the situation of being one of the top ten per cent of the world's population who have a wonderful, abundant life. You don't usually have to worry about where your next meal is coming from, and your life is not normally in danger from wars, starvation or disease or the whim of a local warlord. For millions of people this is their reality, making their life so very insecure. We really have a moral duty to help those less fortunate whenever we can.

Serving others makes us feel good emotionally, and the benefits of serving others are tremendous. Helping others sends out positive energy into the universe, that returns goodness to us. It opens up new opportunities that may not have come our way otherwise. Seek out ways that you can practice the law of service each day.

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You may not think that as one person, you can make a difference, but consider the following:

One day an old man was walking along the beach. It was low tide, and the sand was littered with thousands of stranded starfish that the water had carried in and then left behind. The man began walking very carefully so as not to step on any of the beautiful creatures. Since the animals still seemed to be alive, he considered picking some of them up and putting them back in the water, where they could resume their lives.

The man knew the starfish would die if left on the beach's dry sand but he reasoned that he could not possibly help them all, so he chose to do nothing and continued walking.

Soon afterward, the man came upon a small child on the beach who was frantically throwing one starfish after another back into the sea. The old man stopped and asked the child, "What are you doing?"

"I'm saving the starfish," the child replied.

"Why waste your time?... There are so many you can't save them all so what does it matter?" argued the man.

Without hesitation, the child picked up another starfish and tossed the starfish back into the water... "It matters to this one," the child explained.

Loren Easley

Success & Self-knowledge

*"You are your own raw material. When you know what you consist of and what you want to make of it, then you can invent yourself." –
Warren G. Bennis*

In order to achieve success in life you need to know yourself, like yourself and learn to trust yourself. Socrates said: *"an unexamined life is not worth living"*. This means that many of us waste our life and take it for granted. If you don't examine and exercise every aspect of your life, then you are wasting that gift of life.

If you don't take the time to get to know yourself, your strengths and weaknesses and change in the areas that need to be changed you will never achieve your best potential.

What happened in your childhood that has given you your core beliefs? These beliefs may be helpful or may be destroying your adult life. For instance children that have suffered physical and mental abuse are left with

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the belief that they are not worthy, that they don't deserve to have a successful life. Children that have suffered sexual abuse are often overweight as adults in order to repel sexual advances.

The past is past and you must let it go but not until you have examined it and decided what was beneficial to you and what was detrimental. Pretend you are in a court of law and argue the opposite viewpoint to what you now believe, and this will help you see that the events that happened to you as a child were not under your control. Had things been different you would never have accepted a damaging core belief.

If you need professional help to change your core values and harmful thinking, then ensure that you get it and stop the damage now.

Chart Building for Success

To implant new beliefs and goals into our sub-conscious mind, it is important to make the images as strong as possible. Visual information is more easily absorbed and utilized by the brain than by any other medium. As part of your success strategy I recommend that you build a visual reminder of your goals, and then place it in a prominent position in your home or office, where you will see it frequently. This will enable the pictorial reminders to sink into your subconscious, which in turn will work to turn them into reality for you.

The chart could be made by segmenting a large circle drawn onto at least an A3 size sheet. Each segment represents a different area of your life, such as work, home, relationships etc. These areas would tie up with the written goals that you have already made.

Cut out pictures from magazines that relate to your goals and paste them into the relevant segments of the circle. The photographs should strongly evoke the emotion and feeling of obtaining each goal. For instance if one of your goals is becoming an excellent hockey player, then choose a picture depicting a player that you admire in action.

Find a moment each day to rest your eyes in turn on each part of your chart, making sure that you are relaxed at the time. This will allow the brain to absorb the image and program your sub-conscious mind to initiate change.

List Making Works

Making a list helps you to concentrate on and process the information, putting your brain into gear. You will find that just thinking about it in order to write it down helps you to clarify your thinking. The process itself brings other things to mind, and the mental effort organizes your thought process. List making reduces stress, and motivates you, because once you have put information down on paper, your brain is free to process that information without worrying

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about forgetting it. List making is an essential ingredient of the goal setting process but is also helpful in organizing your life on a daily basis.

I suggest that the best time to make your daily to do list is in the early evening before you go to bed. This eliminates the nighttime fears that you have forgotten something or won't remember to do a task, so your sub-conscious mind is free to work on the information while you sleep. Also use this time to check off the list from the previous evening, moving items uncompleted onto the new list and adding fresh ones.

When you have completed your list make sure to prioritize the tasks, by marking each item with either an A, B or C. The next day ensure you do the ones marked with A's first and if you only achieve those during the day, you know you have completed the most important ones.

As you consult your list during the day you are programming your subconscious, putting it to work to bring your goals into reality.

Success in spiritual growth

We were created by God to have a close relationship with Him, and only when that relationship is good, can we feel completely peaceful. Therefore our spiritual growth is important, and it is essential that we know what we mean by spiritual growth.

Spiritual growth is moving daily along a spiritual path towards a closer communion with God. It is improving your prayer life until praying becomes second nature. It is listening for God to speak and learning to hear Him.

You grow spiritually through teaching, either by attending your local church, listening to spiritual teachers through the media, or reading books on spirituality. Studying the Bible will help you understand who God is, and through the process of reading the Bible you can discern God's voice speaking to you.

Meditating on God's word will help you grow in your understanding of your spiritual side and deepen your perception of who your Creator is.

Being aware of the spirit that resides in other people and reaching out to their spirit in love will enable you to expand and be aware of the love that God has for all peoples. Giving God praise raises your consciousness of Him and results in greater answers to prayer.

Being able to let go of fear and becoming more peaceful is a useful barometer for evaluating your spiritual growth. It is important when you decide on your success goals to ensure that spiritual growth is part of those goals.

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Leaving A Legacy

We all want to think that we will be remembered fondly. Whatever we do, we leave a legacy to the ones that we leave behind, either good or bad. Our children and grandchildren should benefit from the legacy that we leave them, not necessarily just financially, but we should strive to establish in them good values and character, and part of us should be reflected in the character of our family. Ensure that the footprints you leave on the heart of a child build them up and not destroy them.

Not all of us have great talents and can leave legacies such as works of art, music, and books or push through policies that change the world. But all of us can influence the people around us by our actions, for instance helping a needy neighbor, being a good friend, and supporting worthwhile charities.

I admire the many people who have dedicated their lives to helping people, like Mother Teresa, or the couple that established and run the fistula clinic in Ethiopia. I believe God gives these people a special grace that enables them to endure an uncomfortable lifestyle and often emotional and physical hardships to be a blessing to others. We may not have this gift but all of us have the gift to be a blessing many times during our lifetime. Next time the opportunity arises for you to be a blessing, will you come up to the play or walk away?

Actively seek to leave a memorable legacy in the way you live your life, your giving, to your family and your fellow man or woman.

Prayer for Success

*As I become a success with your help, Lord,
let me never forget that what I am
is more important than what I do.
Faith stimulates success.
Hope sustains success.
Love sanctifies success.
So I cannot and I dare not
succeed without your
power, peace, and pressure
in my life, Jesus Christ.*

Amen.

By Rev. Robert H. Schuller

Chapter Twelve

Direction – Chart Your Course

You are not an accident. You were born into this world for a purpose, and to gain maximum satisfaction in your life and achieve all that you can, you should discover what that purpose is and follow the path that has been laid out for you. I think that God holds back from revealing our complete purpose too soon, in order for us to learn the lessons that we need to be taught, so that we have the skills needed to fulfil His purpose for us.

During your lifetime, you are faced with many decisions and alternative paths, each one of which leads to many more choices, and so on indefinitely. You will undoubtedly make some good choices and some bad ones along the way. Sometimes you may think that you have made a choice that has spoiled your life for good, but be assured that even the worst decision, action or situation can be turned around for good, if you act and use your intuition, prayer and spiritual guidance with determination. Some people shrink from making a decision or taking any sort of risk, but they end up wavering and being tossed and blown by the winds of fortune, which very often turn out to be the winds of misfortune.

You were given a spirit that is naturally drawn towards life and making choices that bring life to your spirit and body. There are ways of making sensible choices in the direction we are taking and there are also supernatural ways for our direction to be chosen for us. Our job is to move in a particular direction in a way that offers the most chances for a successful outcome, taking advantage of any new paths or opportunities as they arise, aiming for as hopeful and blessed a future that we can.

Moving in the Direction of Integrity

If in doubt, always make the choice of integrity. The dishonest or devious choice will always backfire on you, but all that is good and decent will move you in the right direction. Choosing against the Law of integrity is a recipe for disaster and one that you want to avoid at all costs.

Ask yourself questions such as: “will this move hurt me or anybody else?”; “Will the direction I am taking create a win-win situation with my fellow man?”; “If the direction my life is taking were reported in the newspaper, would I be proud of it?” “Would my mother approve if she heard about it?” Anything that you would not like to be public knowledge should always be avoided, but act and make your choices as if it were, so that you are honest with yourself.

Moving in the Direction of Your Dreams

If you are not sure what your goals and dreams are, a good place to start is to think back to your childhood and the activities that you really enjoyed. It may not be the actual activity, but the emotion or skill that you enjoyed when doing that activity. A simple example would be colouring and drawing. The skill that you most liked when doing this was being creative with the use of colours. This may indicate to you that you would like to pursue a career of interior design.

If you were always hammering nails into wood, or making models, this may indicate a desire to work with your hands, in engineering or carpentry. If you enjoyed travelling you may like to consider a career in the travel industry.

Take time to sit and dream about the future, imagining that you could do anything, and see where your mind takes you. Pray and ask God for His direction and for Him to show you what talents He has blessed you with that you should use.

Using Mental Movies for Direction

This tool is a very enjoyable one, and a very effective way to stimulate your thought processes. You can act out and try different outcomes to your dreams in a safe way.

First of all, make your self comfortable in a safe and warm place. Imagine that you are sitting in your very own private theatre; you are warm and relaxed the lights dim and the screen lights up before you.

See yourself appear on the screen. You may like to imagine stage props or a wardrobe situated to one side of the screen. Use this wardrobe in order to dress yourself to help with the imagery. Safari clothes would be good to try out being a jungle explorer. Put on a spacesuit and try out anti-gravity. See your-self jumping effortlessly and floating around the screen.

The idea here is not just to find the direction of a particular dream but to let your mind run free and unfettered so that your dream may reveal itself. You might find that a completely off-the-wall type of dream comes to you, one that you have never thought of or considered before.

Often when using this tool for several sessions you will find that your mind becomes more and more creative and the scenes before you on the screen start to unfold and have a life of their own, showing you wonders that you couldn't imagine normally.

This is a tool to be enjoyed. Relax and have fun.

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Tools to help control your thinking and train your responses:

Reaction

When unexpected events or changes occur in your life always respond with purpose and don't over-react. Always give yourself time before you answer or make a decision, and control your emotional responses by not reacting immediately. Stop, take control, think and then decide your response.

Even a few moments taken to think about your response can save you heartache and grief. It may even be that the best response is no response, that is, to walk away.

Take stock of your options and choose the best one. Ask for more time to review your options.

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Think Long Term

Beware of instant gratification – it usually leads to long-term loss. Instead look at the future, and try to make decisions which will benefit you in the future while not being detrimental to the present. Try to think one to five years out, and calculate the effects of today's decisions on your situation at that time.

Always take time to consider decisions – choices made on the spur of the moment can have a sting in the tail which you didn't see at the time. Taking time will always allow you to consider the future effects of any important decision.

Salespeople use the tactic of “you must buy today to receive this offer”, knowing that psychologically we don't want to miss out, and may take a risk just so that we don't lose the benefits on offer. In most cases, the offer is still there tomorrow, and taking the time to think about it will allow us to consider it much more sensibly, a situation the salesperson does not want!

Relationships

Sometimes decisions you make could affect friends or family, or could have a detrimental effect on your finances which could affect others around you.

Questions to ask your-self could be:

“What effect will this decision have on my present and future relationships?”

“How will this decision affect others that I interact with?”

“What are other people's reactions likely to be to this decision?”

“What factors do I need to consider before committing to this course of action that may affect my children, spouse or co-worker?”

Direction with Purpose

When you are looking for direction in your life remember to consider your purpose. Why are you here? Is there a something to accomplish that only you can do?

It is not easy to for many people to find out the purpose of their lives. Some of the luckier ones have a clear vision and live a life of sacrifice for others. One couple that I most admire are Reginald and Catherine Hamlin. They gave up the luxury of comfortable living in their home country of Australia to go to Ethiopia to help young mothers who are left with a debilitating injury after giving birth at a young age, called a fistula.

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After the birth of their first child, who often dies during the process, they suffer an internal injury that stops them being able to control their bladders. Consequently the leaking urine makes them smell and be unpleasant, causing their tribe to ostracize them. Their husbands often send them back to their parents, who then construct a hut away from the family and village and force them to live alone.

Reginald and Catherine set up a hospital that is dedicated to repairing the injuries of these young girls, enabling them to return to their husbands and villages and live a normal life.

For the majority of us our purpose is probably not as self sacrificing and noble as the Hamlin's, but could none the less be important. It may be that you are the most important person in a child's life, or you could be a link in a chain of events that produces something great in the future. Don't be dismayed if it seems that your purpose is not immediately obvious, or if that purpose seems trivial compared with some of the famous, because you are unique, and your purpose can only be achieved by you! Consider the following:

Purpose & Impact

It is possible that we have already fulfilled our purpose on Earth and we may never realize that. As the following story illustrates, a poor Scottish farmer fulfilled his life purpose, which had a huge impact on millions of lives, but he didn't live to realize that he had achieved his main purpose in life.

A poor farmer in Scotland was busy tending his sheep on his small croft when he heard a cry for help. He realized that it was coming from a nearby bog, which was notoriously dangerous. Running in the direction of the sound he came upon a young lad who was struggling up to his waist in the black mud. The farmer pulled him out, saving him from an almost certain horrible suffocating death.

Hoeing his garden the next day Farmer Fleming was surprised when a fine carriage pulled up outside his croft. He leaned on his hoe and watched as a nobleman stepped down from the carriage. The man walked over to him and introduced himself as the father of the boy he had pulled from the bog the day before.

"You saved my son's life and I want to repay you in any way I can"

"I couldn't possibly accept any payment for what I did" the farmer replied.

As they were speaking the farmer's son emerged from inside the croft. "Is that your son?" asked the nobleman. "Yes" replied the farmer throwing his arm around the boy's shoulder proudly.

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"If you won't take any payment for saving my son's life then let me take your son and give him a good education"

The farmer couldn't let his son miss out on such a great opportunity and agreed to let the man take the boy.

Farmer Fleming's son was a very bright boy and a quick learner. Many years later he graduated from a medical school in London. Eventually he discovered penicillin and became known the world over as Sir Alexander Fleming.

Decades later the boy that had been saved by Farmer Fleming that day contracted pneumonia. He was saved a second time from death by the drug that has saved millions since, penicillin.

That boy was Sir Winston Churchill, who as Prime Minister of England led the country to victory in World War II.

This one quick action by the farmer resulted in saving and continuing to save, millions of lives.

Maybe that farmer didn't live to see the results of his actions that day and never knew what his purpose was in his life, but fulfilled it none the less.

Job Direction

Doing what you love will always bring you the greatest success. You only have one life, and it is too short to waste working a third of your time at a job that you don't enjoy. If you are in that position and able to change, do it. You have to be reasonable in your choice, however, ensuring that it is realistic and within your capabilities, but don't sell yourself too short either.

Many of you may not be able to pursue the job or career of your dreams at this time, but don't despair. There are actions you can take that will move you in the direction of your dream career, and that will open up new pathway for you.

Firstly use your spare time to read, train or take courses that will move you along the right track. It may be that you are doing a repetitive job that enables you to listen to training tapes whilst you are working, or you could take the time during the day to focus your thoughts as if you were already working in your new environment, and repeat appropriate affirmations to yourself.

If you are unsure what your perfect career would be, think of certain jobs that appeal to you and approach people already doing those jobs. They can tell you exactly what doing the job is like and may even allow you to work with them for a couple of days in order to experience the job first hand.

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In this way you can eliminate the ones that don't fulfill your expectations, and you may chance upon the type of career that excites you. The best indicator of the type of work that you would enjoy can be found by thinking back to your childhood and the type of activities you enjoyed then or utilize hobbies that you enjoy now.

Employ the movie method by relaxing with your eyes closed, put yourself mentally in front of the screen and play out various job scenarios. Try out each type of work you think you might like, and watch yourself on the big screen, putting in the words, sounds and even smells that bring that occupation alive for you.

When you have decided what job you would like to do in the future, add it to your list of goals, and actively work towards it.

The Direction Power List

This is a very powerful method of changing your future, helping you to draw your dreams and aspirations towards you. It works by programming your sub-conscious mind to work on changing your conscious reality, ensuring that you are constantly heading in the right direction. As I said, it is a very powerful tool, so write your list carefully.

On a small notebook, write a list of seven benefits that you will enjoy when you reach the goal that you are moving towards.

1. The items should be very specific and measurable, so think clearly how these benefits would look and feel when you have the pleasure of experiencing them. Write them down in such a way that you will definitely know when they have manifested into being. I suggest that you write not less than seven items and not more than fifteen.
2. Several times a day, sit down in a relaxed manner and read out your list. As you read each item try to feel the emotion of achieving that thing and imagine as vividly as you can yourself enjoying the experience, as if they had already come true.
3. As the goals on your list become reality, cross them off and add new ones. On reviewing items already on the list if your desire has changed simply cross off that item and add the replacement.
4. What you deeply desire becomes reality for you. Don't panic when the goals materialize. When you first use this method it can be a little scary as your life takes dramatic turns. It is an extremely effective and powerful tool.
5. One last comment is not to show your list to anyone. Keep the list private so that you don't attract the negativity of others, whose energy could repel the goals, negating your attracting energy.

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The Secret to Receiving

When you have decided on the direction you are taking in life, and start attracting what you are thinking about to you, remember some important points:

1. Directing your imagination, dreams and feelings will increase the speed at which your desires materialize.
2. Remember the law of giving. You receive in proportion or more, to the amount that you freely give.
3. Don't hold grudges or be unforgiving as this blocks the movement of universal energy.
4. Cultivate feeling wealthy and living in abundance, as you can only grow in the areas that you believe you can.
5. Try not to mix with people who are energy drainers and those who love to knock your dreams down.
6. Trust yourself to choose the right direction and goals for your life.
7. Every event or situation in your life happens for a reason. Look for the lesson, learn the lesson, and move forward.
8. There is no lack of abundance in the Universe.
9. You are a child of God and He always loves you and wants to bless you. Live with a heart of gratitude towards Him.
10. Use the law of vacuum to create space for new and exciting situations to materialize in your life each day.

"Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, and then Providence moves too. All sorts of things occur to help one that would otherwise never have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way.

Goethe

Inspiration From Buckminster Fuller

Buckminster Fuller was an amazing philosopher, inventor, architect and writer.

There is a story that in his early years, he had a reputation as somewhat of a wastrel, and enjoyed parties, and going out a lot.

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One day in 1927 when he was 32, his 6-year old daughter, Alexandra, was sick, and he left the house to go to a football game. He promised to return soon, and bring his daughter a small flag which they had at the game, for her birthday.

In the event, he didn't go home for three days, and when he returned, his wife told him that Alexandra was very much worse, and had been asking for him.

When Fuller picked Alexandra up, she asked him if he had brought her the flag. He had to admit that he hadn't, and the disappointment for her was so great that she gave up her fragile hold on life and died in his arms.

Fuller felt so bad, that he went for a walk, and decided to drown himself in Lake Michigan. Standing on the bank of the lake, the story is that he heard a voice, saying that he had no right to end his life, it was not his to end, and he had not fulfilled his purpose yet.

Fuller decided to 'experiment' to try to discover what, if anything, one penniless individual might be able to do to benefit all humanity.

First of all, the story goes, he stopped talking for two years! He realized that words had tremendous power, and had often got him into trouble. He vowed not to speak until he was sure of the effect and meaning of any word.

He believed that there was a supreme being who wants to make people successful and provide everything that they need to live an abundant life. He tried to discover what 'rules' God used in setting up the universe, and went on to formulate what he called the 'Generalized Principles' of the universe.

During the course of his remarkable 'experiment', over the next fifty-four years, he:

- was awarded 25 U.S. patents
- authored 28 books
- received 47 honorary doctorates in the arts, science, engineering and the humanities
- received dozens of major architectural and design awards including, among many others, the Gold Medal of the American Institute of Architects and the Gold Medal of the Royal Institute of British Architects
- created work which found itself into the permanent collections of museums around the world
- circled the globe 57 times, reaching millions through his public lectures and interviews.

It is amazing the catalyst that can propel us into achieving more than we ever thought possible. This is a sad story in one way, but in another it illustrates the possibilities which are available, and shows how one man overcame the past and accomplished amazing things.

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If you feel insignificant and without the resources to make a difference in the world, remember this one man's story and know that it is possible to soar to the heights that many only dream of.

Direction Affirmations

The path of my life is made known to me.

God leads me into all truth and makes my way smooth.

Everything I allow into my life is good and decent.

I choose the right path for my life.

I walk each day in integrity and peace.

I walk in the light of truth.

I entrust my spirit and future to God.

God always hears me and answers me when I call to him

Pleasant places are marked out for me.

I entrust my future to God who has good things in store for me.

Each path I walk on is made wide and I do not slip.

My plans are carried out to perfection.

God leads me into all truth and makes my way smooth.

I feel triumphant as my perfect plans unfold.

Doors open before me when I step forward into my future.

God guides me divinely.

The past is past and a new exciting, abundant future is mine.

The perfect solution to every problem forms quickly in my mind.

My highest dreams for myself are turning into reality.

God's Holy Spirit is my guide and counselor.

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Chapter Thirteen

Protection – Spiritual and Physical

One of the basic needs of mankind is to feel peaceful and have a sense of well being, and in order to feel that way, we need to feel safe and secure. We worry not only about our own safety, but that of our children and family as well. In light of recent world events we are anxious as never before, and many of us feel out of control. We have seen clearly that bad things can happen to innocent people, and that there is very little that we can do about it, or so we think.

Since the awful terrorist attack on and destruction of the twin towers in New York, there have emerged many stories of people who had miraculous escapes or for one reason or another they should have been in the buildings but weren't. Many of these people attribute their protection to divine intervention, hearing that still small voice, intuition, or events being changed without their knowledge. It is certain that God utilized the power and help of His angels to help people either by directly leading them to safety or changing events without their knowledge. But certainly they were at work in this situation as they are in many others.

Most of us have realized that our bodies are frail and unable to withstand external events that are beyond our control, without divine help. More than ever in these modern times, we need to call upon spiritual power for our own safety and to provide a shield for our children.

Jesus tells us "I will never leave you or forsake you" and "call upon the name of Jesus and be saved". It is comforting to know that there is a power that we can rely upon which can help us and keep us safe from harm. The name of Jesus has supernatural power, and it is often enough just to call out His name, and he will give us protection.

Not only do we need protection from physical harm but often we need to put guards in place to shield us from people we come in contact with, and from spiritual attacks. As we discussed earlier in the book we can be affected adversely by the thoughts and words of our enemies. Unfortunately, feelings of envy, jealousy and anger towards us are often generated without our being aware of it. However, there are safeguards that we can put in place to block this kind of negative attack, whether we know about it or not.

Prayer for Protection

Prayer is our greatest form of protection, and although it is a spiritual help, if we pray with faith, we can feel the strength of the prayer protection around us. God is willing and able to protect both our families and us, from physical and

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spiritual danger.

Pray daily for yourself and your family, for God's divine protection and for Him to command his angels to be with you and keep you out of harm's way. Don't underestimate spiritual attacks. As angels are available to carry out God's will there are also forces of evil, that are opposed to anything that benefits us or draws us closer to God.

Demonic attacks can cause anything from mental illness to discouragement. There are the evil spirits that whisper to us that we won't amount to anything, that no one could like us. They can cause anger and bad feeling to rise up in us and in others against us. These spirits hate us and will do all they can to cause mayhem and malice in our lives, and prayer is essential to bring God's protection around us like a hedge, to barricade those spirits from reaching us.

God's protection is the most powerful assistance available to us. To appropriate it we must ask for it and believe in Him.

Your Guardian Angels

Each of us has a guardian angel, assigned at birth to help us throughout our lives. There are, of course, legions of other angels that are ready and waiting for God's command to spring into action of our behalf. I don't believe that we should pray directly to angels, as they have been created by God to carry out his wishes not ours. But we do need to pray to God asking him to mobilize His angels on our behalf.

For instance you could pray for angels to surround you as you travel, and for angels to travel ahead of you to clear danger and obstacles out of your way. Each night, ask God to put angels around your bed and your house to protect you. You can also pray for angels to be sent on ahead of you to clear the path when you know that you will be facing a difficult situation.

For your children, ask that their guardian angel be diligent at all times, and for them to feel their presence which will be a comfort to them. Children are particularly sensitive to the presence of angels and in some cases have been known to actually see them. It seems that as we grow into adults, we lose the child's innocence and naivety, and with that loss we lose much of the ability to sense spiritual things, but not entirely, as there are many accounts of angel visitations to adults.

Many people have reported instances of angels helping them in difficult circumstances. One missionary couple went to the darkest part of Papa New Guinea into a place that hadn't been visited by outsiders ever before. Not long after they arrived the local tribal chief decided to kill them. The men of the tribe crept up towards the camp in which they were living. The couple could hear rustling outside and both knelt down and prayed for God to protect

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them.

After a while it all went quiet outside and the attack didn't happen. Some time later the couple were able, with the help on an interpreter, to talk to and convert this tribe to Christianity. They asked the chief about that night. The chief replied that they had intended to murder them, but were prevented. As they approached the camp, they saw many tall men standing around the camp. The men looked strong and fierce, and had a strange glow emanating from them. This had frightened the tribesmen away. God had answered their prayer by stationing a legion of angels around their hut and making them visible to the tribe.

You have probably been rescued from disaster many times by angels and not even realized it. The time you missed a flight or got stuck at traffic lights may have prevented you being in the wrong place at the wrong time.

Your In-built Barometer

God has placed within each of us a barometer that tells us the difference between right and wrong. This barometer is called our conscience, and its task is to try to protect us from making inappropriate choices. Unfortunately, many of us have ignored this mechanism for so long, that it's sensitivity has dulled to such an extent that we are no longer able to hear its voice.

Our conscience can be our best friend. Many unsatisfactory situations that you may now find yourself in could have been avoided if only you had listened to your conscience and followed its counsel. Not only do we reap what we have sown by ignoring our conscience, we are often left with debilitating feelings of guilt in hindsight, when we stop to realise what we have done.

This guidance and instruction is available on demand for the asking, and yet often we choose to over-ride the warnings our conscience gives to us. You could do nothing better than re-acquaint yourself with this inner friend, and practice sensing its guidance. From now on, when faced with a decision, take a moment to check with your in-built barometer, and heed its advice. Don't argue with your conscience for it is always right and you disregard it's warnings to your detriment.

Take the time to confirm your daily decisions by listening to your conscience, and each time you do this and make the right decisions your life will improve accordingly.

Blocking Your Enemies

You may think that you have no enemies, or that they are ineffectual against you, but negative thoughts towards you as small as "why did they pick her, instead of me?" for a new position at work, can cause you problems.

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Remember, thoughts are powerful, and any thought of envy, anger or malice that anyone directs towards you is going to cause you harm unless you take steps to block those negative energies.

Even parents or friends can place a curse over your life by speaking out an ill-advised word. We all know the negative words that come out of the mouths of the people closet to us. "Why bother, you will just put it all back on again", said to you when you are just starting out to lose weight. "Your sister is the clever one, so set your sights a bit lower son", or "you're hopeless, you never finish anything!" These seemingly casual remarks can change your future, without you being aware of it, and it happens often and regularly too many of us.

Then some of us have the real 'nasties' in our lives, those people who really do have it in their hearts to harm us, and who are always looking for ways to do so. We can't afford to ignore the devastating effects these people can have in our daily living. To block this type of negativity we need to pray for a hedge of God's love and protection to around us at all times. Imagine a white light shining around you, like a force field.

When we are dealing with actual curses that may be sent onto us, then we need to pray in a different way. Pray for protection from any curses, ask that any which are already in force be lifted from you, and avow that any new ones may not alight upon you.

"A curse you don't deserve will take wings and fly away like a sparrow or a swallow"
Prov 26:2

Don't send the curses back on the ones who have sent them, because God asks us to forgive our enemies and to pray for them. In fact, the hatred they have will be having a detrimental effect on them anyway, and they can cause themselves physical harm by the malice they feel.

One final word: If you feel that you already have curses working in your life from the past, pray for God to break those curses now, in the name of Jesus.

"No weapon formed against me prospers, and every tongue that rises up in judgment against me shall be proven wrong."
Isaiah 54:17

Powerful Prayers

Here are two powerful prayers that will give you protection and I advise you to pray them regularly and especially in time of need. They are the Lords Prayer and saying the psalm 23 as a prayer.

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The Lord's Prayer

*Our Father, who art in heaven, Hallowed be thy Name.
Thy kingdom come. Thy will be done, On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power,
and the glory, for ever and ever.
Amen.*

Psalm 23

*The LORD is my shepherd; I shall not want.
He maketh me to lie down in green pastures: he leadeth me beside the
still waters.
He restoreth my soul: he leadeth me in the paths of righteousness for
his name's sake.
Yea, though I walk through the valley of the shadow of death, I will fear
no evil: for thou art with me; thy rod and thy staff they comfort me.
Thou preparest a table before me in the presence of mine enemies:
thou anointest my head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life: and I
will dwell in the house of the LORD for ever.*

Protection for your Home

Harmful energy can enter your home through people that visit you and through objects that you take into your home. You don't always know what a person is like or what they may have attached to them in the form of an evil spirit when they enter your home. It may be a tradesman or friends that your children bring home, that could leave behind undesirable energy in your home, or groups of people like policemen who have to deal with evil constantly in the cause of their work can be affected and in turn infect your residence.

Objects picked up, as holiday souvenirs may not be as innocent as they look. Especially objects such as ritual tribal masks and pictures depicting demonic type images. Pray about this particular thing, and ask God to guide you to sense any spiritual negativity or evil around your possessions. If you have any object in your home that makes you feel uncomfortable, then go with your intuition and remove it.

When you move into a new house you have no idea of what might be lurking, spiritually speaking, in the corners. The way to cleanse your home is to go through every room in your house, praying for anything that is not of God to leave the house immediately. Finish up with walking out of the front or back

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entrance and walk entirely around the outside of the house, asking God's blessing. Then take a small amount of oil, dip in your finger and make a cross sign at each door and window. Pray that God seals the house from all evil. This can also be done with each car in the family, and in your work place.

Protection Affirmations

I rest in God and am at peace.

I find refuge in God.

God's shield surrounds me.

God always hears me and answers me when I call to him.

I am protected at all times.

My shield is God above.

God is my stronghold in times of trouble, nothing can shake me.

I entrust my future to God who has good things in store for me.

God's angels provide for my safety at all times.

With God at my side nothing can move me.

God gives me refuge from those who attack me.

I am hidden in the shadow of God's wings.

God reaches down from high above and lifts me out of all my troubles.

God pulls me out of the raging waters and rescues me.

I am brought out into wide-open places.

My God turns my darkness into light.

God arms me with strength, and makes my way perfect.

Each path I walk on is made wide and I do not slip.

God is my rock and defender.

Angels are sent to help and protect me.

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The light of God's presence shine's on me.

I am protected at all times.

My shield is God above.

God's angels provide for my safety at all times.

With God at my side nothing can move me.

God gives me refuge from those who attack me.

I am hidden in the shadow of God's wings.

God reaches down from high above and lifts me out of all my troubles.

God pulls me out of the raging waters and rescues me.

My God turns my darkness into light.

God is my rock and defender.

Angels are sent to help and protect me.

I am never disappointed when I put my trust in God.

I put my trust in God and He will never let me be put to shame.

God protects me from my enemies.

God relieve's my troubled heart and brings me out of my distress.

My feet stand on solid ground and nothing can shake me.

There is no problem that God can not solve for me.

God is in control so whom should I fear.

God gives me comfort and support through all my trials

All fear fades away and courage fills my soul.

Psalm 91

This is called the protection psalm and is useful to read out loud in the form of a prayer. As you read it think about the many ways that God provides His protection for us.

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He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD,

"He is my refuge and my fortress, my God, in whom I trust."

Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked. If you make the Most High your dwelling - even the LORD, who is my refuge -- then no harm will befall you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread upon the lion and the cobra; you will trample the great lion and the serpent.

"Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation".

Blocking Negative Energy

Everything in the world is energy of one sort or another and positive emotions produce a high frequency vibration and negative emotions produce a low frequency vibration. Daily we walk in an accumulation of energy that is being produced by every single person on the planet. Some of us are so overwhelmed by this energy that we stay continuously in a low mood and suffer from general aches and pains, headaches and feeling generally under par.

We need to be able to protect ourselves from this constant bombardment in order to feel comfortable and regain our energy levels. Not only are we being targeted by negative energy from our fellow man but also from evil spiritual beings. There are some who think that these beings don't exist, but even these people have experienced the hair rising on the back of their necks in fear for no apparent reason. Some, who say they do not believe in God or in demons, express a belief in ghosts or poltergeists, the manifestation of which are the work of demons.

How do we know when negative energy is being directed at us by an individual? Our Biggest indication is feeling uncomfortable in that person's

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presence, or we may feel drained of our own energy or have feelings of being threatened by them, and therefore our natural defences go up.

Having nightmares on a regular basis is another warning that some one is adversely affection us. You may feel fixated on the person without knowing why. Negative energy causes us physical pain, which is usually located in the neck or the pit of your stomach.

Treating Negative Energy

To negate the energy from an individual that is harming you there are several steps you can take. If at all possible, don't let yourself be in the presence of the person that is draining you. If it is some one you work with, it may even be worth while finding another job. It may be enough to cleanse your workplace as suggested above in protection for your home.

Pray for God to put a supernatural hedge around you to block the energy, and pray regularly for protection from them. If you have any objects belonging to them in your possession, get rid of them as soon as possible. Pray for God to change them and bless them, so that they have less need to exude pessimistic and angry energy. Even pray for God to bless them, which if prayed honestly, also blesses you.

If you are being affected by demonic presences, then you may need stronger help. Remember, all is energy, so it really is a matter of overcoming the evil energy with the forces of good. Prayer is our best defence for keeping our home and workplaces spiritually clean.

Allowing negativity into your own emotions in the form of hate, anger or jealousy can be caused by evil forces and can attract more of them to you. Keeping a good attitude, thinking in a loving manner, growing a closer relationship with God and asking for the help of angels will push this evil negativity away. However sometimes there can be severe cases that have been allowed to grow and fester, maybe for many years. In this case I strongly advise you to ask for the help of a pastor or priest, or the elders of your church to help remove the forces from you.

Negative Energy Busters from the General Populace

As I mentioned earlier, we move in a sea of energy that is being continuously produced by the world's population. This can have a confusing affect on our conscious and subconscious mind, and we need to be aware of it and seek to protect ourselves from getting uncontrollably sucked into this mass of energy.

Spiritual growth in itself has a protective affect, forming a barrier to this sea of negative power. Using protection affirmations and Bible verses also raises our positive personal energy, which again gives us protection.

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Prayer remains our best protection. The Lord's Prayer has a special protective power as does calling on the name of Jesus. When you pray, ask for the protective covering of the blood of Jesus to be over you and your family.

Prayer for Personal Spiritual Protection

Father God I ask you to surround me with your Holy presence so that all the powers of darkness dare not approach me.

Place a thick hedge of spiritual protection around me at all times.

Cover me with the sacred blood of Jesus that no evil force can penetrate.

May your spiritual light, love and goodness protect me both spiritually, physically and emotionally?

Fill me with your love and light, as I know that any forces of darkness can not stay in the presence of your holiness.

Fill my home with your angels to protect and guard the people who live there and to protect our property from all the powers of darkness.

Help me to keep my thoughts and mind towards you Lord.

Show me any areas of my life that I might be giving access to evil forces and seal these areas with the precious blood of Jesus.

Keep me from all evil and keep me from causing harm to others, cancel any curses that may have been put over my life.

Amen

Prayer for Protection for your Children

We may not think that our children face the same evil forces and negative energies that we do, but they are miniature adults and live in the same sea of energy that we do. Pray for them regularly and often to afford them the protection that they need, and when they are old enough to understand these things, teach them to pray for themselves.

Father God, I pray for my children.....(insert the names of your children here) I ask you to bless them in every way. I ask that the Holy Spirit works within them to give them good sense, enabling them to make wise choices as they move through their day.

Put your angels around them to protect them from physical harm. Cover them with the supernatural blood of your son Jesus to protect their mind and emotions.

Guard them from any and all attacks from evil forces and from the negative energy drainers of the people around them.

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Protect them from the heaviness and stress of modern life.
Make them strong and courageous in every situation that they need to be.

Reveal yourself to them God so that they know they are never alone and can always call upon You in their time of need.

Thank you God for blessing for with such wonderful children. Help me to be a good parent and to bring them up in the knowledge of your love for them.

Amen

Practical Guides for Physical Protection

Most of the battles we fight are in the spiritual realm, although they do manifest themselves in the physical realm also. We must use wisdom as we go about our daily life to protect ourselves in a practical way from physical harm. There are resources which give guidance in these areas, which are worth reading, in order to increase your knowledge about personal protection and making you aware of your own responsibility in this area.

Life seems to be more unpredictable and dangerous these days. The instances of violence, robbery and general crime has increased and we need to take some steps to learn how to protect ourselves if an unexpected attack happens to us:

1. Be aware of what's going on around you. Many people seem to walk around in a daydream, thinking of where they are going and what they will do when they get there, or what to cook for dinner. They have no idea of the furtive looks some-one may be sending in their direction, getting ready to rob them, or even worse.
2. Don't walk around looking like a victim. If you walk confidently and look people in the eye, any potential attacker is more likely to pass you by, and look for an easier mark.
3. You may think because a person is young, old, drunk or infirm or female that they are no danger to you. Don't assume that this is the case. The most unlikely people have proved to be killers.
4. If you are attacked in any way the number one rule to remember is never, never let the attacker take you to another location. Much better to make as much fuss and noise as you can, where you are.
5. Keep your eyes on their hands and their eyes, looking for clues of their next move. Be aware of your surrounding area in case other accomplices should appear.
6. Never give lifts to hitch hikers, as it isn't worth the risk.

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7. If possible shout at the attacker as loudly as possible, right into their face, telling them to leave you alone, or make any decision you can to help yourself. Making a decision gives you a semblance of control and you are more likely to make a difference to your situation and won't become a victim.
8. Finally try not to put yourself into a vulnerable position to start with, such as parking your car in a deserted or dangerous area.

Financial Protection

Attracting wealth is well covered in the chapter on prosperity, but we need to consider protecting our wealth, after it is acquired. There have been cases of lotto or sweepstake winners who have managed to spend all the money they won in just a few short years, leaving them with nothing to show for it. Largely, this is due to the mindset of not deserving to have that amount of money.

Think wealthy, act as wealthy as you can and look wealthy. Make sure that you always have cash in your wallet, and take care to dress, talk and look affluent. It is all a mindset and a case of acting like you are well off until you become prosperous in reality.

Take steps to obtain independent financial planning advice and always keep your insurances up to date, especially your health insurance. Without adequate health care you will be incapable of living your dreams.

Self Protection or Self Sabotage

When you start having doubts about your abilities and your power to make changes, it is really a form of self sabotage. If you listen to the negative comments your friends make to you, and then allow your self-reservations to become belief, you are being a saboteur of your own future. You will then move in a downward spiral, the more that you listen to pessimistic thoughts, both your own and others. This leads to you thinking that if you lower your expectations, you are less likely to be disappointed, but this is just limiting your ability to succeed.

You must have faith that God wants the best for you, and if He has a plan for you, He will give us the strength and ability to complete it. You are not working alone but have the whole spiritual realm as a support team. Get your thinking right, and the achievements will follow. Be aware when you start to damage your future by self-protective traits that only protect you from an exciting future.

With Christ everything is possible as He strengthens us. Nothing, absolutely nothing is impossible for God.

Chapter Fourteen

Miracles – An Everyday Occurrence

What is a miracle?

"those things are properly called miracles which are done by divine agency beyond the order commonly observed in nature"

Thomas Aquinas

Miracles are defined as happenings that can't be explained by the normal course of events, which defy the normal laws of nature, and which could only be attributed to intervention by God. There are literally thousands of documented miracles from instant healings, miraculous escapes, through to miraculous material provision. You can read these if you search on the internet.

Many people have experienced miracles, and sometimes miracles have happened in people's lives that they are unaware of, unless it is pointed out to them later, such as being saved from a disaster that they haven't realized they have missed.

In our modern secular, humanistic and scientific world, spiritual happenings are less likely to be accepted. We have all become skeptical unless we can see it for ourselves, and even then we are sometimes unwilling to move out of our 'comfort zone' to accept something that we can't explain. In ancient times, or indeed in modern isolated and less civilized societies, mystical, spiritual and unexplained occurrences were and are part of life, and accepted without doubt.

Miracles Are From God

God is a supernatural being and is able to do anything that He pleases. If this weren't so, and if we could understand all things related to God, then He wouldn't be God. Who would want a God who is only equal to us? Can an ant understand everything about a human? The ant sees only part of a human, and accepts it as part of its world, without trying to understand. God is omnipotent, and we can only sense a part of His character, from His message to us through the Bible. He is able to intervene directly and at will in this world which He created.

God wants to aid us in our life journey, and sometimes will give a miraculous answer to our prayers. It says in the Bible that we entertain angels without knowing. There have been several accounts of angels rescuing people out of difficult situations, for instance snatching a small child out of the way of an on-

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coming train, or they have appeared in the form of a man to help get a car started when someone is stranded in a dangerous situation.

Miracle Frequency

Littlewood's Law of Miracles states that in the course of any normal person's life, miracles happen at a rate of roughly one per month. The proof of the law is simple. During the time that we are awake and actively engaged in living our lives, roughly for eight hours each day, we see and hear things happening at a rate of about one per second. So the total number of events that happen to us is about thirty thousand per day, or about a million per month. With few exceptions, these events are not miracles because they are insignificant. The chance of a miracle is about one per million events. Therefore we should expect about one miracle to happen, on the average, every month.

J.E.Littlewood was a professor from Cambridge University in England, who was the London Mathematical Society President in 1941 – 1943. He calculated that the chance of a miracle was about one in a million, so the average person, according to the law stated above, should experience a miracle on average once per month!

The professor believed that a miracle was therefore a commonplace event. This could well be the case as a miracle can happen without us knowing about it or noticing it. For example, a person gets in his car and it fails to start. If the car had started the driver could well have had a fatal accident around the corner. In this instance the driver would never know that a miracle had occurred for him.

“...to another miraculous powers...” – 1 Corinthians 12:10

My Personal Miracles

I have personally experienced several miracles. On two separate occasions I have been in a situation where my car has been in the path of a speeding oncoming car, leaving me with no escape. Miraculously, those cars have seemed to go through my car, and seconds later they have appeared on the road behind me. I believe that this is a case where you can see the quantum theory at work, and used by God to manipulate reality. Perhaps the spaces between the molecules of my car and the other car were aligned by God in such a way that the matter was able to pass through me and out the other side. Only God knows.

One evening my husband and I had two couples round for dinner. One of the men, Mike, was suffering from a cancer on his lip and was due the following week to go for radical surgery, where a large part of his lip was to be removed. Not only would he have been terribly scarred from this procedure,

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but would also have a long recovery time away from his business, which would have been devastating financially.

The five of us laid our hands on Mike as instructed in the Bible, and prayed for a miracle. The cancer caused severe pain in his lips, and when he went home that night the pain grew worse. Eventually he managed to get some sleep, and on waking he found that the pain had disappeared and the tenderness gone. A couple of days later Mike went to see the surgeon for his pre-op consultation, and no trace of the cancer could be found, so the operation was cancelled.

Miracles of Healing

There are many instances of healing in answer to prayer. A friend of mine went to India on a short mission trip. His group prayed for several people in one village and he witnessed a number of miracles. A number of the village children were profoundly deaf, which was a particular disability in that district. After being prayed for, they were standing in a group, when a train passed close by, and they all heard the train, turned and jumped, registering shock, as it was basically the first sound they had ever heard.

An even more spectacular miracle occurred when an elderly lady received prayer. She had been born blind, and not only blind, but actually without eyes. While praying for her, the group saw eyes grow where there weren't any before, and the lady could then see.

There are many instances where a person with one leg longer than the other, causing walking difficulties and misaligned hip, shoulder and spinal column problems, have been prayed for, and the shorter leg grows to match the length of the other while the prayers watched.

In documented, scientific tests, it has been proven that when one group of patients are prayed for regularly, they generally make a faster recovery than the control group for whom no-one prays.

A Miracle of Provision

George Müller was an ordinary man, with an extraordinary faith. With no resources, in Bristol, England, he set up and ran orphanages for the poor children, and his faith meant that he relied completely on God. He never asked for money, never told anyone of his needs, but was able to establish several orphanages, eventually housing more than 2,000 children. He raised more than £1,500,000 over the years, and this was in the nineteenth century!

Sometimes, at night, the orphanages would have no food, and no money to feed the children. George's faith never wavered, with prayer, every time, God

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provided, and by the morning food or money would be given, and they never missed a meal.

On one occasion, George went for a walk early in the morning, knowing that there were no provisions for the children. On this walk, he met a friend, who gave him some money, just enough for breakfast that day. He never told the friend of his needs, but God provided exactly what was required.

George, during his sixty six years of ministry, never drew a salary. As with his orphanages, he relied completely on God to provide everything he needed, which he did until his death at ninety three!

A Miracle of Circumstance

In the recent Tsunami which ravaged several countries in Asia, there were several reports of miraculous escapes. One of these is recounted below:

Caroline Davies of The Telegraph Group Ltd reports:

Father James Pattinathan pastored four Catholic Churches with a congregation of 1,500. Every Sunday except for three times a year, they held services in all four churches along the beach in Mullaittivu, a small town on Sri Lanka's northeastern coast.

On the day the Tsunami struck, Boxing Day 2004, the entire congregation was worshipping at St. Joseph's shrine, higher up and in the outskirts of the town. This was one of the three days per year they gathered there. This particular day, the congregation were mumbling and complaining, because the service overran the normal time by fifteen minutes. Those fifteen minutes saved the lives of the entire congregation and their priest, because if they had finished at the normal time, they would have been walking back to their homes just as the wave struck.

All the other churches and the homes along the beach were lost, together with hundreds of people.

A Miracle of Physical Protection

The following story is related by Gorman Woodfin of The 700 Club:

Kim Bernhardt is a single mom with a four year old son, Evan. She is terrified of tornadoes, as she grew up in an area where they are reasonably common. It was a particular fear of hers.

One day, while driving through town with her son, she suddenly noticed the skies grow dark, and she was confronted by a level three tornado. She tried to accelerate away from it, but the tornado picked up her car and carried them

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along, turning them around wildly. They should have been killed on impact, but were able to look down on the tops of houses, and a witness said the van was at least fifty feet in the air, and was carried over power lines and a telephone pole.

Kim could only think of her son, and she was worried in case he was killed and she survived – how would she cope?

She loosened her seatbelt, reached over and embraced her son, telling him “God is with us”. She then began praying the Lord’s Prayer, while trying to shield her son on the floor of the van.

As she got to the part ‘Thy will be done on earth as it is in Heaven’, an overwhelming thought came into her mind: ‘Oh, no! I don’t think I put the van in park!’, and reached over and put the gearlever in park, before lying back down over Evan on the floor. The van was still being tossed around like a washing machine, and she thought to herself: “Why did I do that?”

Suddenly, the twister put the van down, gently on the ground, in the front yard of a house, facing towards it. She believes if she hadn’t put the van in park, the van would have carried on careering into the house. All the trees round about had been uprooted.

Kim believes that she felt God’s presence with her, and the Lord’s Prayer has a different meaning for her now, ‘... On earth as it is in heaven. Thy will be done.’ In the midst of her worst nightmare, she felt the peace that only God can give, she believes that God showed how much He really loves her, and she really believed that they would survive, and they did, without a scratch!

Pray and Receive

Jesus performed many miracles, and He has given us the permission and the power to pray for miracles, when we believe in Him and obey Him. Go boldly before the throne of God today, and ask Him for your needs. Bring all your needs to the Father in prayer; ask for healing, for financial provision, for protection. He is waiting to hear from you, and His greatest desire is to have a personal relationship with you. Talk to Him today.

God loves you and wants to answer your prayers. Affirm that miracles occur in your life by regularly speaking out the affirmations.

Praying - How to Speak to God

When you decide to pray, first of all quiet your mind and think about God. With your eyes closed ask God to be present with you. He promises us that

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He is faithful to answer our prayers and we can confidently believe that He will.

Often we feel that God has stopped helping us, when the real problem is that we have stopped praying. In order to receive answers to our prayers we do have to remember to pray about every situation, and continue to petition God until we receive an answer.

Praying is simply talking to God as you would to a good friend. It can be helpful to imagine that He is sitting in an armchair opposite you and that you are both having a relaxed conversation.

God's own words have a special power. Memorize Bible verses and incorporate those into your prayers. You can use verses to remind God of His promises to us. There are many Bible verses in this book that you can utilize in use when praying.

When you are talking with a friend you give your friend an opportunity to talk too, and it is just the same when you're talking to God, you have to give Him a chance to talk as well. When we pray and then sit quietly, and wait, we can often receive an impression of what God is saying to us. Or we may have a picture appear in our mind or hear words forming in our mind. The other way God may speak to us is through the Bible. You may find it helpful to have a Bible with you when you pray and now and then read a verse or page. You will know that God is talking to you when certain words or sentences seem to stand out as you read.

Sometimes you may not receive any message from God during the time of prayer but later in the day you often find that He whispers in your spirit a word for you, at an unexpected moment.

It is always helpful and uplifting to pray in a positive tone, not dwelling on the problem, but praying for a positive solution, in fact praying in faith, as if you have already received the answer. For example don't pray: *"God, I have another cold again. I seem to catch whatever is going"* it is much better to pray: *"I thank you Father that you are strengthening my immune system and healing me now"*

When you have finished praying, relax, let go, and leave God to deal with the problem. Don't keep taking it back from God and worrying about it, just look forward to seeing His miracle working power in answer to your prayer. But do remember that God's timing is in His time not ours, so be patient.

Lastly take any action that you are able to that will help the answer to come. If you are praying for an improvement in a relationship, do everything you can in the physical to heal and nurture that relationship.

Miracle Prayers

Heavenly Father, I thank you that you care for me and care about the situation that I am now in and want to help me.

You know all the details of my problem Lord and you know that I can do nothing to help myself.

I am relying totally on you Lord for your supernatural intervention in my life to deliver me from this problem.

Rally your angels for me Lord. Send them out to work in this situation to change the outcome to one that will be a total blessing to me, Father give me the victory in this circumstance.

Let others marvel at the wonderful outcome that you are working in this situation for me Lord. Let the resolution of my problem be a blessing not only to me but also to all that are involved.

Let the workings of your tremendous power bring glory to Your Name Father.

I thank you now that you have my deliverance in hand.

In the powerful name of Jesus I pray.

Amen

Lord Jesus, in your time on this earth you healed many people. After your death on the cross you rose again to new life and you are alive now and still working your healing power in our lives.

You know the healing that my body needs to make it perfect again, the way you intended my body to be. I ask you now Father to reach out your hand to me and release your healing power into my body.

By faith I receive Your supernatural healing now.

Thank you Jesus that you love me and want to heal me.

Thank you Jesus for making me whole again.

Amen

Father God, I am in need of a financial miracle from you. I know that I may have not made the best choices with my finances in the past, and that is the reason that I find myself in need now.

By Your grace Lord I ask you for a miracle. A miracle of financial overflow. Open up the windows of heaven Father, and pour me out a blessing that I can scarce receive it all.

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Lord; give me a financial overflow for the rest of my days. Lord; give me the wisdom to honor you with my wealth.

Thank you Father that you have heard my prayer and I wait in anticipation for the wonderful blessings that have been released by You today.

In Jesus Name I pray.

Amen

Affirmations to receive miracles

Miracles manifest in my life daily.

I receive blessings and I am a blessing to others.

Miracles happen in my life naturally.

All things are possible through God in whom I put my trust.

There are no limitations to what I can achieve in my life.

Every day something wonderful happens to me.

Wonderful, exciting doors open for me now.

If I need help it comes to me from unexpected sources.

My greatest good is manifested in every situation.

The Holy Spirit gives me fore knowledge when I need it.

The Holy Spirit guides me into all truth.

The Holy Spirit makes known to me things that are unknown in the natural.

The truth about this situation is revealed to me now.

Miracles Are For Everyone

We are a miracle. The fact that we form in the womb from just a couple of cells, then each part of our body develops in its own unique way, all from those first few cells, each part individually designed for a particular purpose.

The way our body operates, and all the different amazing processes which are happening all the time, just to keep us breathing, our blood circulating, and

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our food being digested, is nothing short of miraculous. We live in a miraculous world. Miracles aren't rare and are meant to be a normal part of our daily living. Faith and prayer are the tools that attract miracles to us, so live with expectancy and you will find that miracles begin to occur on a regular basis.

Angels and Their Role

A miracle is described by David Hume as: "a transgression of a law of nature by a particular volition of the Deity, or by the interposition of some invisible agent"

Angels are God's invisible agents, and are powerful beings created by God to be in His service. Part of their duties is to assist and protect us, God's children, and there are many ways that we can ask God to use his angels to perform miracles for us.

Each day pray for the angels to protect you and your family. Pray for them to protect your property, ask God to send angels ahead of you into situations that may be dangerous and make that position one of safety.

The Bike Ride

Just recently I was on holiday in Tahiti, and decided to take a bike ride out of the resort to explore some of the island. The day was hot and I was very out of condition. Also I had neglected to take a bottle of water with me and became dehydrated.

I had ridden for about one and half-hours, and began to worry how I would make it back. I prayed for God to send an angel to help me and started to ride back to the resort. My miracle happened. Firstly the pressure on the bike pedals lightened but the bike went faster. I didn't notice the distance on the ride back, but suddenly I looked up and found that I had arrived back at the resort, and when I looked at my watch, it had only taken fifteen minutes. The angels had somehow transported me over that distance, without me realising it, in a record time.

Ask God to reveal angels to you, and to put in your mind when you need to invoke their assistance. Many people have seen angels who may appear as supernatural beings or many appear looking just like you or me.

Already angels have probably helped you, without you realising it. If you look back over your life, you will find moments that you have been puzzled by events that were hard to explain naturally, and in which the outcome was favourable to you, against all the odds. Angels are real and are ready and willing to help.

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Using Praise to Ask For Your Miracle

God tells us that He inhabits our praises. When we praise Him and worship Him, His power invades every cell of our being.

Sing to Him a sacrifice of praises. Don't worry about the words you use, just let your emotions of thankfulness and gratefulness for the life and love that He imparts to you rise up in your spirit and sing out.

In church the congregation are there to praise God in song and in prayer, and this draws the Holy Spirit into their presence, and miracles occur.

The Bible tells us that there is power in praise. Start to offer up your praises to God on a regular basis, and He is faithful to help us and will often give us the miracle that we desire, during a time of praise.

Fasting to Obtain Your Miracle

When Jesus' disciples tried to heal a deaf and dumb boy by praying for him, they weren't having any success. Jesus told them that this was a more difficult case and the boy, could only be healed by combining prayer with fasting.

When we fast it concentrates the mind and moves us more easily into a spiritual state. It calms the mind, and allows a deeper meditation to occur. It works by taking away the control and concern of daily life; What are we going to eat and drink etc? It gives us a kind of freedom by allowing your spirit to come to the forefront and commune with God.

The feeling of hunger reminds you of that you are fasting to achieve your miracle. It reminds you to seek God and pray. Fasting for someone else to receive a miracle is especially effective, and God respects and rewards the sacrifice you are making. He knows that you are serious.

The act of fasting in itself has healing properties, allowing the body to cleanse and repair itself. Fasting for healing is only one of the benefits you will find. If you have a difficult decision to make and need a clear head to make it, you will find that fasting will open your heart and mind to clearly hear the voice of God whisper the way you should go.

There are many opinions on the length of a fast and whether it should be a full fast, water or juice one. The maximum on water would be ten days and definitely not recommended for a first timer. A juice fast can be extended for up to 21 days.

My recommendation is to fast on juices for a maximum of three days. You may find that you only need to fast for one day or even just to fast by missing

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out one main meal. It's not the length that's important but the time spent praying and communing with God's Spirit in order to receive your miracle.

Use the time to catch up on sleep, pray meditate and spend time reading the Bible or other uplifting books. You will know when you have achieved the break through that you are looking for.

Faith Is Essential

We have to believe in the possibility of miracles in order to have them happen in our lives. Miracles aren't uncommon; there are literally thousands of documented miracles throughout every age in history. You are a miracle yourself, in the way your body and mind works. Open your mind by reading of miracles that have happened to others and have faith that what God has extended to others He is just waiting to give to you.

Start now to seek your miracle. Pray with heartfelt sincerity. Fast and humble yourself to God. Praise God for the wonderful miracle that you are, wait with expectancy and enjoy the wonderful miracles as they unfold daily in your life.

The Miracles of Jesus

Jesus is the son of God and as a member of the Trinity, is God. Therefore He has supernatural powers to perform miracles. Jesus tells us that through His power we will have the ability to perform even greater feats of the supernatural than He did, during His time on earth. We haven't the power ourselves but can only perform a miracle using His power through prayer.

Jesus performed many miracles during the three years of His ministry, when He walked upon this planet. They are documented in the Bible and range from every type of healing to walking on water. Here is a list of the documented miracles that Jesus performed.

1. He turned six jars of water into wine at a wedding.
2. He healed a young boy that was on the verge of death.
3. He healed many who were demon possessed.
4. He healed a woman of a high fever, instantly.
5. He healed a several men who suffered from leprosy.
6. He healed a man who was lame.
7. He performed many mass healings.
8. He healed a man who had a withered and deformed hand.
9. He healed a sick and tormented servant of a Roman.
10. He brought back to life a dead man.
11. He healed people who were blind.
12. He healed people who were deaf.
13. He healed people who were mute.
14. He spoke a storm at sea into becoming calm.

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15. He walked on water.
16. He healed a woman who had suffered bleeding for many years.
17. He brought a young girl back to life.
18. On two occasions He fed a multitude of people using only a few fish and loaves.
19. He healed an old woman that couldn't straighten her back.
20. The Bible tells us that He performed so many miracles that all the books in the world at that time couldn't record them.
21. He was raised from the dead after three days in the tomb.

Jesus is the same today as He was then and is ready and willing to give you your miracle.

Talk to Him and remind Him of the miracles that he has performed and ask Him to do the same for you. Don't give up asking, waiting in faith until you receive a supernatural blessing from Him.

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Chapter Fifteen

Some Final Thoughts

There is no single way to achieve life improvement and realise the joy and abundance that you desire. All of us on Earth are on a journey, with our ultimate destination to reside with God for eternity.

During our journey we learn lessons, change direction, adjust our thoughts, and move forward, then learn some new lessons. It is important to learn those lessons, and to gain by experience.

Albert Einstein said: *“Insanity: doing the same thing over and over again and expecting different results”*

So it is important to learn by your experiences, and to always aim for improvement, by analyzing the results of your experiences to see what they can teach you.

Many Tools, Many Ways

We use many tools naturally, to improve our life experience and as we use these tools our reality changes and grows. This book introduces to you and explains some of the tools you may not have come across before. Everyone is different, and you may find that some of the tools works for you, some don't, at least at first. I recommend trying all of them out over a reasonable period of time, to see which tools work best for you.

In using the life improvement tools, we have to take into consideration the immutable laws of the universe. We have learned that like the physical laws of the world, such as gravity, the spiritual laws cannot be broken with impunity either, but their effects can be utilised to improve our life, working with them rather than against them.

Laws That Cannot Be Broken

You can't break the laws of the universe, if you try, they will break you. The law of gravity, for instance, works whether you believe it, whether you know about it, or whether you like it or dislike it. If you try to work contrary to the law of gravity, you will suffer the consequences, and it will work every time.

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On the other hand, gravity can be taken advantage of, if we work with it. In fact we do, automatically, many times a day - for instance to pour water into a glass, to tip sand from the back of a truck, or even just the simple act of walking relies on the force of gravity to keep your feet on the ground.

The natural laws described in this book exist also, and they work automatically too, and we must respect them in order to move through life effortlessly, but we can also exploit them if we work with them.

The Proud and the Humble

Jesus reiterated one of these laws more than once, that the humble will be exalted and the exalted humbled.

He used the example of not putting yourself at the top of the table, but leaving that to others to invite you to that position, as otherwise you may be asked to move down.

The proud person usually ends up being humiliated in some way, but the humble person usually eventually ends up being lifted up and admired.

Power is in the Spirit

Contrary to the usual beliefs of the worldly, this life is short, and our time on this earth is in fact just a brief passing through into the spiritual world. The Spiritual life is actually the real life, the life with power, and some of that power can be accessed in this life.

This power lies hidden, except to the students who take the trouble to discover the truth. God created us, the world and the universe, and He isn't leaving it up to us puny humans to run it. We have to tap into His power, in order to appropriate it for ourselves, as we have no power of our own. The power of our mind and thoughts are all God-given.

*"Your vision will come clear only when you can look into your own heart...
Who looks outside, dreams; who looks inside, awakes." Carl Jung*

Our Natural Inheritance

We have learned earlier that our natural born inheritance is to live a life of joy and happiness. So many, if not most, people fail to enjoy this type of living, suffering daily lives of worry and fear, which affect their physical health, causing them even more anxiety in a downward spiral.

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They go off the track very early on - as children, we have a natural happiness and exuberance that is gradually eroded away by the negative bombardment of the world around us. So we have to re-learn the ways of our rightful inheritance, and we have to re-learn the ability to dream, and the ways to bring those dreams into our reality. The power God has given us lies within us, in our spirit and in our mind. He has designed the power of our sub-conscience to manifest our reality and it is up to us to program into our thoughts the reality we wish to experience.

Easy Effort

This programming of your inner-self is not all easy, and takes some effort on your behalf. However, the work isn't onerous, and after a while becomes as second nature to you as cleaning your teeth. It is an effort worth putting in, because you will quickly see the results, the improvement in all areas of your existence, and this will motivate you to try even harder.

Feel the Flow

The laws of the universe are set in concrete, and trying to work against them will only cause you misery, so why not go with the flow, using them for your benefit, and improve your life, instead of settling for very much second best?

So many people waste their lives, letting others set their agenda and control them. Why would you sleep walk your way through the short span of years that you have, when you could be living your dreams and feel the joy of being alive, the majority of the time?

Thoughts Are Your Bedrock

Your mind is working all the time, even when you are asleep. Thoughts will come into your mind, whether you want them or not, and usually uncontrolled thoughts are random, negative, and destructive.

It is only by controlling your thinking, choosing your thoughts, and allowing only the best thoughts to stay, that will change your situation in life. Thoughts are the bedrock of your existence, and you ignore their control at your peril.

You are the sum total of every thought that you have allowed to reside in your mind. Those thoughts have tapped into the energy of the universe to manifest themselves in your life in the physical. In order to change the physical you have to improve and direct your thinking.

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Changing Habits

Thinking in the way you do is simply a habit, and habits can be changed. You can't change a habit by will power, but only by replacing bad habits with good ones. Remember that the law of vacuum states that were there is a void the universal energy will bring along something to fill it. You can't simply stop thinking, but you have to ensure that you replace random thoughts with the right, well-chosen, thoughts.

Every part of you is a product of past thinking. As thoughts of anger, jealousy and a victim mentality, produce chemicals in your body that in turn cause illnesses to develop, so loving, peaceful, caring thoughts produce a harmonious and healthy body. Each person in your life has been attracted there by your thinking, as has your job and the home you live in.

Conquer Your Enemies

Many find it difficult to forgive and love their enemies, and it seems impossible to them. As I have said before, negative thoughts of anger and jealousy, mainly damage you, as your body reacts to the thoughts which are in your mind.

However, sending out loving thoughts to your enemies, not only helps you by changing the thoughts which are in your mind, but sending those thoughts is like sending an overcoming energy, and affects the person they are directed at. You actually conquer your enemies by loving them.

These thoughts actually change the dynamics of the relationship, because they change the control in the relationship, giving you the power, because if you don't forgive them you are in bondage to them. It is much better to break this bondage, and release yourself, but in so doing, you unknowingly release them, as they will have been receiving the negative energy you have been sending to them. Loving your enemies sets you free.

The Omnipresent God

Your relationship with God is in your hands. God is always there, waiting for you to commune with Him. Only your attitude or rebellious behavior can get in the way of that relationship.

Only when your spirit is in contact with the Omnipresent spirit of God, can you feel peaceful and fulfilled, and you will have the constant guidance, instruction and help from The Holy Spirit. There is no better way to live than to move in

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harmony with the Spirit and to reap the rewards that such a way of life will bring to you.

Prayer Power

The power of prayer is the greatest power available to you. If you neglect to pray and commune with God, you will stay exactly where you are, and even begin to attract undesirable energy into your life. God has given you the knowledge to commune with him, and wants and expects you to do so. He is the only way to experience the peace, joy and happiness that we all crave. Never neglect a healthy prayer life.

*"As down in the sunless retreats of the ocean
Sweet flowers are springing no mortal can see,
So deep in my soul the still prayer of devotion,
Unheard by the world, rises silent to thee."*

Thomas Moore

The Power of Faith

Right thinking needs to be coupled with faith in order to release the power of the mind. Jesus tells us time and again that if we have but a little faith we have the ability to move mountains. What spiritual mountains have you got in your life? Build up your faith and you too can remove them.

God is Love

God is love and that love surrounds us at all times, but we can shut God out of our lives and then we attract the malevolence of the energy of darkness. Don't block God out but seek to know Him better. Do this by spending time with Him in prayer. Spend time with Him in silence waiting to hear what He has to say to you. Relationship with our Creator is a two way street. He wants to speak to us as much as we want to hear Him. Nurture this relationship which will be the only enduring one as it lasts for all eternity.

The Bottom Line

You can achieve a life of happiness, abundance, peace and prosperity, by acknowledging and using natural laws of the universe, which were put in place at creation by our Creator. 'Going with the flow' of the universe, using the spiritual tools and the power of your mind to align yourself with the natural energy

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contained in these laws, will catapult you further into your dreams than you ever thought possible, so enjoy your journey. Begin to live an exceptional life now!

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