

# Hidden Path Book

Open your mind and  
uncover the knowledge  
hidden within!

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Shannon Thomson

## Hidden Path

Hidden Path Book and Journal

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It is our hope that you find *Hidden Path* an enjoyable read and a blessing within your life.

So now, the path continues.....



## Hidden Path

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## Introduction

There has been a question pending since the beginning of mankind, “What is the meaning of life?” As human beings experiencing this thing called life, how could the answer elude us so? And what could this forever mysterious answer be? The reason (we believe) this question is so commonly asked and so seldomly answered, is many of us may have forgotten that of which we truly are. The reason there is no real answer is there is no *one* answer. However, we feel the most fitting response would be, “We all make our own meanings in life”. For some of you may feel it is love and happiness, others may feel it is money, power or sex. ‘Life’, although it is one word, is the sum of an infinite spectrum of possibilities. So let us ask you this, “What is the meaning of all infinite possibilities?” No wonder we cannot settle on a definitive answer.

The meaning of life lies within your experience and everyone’s experience is always different. Amidst the ebb and flow of life, new meanings continue to come and go. At the point of your schooling years meaning may be finding a boyfriend or acing your math test. During your young adult years meaning may be following the party scene, completing uni or an apprenticeship, or saving for your first home. In your mid adult years meaning may be finding your soul mate, raising your children, paying off your home or furthering your career. Everything you desire, you desire because of what it means to you; therefore, we’d like you to know that whatever it may be, if it is important to you, it’s important! Your inner meanings burn like an inferno and are all birthed from a place of love. They are the core of you, *your centre* and these can be lost if your life is consumed by fear, doubt, hate, depression, anger or hurt. From these places there is a journey to be taken so you can live your best life.

Some of you are feeling, right now, lost and confused, whilst others of you are just surviving a continual struggle day by day.

Some of you may be happy sometimes; however, your happiness is always based on what is happening to you or what today has dealt you. Some of you may have a booming career but a life lacking love, or you may be hitting home runs in all areas, although the happiness remains elusive. We are all different and we are all at different points along our path. No matter where you are, or whether you feel you don't have 'a meaning' or you think your life experience is 'lacking', you are about to commence on a revolutionary path of self-awareness. There is hope, there is always hope! You are no different from every other person on this planet, you are just where you are because you are there and right there is where we will begin. Actually it is the perfect place to begin!

When writing this book, we had meaning behind what we were creating and ultimately, you are it. For it is our mission to inspire and guide you to achieve remarkable outcomes, by becoming the intentional creator of your life.

The creation of *Hidden Path Book and Journal* began with a simple idea, and at the time we didn't know that this simple idea would expand to the extent that it has today. We would like to begin your journey by talking a bit about ours. Throughout *Hidden Path* we often reference stories from our own lives and the lives of others around us. The reason for this is we feel we can teach best by example. We are just like all of you in many ways, there is nothing distinctively different about us. We are not geniuses with numerous diplomas or degrees; our experience comes from living our lives by these principles we practise daily. The only variance may be that we have learnt how to apply all of what we have discovered and we are now living completely on our own terms, setting the standard for our lives and not settling for anything less. We are here to guide you, we do not sit above you, we sit beside you and our hope is that our experience, as teachers, shows through the stories of our own life experience.



We have known each other since our early twenties and have shared many highs and lows along the way. We are both now happily married, with two children each and coincidentally they are the same ages. The four of them get along better than any combination of kids we know.

Over the years, we have spent many hours enthusiastically talking about what we were personally discovering on subjects such as: Meditation and Visualisation, Personal Development, The Law of Attraction, Quantum Physics, Energy, Psychic Intuition and many more. To say we were and still are both totally consumed, would be an understatement! On getting together we would share our experiences, books, DVDs, audio and knowledge, on all these subjects. This is when we began to notice it had all become an unstoppable joint passion of ours! So after many years of chatting with no ultimate goal, we found we shared the same strong dream: an explosive undivided passion to help others realise what we had learnt. We were driven to find a way to clearly and simply guide others in the techniques of positively and intentionally creating their own lives. But, how were we to do this?

Then one day the idea came, Shannon was standing in the kitchen washing the dishes when she was blown away with inspiration. She couldn't wait to meet with Kate quick enough to share the inspirational thought she had just experienced. From this day, we began to discuss and create together what we both knew to be a missing link in personal development. Then something odd began to happen, the beginning of the goose bumps! We had had them before whilst talking about certain topics, however it was never like this, as you could feel a distinct difference; it was more of a buzzing sensation than before. Without fail every time we'd meet to discuss our ideas, we would simultaneously be covered in these amazing goose bumps. There was no denying that this was happening to us at the same time, because, you could literally just look at our arms and legs and see the bumps all over them. We'd just be chatting

about our plans and ideas and at exactly the same time, both of us, from the top of our heads, right to the tip of our toes, would become covered in an overwhelming rush of goose bumps. It was, still is, and always will, be an exhilarating experience and with this combined physical rush, we knew there was a deep connection between us and this idea. We've become very accustomed to these buzzing goose bumps and upon their arrival we relax with knowing this is a clear sign that we are on the right track and all of our ideas are being supported by the Universe!

So boldly we began to dedicate ourselves to constructing, writing and creating what is now known as *Hidden Path Book and Journal*.

In the early days we both had other commitments, however, as we continued along this path we found they needed to be put aside or put to bed. Despite the fact that neither of us have had any noted experience with writing, we knew this was now our calling. Kate was astounded at the ideas flowing freely to her on a constant basis, she literally could not stop. She decided to close down her bookkeeping business and stop share trading, as she felt this strong constant pull to the book and Kate wanted to dedicate as much time as physically possible. She was often told by her husband and even Shannon, to switch off. She would often say, "How can I switch this off, as I don't even know how I switched it on?" There was never any denying by all the other people in our lives that this was our path and we knew the Universe supported our cause greatly. Even till this day, every time we are discussing a new idea or direction, we get the intense buzz of goose bumps and we are always so excited, knowing we have hit the proverbial nail right on its head. It is a feeling of elated connection to The Energy That Is and the Powerful Energy that we ourselves are emitting. We know we met, became friends and bonded on a deep level, for a reason. We both present to *Hidden Path's* collaboration, our

own unique qualities and life knowledge, that was indeed needed to create this book.

**“For where two or three are gathered together in my Name, there am I in the midst of them.”** **Matthew 18:20**

If you are holding this book in your hands, we are extremely excited to present to you something very unique, useful and above all else, life changing. *Hidden Path Book and Journal* is very practical and simple to use. It is designed to motivate you, by helping you to actively apply all the principles of the book daily. This is done in order for you to achieve your goals and ultimately to positively transform your life. Please ensure you have a read over the *How To* section within your *Hidden Path Journal* before you commence your journey as this will guide you to the best way (we feel) to apply the knowledge to your life.

Only you have the power over your own life and only you have the power to influence it. For some of you the Law of Attraction and other concepts that you will come across in *Hidden Path* will be completely new. We encourage you to embrace the knowledge and embark on the journey. For others, these concepts will be familiar and you may have studied them before, we urge you to continue on your path, for you are indeed travelling in the right direction.

We use a lot of terms within *Hidden Path* that actually mean the same thing, as in: A Higher Power, Universal Energy, Source Energy, Oneness, Divine Energy, God, Mass Energy and/or The Energy That Is. All of these phrases and words are used to ultimately explain that there is a deeper significant centre within all of us and our entire external experience, that we call life. Most of you will know and feel comfortable with the idea that there is more to us than skin and bones and this is probably because of what you know to be true or have already heard and read. When you first discovered this, like us, more than likely it just felt right and seemed to fit; others are bowled

over, wondering, “How did I not know of this before?” Then differently, some people may view these concepts as distant and erratic in thought. However, we are yet to meet someone who can say that no coincidences, or nothing instinctual, or profound has ever happened within their lives. All of these terms we use are relating to life as a whole and to explain the fact we are all connected to our Larger Entity. There is no denying this, logically, illogically, scientifically or other, we are all connected and we are all energy.

Spiritual teachers around the globe all have certain terms they use for our Larger Entity and this is where we have gained certain phrases from; although the creation of *this book*, has been guided by our hearts and our inner knowledge. In saying this we still wish to thank them. We are all different, and because of this, we all teach and learn differently. Keeping this in mind when writing our book, we felt that being diverse with the words or terms we use is best, as *Hidden Path* was always intended to be for everyone. We are all different but we are all the same, so some of you may resonate with one terminology and some of you may resonate with another. In the end, each phrase is one and the same. Within the diversity of these principles, we need to be true to our teachings and this is how our book has been organically formed. Depending on the topic to which we are speaking at the time, has determined what words or terminology we felt suited.

Have you found in the past that when you’ve finished a book, the knowledge is retained; however the application fades with time? We did, and with our book it is our hope that like us, you will use your Journal to its full potential, keeping the fire alight and everyday moving further forward. We have deliberately chosen twelve different topics. Each one is just one piece of the complex puzzle that is our lives, and we feel these twelve are the basis for a complete and happy life. Have you heard the saying, ‘*It takes twenty one days to create a habit*’? Perfectly for all of us, each month has about thirty. So with the use of each

topic on a month by month basis, you will really have the time and support to form the life changing experiences we are speaking of. Then as you go along, it is the Journal that will guide you on your path, day by day, month by month.

Because *Hidden Path* has become our living breathing desire, both of us use our *Hidden Path Journal* every day. It is a massive support to our lives, our dreams and our goals. Even before we had a published copy, we each constructed a make shift version of our own. Along the way, as with everything, we had our contrasting moments. However, we know from what we've learnt, in what we're teaching and writing about, we must consistently practise what we preach, push forward and hold onto our dreams. So we urge you to stick with it, especially if you feel the uncomfortable rise of resistance. We know from our experience, that this structure has the potential to positively change your life in ways so astounding and totally unknown to you right now.

There is so much out there for you. What is it that you desire?

It is astounding to us, even though it is what we desired and what we strived for, how far we have come and it's all through using the key elements we have written about in each chapter of our book. We have gone from two aspiring women with a powerful dream, to published authors, helping people every moment of everyday! Life is a continuous journey of learning. Never be ignorant enough to think you know it all. We understand there is much more for us to learn and we embrace this as a powerful force to be grateful for every day.

Before you begin, one more note: There are many churches and religious denominations on our earth, so we would like to touch on the subject of God in reference to religion, as it is a big broad area. We are not here to preach any form of religiosity. This is for your pastor or your church, if you choose to have one. We maintain faith in that, no matter what your

beliefs, background, race or family, we are all intrinsically the same. We are all chairs carved from the same wood, at what table you choose to seat your chair is up to you; however we will all be eating the same dinner called life.

**“Open your mind and uncover the knowledge hidden within!”**

## Chapter ONE - The Law of Attraction

Let's take the first step and introduce the Law of Attraction, which is referred to often throughout *Hidden Path*. It is the universal law, based on the simple principle that 'like attracts like'; what you put out, you get back. The Law of Attraction is powered by your dominant thoughts and feelings, so whether or not it has been your intention, it is your dominant thoughts and feelings that have created every experience you've lived throughout your life. You have all the power within you to create whatever future you desire. Exciting isn't it?

**Vibration and Energy** - To expand a little further on the theory that 'like attracts like', first you must understand that we are all vibrational beings made up of energy. In fact, everything in our entire Universe is made up of energy, living or otherwise. You are made up of this energy, we are made of this energy, as is your dog, the chair you sit on, the bed you sleep in, the trees outside and the roof over your head. You may have learnt about this sort of thing in science throughout your schooling years or this theory may seem odd to you, as you may be thinking, *Isn't energy invisible?* Well, yes it is. So, *how could the chair that you're sitting on possibly be energy?* Well, objects consist of an energy source called molecules and these molecules are made from atoms. So the reason an object is visible, is because of the way in which these energy modules vibrate. If you put anything under a highly powerful microscope, you will discover that it is just a mass of energy, vibrating away, creating form. This is proven extensively through science and the idea of thoughts attracting things, or your vibration attracting to you similar vibrations, is studied, proven and expanded within the realms of Quantum Physics.

Now, because what we are is energy and all that exists is energy, in your life you will only attract to you the things that are vibrating at a matching energy frequency to yours. The way you attract or send out the message that you desire these things, is via your thoughts and feelings. So when you think a

thought or feel a feeling, you are emitting a certain frequency of vibrational energy. Then this vibration of energy that you're emitting, finds like vibrations of energy, somewhere, out there within our Universe and draws them to you like a heat seeking missile. The only difference between the frequencies of energy we emit is because of the thoughts we are thinking, the feelings we are feeling and our emotions and reactions toward any certain topic. So if you are focused on all the negatives in your life, you will attract more negatives and if you are focused on all the positives in your life, then you will attract more positives.

As we said before, everything in our expansive Universe is made up of energy. The chair you sit on is made up of energy, the car you own, your mother in law, the neighbours you have, your place of work, even right down to how you are treated by the other people that are around you. It is all attracted to you via the vibrational energy you have emitted in the past and the vibrational energy you are emitting right now- 'like attracts like'. So, for example, your wife's actions towards you are a direct response to the way you think and feel about your life and yourself. For you my friend, have attracted her actions towards, and regarding you, into your life. Be accountable for the life you have and the way others treat you, as the situation you are in, other people in your life and the items you have around you, are all there because they are responding intrinsically to the energy you are emitting.

Think about it this way, all of our lives are like a puzzle, the pieces only fit where they are meant to. You cannot put a puzzle piece from outside of your puzzle box, into your puzzle, it just won't fit! Another person cannot give you a response that doesn't match your vibration of energy, because it just won't fit! You can not own a car that does not match your vibration of energy, because it just won't fit! ANYTHING you receive in your life is because it's a vibrational energy match to yourself. By changing your thoughts and feelings, you can change the puzzle you have of your life. Thoughts attract



things!

**Being Positive vs. Negative** - Have you ever noticed how some people seem to have everything run smoothly for them, while others are constantly battling hardship after hardship? Many people think this has to do with *luck* or the *cards they have been dealt in life*. We can confidently tell you from experience, luck has nothing to do with it. It has everything to do with how a person is thinking and feeling, as this is the only reason they attract good or bad fortune into their life.

From what we have just been talking about you may begin to understand what effect thinking, acting and feeling positively would have upon what you attract into your life. If you genuinely feel joyous and happy, then you are in effect putting out 'positive vibrations'. Like a magnet, the Universe will attract to you similar 'positive vibrations'. This will then result in some form of experience, such as a great day, an unexpected nice gesture or perhaps you may receive something that you had been wishing for. So after being positive about the situation you are in now, you attract and live within a new positively created experience, this then makes you feel more positive emotions and you create yourself a nice domino effect. Similarly, this concept will work in the same way on the opposite end of the coin. So, the outcome from thinking, acting and feeling negatively would have a different effect upon what you attract into your life. Because in this reversed situation, you are actually putting out bad feelings or 'negative vibrations'. By emitting 'negative vibrations' via your thoughts and feelings, the Universe will present to you more negative experiences, such as a bad day, an unexpected distressing situation or the knowledge that something you have been wanting is now further from your reach. This then makes you feel more negative emotions and you create yourself a detrimental domino effect. Now, you don't want that do you?

When you think a thought in your mind, it then creates the feelings in your body. So whatever the thought may be, your

body will begin to feel the feelings associated with it, and whatever your thoughts and feelings are, is where your vibration of energy will sit. As you now know, the vibration you are emitting is the vibration you are attracting. For always, 'like attracts like'. Basically explained, the cycle begins with your thoughts. So to change your experiences, you must first change your thoughts. Thought + Feeling = Vibration of Energy Out = Attraction of Energy In = Life experience.

***Exercise one*** - *If you are in a negative frame of mind, begin to feel better by thinking one positive thought, even if it feels forced. For when you think one thought, positive or negative, a like thought will rush in to join it, as always 'like attracts like'.*

**"Once you replace negative thoughts with positive ones you'll start having positive results."**

**Willie Nelson**

Have you ever been to have your aura photographed or seen someone's who has? The images that they capture are the vibration of energy that the photographed person is emitting. This is reflected quite beautifully in a mass of colour on the page and each colour represents a different vibration of energy. For example, red can represent high energy or anger, depending on where around your body the colour is situated. From this, the Aura Photographer can work out an immediate and projected future as to what you will be vibrationally attracting. What do you think a photograph of your aura would show?

**Your Subconscious and Conscious Mind** - We go through life attracting similar experiences because our thoughts and emotions tend to run on auto pilot. The reason for this is that the two main functioning parts of our brains, are in control of our thoughts and feelings. We are speaking of our conscious and subconscious mind.

In short, your subconscious mind is the part of your brain that controls all of your involuntary actions. It is what automatically runs your body's life force, like your heart

beating and your lungs breathing. It is also the centre of our emotions and so, it is where you get your feelings and emotional responses from. Plus your subconscious mind controls your memories, as memories are created by experiences and the events you've had throughout your life. So there is no denying to your subconscious mind what you have seen and experienced. Your self-esteem, beliefs, likes, dislikes and fears, are all formed because of your memories and come from deep within your subconscious.

Your conscious mind however, is the part of your mind that controls your voluntary movements, plus it controls your logic and reasoning. So when you decide to take any voluntary action, like moving your arm or head, or applying logic and reasoning to answering a question, it all comes down to your conscious mind. If we asked you to walk from here to there or we asked you to spell a word, it is your conscious mind that you use to get this done. So, anything you want to do or are aware of doing, or any time there's logic or reasoning to be done, you will use your conscious mind.

They both work together side by side. Let's say you are asked to add 11 and 22. Your subconscious mind has the stored memories from school teachings available to answer the question and your conscious mind uses its reasoning and response to find and deliver the answer.

This is where and why a lot of people become stuck when trying to be positive about their continuing bad situations. You may have heard people say, "How can I pretend that everything is okay, when it is clearly not? If I pretend and try really hard to be positive, aren't I really just lying to myself?" Well, let's use some examples here to explain how your subconscious and conscious minds can create these blockages.

1. Think about a person who repeatedly chooses unhealthy relationships, all ending in disaster and a broken heart. Up to this point, from their past thoughts and feelings, they have created some unhealthy relationships. These

unhealthy relationships have in turn created their memories, which have all been stored automatically into their subconscious mind. So, their subconscious mind knows from experience that relationships are not good fun, therefore their subconscious mind, will expect more unhealthy relationships. When it comes time to choose a new partner they will automatically attract the wrong person. Their subconscious mind will trigger their conscious mind into actions and set into motion the same outcome, disaster and a broken heart. They will notice all the reasons they fail at relationships each and every time, and will unconsciously sabotage any chance of a healthy relationship.

2. Another example could be, if you have had friends in your life that have tended to rip you off and use you at any given opportunity. You will have the stored memories and feelings, in your subconscious mind, to remind you of the feeling that most people are 'users'. And so, because of your beliefs from your realistic past experiences, your conscious mind will reason with you that this is the way that people are and you will continue to attract the same people and situations into your life. Perhaps you should look deeper and consider that your friends may not be ripping you off or taking advantage of you at all. You may have experienced it in the past; however this does not necessarily mean that it will continue to occur. If you are looking hard enough for something you will find it. It may just be that you have your blinkers on and are viewing the worst in a person or situation.

**The History Behind** - These concepts are not new by any means. Great men and women who you know of in history, plus within our present day, have lived their lives by these principles and have achieved significant outcomes by intentionally creating their lives.

For example Albert Einstein: He was an amazingly intelligent man who, through his knowledge of science, worked out for himself the attraction of “like energy”.

**“We can’t solve problems by using the same kind of thinking we used when we created them.”**

**Albert Einstein**

The Law of Attraction is the core of who we are and so, it is a given that you can see a reflection of this many times throughout the Bible.

**“Everything is possible for him who believes.”**

**Mark 9:23**

**“For as he thinketh in his heart, so is he.”**

**Proverbs 23:7**

More recently, take a look at Oprah Winfrey. She candidly admits to living by these principals daily and she has used her unique platform to share the knowledge with millions of people.

**“You attract into your life exactly what and who you are, based upon what you think.”**

**Oprah Winfrey**

**How To** - So how do you apply the Law of Attraction to attract these good feelings and positive experiences? And how can you directly ask for and attract material items such as a particular *car, house, money or lifestyle*? Maybe you are longing to attract other things, like the right partner or a happy relationship with your mother? The answer is, easily! You can draw just about anything into your present by consciously understanding the creative process and applying it daily to your life. Now there are a lot of people who do this naturally and really have no idea of what they are putting into practice, however, if it is not a natural response for you, we will guide you along the way to achieve all you could ever wish for.

The first step is to *Request*. Second is to *Release and Expect*. Lastly you will *Receive*.

### **Request**

Yes, we are all amazing creative beings, although thankfully, all very different. Because of this, there are many ways you can *Request* and it is a good idea to dabble in each one; go with what suits you and with what feels good.

**Dedicate Time to Daydreaming** - Yes that's right, put your head in the clouds then simply and boldly ask for what it is you desire! If you picture something in your mind over and over again, as in, *driving and owning the car you want, possessing the wealth you want, or living within the love you want* and you know and believe it to be true, the Universe cannot deliver to you anything but this. As in our puzzle explanation, it just wouldn't fit! If you constantly imagine your desires in your mind, with yourself in the picture, feeling what it would be like, this would then be the vibration you are emitting on a regular basis. The most dominant vibrations you emit are then reflected in what you attract. Because, as we have explained, anytime, intended or not, your thoughts and feelings about anything and everything, will instantly emit vibrations and send out a request into the Universe for the things you yearn for.

**Exercise two** - *Begin each day, before you get out of bed, daydreaming or visualizing your goals and ambitions. Add detail and emotion, live out the moments in your mental pictures as real as you can. By beginning your day this way, you will already feel strong, powerful and ready to make an impact on your future. Do not limit yourself to only visualizing your dreams in the morning. Throughout the day if you find yourself waiting in line, in the doctor's surgery or in traffic, instead of feeling frustrated at this wasted time, use it constructively for visualizing and enjoy a day dream. You can then finish your day by visualizing before you go to sleep. Visualisation only needs to be a few minutes, so try to fit in as many mini sessions as you can, per day.*

Please never allow yourself to become overwhelmed by over committing yourself when it comes to visualising, a little is better than nothing and you can always grow from there.

An important additive to asking for what it is you desire is to keep asking for the same thing. Often many of us have big ideas and we change them all too soon. The Universe is in the process of getting everything all lined up for you and then you go and change your focus. Get on the track you want and walk it till it's done!

**Affirmations** - You can create new beliefs by using affirmations, this can help improve your self-esteem, change a habit, belief, fear or a like or dislike. We have spoken about your conscious and your subconscious mind and by adjusting your 'self-talk' you can almost trick your subconscious into believing something new. As you eventually become comfortable with your chosen affirmations, your subconscious mind will refer to them as truth, like a memory stored and then they will fit with you perfectly. This will create new thoughts and feelings, which will direct your vibration of energy out and your attraction of energy in.... BOOM.... you have now *chosen* your life experience!

Affirmations are a positive personal statement written and spoken in the first person, example, "I am successful and make constructive choices". Affirmations concrete into your subconscious a new belief and when you believe, you will receive.

When choosing an affirmation you can focus on any area of your life that you are wishing to improve. You could affirm, "I am happy and I love my life", or "I am fit and full of energy", you could affirm "I attract money within my life easily".

Write and read the same affirmations everyday as many times as possible. If not before, approximately, after twenty one days of repeating an affirmation, a new belief will form deep within your subconscious and your conscious mind will voluntarily act on these as your natural thoughts and responses. So, if you

had spent the month affirming, “I am happy and love my life”, deep within you, your subconscious will now believe this to be true and you will consciously find yourself attracting situations and acting in a way that reflects that you are ‘happy and loving your life’.

**Exercise three** - Choose the topic you feel you wish to improve upon and create your own positive affirmations to repeat each day. **Feel** the power of your words and **know** it is true for you. **Know it!**

**Get Creative** - Write or draw your desires. Pen to paper is a fantastic way to imprint your visions into your mind, read over them every day. This can be great incorporated with your daydreaming or visualisation sessions.

We have both made for ourselves a slide show of photos, pictures and words of the lives we wish to attract. We have put them to music and everyday when we sit down at our computers, we watch our compilations. Music has an amazing way of adding extra feelings and emotions to your pictures, so ensure you pick an uplifting song and the dreams of your pictures will take you away and create joy in your heart. If you are not computer savvy grab a bunch of old magazines that you don't mind cutting up and create a vision board. Similar to the computer compilation fill a piece of cardboard or a canvas with visual pictures and inspiring words.

**Make It Real For You** - Make your dreams your obsession, live and breathe them. Feel yourself living the lifestyle you desire on a constant basis. Walk around with comfort and confidence in yourself knowing you are already 'living the dream'. Take your desires with you everywhere and make them your undying passion. Some of you may need to push yourselves, although when you get started you won't want to stop. Spend as much time as you can researching, reading books and watching DVD's about what it is you desire. Fill your mind with all the available knowledge that you can, this way, you will be informed and always making the best choices in the direction of your passion.



**Be Accountable** - Do this by openly and believably telling people of your dreams and intentions. You will then force yourself to stay committed to your dreams, as a lot of us are afraid of unfulfilled intentions. Use this to your advantage; let it increase your drive. Be inspired to achieve and you will always get there.

**Exercise four** - Create a vision board, or if you are computer savvy, create a slide show. Look at it daily, and involve this in your daydream sessions if you wish. Obsess over your desires, live them and breathe them. As you go about your day feel that you are already a part of this world and life you desire. Openly tell people of your dreams and intentions.

Once again find and use what works and feels comfortable to you. Although remember, if you do nothing, nothing will ever get done and if you change nothing, nothing will ever change. We have witnessed many amazing events unfold within our own lives, all bringing about the exact items and the lives we had been focused on. We are always and forever grateful of how fantastically precise the Universe is.

### **Release and Expect**

Once you have projected what it is you want, relax, release, feel good and believe that by the Law of Attraction your request is on its way. Recognise when you have done enough asking, when it is time to let go and have faith in yourself, knowing that you are good enough and totally worthy of receiving all of what it is you desire. This is the most important step; it is all about aligning yourself vibrationally with what you have requested. The only way to do this is to let go; if you have resistance you will drive your desires further away. Resistance may be a feeling of, *I need this so much* or *I am not good enough*. If you focus too much attention on these feelings, you will attract more feelings of needing and not being good enough and therefore never receive what you are wanting. For as always, 'like attracts like'.

You may be thinking, “Well I’m positive, but bad things still happen to me all the time”, then you may be confusing positive thoughts, with a feeling of ‘lack of’. You know what you covet although you’re focussed on the fact that you don’t have it. You cannot think some positive thoughts, and think some more positive thoughts, however continue to hate the situation you’re in. It makes no sense. The Universe will deliver to you what you are dominantly thinking about, which is; hating the situation you’re in. For example if you are visualising a new car, you can see it, you can smell it, you can feel it and then you get in the car you have at the time and say, “Stupid car never works properly”. Well, in this case, you are continually attracting a stupid car that never works properly! Your shiny new car will always be out of reach if you don’t have *like* feelings of gratitude concerning the car you own. You are basically being a hypocrite toward your dreams. Thinking, *when I have the car I want, things will be fine*, is coming from a place of ‘lack of’. What you need to realise is that you need be fine before you get it. Having a need for something because you feel in your life there is a lack of it, is a sure way to never, ever get it.

**Be Grateful Every Day** - Use gratitude as a way of switching your mind from lack to lots. Plus the use of gratitude will assist you with release and this is the key to your creative process. For example, if you are going through a rough patch in your marriage and your desire is to smooth this out, instead of filling your thoughts with all the things that are going wrong, list down all the things that you are grateful for. I am grateful because my partner is a good provider, I am grateful because my partner is a good father, I am grateful to have met my partner, and so on. If you find it hard to find something, keep looking then relax and know it will come. When you are listing these thoughts of gratitude, *feel, feel, feel it*, as within our feelings, lies our power! You will immediately turn your anger into gratitude and this will present you with more experiences and events in relation to your marriage to be grateful for.

Find something in your life that you already have that represents what you desire and feel grateful for it. If you desire a new home because you hate and detest where you live right now, well yes, you may actually attract yourself a new home; however you will also attract a home that you hate and detest. So, if you crave for a new home, then feel grateful for the home you have right now, whatever it may be and you will quickly realign yourself vibrationally with your aspiration.

**Exercise five** - *Trigger those feelings of fulfilment and completion by listing new things you are grateful for everyday. Try improving specific areas of your life, by choosing a topic each day, and list five reasons you are grateful.*

Think of it this way, your desires are like water, the tighter you grip them, the less you will have in your hands. Let it be and it will be.

One of the most important factors we can say about creating your best life, is sometimes it takes time for a switch to really occur, other times it can be instant. It is all about alignment and being a match. You are either a match to your desires or you are not. By expecting it is on its way you are not harming anybody, least yourself, by having the expectation of good things now and good things to come. You will receive anything you wish for within your life, as soon as you are a vibrational match to it. Be strong and stay with it, as it *will* happen.

### **Receiving**

This is your final step and always the simplest. Upon receiving, be grateful and appreciate the power of the creative process, then begin to create again.

We recently watched an interview between Oprah Winfrey and Larry King, where she explained a story about when she first realised the power of the Law of Attraction. Oprah described that when she first read the book, 'The Colour Purple' she became absolutely obsessed. She went out and bought copies of the book for everyone she knew. Oprah was

so passionate about the book that she “ate, slept, and thought about *The Colour Purple*”. Day after day, her life continued quite normally and then Oprah moved to Chicago, where she got a phone call from a casting agent, asking her to audition for a movie. She explains that she had never been approached about a movie or anything similar before, so this was quite unusual. Oprah went to the audition and of course the movie was ‘*The Colour Purple*’. As time passed she hadn’t heard back from the casting agent and so, she became upset at the thought she had not been given the part. In the interview with Larry King Oprah begins to explain just how much she wanted to be in this particular film “I wanted to be in this movie so much. I wanted it, I wanted it, I wanted it. I thought I was going to be in this movie; there were all these signs that I should be in the movie”. One day while exercising, in her despair and desperation, she found herself crying and praying to God to help her let this go. She then began to sing “I surrender all, I surrender all, all to thee my blessed saviour, I surrender all”. At this moment she received a phone call. The call, as Oprah was to discover, was from Steven Spielberg, wanting her to come to his office the next day to discuss the movie. She quotes “that moment absolutely changed my life forever, because I had drawn ‘*The Colour Purple*’ into my life.”

This is a fantastic example of all the three steps of the creative process. Oprah *Requested!* Because of her obsession and her passion for the book, this sent her request rocketing out into the Universe. Oprah *Released and Expected!* Although, still with the feeling that it was meant to be, she finally released her want and need for the movie, by praying and crying humbly. As soon as she did this, and in her case almost instantaneously, her *request* was granted. Oprah *Received!* Gratefully she accepted.

**Noticing The Law Within Your Own Life** - Shannon, like many others on this planet, constantly, consistently and almost routinely sees the number 11. It began when she was young and her Mother and Grandmother would speak to her about their

experiences of seeing a sequence of numbers over and over again. As Shannon grew older, she began to experience this phenomenon herself. She would notice the time right at 11:11, on the microwave, alarm clocks or her mobile telephone. She would be seated at table 11 and buy raffle tickets that just happened to be the number 11. Anything to do with the number would constantly remind her of the amazing coincidence in seeing it and so, the attraction became stronger and stronger. The year her first child was born, she was given the likely due date of the 18<sup>th</sup> of November 2003. However she knew that this would not be the date, "Of course he will be born on the 11<sup>th</sup> of the 11<sup>th</sup>". And so, he was born on the 11<sup>th</sup> of November and not only that, he was born at exactly 2:11pm. Another amazing coincidence! Shortly after her son's birth, Shannon and her husband bought their first home, a unit with the address, you guessed it, unit 2 / 11. That same year Shannon's husband received an inheritance cheque of \$11,111.11 and they also received another unexpected cheque from the settlement proceeds of their unit, for \$2.11. Amazing! And these are just a few examples. It has been so much of a consistent occurrence in her life that she has told many of her friends about the incidences, only to then create the same attraction within their lives. Kate now suffers from the same continuous number 11 magnetism.

Have you ever researched and looked at a car you wanted to buy, or had a friend tell you of one that they want, then all of a sudden, you begin to see them everywhere. Or if you are trying for a baby you begin to see pregnant women and babies everywhere. These things are completely unnoticed up until the point you invite them into your awareness and now they seem to be everywhere you look. A very common mistake that a lot of people make is to constantly think of what they *don't want*. This will continually attract into their lives what they *don't want*. Thoughts like, *I'm always running late* or *there are so many bad drivers on the road*, cause these events to occur, as you will always get what you expect! What you notice will always

expand, so what is it you are inviting into you awareness or what is it that you're taking notice of?

**Exercise six** - *Most people whether they have been aware of the Law of Attraction throughout their lives or not, can look back and see examples of it at work. Take some time now and think over your past. Start with your childhood and work your way up to where you are today. This for you will be the best evidence of the greater power at work and will help you to trust the process and allow it to happen.*

**A Powerful Creator** - Mary always wanted to live in the bush with wildlife and trees all around. She would complain to everyone how she had spent all her life in suburbia, with loud and aggressive neighbours right at her back door. Then she would explain how she dreamt for a different life for herself and of a different world to where she had always resided. She would exclaim, "The bush is where I belong, I can see myself there, I can hear the birds. I just know that I will find the peace I am looking for". One day, she found her dream block of land in the bush, she organised the finance and before long it was hers. Things ran smoothly and Mary had built her home and moved in within no time. Her dream had come true!

Every day she would sit outside with her cup of tea amongst the environment, watching the birds and animals play in their own homes. However as time went by, Mary began to grow a fear deep in the pit of her stomach. As she sat watching the wildlife in their most natural state, the thoughts of mankind destroying her new serene world would fill her mind. "I see it on TV every day, they are destroying the world" she would think. So instead of the bush calming her, it began to anger her. "One day they will take this land around me and destroy it just like they have done to the rest of the world, with more homes and more shops, it will end up just like where I lived before. They are taking my dream from me" she'd fume. Mary was a very passionate person and she became obsessed with this idea, just as she was obsessed in the past when wanting to live in the bush. One day Mary spotted some strangers in suits wandering

in the forest, “They are here to develop this land I know it” she said. Night after night her thoughts were filled with the idea of lost serenity, she could see the homes clear as day and hear the loud and aggressive neighbours revisiting her life. It wasn’t long before some ‘Land for Sale’ signs appeared and the people flocked and the houses went up. Within a few years of purchasing her block, Mary was back where she started, wanting to live in the bush with wildlife and trees all around her. She had spent most of her life in suburbia and surrounded by those loud and aggressive neighbours. She felt sad and disheartened by life, as it had teased her with her dream of serenity, only to place her back where she started, Mary became bitter and scorned. The difference between Mary’s attitude now, compared with Mary’s attitude a few years prior, was only her focus.

As you can see in Mary’s story, what you focus on expands and if you focus on the things you *don’t want*, then what you *don’t want* is exactly what you will get. Because of her passion about this topic and her night and day visualisations, she was an amazingly accurate creator, wasn’t she? If only she had the knowledge then to realise what she was doing, or the knowledge now to see what she had done. What are you focusing on right now?

Life is not just something that happens to us (as once perceived) - we happen to it.

Mary, just like many of us, sabotaged her own life by letting fearful and ‘lack of’ thoughts, control her mind, which ultimately changed her destiny. It’s not about the other people or the outside events. This can sometimes be a hard one to get your head around. Let’s say that Mary, in spite of the news reports and the real estate agents and developers showing up, held on to her dreams of living freely with only trees as her neighbours. She would have attracted a very different course of events. They may never have come to developing that land or she may have been offered a good sum of money for her place

and found property elsewhere that was even more suitable. Never go back on what it is you desire, for the Universe will always find a way. Little did Mary know at the time, that this first bush home may have just been a stepping stone towards some of her bigger and grander dreams.

**Imagination** - Why do you think we were gifted with an imagination? You used it constantly as a child. Did you ever think your imagination was there for a greater purpose? We certainly do. This powerful creative centre we all have is not there just so you can experience some fun in your childhood years, only to grow up and become a realistic adult. No, it is our life, our core, our everything! It is our connection to all that we could ever desire.

We use our imagination all the time, sadly though, most of us use our imagination to think of all the things that can and will go wrong, like failing to pay the bills, our partner cheating on us, or how your boss has an ulterior motive to make your life a misery. You may feel justified to imagine this because this is exactly what has happened in the past, so it will probably happen again.

Children have a very natural affiliation with their imagination and they will spend hours upon hours playing with the prospects of life. They will use their toys, like GI Joe, in role play and even pretend to be GI Joe themselves. As we grow, we are directed away from our imagination and pointed at factual events. The fact is that a human can't fly, however, the Wright brothers imagined that a human would and so they did what was within the rights and laws of gravity to make it so. The scrutiny that was inflicted upon the Wright brothers from others did not change their focus, as they could see it clearly in their imagination and so they believed it could be possible. As soon as they created flight and others saw it with their own eyes it became a factually conceivable event and look at the way we fly these days! We need to be mindful of what we say to our children, as anything is possible. Pick up the Guinness



Book of Records and realise where an unconfined imagination can take us.

If you have a desire, know that it can be real for you in your life. Be happy, believe, stay calm and grasp for it! What you were searching for was always there and always will be. At any point you start to imagine, reach for good thoughts in relation to it, and know it can be done. Your mind is amazing and it can take you anywhere and with belief and all the work that is needed, your body will go there too. Trust and believe in the abundance of creation here on earth, within your life and be unwaveringly determined for victory!

Our imaginations are so juicy, we even feed off other people's. Because our core is imagination, we just love to be taken to another dreamy world, whether you are an adult or a child. The movie industry is booming and it is obvious why, as the creative extravaganza can transport you anywhere, anytime and anyplace. This generally is an outing and a release away from our usual lives. "Keep it coming" we say, and we will keep dreaming and imagining all we aspire for our own lives. For you can do all of what you desire, and more, if you delve deep into your imaginings. Visualisation is the adult word and way of explaining imagination. We refer to visualisation a lot in your *Hidden Path* journey and have already talked of it in this chapter. Your imagination and visualisation is of extreme importance!

**The Creative Process Really Works** - Be confident and allow yourself all of life's opportunities. Never think that you are not good enough and never think that it could not happen for you. For if it can happen to others, then it can happen to you. Choose your desired future and hold onto that dream. Don't expect results as soon as you put it out there, as it more often than not, just doesn't work that way. Let's say you want a boat, "I want a boat" you proclaim! Then you only spend a few nights visualising yourself owning a boat, a few days really

believing that the boat is yours, a couple of affirmations and two attempts at feeling grateful for something in your environment now, that is a representation of what you want, and then after a week you decide it's all pie in the sky and give up! It may take years of universal steps to get from where you are now, to owning that boat. However every day, every week and every month you will be working closer to it by aligning with the correct information, people and funds, then one day, to your total amazement you will own your very own boat. Believe us when we say, "The creative process really works!"

You don't have all the answers for your dreams just yet, otherwise if you did, you would have them already. They will appear when it is time and interestingly enough dreams often unveil themselves in an unexpected manner.

Think about this: if two different people thought and felt the same and also dreamed of the same things, they would have very similar life experiences because they would be emitting and attracting similar vibrations of energy. However, the details and events in their lives may differ dramatically. For example, if both people have the feeling and thought patterns that they are *unnoticed and disrespected by others*. 'Person one', may have people steal their car parks or continue to have others interrupting their conversations mid sentence. However 'Person two', may experience people pushing in front of them in queues or repeatedly receiving the wrong meal at a restaurant. There are millions and millions of outcomes that align with any certain vibration and it's all coming from your feelings and thought patterns. This is why you can never assume to know how something will come into your life, as it is totally at the Universe's digression.

Once you commence upon your *Hidden Path* journey, you will become more attuned to noticing positive or negative energies from others. If you have been doing the work to improve what you are attracting into your own life, negative people, influences and comments will start to jump out, becoming very

obvious. This is because of the contrast between where you were and where you are now. The Law of Attraction is showing you how people attract the good, and also sadly, the bad into their lives. When you can see the amazing impact that The Law of Attraction has had on your life, it can be hard to watch your friends and family flounder in their tough existence. You just yearn for them to see how they are the creators of all they receive, just like you see now. As much as you may want to save your family, friends or even strangers from self-destructing, this is not your role. *The teacher will appear, when the student is ready.* Remind yourself that they are in the correct place that they themselves need to be within their own lives.

Also remember that the best way to help others is to set your best example. Over time, as you grow and expand with this knowledge, you will find peace with these feelings. Those closest to you will notice a change and this may encourage them to attract the resources available to take a look within themselves.

**Exercise seven** - *Take time to observe your friends and family. Notice which of your friends and family seem to live with a positive outlook on life and see how it reflects within their lives. Do any of them present with a negative outlook? Also does this seem to reflect on their everyday lives?*

With an open mind and a willingness to change... *anything* is possible!

There is so much more to learn about the Law of Attraction within your *Hidden Path Book*. As you are commencing upon your journey this month, please read ahead as answers to your questions may lie within other chapters. Although in particular: 'We Are All Connected', 'Contrast' and 'Gratitude'.

Happiness is a lifelong commitment!

**Tick the daily checkbox in your Journal when you have completed three of the following tasks:-**

- **Complete exercise one** - To get yourself out of a negative mindset, just begin by thinking one positive thought. (Page 18)
- **Complete exercise two** - Visualise your goals falling into place. (Page 22)
- **Complete exercise three** - Choose at least three affirmations to write, read and repeat every day and write these in your Hidden Path Journal. (Page 24)
- **Complete exercise four** - Get creative with your desires. Make them real for you within your day and be accountable to them. (Page 25)
- **Complete exercise five** - Choose a different area in your life each day to write approximately five reasons to be grateful about. (Page 27)
- **Complete exercise six** - Write down any examples that you can think of where the Law of Attractions has worked in your life. (Page 30)
- **Complete exercise seven** - Notice and describe your friends and family and note how their lives mirror their positive or negative attitude. (Page 35)





## Chapter TWO - Goals

When we are young we all have big imaginations and our lives consist mostly of play time. As we go through life and begin to grow older, the commitments from home and school start to increase. Our imaginations fade and the amazing open ended Universe, as seen as a child, starts to disappear, breeding fear and dissolution. Who could blame us? The media constantly reports on negative events. Our parents are often stressed out as they have many demands on them, being a part of the adult world. This is what most of us have as an example growing up and for some reason, we wish our lives away. We hope that soon the day will come when we are old enough to be free from childhood constraints, to now live out our dreams. Ironically, when we get to adulthood, the most important dreams for creating a wonderful life for ourselves are lost. The stress and expectations we have upon ourselves and from others take over and we wish that we could get back to the simple dream life of being a child.

Our dreams and play time as a child are dismissed as unimportant when we get older. Although there is nothing more connected to our core than this natural play and dream like state. Anything ever created started with a dream!

**How Did I Do So Much But Get Nowhere?** - We would like to use this next story to explain how many of us go through life. It shows some of the trials we may face, then unfortunately, how we may end up with unaccomplished dreams.

When Jade was a young child she would spend hours listening to her favourite music. In front of her mirror she would create dance routines and sing into her hair brush. She had a strong ambition, a deep desire, and a dream to be a famous singer and a beautiful dancer. Jade felt alive and free, imagining the songs were her own and that crowds of fans were cheering her name. In this moment it was so real to Jade in her room. She was a star and this was her life! Her mum would call her for dinner

and she would step out of her room and leave her dreams behind her.

On the monkey bars at school with her friends, Jade would pretend to be a famous gymnast, swinging, flipping, and spinning. Together, with the other children, they would have competitions and score each other's routines. Their moves were simple and not anything like a world champion gymnast, although, when Jade flipped around she felt as though she was. The bell would ring and off she'd run back to class and leave her dreams behind her.

Every day after school as Jade grew up she would play her acoustic guitar. She practiced and practiced and was getting better and more fluent every day. She loved every single moment alone with her music. Feelings of joy would enter her body as she sang and played with passion. Jade was no rock star at this point, however she could see in her imagination and dreams, being successful and playing in front of a crowd. Jade had some friends over one day and decided to play her guitar in front of them. It was like wearing her heart on her sleeve, exposing something that was so private and special to her. Jade's girlfriends meant her no harm, however being teenage girls, they continued to gossip and chat whilst she was playing. Jade felt a little uncomfortable at their disinterest, so she put her guitar down and joined in the conversation. Feeling disheartened in her abilities Jade unconsciously busied herself with her social life and her dream of playing in front of others was left behind her.

The High School years were soon over and Jade left with the excitement and intention of becoming a brilliant Chef. She found herself a great apprenticeship at a nearby Italian restaurant. Jade had big dreams of owning her own restaurant one day. When she would arrive home after work, she would spend hours drawing floor plans and creating menus. Money was tight, as it is a low wage when you are doing an



apprenticeship and a lot of her friends were making twice as much waitressing or working in clothing shops. Six months of enjoyment and hard work had passed and Jade's dream seemed so far away. She often heard her boss (a man whose work she admired) complain of how hard it was to make money in the food industry. Then the self-doubt and questioning crept in. Who was she to think that her restaurant would be any different? How would she save the money for such a thing on her minimal wage anyway? Jade's dream of owning her own restaurant soon began to fade, as the feelings of fear took hold. Then one day, she figured it was all too hard and it was easier, in her mind, to focus on other things that made her feel happy. She decided to move on and not become a Chef anymore.

It just so happened that soon after she'd lost interest, Jade saw an advertisement for a full time job in a clothing store. It was much better money and the hours were great, plus no more night work! So, she threw in her apprenticeship and set out in a different direction. Jade was happy for about three months, then she got bored. There was little creative outlet for her, and asking people if they "need any help" was grating on her very existence.

Jade began to think, *maybe I could do a course in something?* After some research she found a passion for drafting. Jade was excited! She'd always had a mild interest in houses and drawing designs, *like the floor plan of the restaurant I created*, she thought. So she cut her hours back at the clothing store and enrolled in a drafting course. Jade was so thrilled about her decision.....Can you imagine where this new dream and enthusiasm was headed?

There was a strong consistency running through Jade's life, in the form of all the wonderful dreams that she'd always begun with total commitment, faith, hard work and belief of accomplishment. Then the initial desire would fade and other factors in life would take her attention away and fear of failure

would creep in. Then a new dream would be born, with such ecstatic excitement that the moment she was living, seemed dim in comparison to the bright light of her new desires. It seemed easier to start anew than to stay in what Jade now viewed as a mundane existence. So life goes on and her real potential is never reached.

Like Jade, many people feel they are also living a mundane run of the mill existence. Remember the childhood feelings of joy and wonder?

**We All Have Our Own Path To Tread** - Not everyone has the same dreams and even if your dreams are similar, not everyone has the same reason for achieving them. You are the only one who can determine if your dreams are viable at any point along your path. Today, you may feel a calm clarity about them and you become more convinced, because anything you do towards your dream that day flows and feels fantastic. Tomorrow, you feel not so sure and you become more convinced that it's not meant to be, because anything you do towards your dream that day seems sabotaged. It's on the days you feel not so sure, that you need to believe in yourself more than ever! Unless you hold your dream tight and believe it is possible for you to achieve, you will feel defeated, creating a snowball effect and soon your dream will be over. Nobody else has the power to destroy your dreams; it is you that creates your ability to succeed or fail! You attract like experiences as to how you feel about your desires. If you are feeling empowered you will attract empowered events. If you are feeling fearful you will attract events that evoke fear. It is YOU who invites the people, the opportunities, the beliefs and experiences into your life.

Where do we go wrong when it comes to achieving our dreams? How is wasting your dream and wasting your creativity OK? There's got to be more to life than temporary highs followed by defeat. So wouldn't it be easier to have

continued passion on one topic? Wouldn't it be easier to have just one dream or several dreams all aligning and see them come to fruition? Well that would be a dream! YES a DREAM! My biggest dream is to see my dreams come true. Now that's a life worth living!

Consistently finding instant gratification at the sacrifice to your future dreams is not living your best life. There is nothing more disconnected from yourself, than to constantly second guess your desires.

It's the beginning passion and forceful desire that is the driver in the first place. All the energy felt is what makes the early creation of your dreams fall into place. Opportunities pop up, the time availability is there and it all feels right. This is because the Universe thrives on vibrant creative energy.

Why do nine out of ten businesses fail? Obviously they had a desire and a great dream in the beginning or they never would have started out on a new business venture. Most fail, because people lose faith in themselves. They start to hear and take on board the media reports: "sales are low" and "the little guys always lose out". They take on friends and even strangers' negative comments: "shoe shops never work" "I've seen so many businesses fail in this area". Their fear, which was once a seed, is now increasing in strength day by day and like an invasive weed, it begins strangling the life out of their dream. They replace their original positive thoughts of grandeur and success with negative feelings of depression and failure. The flow of the Law of Attraction works both ways, so by feeling failure, you are attracting more life instances which will prove to you that you are who you believe you are 'a failure'.

**"Whether you think that you can, or that you can't, you are usually right."**

**Henry Ford**

Your life will always go in the direction you believe it is going. The outside fears and fallouts are all outside unless you choose to take them onboard, and then they become yours. You own them! Let's use an example here. When you go to your local supermarket there is a mass array of food lining the shelves which all belong, at this point, to the supermarket. If you pass it by, it stays separate from your existence. So you walk the aisles, looking around at everything, thinking of what you would like to purchase. You select some fresh, delicious looking apples. Before you placed them in your trolley they were not a part of your life and vibration. Now that you have decided to take them on board, they belong to you. Once you have paid for them, you can literally call them "my apples". Now they are yours, it's up to you what you do with them. Like a dream, you can fulfil the original intention by eating the apples or cooking them up into a pie. Or because you have lost interest you could let the initial intention fade, leave them sit there, and have to throw them out once they are rotten. This situation is just like your dreams, when the initial desire fades and things go rotten, your subconscious goes searching for a replacement. You begin to dream and find a new exciting intention to focus upon. The reason for this is that at the depths of your core, your soul is looking for happiness, excitement and joy. This does not align with incomplete dreams or feelings of failure. So, to have a better feeling about yourself for *now*, life requires you to toss your old apples away and purchase some nice new ones. If you look at your thoughts as a purchase you are making from the Universe at large, you would select them more carefully and follow through with your initial desires by turning your dreams into your reality.

**To Accomplish Dreams, You Need To Convert Them Into Goals** - On the road to achieving your dreams all of the aspects talked about in *Hidden Path* are important. Goal setting is of even greater importance, because it is the basis to achieving everything you desire. How would you know which road to take, if you don't even know where you are going?

Most people fall prey to the un-achievement of even the simplest of goals because of continued procrastination. They waste their time on other meaningless topics, and lose focus on the actual end result, which is *their goal*! They, as we like to say, “fluff around” replying to endless emails, talking on the phone and the worst offender, watching the television!

*Procrastination is a dream killer!* This statement may sound dramatic, however it’s very true! In other words if you never want to achieve what you have set out to do, just go right ahead and do something else that is totally unrelated! Procrastination takes important attention and energy away from your goals. Acting busy, thinking and talking about “*ALL the THINGS you have to DO*”, removes attention from your most important tasks at hand. Be really honest and become your own army officer, by telling yourself over and over again to, “shut your mind and your mouth and just get on with it!”

If you truly long for your dreams to become your reality, first you need to be specific so you can focus on what it is that you really desire. It’s also very important to know *why* you really desire it. It is the *why* that will motivate you towards achieving your goals.

**Exercise one** - *So how do you get focused on setting the goals that your heart truly desires? Start by getting yourself a pen and paper. With an open mind begin to answer the following questions as best you can.*

*If there were no limitations placed on me, including money, what would I really want for my life?*

*What do I want to be doing?*

*With whom do I want to spend my time?*

*Where do I want to live?*

*What do I want to have?*

Think BIG! Why limit yourself? When the President of the

USA decided it was his ambition to be the President, do you think he had a list consisting of mediocre goals. No! He probably wrote down directly. 'I want to be President of the USA! Creating a productive comfortable society for Americans and working with and surrounded by people who are focused and get things done. Home will be the White House. I want to have anything and everything at my disposal'.

So let's use this as an example within our next exercise.

**Exercise two** - *Get yourself a new sheet of paper and using your answers from exercise one, ask yourself why you want these things for your life. Remember, It's always the **why** that motivates.*

*Why do I want to be President?*

*Why do I want to spend my time with those people?*

*Why do I want to live there?*

*Why do I want to have that?*

After completing exercises one and two, if you didn't already, you should now have an idea of your goals and know why you want them. There is a section at the back of your *Hidden Path Journal* to write them down. Be positive and write your goals here as though you've already achieved them. So, if you want to be President you could write 'I am President of the USA. Go Me!' Or another goal may be, 'I am a key scientist within cancer research'. These examples for goals may seem a little out there; however remember you have the power within you to achieve even your largest dreams. You were not put on this earth to live out an empty existence, so dream big and get full! When you put your thoughts to paper, the most amazing things will begin to happen. The Universe will realign itself and you will be pushed in the direction of your dreams. You may hear a song, read a notice board or bump into someone with relevance and be guided to accomplishing your goals.

You may already know what your desires for your life are, and with the exercises given, creating goals could be a simple process. However it could take you hours, days or even weeks to realise what your goals are. If you have never asked yourself such questions, your mind may not be in a state to answer them solidly just yet. These questions are the most important things you could ever ask of yourself. Even if it takes you years to answer them, you would be years ahead of where you are right now. Trust yourself and have patience. Be aware this may be an ongoing process as your ideas start to evolve. Repeat exercises one and two if you feel it's needed. Commence today and be open to all the coincidences around you. Amazing things will begin to happen, if you just start asking.

**“Be at peace and see a clear pattern and plan running through all your lives. Nothing is by chance.”**

**Eileen Caddy.**

Whatever you do don't put pressure on yourself. Your goals will come from your core and the way to connect to your core is to relax and know your questions will be answered. As you are looking at your life trying to find what it is that you want, be aware of everything that makes you feel good. If something excites you, you are pointing in the right direction. Go with that! Answers of truth will ALWAYS come to those that ask of themselves.

So now you have some goals. When you are aiming to accomplish a goal the Universe doesn't send you a step by step list numbered 1-50 on how to get there from where you are. The Universe will only give you one or two steps at a time in the form of an idea. When you complete one task, the next idea will arrive in your mind as to what you are to do next. This is what is meant by having 'blind faith'.

Imagine you decide one day you'd like to take a two hour drive to the country. You would never get in your car and say, "I

can't see the country from here, so I guess I'm not going and the trip is off". We all know this is impossible from your stand point in the car. What you would do is get in your car and totally expect to see about 300 meters of the road ahead. Turns, hills and towns are all a part of your trip and as you know, as soon as you drive over the hill in front of you, the next 300 meters will be within your vision. It's the same with your goals. All you are meant to do is know where you are going and have total blind faith. To reach your desires you must follow the signs, as felt by you, and take the Universe's direction along your route.

While you are driving to the country, about one third of the way into your trip, you wouldn't pull into a petrol station or off the side of the road and start procrastinating and lose focus on where you are going. Also you wouldn't begin to over-think the trip, wondering if the signs are all lying and tricking you into failure and sending you the wrong way. There may be unexpected events as in, cows crossing the road, a rain storm or road works. Do you freak out at this point because you just weren't expecting this and end the trip? No! You just get into your car, without any questions of a doubt, knowing where you are going and continue driving until you are in the country, your destination. It should be the same with your dreams. Just get things started and keep on going with action and belief until you get there.

Make your dreams your destination and they will become your destiny.

**Exercise three** - *From this point, let's get moving and throw some action into it. To complete this exercise, you will need a pen and a fresh piece of paper for each of your goals. So if you have five major goals, you will need five pieces of paper. The next step is to turn your goals into a question, by asking yourself **how?***

*Question - "How do I become President of the USA?"*



*Answer - By learning more about our economy, by becoming a confident speaker and writer, by becoming a strong aware leader.*

*Question - “How do I become a key scientist within cancer research?”*

*Answer - By further advancing my awareness of the disease, by increasing my knowledge of what science has tried and tested.*

*Answer each question in the best way you can and as many ways possible. Push yourself past what you perceive to be your last answer. The last few are usually the golden key. By doing this activity you are forcing your subconscious mind to step up and take action!*

*Break down your larger goals in your Hidden Path Journal, by putting your **how** answers in the section allocated for each month and use that month to focus on completing this task.*

*As an example in March’s monthly goal section you could write ‘Become a more confident speaker and writer.’*

*And in April’s monthly goal section you could write ‘Learn more about our economy.’*

**To Do** - A great asset to anyone’s life is to implement a daily ‘to-do’ list. Every night when you are writing tomorrow’s to-do list, take two minutes to visualise all of your daily tasks. Picture them falling into place and see them completed. By this action you are giving your subconscious mind the night to work on how it will achieve this, all while you are sleeping.

**Exercise four** - Using March as an example for this exercise, (remember March’s monthly goal is to ‘Become a better speaker and writer’), in your daily to-do list, allocate a task you can do each day to step toward your monthly goal.

*Monday’s to-do list, ‘Research and write a four paragraph speech on the homeless’.*

*Tuesday’s to-do list, ‘Practice my speech three times today’.*

*Wednesday's to-do list, 'Research and write a four paragraph speech on petrol prices'.*

*Thursday's to-do list, 'Practice my speech three times today'.*

*And so on.*

*Remember to tick the box when a task is completed! The reason for this is your subconscious gets a kick out of accomplishment and will reward you by giving you new ideas and the added energy to keep moving forward.*

**Exercise five** - *Revisit your goals often. Spend time visualising them every day. You want to really embed into your subconscious what you desire out of life, so the more you read your goals list, the clearer the image becomes in your mind. The clearer the image is, the more comfortable you are with it and the easier you will attract what you desire. So review and visualise your goals you've set at the back of your Journal and then review and visualise your chosen monthly goals.*

You will start to see that with a little planning, you can go from feeling lost about never completing your dreams, to knowing that day by day you are making all the positive moves to get there. Each daily goal completed contributes to achieving your monthly goals; each monthly goal completed contributes to your larger goals.

**"How do you eat an elephant? One bite at a time."**

**Unknown**

In the beginning there is a dream! As we stated earlier, anything *ever* created started with a dream! In the middle there are distractions! Anyone who ever created anything, dealt with distractions and held onto their dream so tight no matter how long and winding the path. In the end, dream fulfilled!

**Goal Setting Can Give You Life** - After a long confusing time in and out of different hospitals Kate's Dad in 2004 was diagnosed with pancreatic cancer. The death sentence was given, three months to one year. Because of where the tumour was situated, chemotherapy or radiotherapy were not an option. "Is it possible for me to get through this disease and live longer?" He asked the Cancer Specialist. The solid unwavering answer, was "no". He was classed as 'a goner'! The thing with cancer is, if you're going to get a particular type, you sure as heck would hope it wasn't pancreatic. It has the lowest survival rate of any cancer and when it hits, it's quick! Kate and all her family were shocked and knowing the supposed outcome, they basically began to grieve. After returning from hospital he began searching for anything natural to help. Noni Juice, apricot kernels, pancreatic enzymes, a healthy diet, massage and even a two week intense herb based Ukraine Treatment. He sourced this treatment within Australia, on Queensland's Gold Coast.

He went about his life and began to throw all of his energy (if any at times) into his business. You see he had owned a beautiful retail plant nursery for 35 years and he'd always had dreams of creating more, including designing and building a coffee shop on the lagoon at the back of the nursery. Because of his financial position he had never been able to live out this dream, until an offer came. He was able to subdivide the property and sell off a portion to a Childcare Centre Developer. With some planning he created more space for the nursery with the land he had left. The offer was great and too good to refuse. With the constant will to live and continued focus on the bigger picture, the Universe provided him with the means. The construction took time, although it was under way. He had many tests and each would show a reduction in the size of the tumours. Four years after his diagnosis and just before his 60<sup>th</sup> birthday, his dream had come to fruition. And believe him when he says that he has set many more goals and is planning on being alive long enough to see them all fulfilled.

If you were ever to ask him, “What do you think kept you here? And why are you still alive when most others perish before their time?” his answer would be, “I don’t know. How can you attribute it to one thing when I have tried so many?” Kate believes that it is mostly his passion and drive to live out his dreams that has kept him alive. For if you give up on living you can only start dying.

***“Don’t be afraid your life will end; be afraid that it will never begin.”***

**Grace Hansen**

**Exercise six** - All the to-do lists and goal sheets in the world will not work if you’re not putting in the work, so here is a great and simple way to keep you on track. Get **FOCUSED**, **FILTERING** and **FUNCTIONING**.

**Focused** is about only ever using your mind to focus on two factors. The end result of your goal and the present moment.

**Filtering** involves removing any little hindering tasks or thoughts that are taking you away from focusing on your ultimate goal. Basically, any form of time consuming procrastination. If you find yourself procrastinating, filter by **only** focusing on the tasks on your to-do list. By doing this you will get back to the task at hand.

**Functioning** is actively participating in day to day tasks that are aiming you toward the bigger picture, which is the accomplishment of your goals.

To sum up, you should always be focused and functioning. Apply filtering to get you back on track. We would like you to reread the **FOCUSED**, **FILTERING** and **FUNCTIONING** exercise if and when needed. As you can see each step leads you back to being on track with your goals.

We believe in you! Because we know for a fact that you were born with the same ability to live out your grandest dreams as we were. Be open to your feelings, as they are your best guide

and blind faith is your most important asset. Remember the Universe will only give you one or two steps at a time. So stay focused on your goals and **BELIEVE** anything is possible!

This month requires you to do some work, so you can find what your goals are and begin heading toward them. Use each day of this month wisely, so that day by day, week by week and month by month, you will accomplish all the tasks that we have given you.

- **Complete exercise one** - Get focused on setting the goals that your heart truly desires. Find Out **what?** (Page 45)
- **Complete exercise two** - Ask yourself **why** you want to accomplish your goals? (Page 46)
- **Complete exercise three** - Let's get moving and throw some action into it. Turn your goals into a question by asking yourself **how?** (Page 48)

**Tick the daily checkbox in your Journal when you have completed the following tasks:-**

- **Complete exercise four** - Choose a monthly goal and allocate a task you can do each day to step toward it. Set them out daily in tomorrow's to-do list and visualise them the night before, **falling into place**. Tick off your goals when completed. (Page 49)
- **Complete exercise five** - Review and visualise your chosen monthly goals. Review and visualise your goals that you've set at the back of your Journal. (Page 50)
- **Complete exercise six** - Get **FOCUSED, FILTERING** and **FUNCTIONING**. (Page 52)



## Chapter THREE - Healthy Mind

If you had been given the power to unconditionally love only one person on this earth, make it yourself!

From prior to your conception, right to the point of death, you are like all others, a perfect creation, an amazing human being with the inbuilt ability to influence and decide what you wish to experience in your life. Like all other human beings, animals and objects, you have been created from the unending pool of Source Energy. We are all connected via this energy. So, to have dislike and disapproval for others is to have dislike and disapproval for yourself. And to have dislike and disapproval for yourself is to have dislike and disapproval for all others. Honestly, how do you feel about others? Does it *coincidentally* share a place with how you feel for yourself? Do not deny yourself of living a fulfilling existence, because you feel at a disadvantage to others! Having a strong connection and love for yourself, is the grounding for everything wonderful to flow into your life.

By loving yourself you can do nothing but love all others and all other life. By having approval and appreciation for yourself you can have nothing but approval and appreciation for all others and all other life. How you feel about yourself, is what you will attract into your life as a reflection; 'like attracts like'. A confident, centred person, who has a deep appreciation for themselves, could not end up in an abusive relationship. This is because their feelings on the inside do not mirror their life on the outside. Your life is your life because of how you feel about yourself!

**What Do You Mean By LOVE?** - When learning to love yourself, first you need to understand where the love is coming from. It needs to come from a place of respect, peace, worth and patience. You should look within yourself and not to others, for you are the only one that you require approval from

and once you are completely comfortable and happy within, you will earn the respect and esteem of those around you.

We are not talking about loving yourself and becoming arrogantly stuck up or self-absorbed. People you may notice that are this way, can generally be hiding another part of themselves that they are not happy about. For example, if you know someone who *constantly* has to tell you how clever they are, how well they are doing or how much money they are making, it is usually because they are not completely comfortable about themselves, and they are using *external things* to build themselves internally. They are seeking approval from others and you, *yes you!* They obviously consider you to be someone that they value, because they are seeking your support and your acceptance to help them feel better about themselves.

We are also not talking about a pretentious and conditional self-love. This is usually a result of blame towards others and a general standard you have set that you expect others and yourself to fit. Many people feel powerful when judging everyone around them, thinking others are not as worthy as they are of a wonderful life, love, happiness or wealth. So they put others down, in an attempt to increase the love they hold upon themselves, or as an attempt to hold onto the top position. The tighter you grip something, the easier it will slip from your hands, plus what you wish upon others is ultimately what you are wishing for yourself. This is not love, this is a set of conditions. To constantly be searching for faults in others, will only result in you finding faults within yourself. True love doesn't hold grudges or have conditions; true love is total acceptance of all others and total acceptance of self: yesterday, today and tomorrow.

**Comparisons And Judgments** - Do you really need to fill your life with the drama of comparisons? It does not matter what other people think or what other people do, for it can only affect you if you let it affect you.



**“If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.”**

**Max Ehrmann - Desiderata.**

A friend of Kates dreads going to get his haircut, for fear the hairdresser will sit him near the window. He is so concerned that people passing by will look in at him and think he looks funny with wet hair and a cutting cape on. When he expressed this to Kate one day, she pointed out to him that the people walking by were more than likely attempting to view a reflection of themselves in the window. By seeing him sitting there, they themselves would have felt self-conscious and walked away thinking, *he caught me checking myself out*. As you can see, most of us are self-obsessed and we are always our own worst enemies. In realising this, we can release the very obsession we have created.

Although Kate had always been an outwardly talkative and expressive person, from the age of twelve she lacked inner self-confidence. She felt inferior to others and judged herself by their reactions towards her. Every positive word came and left and every negative word she held onto like a free ticket to self-defeat. It was as if she was trying to prove to herself, that her lack of self-belief was justified. The Universe was presenting to Kate, situations that proved how she felt; disconnected and alone on her journey. She was attracting a mess, because she felt a mess.

At the age of 26, she had created such self-defeated chaos and disconnection to herself, that she felt abandoned by life. Kate was feeling like many others; that all of what happened to her was luck or the lack of it and from this perspective she was just unlucky. The worse we feel about ourselves, the more uncomfortable situations the Universe will dish out to us. We can only attract like energy. We are all meant, in this life experience to be happy, however Kate was so far away from

where she was *meant* to be, that she felt emotionally and physically in pain. The emotional pain came from what others said and the situations she would find herself in, and the physical pain came from constantly feeling and becoming unwell.

She knew there had to be more to life and felt deep down she deserved better. Remembering how she felt as a child, she wanted to get the feelings of freedom and self-assurance back, although, she had no idea of how to get there. Day after day and week after week, bad things kept on happening! Being stuck in this situation with this attitude she was nowhere near aligning with any information, people, experiences or books to prove that she could experience a better life.

At her lowest point, Kate's relationship with her husband began breaking down; they were set to lose their home and all of their possessions because of a bad business decision. The pregnancy of their second baby girl was complicated and after her birth, she was a sick baby. Face down in her pillow, sobbing helplessly one day, Kate began crying out for help "I need an answer! Why do I feel so low?" Her eldest child climbed up next to her and placed her hand on her back, patting her gently she said, "Mummy, you can stop crying now." Kate was shocked! Her daughter had not been talking much up to this point, just single words; however she'd just strung together a very clear six worded sentence. Like a cold slap in the face, it was the wakeup call Kate was asking for! Although it broke her heart to hear her daughter witness and acknowledge the state of depression she was in, Kate knew it was the answer to all her questions. From that point on, she knew deep down that she must change. "I am the best example for my girls to know how to treat themselves and how others should treat them. I will find a way to be the best example I can possibly be". Even though this was not the end of all the negativity she'd been attracting, it was the beginning of a new positive life crossing over.

Realisations came almost daily and the coincidences of aligning with answers to deep questions did too. The feeling of freedom and self-assurance was no longer a memory, it was returning to her, day by day, thought by thought.

You, like many people, may believe that everything others do and their actions are pointed and directed at you. When others are merely just acting on their own inner feelings and are just as concerned about what you are thinking of them, like our friend in the hairdressers.

The phone rang at work one day and a friend of Kate and her husband was on the line. He did not address her at all, he just blurted out directly “I need to speak to Wade”. At first Kate’s instincts jumped to “Oh no, he hates me!” and “what have I done?” However before she could really feel those feelings, a wave of calm came over her. As she handed the phone to her husband, she heard and felt a message loud and clear “It’s not always about me! And it can only affect me if I let it!” The feeling that came with this was strong, deep and knowing. Instead of the self-defeating banter she would usually put herself through, her thoughts turned to self-assurance and then to the caller, who was obviously having a really bad day and didn’t feel like small talk. Later her husband explained that their friend’s grandmother (who had raised him most of his life) had just passed. Imagine if Kate had let his shortness affect her in a negative way, with pointless self-talk like “why do others dislike me? And “what have I done to deserve this sort of treatment?” Then when finding out the cause of the stale phone call, she would have put herself down even more, as in “Why didn’t he tell me, I’d care! Now I feel so stupid, it’s no wonder people don’t like me.” However, because she made a conscious choice to select more positive thoughts, instead of sadness and defeat, she felt a real rush of approval and self-love. A connection to all people and life was beginning to explode within her.

To reflect on this story: After putting herself deep in a hole of despair, Kate, in a desperate time of need, asked the question, “I need an answer! Why do I feel so low?” Because Kate was at a point in her life to receive an answer, the Universe offered one via her daughter, knowing that her daughter’s words would jar Kate into a state of recognition. As in: the way she treated herself was the best example for her children to learn how to treat themselves. Further, pushing her to understand the way she treated herself, was the best example for others to know how to treat her. She realised she was way too hard on herself, as all of us generally are. First, before all others, we need to be our own best friend and hold onto our self-worth in times of need. There is always a point at which we open our eyes and this was Kate’s, when her transitional life change began, it unlocked a whole new world. She was thinking different thoughts and the Universe started to offer up better, more positive situations. This is how we can all begin a positive snowball effect.

**“Too many people overvalue what they are not and undervalue what they are.”**

**Malcolm S. Forbes**

These days Kate feels silly little comments are just that and she gives them the attention they deserve, which is none. Kate intrinsically has the trust and faith within herself and follows her own good feelings. Life is great!

Other people’s words and actions generally have nothing to do with you. Often they are so busy thinking about their own self-worth and what everybody else is thinking of them. They are always reacting to how they are feeling within themselves at any particular time. Once again, like our friend in the hair salon.

**Our Essence Is Much More Than Skin Deep** - We are not our hair or our eyebrows; our essence is not the shape of our bodies or the clothes we wear. We are our thoughts and feelings. Do you sometimes see an older or less attractive person with a gorgeous partner and often wonder what they see in them? Is it money? Well in some cases maybe, although generally it comes down to charisma and the appeal they are emitting by being completely comfortable and confident within their own shells. Charisma means, as stated in the dictionary, 'A spiritual power or personal quality that gives an individual influence or authority over other people'. Can you see where this is going? It doesn't matter what you look like, it matters how you feel about what you look like and how you feel about yourself.

Generally people look in the mirror and see their reflection and judge themselves on their faults. "My nose is too big" or "I have stupid hair that never does what I want it to do!" Kate used to feel her nose was too big. In every photo, mirror or reflection she saw of herself, her eyes would zoom in on her perceived large nose. Then as she was going along her path to spiritual growth, she found the perfect love for herself and now never sees what she used to. She is who she is, and her nose makes her unique, for it is nobody else's but hers! All she sees now is happy healthy vibrant eyes. She has found this funny, as it's like her own spiritual nose job!

You are what you are and who you tell yourself you are!

If you are feeling unattractive, then the Universe has no choice than to show up with situations to support how you feel. Your skin may break out with pimples, you may be noticing more wrinkles appearing, you may be lacking sleep and this makes you lack lustre and look tired. Your hairdresser may have made a really bad mistake, you may be stood up by a potential date, or just find it hard to get one. All of these things and many more align with the feeling of being unattractive. Everything

you experience is coming from your dominant thoughts and feelings.

It is hard to find someone who is completely happy with their weight. Many people struggle with the all-consuming body image demons. They live a life of never ending fad diets and unstructured bursts of exercise, which are never continued or followed through.

Unfortunately some of us let our minds take control and whether overeating or under eating, they take this to the extreme. In both cases they are using food as a way to match their inner feelings of disapproval and disappointment. This may come from former or several hurts that they find difficult to get past. The mind will create many hateful and resentful self-views, if you continue to harbor hate and resentment for life, others and yourself.

When a person suffers from anorexia or bulimia, they may see themselves as overweight, even though we see them as skin and bones. This is obviously a distorted self-view coming from an inner pain. They may wish to punish themselves or gain a sense of control over something via starvation and purging. Their want for a skinny perfect body, is never ending and from a life of repetition, this can seem like a very hard cycle to break. 'Like attracts like', so all their thoughts of *want* for a different body, will just continue to attract, more situations and thoughts of *want* for a different body.

On the flip side, it is similar for a person who is overweight or morbidly obese. They are often placing a cover or shield over their body, in the way of fat and use food as an instant void filler, attempting to blanket themselves from life's past and immediate hurts. They look in the mirror and they see something they *don't want*. Then when they try to lose weight, their efforts at weight loss rarely work, or they lose it and attract the weight straight back. This will evoke more situations where they continue to attract the body they *don't*

*want*. Their metabolism will slow, they will fail at their diets and their minds will not have the willpower to succeed.

To achieve your perfect body, exercise and a healthy diet will help and are great, however you will need to fix your head space too. You may require counselling, herbal and /or vitamin help from a Naturopath, meditation, hypnosis, or a session with a Past Life Therapist or Homeopath, to help remove mental blockages. These can all be a great start, although be reminded, even though their help can be invaluable, it is not up to these health care professionals; it is, as always, *up to you*. You need to become comfortable with the body you have now, instead of wanting someone else's body. View yourself as already perfect, see yourself gaining a healthy body, look at your good points in the mirror. Notice yourself looking fantastic in your clothes. Use gratitude and affirmations to reflect and project what you *DO WANT*. This may sound strange and yes, you will still have to put an effort into changing eating and exercise habits and we will expand on this in the next chapter 'Healthy Body'. However, once you change your minds' body image and remove your resistance to it, your body will begin to respond, making it much easier to achieve a healthy weight. If you feel you need to lose weight you will enjoy looking after yourself, eating well and exercising. Day by day, your confidence will grow and as you begin to reach your ideal mindset, your bodies soul will be beaming with confidence.

Obviously our lives used to suck!

**“Many a true word spoken in jest.”**

**Geoffrey Chaucer**

What we mean by this last statement is to really bust out of a mundane existence, you may face some pretty strong contrast. After which you will begin to ask (in a do or die sense) for what it is you truly desire. You often dig yourself a hole so

deep, before you realise what you have done. Only then can your climb to the light begin. We are so grateful for all of the contrasting moments we've experienced in our lives and we still hope to always be learning more from them. You cannot take on a task so great as to help others spiritually, emotionally, financially, and physically, without being forced into amazing and vast life lessons yourself.

When you look at the people you admire or someone you class as a role model in life, you will often find that there was a point where they faced a big obstacle that changed their lives forever. Something that pushed them to begin living their life the best they could. You are not the only one who faces challenges in your life and no doubt, you will face many more. How are you going to handle this one and the next?

Remember, you always have a choice. Everyone who chooses to move forward faces obstacles, big and small. It's the people who step up to their problems, take challenges in their stride and learn from the obstacles in life that will move forward and fast! If you change what is needed, you will turn into the person that other people look up to and aspire to be.

**Follow Your Feelings** - So let's talk about how important your good feelings are, and how to follow and use them as your guide! You need to learn how to fine tune your awareness, surrounding how '*a thing*' makes you feel and begin to live your life, via your inner guidance, following your good feelings and your intuition. The closer you get to your centre-flow and the more attuned you become to yourself, the easier it is to hear that '*little voice*'. It is such a free feeling and there are no fears or questions when living your life via your good feelings.

If you have a question, the answer from Source, God or The Universe, will come before you have even finished asking. How many times have you second guessed your first idea, only later to realise you were right initially? Yes, it may seem logical and sometimes it is very appropriate to think things



over, depending on the subject matter. However, have faith that you are always guided via your connection to The Energy That Is, in the most direct way. Follow your good feelings and you will always be on a winner!

**Exercise one** - *Listen to your feelings. “Listen to your feelings?” we hear you say, “How do I do that?” Well it’s living via the signals you get from your connection to the Energy That Is. It generally comes via the words you hear in your head and /or a feeling throughout your body. By good feelings, we don’t mean ‘safe feelings’! Please don’t be confused. Your good feelings are the energy direct from Source, God or the Universe and safe feelings are often generated from fear and thoughts of self-denial. You will learn the difference via your own feelings as you go along your path. All we can do is give an explanation of the difference, using some words. So following your good feelings would mean experiencing feelings of: clarity, happiness, deep excitement, a knowing, or a sense of calm urgency. Words to describe safe feelings would be: comfort, fear, anxiety, sadness and a sense of settling. Unfortunately safe feelings are often what we are used to and what we have been conditioned to feel. However, they are not always ideal for creating your best life.*

Imagine life as a scaling adventure up the face of a cliff. The cliff is miles high above you and you are standing on the ground below. You have chosen your path before you begin and the Energy That Is, has told you “If you trust what you are shown and follow your good feelings, you will find shackles to clip into along your way”. You have your harness on and in your hands, your life-saving rope.

Like when you are born, you push off the ground to start your journey, wondering whether you are capable of staying true to this huge task you chose, called life. At first, the ascension is rather easy as it seems there is enough love and support, so you confidently allow your good feelings to guide you. As you still know they are there to show you the way.

About a quarter of the way up you run into some minor hiccups, you begin to forget how to trust what is shown and how to follow your good feelings. You seem to have missed some of the clips. This creates a feeling of exposure and a loss of faith within you and your life. Never mind, you must move on. About a third of the way through your journey, you can't seem to see any clips nearby, so you stop! Fear and confusion are sweeping over you now, and you realise somewhere along the way your journey got off course. You begin to blame outside influences such as the wind, the rope and your gloves for being slippery. All these outside influences have made you lose your direction. Feeling isolated, swinging there with your safety reliant solely on your strength and your grip, you desperately search for a nearby clip to hook into.

You can't find one! Then you see a rock and it looks safe. You say to yourself, "It's not what I'm searching for, however it should do the same job". (As in life when faced with desperation, you grasp for anything that will ease the feeling of being lost and alone. Be it an unpleasant relationship, a job that does not satisfy you, food or friends that treat you badly). So you grasp at the rock and for a moment you feel safe, however the rock loosens and crumbles away. You drop, falling further and further down the cliff face.

You are filled with blame and anger at the rock, for not living up to what you assumed it was there for. It didn't hang on when you were desperate and needed it most. You blame everything you can find for ruining your journey, and then you blame yourself for being stupid and foolish for putting your life in something else's hands.

At this point you're so far from where you desire to be you feel sick. There are no clips to be seen and you couldn't bear the thought of trusting another rock. The weather turns cold and it begins to rain. You are at a point where giving up seems an easier option than to continue this life. You scream at the top

of your lungs, “Why am I here?” “Why is this happening to me?” “Help, please somebody save me!” In the deepest pits of despair, you begin to realise no one can hear you and if there is going to be a life for you on this rock, you must claim it yourself.

Adrenalin kicks in and you begin to affirm, “I must find a way! It is up to me, *I will* find a way!” As you look back at the cliff face it seems different, glowing almost, with an earthy sheen. In the distance you see a clip and ask yourself, “How could I possibly reach that?” Then you reaffirm, “I must find a way, it is up to me and I *will* find a way!” Gripping your rope for dear life you push off and swing, reaching out as far as your arm will stretch. You miss on your first attempt; however nothing will stop you now! You can see this clip and are beginning to remember why you put yourself here. Gripping your rope for dear life again you push off and swing with all the strength you can muster, you reach out as far as your arm will stretch, “AHHHHHHH, Got it!”

An overwhelming sensation of joy comes over you. You feel alive! Nothing can stop you now! When life was at its brink you made a choice to stand up and claim back your right of passage! You can’t help but to have pride in yourself. For it was you, within the perils of life, who gave yourself the strength needed to change your mind and to turn your journey around to then find that clip. The sun is now shining and you feel the soothing warmth of its glow. Night will still fall; however you are focused on the light of day. You begin to notice more points along your ascension to clip into and as time goes by, permitting you to remind yourself and retain your positive good feeling focus. The flow of your journey is easy, joyous and more fulfilling than you would have ever perceived.

There is great meaning in this story and it is here to explain that we are all searching for something we were naturally born

with, our good feelings, so use them as your guide. Listen to others, although believe in yourself, for your life is at the total control of what you believe it to be. The closer you are to your centre-flow and the more faith you have within yourself, the stronger your inner guidance will be. Trust yourself and without inflicting harm on others, follow your good feelings. For if it doesn't flow, let it go!

**“God helps those who help themselves.”**

**Benjamin Franklin**

Contrary to what others may say, we were not birthed to this earth to be tested and hardened by experience, though it will test you if you don't follow your good feelings. So smile, believe, relax and reach for it, whatever it may be! What you were searching for was always there and always will be. At any point you start to reach for good feelings, good feelings will find you today, tomorrow, or even next year. You know that you can do anything if you set your mind to it, so when you feel a wave of 'I can't', beginning to build, blast it away with thoughts of 'Yes I can'. Relax in knowing that, *it took time to get off track, so it will take time to get back*. It's never too late, it's always the perfect time, so stay on your path and follow your dreams. Be guided from within and you will be destined for success!

**How Do I Find The Love?** - If you love and respect yourself so will others. The reason for this is via the Law of Attraction, you will always receive what you feel about any given situation. So if you believe and feel confident, you will attract situations and others that will support your confidence. Then you will continue to feel confident, you will attract more situations and others that will support your confidence. How you feel and what you believe; is the experience you receive. So if you believe and feel inferior and uncomfortable, you will attract situations and others that will support your inferiority

and discomfort. Then you will continue to feel inferior and uncomfortable and you will attract *more* situations and others that will support your inferiority and discomfort. Around and around you go! “Well that is just great!” we hear you say, “It feels like a vicious cycle, how do I get off?”

When you are depressed about who you are, your relationship status or what you look like, your desires feel so far away. But Rome wasn't built in a day and you can't go from depressed to blissful in a day. You can and will see flickers of it as you do the work, although, it does take time. The only reason we are saying this is to support what you are doing and remind you, if this is where you are, we were there once ourselves and still have our days where the work needs to be done. So if you are feeling this way, how do you overcome it? And how can you make things better for yourself, by achieving self confidence? Well you start, as always, at the beginning, by using the creative process to create better self esteem. It works the same ways as attracting anything. Request, Release and Receive.

**Exercise two** - Request what you are wanting by directly asking for it in your mind, out loud or on paper. Take some time each day to visualise yourself feeling confident, beautiful or on a wonderful date with somebody.

**Exercise three** - Request by using some affirmations! They are a great tool in increasing your self-esteem, especially said in front of the mirror. If you are feeling unattractive, an affirmation to support the opposite is the best thing to do. Stand in front of your mirror look deep into your eyes and say, “I am beautiful”, or, “I am looking better everyday”. It takes time to get comfortable talking to yourself in the mirror, looking deep into your own eyes can feel uneasy and we have known some people to feel physically sick at doing this task. The reason for this is you are challenging a very concrete demon from the past. What most people don't realise is that the thought of the demon, is actually worse than the demon itself and the only way to move past

*anything holding you back in your life, is to go straight through it. You will vaporise your demons like water on hot coals.*

Everything takes practice and it will become easier in time; it will actually become an exercise that creates a feeling of total empowerment. Using affirmations convinces your subconscious that this is the case. So by saying “I am beautiful”, you will really start to feel beautiful and you will start to see what was always there; it had just been clouded by your very own self-doubt.

To get something you never had, you have to do something you never did.

**Exercise four** - Release by saying the following ‘Self-Proclamation’ or by making a personalised one of your own. This will place you in alignment with more self-confidence.

*“I ...(name).... am at peace, I have complete respect for myself and where I am at this point in my life. I am perfect. I am able to give myself the space for lessons and the patience to learn in whatever time and pattern it takes. I am me. I love myself, therefore my only outward response to others, situations and all life, is love.*

**Exercise five** - Release by using gratitude. It is another wonderful tool! Keep finding something about your appearance or personality that you are grateful for right now.

If you are sitting in a place of self-doubt or somewhere even close to this, you can actually do a lot more than you think you are capable of right now. Have faith, for all you can do, is do what you can.

Lastly, *receive*. You *request* and then when the Universe makes it available, all you have to do is *claim it*! Believe you can have it and you will. Believe you are beautiful and you will be. Believe you are strong, fit, healthy, powerful and abundant and you will be.

You are the most important person who needs to be loved by you.

**Tick the daily check box in your Journal when you have completed two of the following tasks:-**

- **Complete exercise one** - Be mindful of following your good feelings, they are always an ideal guide for creating your best life. (Page 65)
- **Complete exercise two** - Request what you are wanting by directly asking for it in your mind, out loud or on paper. Visualise yourself as confident and beautiful. (Page 69)
- **Complete exercise three** - Create and say three self-confidence affirmations. (Page 69)
- **Complete exercise four** - Create your own 'Self-Proclamation' or use our example to read aloud. (Page 70)

*"I ...(name).... am at peace, I have complete respect for myself and where I am at this point in my life. I am perfect. I am able to give myself the space for lessons and the patience to learn in whatever time and pattern it takes. I am me. I love myself, therefore my only outward response to others, situations and all life, is love.*

- **Complete exercise five** - List all the qualities you are grateful for, about yourself. (Page 70)





## Chapter FOUR - Healthy Body

We all need to respect our bodies. They are here to serve as a vehicle for getting us through each day, each experience and for preferably, a long life. From the day you were born you began the ageing process. Why speed it up by making the wrong choices? Have you heard the wise old saying “*Everything in moderation*”? As it states, an excess or overindulgence in any area, is always an unhealthy choice. We can all benefit from sound sleep, moderate exercise and a balanced diet, these three things alone can put you on a path to a strong and healthy life.

There will be areas in this chapter where we get a little technical. Some of you may be very aware of what foods to eat and how to exercise correctly. However, you may be one of the many people in our world who has no idea. We have decided to give you a fairly broad spectrum view and the basics in these areas, as *everyone's body is different*.

Healthy eating is not about fad diets, staying unrealistically thin, or depriving yourself of the foods you love. It's about feeling great, having more energy and keeping yourself as healthy as possible. You can make wise choices by choosing the types of foods that improve your state of well being and avoid the types that decrease it. By doing this you will also lower your risk of illnesses, such as heart disease, cancer and diabetes. These diseases are extremely prevalent in today's society, even though in many cases they are avoidable. This indicates to us that many people are just not aware, or just don't care about the detriment they are doing to their own bodies.

If you were to inform an unhealthy person between the age of 15 and 50 that they are drastically cutting years off their life, they would probably choose not to believe you. They would most likely not care, because at this point they feel fine. Then years later, they would possibly find themselves sitting in the doctors' chair, receiving a death sentence, all caused by one of

the many terminal illnesses related to their unhealthy habits. Given the choice then, I'm sure they would love to change their past and add those 10 – 20 years back onto their life span. Consider your children! Or if you haven't had them yet, will your lifestyle now give you the opportunity to do so?

**BMI** - Everybody is different; therefore we need to work out which weight range is healthy for you. An effective guide is the BMI; BMI stands for Body Mass Index. It is a guide to estimate the total amount of body fat you have. It is dependent on a ratio of height to weight:  **$BMI = Weight (kg) / Height (m) \times Height (m)$** .

All of us should aim to fall somewhere in the BMI healthy weight range of 18.5 – 25 BMI. A BMI less than 18.5, can indicate being underweight and a BMI of greater than 25, is considered to be high and can indicate being overweight. A BMI of above 30, indicates obesity and a BMI of above 40, indicates morbid obesity.

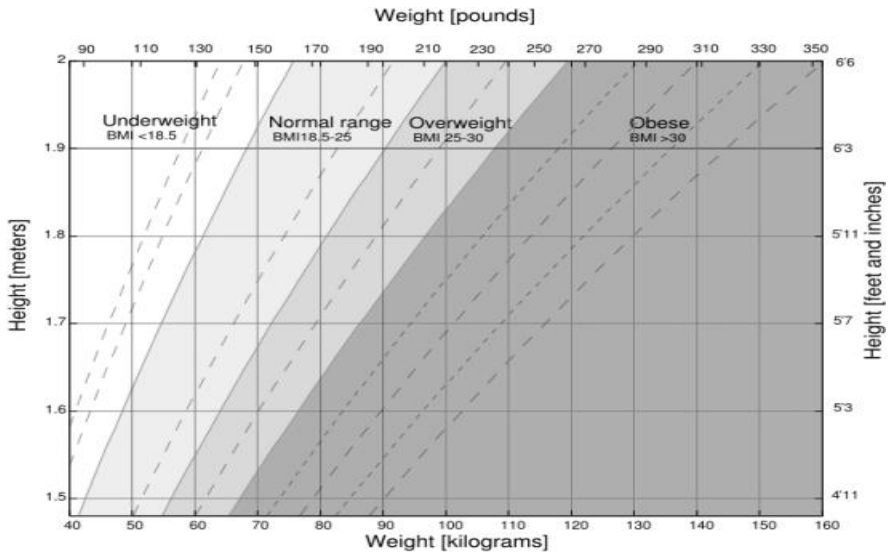
As an example, let's work out Kate's BMI -  **$Weight (59kg) / Height (1.69m) \times Height (1.69m) = Kate's BMI is 20.65$**

As a rule, muscle weighs more than fat and because the BMI scale only measures weight against height, it does not differentiate between the two. For example an athlete may be very muscular and because of this have a high BMI. Their BMI score could be greater than 25 and you can clearly see that they are healthy.

This scale is also not suitable for pregnant women or children. It is a general scale used for the average person. However most of us do fit into this category where the BMI is useful.

## Hidden Path

Here is an example of the BMI scale.



Maintaining your body's perfect physique is achieved by balancing, **energy in - energy out**.

**Firstly, let's talk about Energy In -**

**Water** - The human body is approximately 80% water. Because of this, drinking water is a vital part of a healthy diet and we should be drinking at least eight glasses per day. Our kidneys filter waste products and toxins from our blood; then water helps flush our kidneys of these collected waste products and toxins. Water also carries nutrients into our body's cells and then carries wastes out; therefore water helps all of the cells within our bodies function properly. A majority of people go through their lives being totally dehydrated. Their bodies are

screaming out for water and they constantly mistake it for hunger. As a suggestion, if you feel hungry have a glass of water and wait a minute, use this time to prepare a healthy meal or snack. It is also a great idea to try your best to drink only filtered water.

**Fruits and Vegetables** - Everyone should be eating at *least* five serves of fruit and /or vegetables daily. One serve of vegetables is approximately 75 grams as in half a cup of cooked vegetable or one cup of salad. One serve of fruit is approximately 150 grams of fresh fruit like a medium-sized apple or two small apricots. Fruits and vegetables are low in calories and are packed with vitamins, minerals, anti oxidants and fibre; vital for any healthy diet. They should be part of every meal you eat and to do this can be as simple as replacing hot chips with a side salad or a chocolate bar with an apple or a peach. We are not saying there is no place for chocolate and other indulgences in your life, just pick the times and use these food items as a treat, not as a meal substitute. Let fruits and vegetables be your first choice for any snack.

**Fruit** - Eating a wide variety of fruit is a healthy element to any eating regime. We all need a small amount of sugar in our diet, although, we are not talking the kind you will find in lollies and sweets. Fruit contains the beneficial natural sugars that are great for us, plus fibre, vitamins and antioxidants. Eating fruit will aid you in reducing your cravings for other unnatural sweets. Fresh is great, however out of season fruit & veggies can be purchased snap frozen! Oranges and mangos offer vitamin C, apples provide fibre, bananas have a great dose of potassium and this is just a start. Generally the brighter and deeper the colour of your fruit, the higher the concentration of vitamins, minerals and antioxidants will be. Like berries; they are wonderful cancer-fighting fruits. Kate enjoys eating frozen blueberries most nights for desert. YUM!! And so healthy!

**Vegetables** - Dark leafy green vegetables are a vital part of a healthy diet, considering they are packed with nutrients such as calcium, magnesium, iron, potassium, zinc, and vitamins A, C, E and K. Greens help to strengthen your blood and respiratory systems. We all know fruit is sweet to taste and vegetables are a great source for a savoury hit. However, there are also some naturally sweet vegetables and they are an excellent way to add a healthy sweetness to your meals. Some examples of sweet vegetables are beetroot, sweet potatoes, corn, carrots, onions, and squash.

**Vegetarian** - For vegetarians, or for a healthy addition to any diet, would be a selection of nuts, beans/pulses, peas, and soy products. They are all a perfect source of protein, fibre, vitamins and minerals including iron. Nuts, such as almonds, brazils, cashews and pecans are best eaten raw, plus you should avoid buying them salted and / or sweetened. Beans and pulses include: black beans, navy beans and lentils. Peas include: chick peas and split peas. Soy is a great alternative to animal products, as in tofu and soymilk. Iron is an important vitamin and without meat in your diet, you can be at risk of running low and becoming anemic, so you really must be aware and keep a handle on your levels. Kate has been a vegetarian since the age of sixteen, so she knows herself the importance of supporting your daily iron intake. Beans, pulses, some dried fruits and many other foods within our diets, are also packed with iron. It's just that our bodies find the iron in meat easier to absorb. Iron in a non meat format is more readily absorbed when eaten with vitamin C. As an example, adding some beans and pulses (for iron) in a salad with some capsicum (for vitamin c), would be a great mix.

**Fibre** - Fibre can be found in fruits and vegetables, however it is also found in whole grains. Fibre is your digestive system's best friend. Whether in fruits, vegetables or in grains, we all need fibre. Eat grains that are in their whole form and avoid

refined grains. Food labels that use words like stone-ground, multi-grain, 100% wheat or bran on their packaging will not necessarily mean that a product is whole grain; look for 'whole grain' or '100% whole wheat'. Great sources of fibre are dark breads, like rye and toasted wheat cereals. People who have coeliac disease or who are just mildly allergic to wheat and gluten, should obviously avoid any products containing these items. There are plenty of alternatives available these days, so search your local supermarket or health food store.

**Dairy** - Dairy products provide a rich source of calcium which is essential for the growth, development and maintenance of healthy bones. Calcium lowers the risk of developing conditions such as osteoporosis. Osteoporosis is a condition characterized by the deterioration of the strength and density of your bones. A lot of dairy products these days are fortified with vitamin D, which helps your body absorb the calcium. Calcium can also be found in dark green leafy vegetables, plus in dried beans, nuts and legumes. Young children up to the age of 12, are really the only ones who should be on full fat dairy. As you age, non-fat or low-fat dairy products are best. If you're lactose-intolerant there are many options these days such as soy, nut, rice and lactose free products and supplements. We should be aiming to consume at least three servings of calcium rich dairy per day.

**Meat** - Lean meats such as beef, lamb, poultry, pork and fish are all rich in protein, zinc, iron, calcium, enzymes, vitamin B12 and amino acids. All of these can be found in non meat sources; however your body can't always absorb the iron and B12 in these forms. When our bodies digest meat they find it easier to utilise these nutrients, plus meat has a tendency to keep us fuller for longer. Purchase lean meat, as it will give you all the benefit and less of the detrimental effects that too much saturated fat will give you. Eggs are a great source of vitamin B12, phosphorus and protein; they are a little package of power.

Just mind how much you consume, as they are a high in saturated fat, and very high in cholesterol.

**Fats and Oils** - Fats are another vital part to a healthy diet. Good fats are needed to nourish your brain, heart, nerves, hormones and all your cells, as well as your hair, skin, and nails. Fat also satisfies us and makes us feel full. However, too much of the wrong kind of fat can lead to cardiovascular diseases and these are some of the leading killers amongst the human race. So it is the *type* of fat that matters, plus how much you consume.

**Bad Fats** - *Saturated fats* are found in animal sources including: red meat and whole milk dairy products and these are only good for you in very small amounts. *Trans fats* are in vegetable shortenings, some margarines, snack foods, fried foods, baked goods, crackers, lollies, cookies, and other processed foods made with hydrogenated vegetable oils. Too much of these sorts of fat will raise your Low Density Lipoprotein (LDL) or 'bad cholesterol', plus they contribute to many of the other negative health issues we have spoken about.

**Good Fats** - *Monounsaturated fats* are found in plant oils like, peanut oil, canola oil, and olive oil. Plus, they are in avocados and nuts such as, hazelnuts, almonds, and pecans, plus seeds such as, pumpkin and sesame seeds. *Polyunsaturated fats* are the Omega-3 and Omega-6 groups. Omega-3s are found in cold water fatty fish such as: anchovies, salmon, sardines, herring, mackerel, tuna and fish oils. The Omega-6 sources of polyunsaturated fats are found mostly in grain foods and oils. Other sources of polyunsaturated fats are sunflower, corn, soybean and flaxseed oils, and walnuts. It is important to know these oils become toxic when heated and can lead to disease. So don't cook with them, they are best in salads. These oils are good for you in moderation and will actually reduce your 'bad cholesterol'.

So, focus on including *Monounsaturated* and *Polyunsaturated fats* in your diet, decreasing *Saturated fats*, and avoid *Trans fats* as much as possible.

**“If I'd known I was going to live so long, I'd have taken better care of myself.”**

**Leon Eldred**

GI - Another health notion to consider is Glycemic Index or GI. This is the way foods are rated because of the speed at which they release their natural sugars into our blood stream. High GI, means that the foods are absorbed and used quickly. They cause a spike in your blood glucose levels, because your body burns them so rapidly. High GI foods leave you feeling full at first and then hungry soon after. Plus eating an excess amount of High GI foods can contribute to type two diabetes. Low GI foods are absorbed more slowly and allow your blood glucose levels to stay steady. They will keep you feeling fuller for longer and stop the need for snacking between meals. To function physically and mentally our bodies need fuel and your body has a simple way of choosing the order to burn food. First your body will burn ‘simple sugars’ such as fruits and lollies that are High GI. Secondly it will burn more the ‘more complex’ High GI carbohydrates. These foods include most refined items and/or anything that is white, such as white bread, rice and potatoes, many wheat based breakfast cereals and most processed food. This is because our bodies burn the carbohydrates, by converting them into sugar. Lastly your body will burn Low GI foods, as in, whole grain breads, muesli, porridge, basmati or brown rice, meats and dairy. Low GI foods also include some fruits especially berries, and most vegetables such as sweet potatoes and in particular all your greens. So in theory, if you eat more sugars (High GI) your body will burn these and never get to burn the fat that you have consumed which will be stored.



**Every, Body is Different** - Kate is a big believer in 'The Eat Right Diet' (written by Dr Peter D'Adamo and Catherine Whitney). This book follows the concept and explains the reasons why your blood type is the catalyst to which foods and exercises are best for your body. In short; O types are meat eaters who respond best to intense physical activity. A types are the vegetarians and are best with slow rhythmical exercises such yoga and Tái Chi. B types are the balance between O's and A's. AB types are a combination of A and B. Kate is an A type, however oddly, she didn't discover that she was on track with the right diet for her blood type until years after becoming vegetarian. Her body functions best on a high fibre, low protein diet. Her meals would include: 100% whole grain cereals with low fat dairy milk or soy milk, rye bread sandwiches, brown pastas with vegetables, brown rice and vegetables, salads, plus lots of fruit and nuts for snacks. She has no issues with iron and protein deficiency, as over the years Kate has discovered that this works best for her.

Shannon bases her diet on observing her meal combinations. Always keeping in mind the GI levels of her foods, therefore she eats a mostly low GI plan. She used to be anaemic (low iron levels) and she was constantly finding herself sick with colds, the flu and chest infections. It caused her to suffer from a low pulse rate and, at her worst point she would have up to six strong dizzy spells a day. Shannon would also be constantly tired and would have to have a lunch time nap just to survive. A couple of years ago she changed her eating habits and now eats small portions of protein, mixed with a low GI side at almost every meal, and she drinks plenty of water. She finds that the protein keeps her full for longer and also helps in increasing iron levels and muscle mass. Because she is combining her proteins with low GI, this enables her body to directly burn the fat she has consumed and any fat she may have stored. More muscle mass = more fat burning = higher metabolism = easier weight management. She has not been sick

or had a dizzy spell for a many years now and has so much energy that instead of having a day time nap, she uses the extra time to run up a mountain.

We are not saying that our way is the only way to go, by any means. We just find these different approaches suit us as individuals, and this has come from the fact we are both interested in the way our bodies function, and we love feeling great. You do what works best for you! There is a lot of information out there if you are interested in feeling your best and losing or maintaining your weight. As in books, magazines, internet sites, weight management and weight loss programs these are all on the market to offer you different ideas and solutions. You will only know what is best for you by experimenting on them within your life. Once again, it's up to you and your lifestyle when choosing one that suits best, and most importantly, one that is easy enough for you to stick with. There is no point in starting a program that you find unrealistic from the onset. Choose something that will challenge you, yet is easy enough and enjoyable enough to stick with.

**Calories** - Many options require you to become aware of your calorie intake. This differs from person to person, dependant on the age and the amount of physical activity they do. However, it has been broadly suggested that for weight loss, women consume up to 1200 calories per day and men consume 1600 calories per day. For maintaining weight, it has been broadly suggested that 1900 calories for women and 2500 calories and for men per day would be appropriate.

**Look at Your Labels** - If you have a look through the items in your pantry, you will notice they should all have a table listing the nutritional value of the product on their packaging. Learn what you are looking for and when it comes time at the supermarket, compare the nutritional value between products to help you decide which items to choose. This is a great way

to monitor your calorie intake, your fat intake (including saturated fats), sugars, sodium (salt) and carbohydrates. Become informed and know what your body needs and doesn't need. Here you will also find a list of ingredients for the product. They are listed from the highest to the lowest of concentration ingredient. So, if you were buying a packet of chickens nuggets and chicken is the second last ingredient on the list, this would show that there is not much chicken in your chicken nuggets at all. Read your labels. Knowledge is power!

**Day To Day Preparation** - Prepare your pantry and fridge by removing all the foods that will lead you astray and make sure you always have a variety of healthy foods on hand. *Variety is the spice of life!* Sticking to the same menu every day is a sure way to become disinterested.

Ensure you start your day by eating a good breakfast, and by good, we don't mean large. This will prevent your body from going into starvation mode and your metabolism from becoming sluggish. As an addition to her breakfast Shannon starts her day by squeezing a lemon into a glass of water. This is an effective way to boost your metabolism and also acts as a fantastic detoxifier. Kate starts her day with fruit or juice, then cereal. Any fruit first thing, is a great idea, as it brings your digestive system back to its perfect PH level. The worst thing you can do is have a coffee first, if you enjoy having one, wait until after you have had something to eat.

We believe it is best to eat five to six small meals during the day, rather than three big ones. Larger meals can make your body feel sluggish, because it will put your energy toward trying to digest your food. If you have smaller meals, your body will get a boost from the food and keep on keeping on. We don't need as much food as the fast food outlets would like us to believe. The size of the average dinner plate has increased in the last few decades and it has now become normal for

people to cram excess food into their bodies. You can see the proof of this as soon as you go to any restaurant or down any street in any town.

Furthermore, stop eating before you *feel full*, as it takes several minutes for your brain to register that your body is actually full, so give it time. This can be helped by chewing your food slowly and savouring every bite. We tend to rush through our meals, forgetting to actually taste the flavours and feel the textures of what is in our mouths. Get present while you are eating and connect to the food that gives you life!

**Vitamin And Mineral Supplements** - Most of us, whether we are conscious of what we eat or not, could benefit from some added vitamins or herbs. A consultation with your Doctor for a chat and a simple blood test, can indicate any areas in which your body may be lacking. Then a consultation with a Naturopath or Dietitian can guide you in what supplements may be needed. Visiting your pharmacy can be quite intimidating when looking over the endless shelves of pills and potions. There seems to be a remedy for just about everything and anything. That is why devising a plan with a Naturopath or Health Professional is the perfect place to start.

**Exercise one** - *Spend some time researching which foods work for you and learn how to read your labels and become informed as to what is in the foods you are eating. Enjoy eating a wide variety of healthy, nourishing foods daily. Become aware of the increased energy you have and the way your body feels.*

**Now, let's talk about Energy Out** - Exercise along with a healthy diet is the key to a long healthy life bursting with energy. 80% of what you weigh is due to what you eat and 20% is due to your physical exertion. So you will have to put a lot more into an exercise regime if you aren't going to watch your food intake. Although, if your eating habits are correct you

can lose weight or retain a good physique quite easily with only a mild exercise plan.

This being said, exercise alone can help with many common ailments that an inactive lifestyle can create. Spending your life stationary is one of the top risk factors for heart disease. Luckily, it's a risk factor that you can do something about. Doing regular exercise has many long term benefits, however this exercise will need to get your blood pumping, so you sweat and elevate your breathing. *Internally*, it will strengthen your heart and cardiovascular system, plus improve your circulation and help your body's use of oxygen. It will reduce your risk of type two diabetes, osteoporosis and obesity. It will lower your high blood pressure and even strengthen your bones. From an *external* point of view, exercise will improve muscle tone and strength, help you reach a healthy weight by reducing body fat and make you look and feel, fit and healthy. Exercise will improve your *lifestyle* by changing the way you feel every day. Because of your new increased energy levels, you will be able to do more activities without becoming tired or short of breath. It will increase your endurance, improve balance and joint flexibility. Plus it improves sleep, makes you feel more relaxed and rested, helps reduce stress, tension, anxiety and depression and boosts your self-esteem. Absolutely amazing! So why are you still sitting there? Other than the fact you are reading this book. 😊 Well, if that's not enough of a reason to get out there and work your booty, then here are some more. Exercise will make you focus better at work and at home. It creates feel good endorphins to make you a happier person enjoying a more fulfilling life. And that in itself is the aim of our book!

**“Fresh air impoverishes the doctor.”**

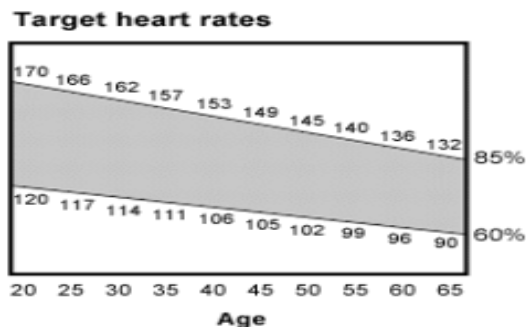
**Danish Proverb**

**Before you begin** - Before you start implementing any exercise strategy, make sure you have a talk with your doctor. This is

especially important if you have had health problems, been inactive for some time, if you're pregnant or elderly. A fitness assessment by a Personal Trainer is another fantastic idea. They will also help you with a fitness plan designed especially for you. Not only to improve your fitness levels, but to target the areas of your body that you want to shape up.

To prevent an injury, start your workouts with a warm-up, 5 to 10 minutes of warming your muscles with some light aerobic exercise. This followed by some light stretching, will make your muscles and joints become more flexible. Repeat the same thing when you're finished to cool down or until your heart rate returns to a normal pace. Pay attention to your body. Stop exercising if you feel very out of breath, dizzy, faint and nauseous, or have pain.

The following chart (on the next page) shows the target heart rates for people of different ages. It has been broadly suggested that when you're just beginning an exercise program, take your time and aim for a heart rate of 60%. As your fitness improves, you can exercise harder and get your heart rate closer to the top percentage for your age of 85%, never push yourself above this. You can check your heart rate by counting your pulse for 15 seconds and multiplying the beats by 4 or alternatively, you could purchase a basic heart monitor, making it nice and easy.



**What sort of exercise should I do?** - To get fit there are so many things you can do. If you have the attitude that your

options are endless, then you will attract more ideas. Aerobic exercise includes walking, jogging, hiking, climbing stairs, dancing and cycling. Walk one day, go for a bike ride the next. Join your local pool, and on wet, cold, or overly hot days, get to the gym. Go for a bush walk; there could be many tracks in your area (depending on where you live). Do an internet search; you may be really surprised at the beautiful walks that are hidden in your surrounding suburbs. If you are social, exercise with a friend or relative; you can push each other along and being in good company will make the time fly. Or consider group activities, like dancing, tennis, squash, yoga and pilates. There are many fitness DVDs available, so if you have a couple, add them in now and then. You will never be short of ideas to keep fit. DVDs and group activities will also give you ideas for new exercises and explain to you how to do certain movements correctly. Did you know that most video shops hire workout DVDs? So grab a few different ones each week and keep things exciting! Mix up your workouts and try new things, this will allow you to pin point the types of exercises that you enjoy most and keep you from becoming bored.

Walking is considered one of the best choices, because it's easy, safe and it can cost you nothing. As researched and shown on the Australian Television show 'What's Good For You' *over the same distance*, a brisk walk can burn as many calories as jogging, plus it is less likely to cause an injury. Always make sure the exercise you choose, suits you physically. For instance, if you have a neck problem, then walking would be suitable and swimming is easier on arthritic joints.

It is best to stick to a regular time every day. Find a suitable time either before or after work and on the weekend do something different to mix it up. Push yourself, set your own goals and take pride in what you achieve. There will always be someone fitter than you, so refrain from comparing yourself to others. The best exercise is the one that you will do on a regular basis. A lot of people start to exercise and then after a

short period of time, either give up, lose interest or just get busy elsewhere and their focus diminishes. To stick with your exercise program you might want to choose something you like to do. Kate's husband loves to kite surf and wake board, while Shannon's husband loves to surf. Both are getting their exercise by doing something they love so it never gets old. Vary your routine! This is the best way to get an all over body workout, because it ignites different muscles each time and it's also the best way to avoid boredom.

**Weights are great!** - Weight training or strength training will build your muscle strength and your muscle density. Increased muscle mass contributes to more fat burning and to increasing your metabolism. This will make your body burn more calories, 24 hours a day, even while you're sleeping. To weight train, you can pick up weights from as light as 0.5kg, they then range in weight up to as high as you want to take them. You can purchase many machines or use them at the gym, they involve weights and resistance, to target all different sorts of muscle groups. Moves like push-ups and tricep dips are weight training exercises too, because you are using your own body weight as the resistance. Use your imagination; you can use many things at home. When Kate started incorporating light weights into her workouts, she would use unopened cans of dog food. This then turned into 2 x 2ltr bottles of water. It took her seven years of doing light weights before she actually purchased *real ones*.

Before you get started keep the following things in mind. Always warm up before you start lifting weights, this helps to get your muscles limber and will prevent an injury. You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights. Once again, if you have high blood pressure or other health problems, talk to your doctor before beginning weight training. Always consult a personal trainer to show you how to lift your weights correctly.



You can do quite a lot of damage if you don't know what you are doing, especially if you go too heavy, too soon.

**How Much Exercise is Enough?** - As a recommendation, it is said to take 10,000 steps per day. This equates to around five miles or just over eight kilometres, which is about to 45mins to 1 ½ hrs or more if you are walking. You can measure the steps you have taken and the distance walked with a pedometer. Some pedometers have a built-in heart rate monitor, so along the way you can tell how hard your heart is working. A good exercise goal for most people is to work up to exercising four to six times a week for 30 to 60 minutes at a time. Although, intense exercise has so many health benefits, a little is better than nothing. Start out slowly and find your pace. If you haven't gone for a basic walk in years, you won't be able to run a marathon in a week. A 15-minute period of light exercise as in a brisk walk, cycle or a swim, six days a week would be a great start. Then gradually increase the time of your work out and how hard you push yourself. On the following page is an example of how you can go from being a non active person, to being comfortable doing 60min of exercise a day.

## Hidden Path

|                | SUN | MON    | TUE    | WED    | THU    | FRI    | SAT    |
|----------------|-----|--------|--------|--------|--------|--------|--------|
| <b>Week 1</b>  | OFF | 15 min | 15 min | 15 min | OFF    | 20 min | 20 min |
| <b>Week 2</b>  | OFF | 20 min | 20 min | 20 min | OFF    | 20 min | 25 min |
| <b>Week 3</b>  | OFF | 25 min | 25 min | 25 min | OFF    | 25 min | 30 min |
| <b>Week 4</b>  | OFF | 30 min | 30 min | 30 min | 15 min | 30 min | 30 min |
| <b>Week 5</b>  | OFF | 30 min | 30 min | 30 min | OFF    | 35 min | 35 min |
| <b>Week 6</b>  | OFF | 35 min | 35 min | 35 min | 15min  | 35 min | 40 min |
| <b>Week 7</b>  | OFF | 40 min | 40 min | 40 min | OFF    | 40 min | 40 min |
| <b>Week 8</b>  | OFF | 40 min | 40 min | 45 min | 20 min | 45 min | 45 min |
| <b>Week 9</b>  | OFF | 45 min | 45 min | 45 min | OFF    | 45 min | 50 min |
| <b>Week 10</b> | OFF | 45 min | 50 min | 50 min | 20 min | 50 min | 50 min |
| <b>Week 11</b> | OFF | 55 min | 55 min | 55 min | OFF    | 55 min | 55 min |
| <b>Week 12</b> | OFF | 60 min | 60 min | 60 min | 20 min | 60 min | 60 min |

You will be surprised at how quickly your body will become accustomed to each stage.

**Why not count everything you do as exercise!** - Create exercise throughout your day by making a slight adjustment. Walk all or part of the way to work, take the stairs instead of the elevator, get out and go for a walk during your coffee or lunch break, do housework at a fast pace, play with the kids, go outside and do some gardening, as in rake some leaves or mow the lawn. Plus by mentally counting this as exercise you are affirming that you are a person who does actually exercise, even more of a benefit.

**Get off those scales!** - Sometimes scales are not the best reflection of your weight loss and / or your health gain. Shannon uses a tape measure to make sure she keeps herself on

track. By measuring your chest, stomach, hips, butt and thighs, you can gauge how well you are doing. Sometimes you may not have lost any kilograms or pounds, however when you measure yourself, you may find you have lost a few centimetres or even inches. You can also tell by your clothes if your attempts at getting healthy are working. The biggest indicator and most important one is simply the way you feel.

**Exercise two** - *Devise an exercise plan that works within your lifestyle so you can work on including 15 - 60mins of aerobic exercise into your day, as in a brisk walk, cycle or swim.*

**Exercise three** - *Find some time to fit 20mins of weight training into your day, as in some free weights, tricep dips, sit-ups. Aim for 3 days of weight training per week and do different muscle groups on consecutive days.*

**“Fitness - If it came in a bottle, everybody would have a great body.”**

**Cher**

**Healthy Attitude** - To live a healthy life you will not only need to eat well and exercise, you also need to understand that it has as much to do with your attitude and mindset, as it does with your health related efforts. For example, if you are always thinking, *I get sick all the time; whatever is going around, I'll get it.* Then because we always get what we expect, you can almost guarantee, that you are always going to get ‘whatever is going around’. Why do you think hypochondriacs always have something to complain about? It's because they are looking for it, they spend almost all of their precious thinking time, on finding things to complain about. Nothing ever goes their way. Not convinced? How can you explain the fact that women can have false pregnancies? They have all the symptoms of an early pregnancy, morning sickness and a missed period. This can go on for many months to the point they may even start to show.

These non pregnant women are showing physical signs of pregnancy because in their minds they are actually, 100% pregnant! You get what you think about and your body will respond to your thoughts like clockwork!

When Shannon was growing up she experienced panic attacks. A panic attack is a very sudden onset of intense anxiety. There was nothing physically wrong with her, except the thoughts in her mind, she was panicking and stressing out. At one point, at the height of a stressful moment, her body decided to basically shut down. She began to gasp for breath and after a short time with not enough oxygen pumping through her body, she fainted. What had begun as a mild case of stress, snowballed because she was intensely thinking she was going to die. (Sounds dramatic, doesn't it? However that is what a panic attack is; ask anyone who has had one. In fact, they are so common you have probably experienced one yourself!) The more she panicked about not breathing, the faster her body shut down. Once awake, she was completely fine and her Doctor gave her the ever so common explanation about a panic attack, "It's actually all in your mind, there was nothing wrong with you and you can control a panic attack by focusing on something else and knowing you are actually OK." So, even though Shannon now felt completely embarrassed, she took this information in her stride and this was the last panic attack she ever had. Whenever she felt panicked, she would remind herself that she could control it and everything would be OK. It is amazing what we can create physically, just by influencing the direction of our thoughts!

Medical research has documented the influence our thoughts have on our bodies on many occasions over the years. When trialing a new drug researchers gather a group of volunteers who all share the same illness. They then split the patients into two groups and supply them with the medication that they are trialing. One group are prescribed the correct drug and the

other group are supplied a placebo (a pretend medication). To keep the experiment honest, nobody knows which group they belong to. The interesting part is, in some cases the patients who receive the placebo improve comparable to the patients who have been prescribed the actual drug. (This shows that a similar amount of people in both groups believe they are taking the medication being trialed and assume it is working, ‘Glass half full thoughts?’). Likewise, a handful of patients who take the actual drug, do not improve at all. (I wonder what these people are thinking, ‘Glass half empty thoughts?’) The placebo effect shows us beyond a doubt, it’s your mind that influences your health. It is your *most* valuable tool in getting well and staying well.

**Addictions** - Use your mind to battle addictions. Excessive alcohol abuse, drug use and smoking damage your body in so many ways. This whole book could be filled with their repercussions. We are natural beings and we should treat our bodies as they were created to be treated, naturally! Unless you have been living on another planet or with your head in the sand, we are sure it is pretty straight forward. All these things lead to your early death! Hello! Are you with us? Do you plan on living to a good 100 or a very sick 50? You are smart and you know what your habits are doing to your body, so use this as the driving force to help you quit.

**Exercise four** - *To help with addictions and to assist in all areas of becoming healthier, every morning for as long as it takes, and then even longer, write and read some affirmations several times to assist your recovery. For example a smoker would write and say “I am a non smoker, I breathe clean air and I love and respect my body”. A person who is addicted to food in an unhealthy way could say, “I only eat food that nourishes my body and I have an endless pool of energy.”*

Get out there and find help! Addictions are widely spread and there are many recovering addicts and groups that can help you from an experienced perspective. As you know affirmations

can be used not only for addictions. You can increase your energy, eat better, lose weight, become fitter and can help heal emotional issues that are holding you back.

**“An unhealthy lifestyle is merely a series of unhealthy habits. To adopt a healthy lifestyle you need to change those habits.”**

**Cyndi O'Meara**

We want you to use this month, to become health conscious! Focus on what you are putting into your body and what you are putting out. Is it a benefit to your system or is it a detriment? Get the right attitude and determination, for the Universe can only match your positive active vibration. It's the perfect time for change, become healthy today and live your life to the fullest. You have all the power within. Good luck.

**Tick the daily check box in your Journal when you have completed three of the following tasks:-**

- ***Complete exercise one*** - Read your labels and become informed as to what is in the foods you are eating. Enjoy eating a wide variety of healthy, nourishing foods daily. Become aware of the increased energy you have and the way your body feels. (Page 85)
- ***Complete exercise two*** - Devise an exercise plan that works within your lifestyle so you can work on including 15 - 60mins of aerobic exercise into your day, as in a brisk walk, cycle or swim. (Page 91)
- ***Complete exercise three*** - 20mins of weights training, as in free weights, tricep dips, sit-ups. (Page 91)
- ***Complete exercise four*** - To help with addictions and to assist in all areas of becoming healthier, every morning for as long as it takes, and then even longer, write and read some affirmations several times to assist your recovery (Page 93)





## Chapter FIVE - Healthy Soul

Below the surface, deep within us all, lies our soul. It is an invisible part of us and because it cannot be seen, it appears elusive to many, like an unexplained mystery. Although concealed, it is the fundamental part that connects all of us to each other and to the Universe at large. However yours is yours, it is nobody else's and because of this, it cannot be hurt, nor can it be healed by anyone but you!

If you carry a damaged and burdened soul, it reflects through you, via your personality and ultimately within your life experiences. Meditation can heal and repair your soul and open your mind to a mass of possibilities. It will give you the focus needed to help you make decisions, work out right from wrong and assist you through the contrasts and blockages you may face in your life.

Meditation evokes a sense of calm and centredness over the person performing it. Often it can create an air about you, an extra twinkle in your eye. This exuding calmness comes from a deepened, clearer connection with the Universe and Source Energy. Some of us are naturally calmer than others; however meditation can change the life and perception of even the most tense person. When we carry a relaxed and peaceful soul, it oozes out upon all we touch; your life explodes with grace and accuracy. Can you think of any people that you know who are like this? Or do you often feel this way yourself? If you do, you will have an understanding as to what we are speaking of, if not, you may have a yearning to get involved so you too can feel this way. There is something infectiously special about the feeling created by meditation, and if you are not a regular, or have only practiced once or twice, you may need to remind and prompt yourself to continue. As always, after a session you are left feeling so grateful and blessed that you bothered. What makes it all so enjoyable is that you lift your vibration to a new and clearer level; we can all achieve this through positive focus

and meditation. A person who has never attempted meditation before may find it all too hard to understand and may have negative thoughts and feelings associated with it. They may feel it looks boring and only aloof hippies do it; this couldn't be further from the truth. Many highly successful people will attribute their continued focus and achievements to the practice of meditation. Because most criticism comes from being uninformed and or inexperienced, don't knock it till you try it and by trying it we mean *properly*. A half-hearted attempt at meditation will give you half hearted results. Just so you know (if you didn't already) cynicism only hurts the cynic!

**“When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place.”**

**Robert Schuller**

**What is Meditation?** - Meditation is a process of quieting your mind from the endless chatter that continuously fills it. Buddhist Lamas call this the ‘Monkey Mind’, which means jumping from one topic to the next. We have also heard this mental chatter referred to as your ‘Ego’. Either way, it is an explanation of how our thoughts can feel quite out of control at times and how easy it is to become tangled in what may seem like big problems. Stress, fear, worry and confusion, are just some of the unconscious thoughts that can run on constant repeat. Practicing Meditation will focus your mind back to what is really important and remind you of your true spiritual nature.

Meditation has been confirmed to affect a person by making them healthier, happier and generally increase the efficiency within their lives. Everything they do goes with a kind of flow. Often a desire for a natural way of life comes with regular meditation, as it is part and parcel of a holistic lifestyle. It is as though the closer and smoother your vibration is with our most natural vibration of Source, the less you are tempted or feel the

need to indulge in unnatural products and foods. Also what can come with being centred is an attraction to increased activity and movement, as in: walking, swimming, yoga and tai chi. Some people have probably come across meditation from being involved in yoga and tai chi, as they evoke a sense of calm and often involve a period of meditation within some of the sessions.

**Reasons For Meditation** - Meditation is a great way of creating focus within your life and as we have stated, meditation is a great way to increase your flow and connection to the mass of energy that is around us. All of your answers are lying within your ability to connect to the Divine Energy and believe us when we say, we all have this ability. Because of this, meditation can be used for many reasons.

- Some use meditation when life presents them with contrast, to find answers and release. It helps to remove the blockages so they can move forward. As the way to anything you desire, depends on your ability to release your resistance to it.
- People commonly use meditation with visualisation to creatively project their chosen future life.
- Others simply enjoy the time to find the peace from their hectic lives and feel a sense of calm and clarity.
- Commonly people who have become terminally ill will use meditation in a last ditch effort to become well again, therefore avoiding a doctored death sentence. However if they are unable, meditation may help them to release by finding solace and closure, as well as creating peace within their final days.
- Some are looking for stress relief and if you do not find relief from stress, you are likely to end up in the previous category of the terminally ill.
- As we said before activities such as yoga and tai chi involve a period of meditation within their sessions, so

people can find meditation by accident through this, or they may actively seek it as a search for higher meaning in life and a deeper connection to Source.

The reason for finding and practicing meditation is different for all of us. No matter what your reason is for incorporating it into your life, the general process of meditation is the same and the outcome is always a positive one.

**Stress, The BIG Issue For Most** - Stress can be a part of your everyday life. There are a few types and they each affect us differently. Helpful stress (if you could call it that) is the sort that motivates you. It puts a positive firecracker under you, so to speak, and creates attention to topic, as in: *completing that assignment* or *increasing your sales figures*.

Another type of stress is one related to instinctual fear. If somebody pulled a gun on you or if a tiger strolled into your home, you would be stressed and appropriately so. Your heart beats faster, your body begins to sweat and produce mass amounts of adrenalin. This has been documented as a 'fight or flight' response. We have all heard amazing stories of how people go into a reactive stage caused by stress and from this, they instinctively switch to a survival mode. A 'fight or flight' response connects a person directly to Source and they get guided via instinct, without any preconceived thoughts. They may suddenly acquire incredible strength or have an ability or talent that they did not know they possessed. It is an amazing gift from Source or The Universe and has saved many lives. This is why we have stress and why it induces a chemical reaction in our bodies, as it is such an important asset in life. It is something a person will experience in times of need, however, hopefully not too many times throughout the course of their life.

Lastly, this is where we come to the ever unforgiving detrimental stress. Do you lie in bed at night and stress

yourself crazy over the bills, your ex-wife or your work? Does this produce a racing heart rate, sweating and adrenalin, making you feel wide awake? If you are inducing a bodily reaction likened to the 'fight or flight' response on a regular basis via your thoughts and feelings, you are going to get *sick*. This is all because you are pulling from your natural instincts and so, your body begins to react to this stress, by going into survival mode. If your thought process produces fear, an adrenalin rush and a lack of sleep on a frequent basis, do you think you would continue to be a healthy person? These naturally occurring bodily chemicals are there for a reason. These days our lives are hectically busy and we are way too concerned with the goings on of everybody and everything. Many people find they are producing this instinctual response, unnaturally and all too often. Our bodies produce these chemicals naturally for survival instincts, not so you can freak yourself out at any given moment. An overproduction of these chemicals, natural or not, will have *huge* side effects. So you need no longer wonder why stress produces disease. DIS – EASE is a body and mind at complete un-ease. There is no need and it is entirely unhealthy to create this sort of unnatural pattern in your life. 'Like attracts like', so if you are constantly stressed, you will constantly attract stressful situations. Meditation, as always can help!

**Everything Takes Time** - Meditation is a simple process, however it does take time and patience to master. We are speaking of creating stillness within your mind, so thinking about *how* you are going to achieve this and being concerned about whether or not you *can*, are the biggest things that will actually keep you from it. You are thinking about *not* thinking! A bit of a contradiction isn't it? It is fine to think and talk about meditation before and after a session, however when you are attempting it, *just release to it!*

Since you were born, you have been taught to use your mind and think, think, think about everything! Now we are telling you to STOP! We know that this may seem hard as your mind runs without any prompting or initiation from you. Although, we need you to understand that this is a process and as with anything in life, practice makes perfect. You will find it easier with each session to let go of the control that thought has upon your mind. Remember when you were young and you were learning how to ride a bike? You didn't get it straight away; it took time and every day you would practice and practice until the training wheels came off. Still, at this point there was a lot of riding to do before it became second nature. It is the same with meditation, at first it can seem tricky to calm your mind, although, after time, patience and practice, getting into a state of quiet comes more naturally. Now, like riding your bike, it is one thing to be able to jump on and confidently peddle to the local store or beach, it is another thing to be a BMX or mountain bike champion. This sort of advancement takes more time, plus, you will need a burning passion, dedication and desire to push yourself to your extreme limits. In the art of practiced meditation, there is no competition you can compete in, although, within time, you can take it to a place that would exceed even your greatest expectations.

Imagine the feeling of flying down a hill at extreme speeds, with the precision and focus of an elite mountain biking expert. The rush and buzz of being so proficient at your sport and knowing it can take you anywhere because of your ingrained instincts and reflexes is exciting. You realise whatever the terrain you will respond with unwavering accuracy. The freedom that comes with this sense of knowing is similar to the feeling of pushing yourself to your limits within meditation. You can get the same sort of buzz and elation from adventuring within.

**“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”**

**Pierre Teilhard de Chardin**

So anything and everything we can visualise within our minds, we can actually find the same physical experience here on this earth. There are people in our world who have dedicated their lives to meditation and peace of mind. You may not want to dedicate your life to this act or custom; however, you may find yourself a person who is passionately driven by meditation and have a desire to go as far as is possible for you.

Usually, people who practice meditation for the purpose of personal development and spiritual growth casually, have a relaxed view towards it and tend to advance more quickly. Others, who are unwell, may stress because there is the pressing issue of time constraints from their illness. Stress will act as a blockage for further advancement and release. However, in this situation you may be of the mind that you have nothing to lose and just let go. Our hope is that you have the liberation for the latter.

If you are holding onto the fearful thought within you that: *if I try, it may not work for me*, bluntly said, “You need to get over it”. As this fearful thought is the *only* thing that will call this action into being. Just begin by noticing the positives within your meditation and then try again tomorrow. You don’t go from never meditating, to being a fully fledged yogi in one session.

To create stillness of mind there is not a switch at your temple that you can flick on and off. It can take years to become a master of this craft. However this being said, you can gain a lot when you are beginning, even from your first session. Who said you needed to be a BMX champ anyway? Being able to ride your push bike to the corner store is an accomplishment

and extremely satisfying for many people. The implementation of meditation into your life can create some very rewarding benefits.

**So How Do I Begin?** -A great approach to learning how to meditate would be to join a group so you would have an instructor guide you through, step by step. If this does not suit you, there are many other ways to begin. There are numerous books, audio recordings and DVDs on the topic. Our suggestion to you is that you take some time with each technique before trying another. If you were learning to ride a bike, it would be difficult to learn on one bike today and try a different one tomorrow. We are habitual beings and we learn quicker when we repeat the same behaviour. Once you have tried a technique for a week or so, give a different technique a try. The actual steps to becoming free of mind are all creatively different. You may be taken on a visual journey through a patch of wild flowers or you may be asked to focus on your breathing; both are constructive and their intention is to take you to the same place. It's like an infinite amount of roads all leading you to a town called Enlightenment.

**Exercise one** - *Before you begin, decide why you are meditating today. Is it that you want to evoke healing to your body? Do you have a question for Source? Are you requiring a boost in energy? Do you want a reprieve from stress? Or you may have no direct intention and just wish to see what happens.*

Along with this, when starting out, it is a good idea to meditate in the same place and at the same time. Your mind and body will associate this place and time with meditation. Just like your mind associates the dinner table with eating and your bed with sleeping, (or the lack of it for some of you). In time meditation can also help you with your sleep. When you have become more accustomed to the process and you feel you can stay centred in any environment, you can begin to take your



meditation anywhere. To the beach, forest or a lake, it's great to get out amongst nature and vary your surroundings.

Your meditation technique should be simple and straight forward. If there are too many things *to do* and too many *steps and processes to take*, you will be trying to think your way to a mindless state. This is obviously the opposite of your intention.

**Exercise two** - *Find 10 to 20 mins out of your day. Then establish for yourself, a quiet and comfortable place. Ensure all phones are off or on silent. Place a note if you wish on your door 'shhhhh, spiritual enlightenment taking place, please come back in 20 minutes' or more simply, 'Please be quiet', just to inform others you are not to be disturbed. If there are others in your home let them know you need some quiet time and that you are happy to return the favour for them afterwards, if they wish. If you have small children, time planning is your best asset. As a parent there are so many things you need to fit into your day and meditation is an important one. It will benefit your children greatly to have a calm and centred parent.*

We have both dealt with juggling for time and space as mothers. Kate has found herself escaping to the walk in robe on occasions. She remembers very well the first day she discovered this wonderful hideaway, as she had had a rough 48hrs with an issue that was plaguing her. She was waiting on an important phone call that she hoped would solve all of these uncomfortable thoughts. She was feeling for some reason that the other person was avoiding it. Over and over and around and around the thoughts would go; she had lost sleep both nights in this state of mind and she couldn't see past her negative feelings. Kate was very aware that she needed to make the effort and find a way to release this blockage. However, at that moment she just pushed it down and carried on with her day to day. After 48hrs, she had done her head in enough and had arrived at the point where she was becoming agitated and irate with her kids. She knew it was time to work on this

problem and find a place to meditate, but how? What about the kids? Just then, Kate had an idea to hide in the wardrobe! Once she occupied her children with a game, she set out to do exactly that. Kate asked the Universe to give her some time and some peace and quiet. Yes, she could hear her girls talking and playing in the hall and at times (well within the first five minutes of being there) she almost gave in. However, deep within her she knew that the Universe would allow the time, if only she freed her mind enough to take it. She took note of her breathing and released all the muscles in her body.

*Relax...breath in and out...in and out.* Once relaxed she came to a point within the meditation where she began to visualise herself and this person, not resolving the present issue, but at a point in time further down the track, where they were both elated over the future outcome. Then all within the space of fifteen minutes Kate was in a different place: mentally she felt calm and physically, she was relaxed. Bringing her mind back to a physical state, she knew the release was done. Within 30 minutes of her meditation she received that pending phone call, (funny how it all works, isn't it?) only to find the other person had actually tried to reach her several times and Kate's phone was either engaged or out of range and on one occasion the other person's phone even ran out of batteries.

You can see from this example how self-resistance will create universal events to correlate with what you are feeling. Just amazing creatures aren't we? It was a minor hiccup in the road and really, in the big picture of her life, quite irrelevant, yet so very memorable. However, it is a great example of how easily you can release and move forward through meditation.

In this case Kate was meditating with the intention of removing a blockage and finding release from these burdensome thoughts. However, the release came via visualisation within the meditation and the joy that accompanied and then followed was exhilarating. As we all

know, within this expansive space of energy we call life, things will only come to you if you release to them. Your desires are always held at bay by your resistance. If you find yourself stuck on a thought, give it time and release with some simple meditation and you will find the peace of mind that is needed to move forward.

**“Seek peace, and pursue it.”**

**Proverbs 34:14**

**Exercise three** - *We will now guide you through some different techniques that we use and you can choose whatever suits you.*

- **Connecting to our environment.** - *Choose what you desire to accomplish from your session. Sit or lie down and close your eyes. Turn your attention to your breathing, in and out. Relax your body, starting with your feet, imagine each body part turning to dust and dissolving into the air. Move up one body part at a time, each dissolving into dust and finishing with the tip of your head. Feel your physical-self becoming connected to everything and a part of our larger environment. Be an outside observer of your thoughts, not a critical assessor. Any thought that does interrupt your stillness, patiently notice it and then release it. For example, ‘There is a thought I can feel it. However, I am calm, I am here, and I send it away.’ With your next outward breath, imaging blowing the thought away and relax.... You will know when you are vibrating on a higher realm as you will feel simply different. It does not have to be a miraculous feeling where you are soaring amongst the heaven’s, it may just be that you feel light, breezy, centred, still, tranquil, quiet, serene and / or composed. This is the point where healing can begin, release will occur and answers will appear. Once you feel you have achieved what you have come for, take your time to return to your physical state, by visualising the dust of your body returning with each breath. You can meditate for as long as you feel you need or just use*

*the time you have. Know you have done well and take the peace with you into your day.*

- **Muscle relax technique.** - Choose what you desire to accomplish from your session. Some people may choose to use a clench and release technique. This is feeling tension within a part of your body, by holding it tight, followed by a releasing sensation. The best way to feel relaxed is to know what it is like to feel tense, as in the ever artful joy of contrast. To know what true happiness is, you will have experienced at some point, the lack thereof. Start by finding a comfortable position and turn your attention to your breathing, in and out. Relax your body, starting with your feet, using one muscle or body part at a time, tense the muscle for the count of one breath and then release it. Moving up, one body part at a time, tense and release, tense and release, then to finish with the very tip of your head. Feel your physical-self becoming connected to everything and a part of our larger environment. Be an outside observer of any thought that interrupts your stillness; patiently notice it and then release it. Stay a part of your peaceful connected mind state for as long as is needed. Once you feel you have achieved what you have come for, take your time to return to your physical state all the time maintaining your relaxed state of mind.
- **Guided imagery relaxation story.** - Choose what you desire to accomplish from your session. Sit or lie down and close your eyes. Turn your attention to your breathing, in and out, relax your body. Begin by visualising yourself standing in front of a wooden door. You notice you are dressed in white, pressed, linen, clothing. You can feel that you are barefoot, for you can wiggle your toes freely. Standing there, in preparation, you take a big deep fulfilling breath and on your exhale you see your hand reach out in front of you to grasp the cool metal handle. With trepidation as to what is on the other side, you

*turn the handle. A sense of calm fills your immediate awareness, for as the door glides open it reveals to you a meandering path amongst an array of beautiful flowers. You can feel the temperature is perfect, the sun is shining and you are aware of a calm refreshing breeze on your skin. You notice above are some willow trees, their branches are moving softly and they are creating a subtle filter for the sunlight on this warm and flawless day. You take your first step and begin to walk down the meandering path, under your feet, you feel the earth is featherlike and comforting to tread, almost as if it is carrying you as you step. You look around in awe, the willow trees are tranquil and a towering beauty amongst the beautiful display of colourful flowers present on the ground below. As you glance down to your right, there is a stream winding its way along the path, to your left and above in the distance is a glorious mountain. It is so peaceful here, you'd think it would be silent, however when you direct your attention to the sounds, you can hear the trickling of the stream and the soft chatter of birds. As the path winds around you notice the trees to your left leading to the mountain are becoming denser, to your right they are thinning out and the stream is moving further and further away from the path. As you listen you become aware of a new sound, it is the ocean, the sound of waves crashing down in their powerful, however, graceful manner. There comes a fork in the road and you have a choice. Do you turn left and conquer the mountain in all its glory, do you follow the path to the right so you can bask in the sun and the ocean or do you stay put and enjoy the sounds, sights and peace of this glorious place? Either way your journey is yours and in this calm you can release all of life's burdens and fears. When you are ready and you feel you have achieved what you have come for, take your time to return to your physical state, all the while maintaining your relaxed state of mind.*

Just to get you started these are three of many techniques you can use to become relaxed and enter a state of deep meditation.

Everybody is different and resonates with different techniques. Once there, because of your pre-choice, your mind and soul will naturally connect more deeply to the Energy That Is and to your answers than you would in your physical state. What you desire will be delivered to you from your mediation session.

**Can I Attract The Things I Desire With Meditation?** - Using Visualisation within your Meditation to attract the things you desire is a very powerful tool. It reinforces to your subconscious, a reality of your goals and it is as simple as holding a thought of something you desire in your mind. Before meditating (as with all our other techniques) choose what it is you want to achieve from the session and what it is you would like to visualise. It may be owning your dream home or an improved relationship with a family member.

If you are seeking stress relief, you can use any of our techniques for relief, because, the simple act of meditation itself will unwind your mind and body by removing your negative thoughts. However, by choosing an area in your life that creates stress, visualisation of a better situation can be of wonderful benefit. Not only to relieve your immediate stress, but to project and create a new resolve and experience, like Kate did in the wardrobe. Use your session to imagine this part of your life running smoothly, see yourself as happy and free from stress everyday and in every way. If it is your work that stresses you out, focus on your day at work and imagine it unfolding perfectly, efficiently and smoothly. Using visualisation and mediation to relieve stress will have an immediate impact, as it causes you to release your stress, even if only for a short period. Repetition and time will increase the length between the 'calm and the storm'. Another option to assist you to release stress within your meditation would be to ask for answers to your questions. You may find a solution to

something that has been bothering you and causing you to lose focus.

- **Visualisation meditation** - Choose what you desire to accomplish from your session. Sit or lie down and close your eyes. Turn your attention to your breathing, in and out, relax your body. When you are relaxed and your mind is quiet, begin by visualising yourself amongst your desired experience. Feel externally the elements of the environment upon your skin. Feel internally the joy of the moment, smell the fragrance, hear the sounds as clear as if you are there, see any others that may be involved within your experience. Live out each moment as if it is real and create in your mind somewhat of a video montage. If you find yourself becoming side tracked and your mind wandering back to the roots of your problems, let it go by turning your attention back upon your breathing, in and out, relax your body. Again, when you are relaxed and your mind is quiet, re-visualise yourself amongst your desired experience. When you are ready and you feel you have achieved what you have come for, take your time to return to your physical state, all the while maintaining your relaxed state of mind.

**The After Effects** - Be patient with yourself; meditation is not a chore. Only do what you are comfortable with and your mind will expand in time. When meditating it is not a time to sleep or become sleepy. This is a fear some people have as they may be tired and feel if they lay down sleep will happen. If this is a fear of yours, make yourself slightly uncomfortable, sit in a chair or have your legs crossed. Now we don't want you to cramp up in five minutes, so be mindful of the pose you choose. After meditation people will generally feel a lift in energy rather than a dip, so if you do feel lacking in oomph it may just give you the boost you need.

Evoke the feeling of calm and connection into your everyday life. At first you may quickly have an enlightened experience and then go through what feels like a flat period. It is like this with everything in life and you need to persevere.

Now it's all great to get relaxed for 20 minutes, however, the idea is to take the feeling with you and to let the relaxation of meditation into your everyday life. So how can you do this? For a start expect that *you will* and take pride in your efforts, for as we have discussed, what you attract is about what you expect. Open your eyes at the end of your session and feel the vibration, stay there and feel the peace, relax there and feel the freedom. If you begin to lapse into stressful thoughts, close your eyes and create stillness and calm once again. It feels very magical in this state; it is the *inner-between*, the bit that is not quite meditation and not quite physical awareness. With your eyes open, all time stops and you are more aware of your connection to your body and your connection to all life, it is a captivation of all life itself.

Don't get into the habit of your meditation being separate to your *real life*. Yes, it is a different level of consciousness; however it is not an escape hatch away from your horrible life. It is a part of it and meditation will increase and aid the flow of your conscious connection to your life, totally! *Choose* to take it with you. Feel the calm and peace in your life, notice the peace in doing the dishes, the presence of being right there in *this* moment. When you have any delays in your busy life, as in waiting in traffic, waiting in line at the bank or waiting at the doctor's surgery, use this time to relax and find your centre within. Any delays in life are a blessing not a burden. Have you ever thought that maybe life gives you these opportunities to take time out because you are rushing too much?

See everything as a blessing and it will bless you.



If you can gain peace within your mind, then peace will flow through your everything!

**Tick the daily checkbox in your Journal when you have completed all of the following tasks:-**

- **Complete exercise one** - Before you begin, decide why you are meditating today. Is it that you want to evoke healing to your body? Do you have a question for Source? Are you requiring a boost in energy? Do you want a reprieve from stress? Or you may have no direct intention and just wish to see what happens. (Page 104)
- **Complete exercise two** - Find 10 to 20 mins out of your day. Then establish for yourself, a quiet and comfortable place. Ensure all phones are off or on silent. Place a note if you wish (Page 105)
- **Complete exercise three** - Carry out one of the meditational techniques listed or find and use a different one, whatever you feel suits. (Page 107)



## Chapter SIX - Wealth

Money, where would you be with it? Where would be you be without it? It is said that money makes the world go around. It dictates where you live, how you spend your time, your circle of friends, what you eat and what you wear. We live in a society that judges us on all of these things, making money a major influence within our lives. Having access to all the money you could ever want, is seen as the Holy Grail and only a select few on this earth seem to be blessed with the map to finding it.

However money will not make you happy, only you can do that. You hear it all the time, “Money does not buy happiness” and this statement is very true. Happiness is a feeling, not an item for sale, so how could money buy you happiness? We have all heard stories of people who have been successful at winning the lottery and they have discovered that all too often, the money was won, however happiness was not. Happiness is found in your thoughts, heart and soul, not in your wallet! Many people who do win the lottery or a large amount of money, squander it so swiftly they are spun back to where they were financially before. If you are not a vibrational match it doesn't matter how much money you win, you will only attract a likeness to your vibration. This is the case for many people who have been millionaires three or four times over, before they finally keep it. If you strive for money but don't have the mirrored vibration for retaining it, you will only fritter it away or lose it.

If you are like most people then you probably feel it too, the persistent need for more. It is a human obsession to long for more or the next best thing. (We discuss and delve deeper into the reasons behind our need for more in the next chapter, ‘Contrast’.) Electrical companies, phone companies, car companies all prey on this. They have built their thriving multimillion and multibillion dollar businesses on this fact alone. What you purchase today, will be outdated before you

can even finish reading the instructions. Because life requires the need for it, most people have a car and most people have a mobile phone. However at the age you are today, is this your first? I'd say no! The first car you ever purchased would have served its purpose to drive you to work and back, so then you can use your hard earned cash to fill the constant and forever continuous burning desire for more and buy yourself a new one.

So in saying all of this, we want you to be clear as to why you desire money! Make the choice today to strive for *happiness*! Then and only then will all the things that make you happy, including money, be enticed by your vibration and be drawn to you as a match. Just remember, life is about life and you can't take the money with you when you go!

**“Only when the last tree has died and the last river been poisoned and the last fish been caught will we realise we cannot eat money.”**

### **Cree Indian Proverb**

We are here to guide you through what we feel are the three steps to creating wealth. Firstly, we will give you the tools to get practically organised so you can understand where you sit financially. Secondly we will discuss your mindset. This is to establish if you are *attracting wealth* or *driving it away*, plus we need to make sure you are always attracting more, by expecting more. Lastly, we will discuss the creative process and the steps that are needed to take to create wealth within your reality. By applying these steps, you'll set yourself in a position that will focus your attention to the creation of more wealth and start the pennies rolling in. This month requires a bit of work; however each of the steps is vitally important, so you will need to spend time and focus your energy on all three. Do all the exercises in the order presented, as there is a method to our madness. Trust us, as it is totally worth it.

## Step one - Getting Organised and Practical

Dreams are very important; they are the basis of anything in this abundant world that was ever created. Although, we do all need to be practical and realistic. Let's start by becoming clear about your own financial situation; then adjust areas in which you spend excessively, areas in which you could save and set yourself up to be comfortable about your situation. This is a great benefit in itself, although, the reason for doing it first, will help to make step two in our process 'mindset' much easier to master.

**Exercise one** - *In the table provided at end of this chapter or in your Journal we would like for you to **estimate** what you think you are spending on a weekly basis and fill in your answers into the column 'Initial Estimate'. This is an estimate, however be as honest as you can be at this point. This will enable you to be clear about your financial situation and also assist you to recognise areas in which you may spend excessively. Plus this will also point out any shortfalls you may have between your financial ingoing and outgoings.*

**Exercise two** - *Now spend the month finding out the true figures by recording everything and we mean everything you spend. There is generally a difference between what we perceive we spend, as to what we actually do. Analyse your bills; for example: if you pay your phone bill monthly and usually you spend about \$80.00 a month, divide the amount by four (weeks per month) \$20.00 per week. If you pay a bill quarterly divide by 13 (weeks per quarter), or if annually, divide the amount by 52 (weeks per year). Same goes when it comes to your income, if you are paid fortnightly, divide this amount by two or if you are paid monthly, divide this amount by four. Once you have completed your month of analysing your spending, write these figures into the middle column 'Actual Estimate'. By forcing yourself to record these details, you will notice clearly what and where your money is really going.*

Being honest at first can be confronting, although please realise, you can't claim the treasure, without slaying some old

fiery dragons. This is the beginning of a refreshing financial future, with no more of those dreaded sleepless nights.

**Exercise three** - Make it a specific goal to research your expenses, find areas in which you can save and cut back on spending each month by completing the following three steps.

1. Do your research - This may be as simple as making sure you're with the right insurance company or phone provider. You may have done your research when you took out your policies or connected your phone, however, over time things change and new competitors arise and this brings these costs down. You may find yourself saving \$200 plus a month with just one or two changes.
2. Cut back - Look over your figures and find areas in which you can cut back on spending. Cutting back on the things that are less important, will allow you to enjoy the more important things that make you happy. Examples of cutting back could be as simple as making lunch from home a few days each week, or maybe you could shop for your groceries more wisely by shopping around, consider buying in bulk or making a list and sticking to it.
3. Lessen your Liabilities - Take the time to look at your liabilities. There are many free services that you can take advantage of. Banks often have in-house Financial Planners that they offer free to their customers. Many Mortgage Brokers or Investment Brokers will meet with you for free to discuss ways to reduce your interest, repayments and consolidate your debt. This will save you money each week, each month and over the duration of your entire loan. It is amazing how much you could be saving just by doing this. You may even find that you are in a position to start investing, and working smarter not harder with the money you may have tied up in equity. Make sure that you do your own research as well. Get a second opinion if you are feeling uncomfortable about any suggestions that you may be given. We recommend that you step out of your box, however always rely on your gut instincts. Knowledge is power, so gain as much as you can.

**Exercise four** - Once you have completed exercise three, rewrite your new improved amounts into the last column 'Revised Amount'. We

*hope after these exercises you are happier with these amounts and that you will now be able to save money each week that was previously lost to you. Make sure you put your money aside from week to week to cover your new budget. Place it into a separate account and use this account to pay all your bills. If you don't already have one, go to your bank and create one. By really knowing what your outgoings are, you have the power of preparation on your side. So before your bills arrive you will not have to give them any unwanted attention by worrying where the money is going to come from. Keep your spending money separate, this will ensure you never spend too much and eat into your bill money. It will also aid you to stay on top of spending too much on all the frivolous things that you decided were unimportant to you.*

By completing the above exercises you should now know where you sit financially. You will be feeling more aware of whether you are sitting in a good position, are in need of minor adjustment, or total change. We can only assume you are reading this book because you dream of more from your life. Whatever you do at this point don't be discouraged, especially if you are one of the many that are not quite there yet and are spending more each week than you make. Get excited about your position! You did not attract this *Hidden Path Book and Journal* into your life just to have a reminder of the debt you are in. We are here to help you apply the knowledge from this chapter, plus utilise what you have learnt and will learn throughout the entire book as a guide to get you through this dark patch. You are better off now than you were before, because you are aware of your situation and you can stop yourself from spiralling further behind.

**Exercise five** - De-clutter your life! Let go of all the things in your life you are hanging onto. We often hang onto things we no longer need or use because we feel we don't have enough. Remember this 'stuff' will always be a constant reminder of the fact, you feel, you don't have enough. Either give your things to a charity and enjoy the gift of giving or hold a garage sale. Holding a garage sale is wonderful for both parties, as almost in the same way as giving to a charity, you

*may be helping someone less fortunate than yourself to enjoy something they may not have had and may not have been able to afford at full price.*

### **Step two - Mindset**

Let's take a look at your mindset and how you feel about your own financial situation. You need to work out where your thoughts are focused currently. Your mindset is extremely important (because as you now know) what you think about, you bring about. Also it's often what you may find the most challenging to overcome, for you may be deeply ingrained with old, useless, negative thought patterns. There are many factors to consider and habits you may need to change. Although, once you apply the exercises and you repeat them daily, they will become your natural thought patterns and wealth will begin to flow into your life from many areas.

**Global Wealth** - If you are stuck with the thinking that its only 2% of the population that can be extremely wealthy, snap out of it! This is a global thought pattern and if you feel it's affecting your attraction to wealth, then be one of the first to change it. Money is available for everyone and everyone will fall into the category they believe they exist within, it's as simple as that. What this percentage actually shows us is that globally, 2% of the population feel they are *worthy* of extreme wealth! That is all. If we were to all have a stronger self-belief system and let go of what the media and statistics tell us, there would be a universal shift. Our thoughts wouldn't ever let us get too far ahead of ourselves, so change would be gradual. Human nature has always had a steady rate of growth and because of all of this, mass change has always seemed slow. We can all help each other attract wealth by believing our global economy is better than we currently think. Be a part of a worldwide thought pattern shift and believe it's not just the select 2%; *we all can attract mass wealth.*



Recognise wealth everywhere! Rather than having resentment for others in their wealthy positions, rejoice in another person's good fortune. If you get an opportunity, praise them on their success. Instead of feeling your life is lacking or feeling the absence of success, when you see success begin to exclaim, "That is for me, I belong in that picture." Hold your head up high and feel deep within your core a part of this environment.

**Self-Wealth** - Do you order the cheapest thing on the menu because you feel you can't afford what you really want? Do you sit in the restaurant in a moment that should be enjoyable, only to be flooded with *feelings of lack*. What we suggest you do is enjoy yourself in this moment, even if you order the cheapest thing on the menu; it is the *feelings of lack* that are the concern. It is quite absurd how many of us have fallen prey to sitting within an abundant event whilst evoking *feelings of lack*. Be grateful and immerse yourself in the prosperity of the moment and enjoy the actual reality that you are *able* to dine out, for these are the feelings you need to strive for.

Unfortunately, it is a common practice to spend time and energy focusing on the debt around you: the credit cards, the loans, the bills etc. By doing this you will begin to feel overwhelmed and unfortunately these feelings will continue to amplify. So, are you focussing on debt and all your bills? Do you think, *you are always just scraping by* or *you never have money to spend on the things you want*? These negative thoughts alone will contribute to your overall frame of mind. When you emit these thought patterns and feelings out to the Universe, you will attract more negative situations of 'never having enough'. What you think today, will be your experience tomorrow.

If you begin to feel uncomfortable or negative about the money within your life, you will need to spend time redirecting your thoughts so you can turn your financial situation around. At first it may seem difficult to find the positive, although, it is necessary and it will become easier each and every time. Start by focussing on abundance and wealth! Begin to think and act

with a prosperous mindset and make your decisions accordingly!

How do I do this?

**By Being Grateful** - Well, we do devote a whole chapter to it. Gratitude is the most supportive tool to attract anything and everything into your life. It will help you combat all your negative thought patterns concerning money. Gratitude has an amazing way of turning your feelings around. Each time you feel those unwanted thoughts creeping into your mind concerning your financial position, look for gratitude within the situation. In a matter of minutes you will ease the heavy burden that you had previously felt.

Let's say you received a tax bill, a common response would be to look at the tax bill and evoke damaging feelings towards it. Instead bring to mind some prosperity and gratitude by looking at it from a different perspective. Spend time talking yourself around so you begin to feel good about the bill. You could think to yourself, *I'm very lucky I got a tax bill, because I have earned enough to warrant one, and I would prefer to earn this amount than to earn less or Well, I must have had a good year, I hope I earn more and have a bigger, however more unnoticeable bill next year.* By redirecting your emotions you will have overcome the first challenge and by changing that alone, you will already be starting to make progress every day towards attracting your fortune.

Your tax agent may have indeed made a mistake on your return. However, blame never gets you anywhere (other than more reasons and feelings of blame). By being grateful and releasing your attachment to the negatives, you will align with many outcomes that are a positive vibrational match. For example, a correction on your return, a new agent or your old one may do better for you next year. By focussing on gratitude within a matter of minutes, you will ease the heavy burden that your negative thoughts had created.

Another way to apply gratitude is to try to enjoy your bills for what they have given you. Let say you have a loan for your car, instead of gritting your teeth at the repayment each month, appreciate your car for its true value. All the wonderful things that your car provides and how it assists you in day to day life. Or perhaps your phone bill, look at the amazing gift your telephone gives to you by enabling you to stay connected to your family and friends. Be grateful for what you already have and more will come your way; focussing on wealth, can only create more wealth for you to focus on.

**Exercise six** - *Each time you begin to feel anxious about an impending bill, list down three reasons why you feel grateful about the arrival of the bill or what the money spent has created within your life. This takes the control back and enables you to move forward by leaving the stress and worry of these small obstacles behind. Which it turn, will create time to concentrate on your bigger desires.*

**Affirmations** - To attract prosperity, we can't stress enough how important it is that you have a positive mindset towards money and another way to achieve this is to fill your subconscious with new wealthy beliefs. The creative process is hugely influenced by your subconscious (we have discussed this in the chapter, 'Law of Attraction') as it is your subconscious mind that influences what you attract. An effective way is to change your subconscious thought pattern with affirmations. When affirmations are done repeatedly and consistently, you can coach your subconscious mind to automatically react to situations with your desired response.

A good affirmation to start wealth creation could be: "I am full of money making ideas" or "I am surrounded by opportunities for creating wealth". Once you realise and believe that you are, 'full of money making ideas' or 'surrounded by wealth creating opportunities', prospects and ideas will begin to present themselves and you will begin to recognise and be aware of them. It's honestly this simple! In the past you probably would not have taken notice, however now that the Universe has been

notified your conscious and subconscious minds are on alert; they will pick up on these signals with ease.

Other affirmations can train your subconscious mind to feeling abundantly wealthy right now. As in: “I am surrounded by money and I *have* attracted it to me in many ways” plus, “My savings account *is* overflowing and increases everyday”. Once again, what you think today will be your experience tomorrow. Your options are endless and you are only limited by your imagination! Add more feel good affirmations as you think of new ones and get creative. Soon enough you will raise your expectations and before you know it you will be affirming “I receive a seven figure income from doing something I love. I have the freedom to enjoy all aspects of my life” just like us.

**Exercise seven** - *Write your wealth related affirmations in your Journal every day and repeat the same ones for no less than 30 days. Keep reminders of them around your home where you frequent most, for example on the fridge, in your work space or in your bathroom. Verbally repeat them as many times as possible. After time, this will become a subliminal response. This basically means, that without intending too, your brain will switch from what it used to believe and begin to automatically re-run your selected affirmations.*

To create a prosperous mindset start focussing on an abundance and wealth! Begin to think and act with a prosperous mindset and make all of your decisions accordingly! So when you go about your day, bear in mind what you desire and act the way you would if you already had it. Live the way you expect and plan for your future to unfold. Start anticipating and making future strategies with the expectation that life will not be bound by the limitations of money.

For example if you want to go on an overseas holiday, just start planning! The only thing you need to concentrate on is where you are going and what you are going to do when you're there. As hard as it may seem, you will need to forget about the how for now. Relax and release to your plans, soon enough something will be presented to show you the way to fulfil your

vision. We know for a fact, that the *how* is not the important part here; it is the *what*! Begin realising you *can* do all the things you always have dreamed of.

In 2006, Shannon wanted to take her family to Thailand for a holiday. She spent many months researching flights, accommodation, tours, and signing up for email alerts. Shannon had no idea how she would be able to afford the holiday, however she was persistent in affirming that they were going and continued making her plans regardless. After a couple of months she received an email alert from a brand new airline about their inaugural sale. She was able to book her family of four flights to Asia for AUD\$99 each way. Plus they booked to stay in five star accommodation for less than the price it would normally cost for one person. Amazing! Shannon had no idea of the events that were going to unfold; however she had a dream and believed. There are no coincidences!

If you have a goal, things *will* happen, you *will* find yourself in the right place, and you *will* meet the right people. Don't be narrow minded and assume that money is the only way you can get there. There are always a number of ways: you could win a ticket, you could win the money or you could be sent there for work. We have witnessed many goals achieved solely because of blind faith.

**Expect More** - Are you always sacrificing your dreams for the price tag? Do you have a yearning to send your children to a certain school, however make your choice based on the cheaper price? Do you have a want for the latest designer fashions? However you just can't afford them. You want, you want and you want, only to be stopped from receiving because you're thinking your back pocket won't provide!

It's all about demand and supply, it's not the other way around. If you dream of a certain amount of money to show up in your bank account, you need to start looking at the items in this

price range that you wish to purchase. We are *not* talking about maxing out your credit cards to get the latest Louis Vuitton or getting loans out for your child's schooling. All of this is buying before you are able and this would be foolish! You would only be evoking more feelings of 'lack' when creditors start knocking on your door; or if you can't afford your phone bill or the groceries. What we are suggesting you do is without the physical act of purchasing, realise that *soon enough* you will be able to afford it. By feeling you are a part of this lifestyle in every part of your being, you are vibrationally aligning to it and only then will the funds arrive.

If you desire \$1,200,000.00 to show up in your bank account get out there and look at homes worth this much, feel yourself living there. Test-drive the sort of car you wish to buy, research the holidays you wish to take and the schools you wish your children to attend. Demand it and the supply will come!

Become vibrationally aligned with the sort of lifestyle you desire, feel it in your core and believe that it is you.

You will notice that there is one more row on the last line of your 'Budget Table' that we have not explained and this has to do with exactly what we have just discussed. Expect more and live your life knowing that it is on its way.

Have you ever looked at your situation and thought *I seem to always just get by*. Let's look at this for an example. If you work your finances on the 'Budget Table' and each week you need to produce \$900.00 to cover all the bills, leaving you with enough for the usual day to day activities, well guess what? Because your request has been sent off into The Universe, you can bet that you receive just about \$900.00 per week. Unless you impress into your mind first that you need more money each week, it will probably never show up. Instead sit down, add a figure to your 'Budget Table' for the extra money you would like to have each week and begin to save towards your goals.

**Exercise eight** - *You need to start expecting more! We have included in your last row of your 'Budget Table' a space to put your expected weekly savings. Don't restrict yourself by what you currently earn, be bold and make this figure above your earnings. Personalise this by writing exactly what it is you are wanting. So if you are saving for a home, a holiday, a Louis Vuitton bag or your child's schooling, write it down! You do not want to consider this money as a backup plan. If you are focussed on needing a back up, you will attract it and this is where you will end up spending your savings. In a few months you may find that you have been able to reach this figure and may want to adjust it higher and so on and so forth.*

### **Step Three - The Creative Process**

**Creating Wealth** - Using the creative process to accomplish a prosperous financial future, is the same process as manifesting anything else within your life. In fact, by manifesting other things within your life, like a car, boat or house, you are in fact manifesting the wealth, for you will be needing money (in most cases) to pay for these material items.

So let's do a quick recap of the creative process, firstly *Request*. Directly ask for what it is you desire by using all the tools spoken of in the 'Law of Attraction' chapter. As in: dedicate time to daydreaming or visualisation, say some wealth related affirmations, get creative with a vision board or slide show, make it real for you by living within it and become accountable for your desires. As we suggested earlier, do your research and test drive that car, spend a Saturday visiting open homes in the million dollar range. Feel to the core of your being what it's like to be wildly wealthy. Anything you can actively do to create these sorts of thoughts and feeling throughout your day to day, do and do lots of.

Recognise wealth everywhere and know that you belong in that picture.

Secondly and most importantly, let go of any resistance you have towards what you desire by *Releasing*. Use the tools of

gratitude and affirmations to help you in this process. Let go of all of your resistance to money.

Lastly *Receive*. When the opportunities and events align, go with the flow and use your intuition and good feelings as your guide to receiving. Once you receive, set yourself a bigger financial goal and start the whole process again.

**No Limitations** - Why put limitations on yourself?

**“Aim for the moon if you miss you may hit a star.”**

**W. Clement Stone**

It is exactly the same process to manifest one dollar into your life, as it is to manifest one million dollars, or for that fact a billion. It's all about aligning yourself with the life you desire, believing and then receiving! The reason most people sit at an average income is that they believe they are average. Do you want to be average? Or do you want to believe that the word 'average' actually means more than what we currently deem it to be? Why would you waste your time focussing on a mediocre salary or for that fact, the lack of it? Unless this is really what you desire and who are we to say *what it is that you really desire*. To move forward in life financially, you have to realise and remind yourself that there are millions of ways, to make millions of dollars and *everyone* is capable. You are capable! All it takes is an idea, some determination and you can succeed as much as anyone else on this earth. It is the people who don't give up, the people who have belief in themselves and the people who take action consistently and confidently that succeed.

Remember that unless you make changes to your current life, the changes won't be made for you. You will actively have to put yourself out there and take action to receive the benefits of the wealth you desire. If you feel this is out of your depths and beyond your comfort zone, go with it, as this is exactly what you should expect to feel. Soon you will find yourself relaxed beyond what you conceive now to be your comfort zone.



When you have adjusted your mindset, you *will* feel the changes within yourself and you *will* see the changes within your life. You will then need to act on the changes you have implemented. You will find prospects presenting themselves and ideas of wealth creation flowing freely to you. Unusual encounters with people putting you in the right place at the right time, and vital information for you to take notice of, so that you can change your path to create your riches. This is the really fun part! You will be amazed and astounded each day at how your whole life can change from the instigation of a thought.

Believe us when we say, “It is really this simple!”

Throughout our journeys up to and while writing this book, we have felt it over and over again; for us it is one of the most exciting parts. It may not be straight forward and it generally is not as you may end up going around in a few circles to get to where you ultimately need to go, as there are always several paths you can take. However with belief in yourself and your destination, there is only one place you will end up: your goal.

**“Yes there are two paths you can go by but in the long run there’s still time to change the road you’re on.”**

**Led Zeppelin**

Get realistic about your current situation and develop yourself a powerful prosperity mindset. Have faith that you will find a way and look out for the ideas and opportunities when they arrive.

*Know your actual financial position! This month requires you to do some research, so you can find where you sit financially. Use each day of this month wisely, so as day by day, week by week, you will accomplish all the tasks that we have given you.*

- **Complete exercise one** - In the table provided, column 'Initial Estimate', we would like you to estimate what you are spending your money on. (Page 117)
- **Complete exercise two** - Find out your true figures. Complete your month of analysing your spending; write these figures into the middle column 'Actual Estimate'. (Page 117)
- **Complete exercise three** - Make it a specific goal to: 1. Research your expenses. 2. Find areas in which you can save. 3. Cut back on your spending. (Page 118)
- **Complete exercise four** - Rewrite your new improved amounts into the last column 'Revised Amount'. Make sure you put your money aside from week to week to cover your new budget. (Page 118)
- **Complete exercise five** - De-clutter your life! Let go of all the things in your life you are hanging onto. Be free. (Page 119)
- **Complete exercise eight** - Expect more and confirm it, by adding your amount and what it is you desire to your 'Budget Table'. (Page 127)

**Tick the daily checkbox in your Journal when you have completed two of the following tasks:-**

- **Work towards completing all exercises** - one, two, three, four, five and eight.
- **Complete exercise six** - Find three reasons you are grateful for the money you have. (Page 123)
- **Complete exercise seven** - Create and say three wealth supporting affirmations. (Page 124)

## Hidden Path

|  |                             |                          |                           |
|--|-----------------------------|--------------------------|---------------------------|
| Wages / Salary (after tax)                   |                             |                          |                           |
| Regular Overtime                             |                             |                          |                           |
| Rental Income                                |                             |                          |                           |
| Interest Income                              |                             |                          |                           |
| Miscellaneous Income                         |                             |                          |                           |
| Child Support                                |                             |                          |                           |
| Pension / Social Security income             |                             |                          |                           |
| <b>TOTAL INCOME</b>                          |                             |                          |                           |
|  |                             |                          |                           |
| <b>EXPENSES</b>                              | <b>INITIAL<br/>ESTIMATE</b> | <b>ACTUAL<br/>AMOUNT</b> | <b>REVISED<br/>AMOUNT</b> |
| Mortgage / Rent                              |                             |                          |                           |
| Home / Renters Insurance                     |                             |                          |                           |
| Contents Insurance                           |                             |                          |                           |
| Rates / Property Taxes                       |                             |                          |                           |
| Other  |                             |                          |                           |
| <b>UTILITIES</b>                             |                             |                          |                           |
| Electricity                                  |                             |                          |                           |
| Water  |                             |                          |                           |
| Gas  |                             |                          |                           |
| Home Telephone                               |                             |                          |                           |
| Mobile Telephones                            |                             |                          |                           |
| Internet                                     |                             |                          |                           |
| Other  |                             |                          |                           |
| <b>HEALTH</b>                                |                             |                          |                           |
| Health Insurance                             |                             |                          |                           |
| Life / Illness Insurance                     |                             |                          |                           |
| Regular Prescriptions /<br>vitamins          |                             |                          |                           |
| Fitness – Memberships                        |                             |                          |                           |
| Regular Physio,<br>Chiropractic, Massage etc |                             |                          |                           |
| Other  |                             |                          |                           |

## Hidden Path

|                                      |  |  |  |
|--------------------------------------|--|--|--|
| <b>TRANSPORTATION</b>                |  |  |  |
| Vehicle Repayments                   |  |  |  |
| Fuel & Oil                           |  |  |  |
| Regular Servicing and Maintenance    |  |  |  |
| Insurance                            |  |  |  |
| Registration                         |  |  |  |
| Public Transport                     |  |  |  |
| Other                                |  |  |  |
| <b>LOANS / CREDIT CARDS</b>          |  |  |  |
| Credit Card – Repayments             |  |  |  |
| Personal Loans                       |  |  |  |
| Tax Debt                             |  |  |  |
| Other Loans                          |  |  |  |
| <b>LIVING / ENTERTAINMENT</b>        |  |  |  |
| Food / Groceries                     |  |  |  |
| Clothing and Personal Products       |  |  |  |
| Social Activities                    |  |  |  |
| Cable TV                             |  |  |  |
| Eating out                           |  |  |  |
| Alcohol / Cigarettes                 |  |  |  |
| Other                                |  |  |  |
| <b>CHILDREN</b>                      |  |  |  |
| Education                            |  |  |  |
| Child Care                           |  |  |  |
| Savings                              |  |  |  |
| Other                                |  |  |  |
| <b>MISCELLANEOUS</b>                 |  |  |  |
| Travel                               |  |  |  |
| Superannuation / 401K, 403B deposits |  |  |  |
| Child support paid                   |  |  |  |
| Other                                |  |  |  |
| <b>TOTAL:</b>                        |  |  |  |
| <b>SAVINGS FUND FOR:-</b>            |  |  |  |
| <hr/>                                |  |  |  |





## **Chapter SEVEN - Forgiveness**

No doubt at one point or another throughout your life, you have found yourself in a situation where you have felt betrayed, hurt or angered by another human being. Plus you may at one point or another, been seen as the person who betrayed, hurt or angered another. Perhaps you have been the victim of a crime or the victim of an act of bullying. On the flip side, you may have been the perpetrator of a crime or the forceful bully in the school yard. Maybe you have found yourself swept away with idle gossip or found out you were the centre of some. Whatever your history and whatever your reasons, the first step to a fresh new future, is to forgive and let go. Forgiveness is a very large area, as a lot of peoples lives are ruled by immediate or past hurts. We have endeavoured to cover many of the areas which require forgiveness. So please read through the entire chapter, as your message may be found at the end.

Forgiveness does not mean you agree with what a person has done, said or how they have treated you. Forgiveness also does not mean that you have to become best friends or even maintain a moderate friendship with the person or people that have hurt you. What it does mean is that you are creating release of any and all attachment or need you have toward the situation. You are choosing to let go and feel better, allowing yourself the freedom to move to a higher place.

Feelings of anger, resentment, rage, irritation, bitterness and hate towards another, will only induce within your life more of the same. Anger attracts more anger, bitterness attracts more bitterness and so on. Forgiveness will always clear the air of any of these feelings and evoke a flood of more positive emotions, like happiness, love, calm, contentment and peace. Love attracts more love, peace attracts more peace and so on.

It is up to you to be accountable for every action, person and situation that comes into your life, as the reason they are there, is because of you! It is your vibration that is the source of all that is around you, whether you are aware of it or not.

If you choose to be affected by someone's actions, it is you who needs to look at the thoughts and beliefs you hold about yourself and others. They would and could not be a part of your presence, if they were not a vibrational match to the energy you are emitting. Things don't happen from an external source, nobody can force harm upon *your* life because of *their* thoughts and actions, as your life is all created by you. You may as well put your thoughts and feelings down on an invitation and post it out to the Universe, because it is you who is inviting everything into your life. Don't waste anymore of your precious time on this wonderful earth with the feeling of being controlled by other people, situations and outside events. You are only avoiding and denying yourself of your birth given right for freedom of choice. It is your life, so it is your choice. Anger will poison your whole body, inside and out. It is like hitting your head against a wall and waiting for the other person to get a headache. Plus, your whole life and experiences will be tarnished with it if you do not monitor and control how you feel. Holding onto anger and resentment will eat at you until you feel you are left with nothing and no one. You can move forward past resentment by choosing better feelings, and choosing better feelings is part and parcel of learning to forgive.

**Two Sides To Every Story** - It is a great attribute to your life to be able to look outside the box and view life from another person's perspective. We will use the story below to show you how an argument has two sides. Then the way in which a disagreement can be resolved and also a method to help you move on and let go.



Molly had a close network of friends. However with one of the other girls in the group, Bec, things were always a little awkward and forced.

One day Bec was organizing a Saturday afternoon barbeque for her birthday. When emailing out the invites, Bec accidentally skipped over Molly's name in her address column and so everyone in their group received an invite, except for Molly. When Molly had not replied to the invite Bec just assumed she was being *rude as usual* and didn't think more of it. The Friday before Bec's birthday bash, Molly was catching up with another one of their mutual friends. "Are you going to Bec's barbeque tomorrow?" she asked.

"What barbeque?" Molly replied.

"The one for her birthday, you should have got the email invite last week. Don't you check your emails?" Her friend said.

"Yeah, I'm on my email every day, I definitely didn't get one", rebutted Molly.

"Ah well, just come along anyway" her friend replied.

"No way am I going to turn up to a barbeque uninvited!"

Molly said offensively.

"Well we are all going and it's going to be a big one, you know what her parties are like. You're going to miss out".

Because Bec and Molly's friendship had always been a little strained, Molly figured the missing invite was intentional. So the more she thought about it, the more outraged she became at Bec for inviting the whole group and not her. "That's pretty bitchy of her, why would Bec not invite me? Don't you think it's obvious she has some sort of issue?" Molly asked angrily "No idea, I'm sure it was just a mix up. Get over it and come along. Let's just say I passed on the invite to you".

Molly couldn't shake the fury she felt, so as soon as her friend left, in her enraged frame of mind, she called Bec.

"Don't be so over the top Molly, I must have just missed you out on the email, there is no need for you to get all offended

about it” Bec said. “Of course you’re invited, well, only if you stop your complaining!”

However, Molly ignored her excuse and focused on Bec’s attitude toward her, then assuming the worst she began to shout angrily at Bec. Bec, in her own defense became more angered and called Molly more names, “Drama queen, untrusting and rude”. The accusations and arguing continued, until the conversation arrested in a blunt halt.

After Molly hung up, she began to relive and focus her thoughts on all the negative parts, *Don’t be so over the top, no need for you to get all offended about it, your invited, if you stop you’re complaining, drama queen, untrusting and rude. Errrr, how rude is she!*

Instead of seeing the event as an innocent mistake, Molly let her mind wander into the negative. Then took it upon herself to feel bitterness, anger and resentment toward the situation and blamed Bec entirely. She didn’t go to Bec’s barbeque and held onto the blameful, ‘poor me’ feelings for months after. This then affected Molly’s appearance at any future parties with their other mutual friends.

Because Molly and Bec’s relationship had previously been a little strained, and they were both aware of this, The Law of Attraction brought about more of the same. In this situation, if Molly wishes to feel better, she must begin to positively change her vibration towards Bec. Then because of The Law of Attraction, a more positive vibration will be attracted her way. So by getting her thoughts and feelings into a better place, her vibrational attraction will do the rest. The next few exercises can all be used as a way to start the process of feeling better and ultimately, when forgiveness is implemented, you will release any negative feelings and begin to move positively forward.

Your written word is very powerful! This exercise is an excellent way to see the other person’s side of the story so you can easily forgive.

**Exercise one** - Grab a piece of paper and fold it length ways in two (so it is divided down the middle). On the left side, write your name and on the right side, write the other person’s name. In the left column under your name, describe what you felt were the main reasons for the rift and list the ways this made you feel. On the right under the other person’s name, we would like you to list the reasons that they may consider contributed to the feud. Put yourself in their shoes, so to speak. Then list the ways that they may have felt about the situation.

If Molly were to complete the above folded paper exercise, it could look like this.

| Molly   | Bec   |
|---|---|
| <p>Bec is supposed to be one of my friends, so I’m really offended that she would not invite me to her barbeque.</p> <p>It made me angry and now I wonder if Bec even likes me at all. What did I do wrong?</p> <p>I feel embarrassed that I carried on over the phone. I probably was being a drama queen.</p> <p>Maybe she was sincere and I could have handled it better.</p> <p>Do I have reason to feel that Bec or anyone would dislike me enough to not invite me to an event?</p> <p>I also feel sad I missed her party and the other events that followed.</p> | <p>Maybe Bec didn’t invite me to her birthday because she sees me as rude or in the past I did something to her I’m unaware of.</p> <p>Or maybe it was like she said “an innocent mistake”. Maybe she was being sincere on the phone until I overreacted.</p> <p>My complaining and distrust probably caused her to be pretty upset with me.</p> <p>Bec may feel I was a little hard on her and should have listened to her explanation and not mistrust her.</p> <p>Bec probably wasn’t thinking about me at all as she was probably under a lot of stress organizing her own party at the time.</p> |

You can see from the above example by looking at a situation from the other person's perspective, you will evoke the emotions that they would have felt and talk yourself around to a logical explanation. We are not saying that Bec was in the right; she may well have not invited Molly to be spiteful. However, if Molly continued to hold onto her blame then this would have continued to affect her in other areas of her life. Molly is responsible for Molly, and making herself feel better about the situation is the most essential principle in creating a better flow of good into her life.

**Letter Of Apology** - Ultimately forgiveness is the comfort in knowing that the past cannot be changed and finding happiness and peace with it anyway.

It is within your power to forgive others and yourself. You cannot make another person forgive you. Forgiveness is an act of release and you cannot create release within another person's heart. If they choose to continue resentment and anger, this is their choice. However if you can see you have made a mistake, take ownership for it. Even if they don't forgive you, you are releasing yourself from personal punishment and the need for drama. Writing a letter is usually a great way to reach out to someone. For sometimes, if we try direct communication, like the telephone or visiting them in person, we hit their sore spot and this can create resistance and reluctance. Then, this generally can force both of you to relive the argument and rehash the horrible feelings all over again. For this reason a one way letter is an ideal first step to an apology and seeking forgiveness. It is important that in your letter you don't mention that you *forgive them*. Just say you're writing the letter about forgiving yourself. Otherwise they may take your letter as another spiteful jab. You see they may be thinking to themselves, *well, I did nothing wrong, so I don't want her forgiveness. She was the one who needed to say he was sorry.* You

need to make it clear that you are taking on your responsibility of the situation.

**Two classic bad apologies:**

- “I’m sorry you feel hurt by what I have done” (This is an attempt at an emotional salve, but it’s obvious you don’t want to put any medicine in the wound.)
- “I apologize for what I did, but you also need to apologize for what you have done.” (That’s not giving an apology. That’s asking for one.)

**Proper apologies have three parts:**

- What I did was wrong.
- I feel badly that I hurt you.
- How can I make it better?

**Randy Pausch The Last Lecture.**

Hopefully in time your relationship can heal. Although if not, at least you are at a place of peace and that is all you really need. Forgiveness also does not necessarily equal reconciliation; there is a distinct difference between the two. Yes, forgiveness is an essential key in the process; however forgiveness can be just as satisfying without the need to reconcile. The whole experience may have just been a good way for you to understand the importance of friends and keeping your cool for the future. Then you can continue focusing on keeping the other relationships in your life sacred.

**Exercise two** - Write a letter seeking forgiveness. Explain how the situation made you feel and how you assume the situation made them feel. Explain that you do not want to continue holding onto resentment or anger. You have chosen to forgive yourself and would like it if they could forgive you also. Look deep within yourself and explain your feelings to the other person from a non bias point of view.

Here is an example of the letter Molly could write to Bec.

*Dear Bec*

*I am writing to you because I would like to resolve the situation that happened last month.*

*At the time, I felt betrayed. I was wondering whether you had not invited me because you did not want me there. I began to really question you as a person and our friendship if it existed at all.*

*I have since then done some soul searching and feel now, I can see your point of view. I realise that it may have been hard for you on the phone that day as you were probably very busy organizing your barbeque. I was being quite self-absorbed and probably made you feel I didn't trust that you had made a mistake. I let my own feelings of self-doubt create presumption as to what you were thinking. Now I understand I should not have done that.*

*For my part in this, I am sorry.*

*I feel I have learnt a valuable lesson and I am thankful to you for your part in it.*

*I have now let go of this by forgiving myself for my behavior and I hope you could forgive me also.*

*All the best.*

*Molly.*

When sending this letter, send it with the feeling that you let go of the situation, regardless of the outcome or their response. Send it knowing you did it from your heart. Don't be discouraged if you do not receive a response. If it is the relationship you desire to heal, then this may take time, just be patient and let them catch up to where you are in your state of release and forgiveness. This is essentially all you can do, so be happy you have done your best with the knowledge you had at the time.

We have all said and done things we are not proud of; a heated moment can bring out the worst in all of us. We often surprise ourselves as to how abrasive we as human beings *can* be.

Although, the in's and out's of arguments are just that. What Jane said or how Billy responded, to what Lisa did and how you reacted, is all a part of the heat and is now in the past. So, do we need to create dis-ease within our lives and inevitably disease within our bodies, just because we made a mistake! Come on people, life is just too short! Why resent other people just because we find it too hard to accept that they too can slip up and make a mistake, are they not allowed a learning experience also? It does not matter what others do or what you have done, it is always about how you handle the aftermath and how you would handle it if it arises again.

Recognise your part however small or large and then take ownership for it. Allow forgiveness to flood your being and open the doors to a better life. Clean the slate so to speak and move forward by starting a new relationship within yourself or with another person. Leave yourself feeling satisfied knowing that you did your best and acted in a way that makes you feel proud. Remember, it really doesn't matter what has happened in your past, today is the day in which you need to let it all go.

**Personality Traits** - Let us now take a look at common problem causing personality traits that you may recognise within yourself or those around you. It is important that you recognise these because they will assist you in taking ownership of your past and lead you to letting go and forgiving yourself. In reverse, understanding the reasons for other people's negative actions will also help you toward forgiving them. There are many reasons to forgive and many ways and degrees or levels in which to do so. However, the one thing that does not change is the resounding act of *letting it go*.

**Self-Consumed** - Are you the type of person who is totally consumed with yourself or do you know someone who is?

Some traits of a self-consumed person may be: conversations are one sided, they are not interested in what others have to say. They probably butt in while others are talking because they think what they have to say is just more important. They don't take the time to listen or care about anyone else in their lives, except for their own. Interestingly enough, this sort of person behaves this way because they are actually concerned about what others think of them and they have a constant need to be the centre of attention. They might feel that everyone else's lives revolve around them, be it in a negative or a positive way. Being self-consumed is actually a huge sign of having low self-esteem. If this sounds familiar to you, then this is an area in which you can improve yourself. Forgive your past self-preoccupation and begin to live a life where you let the world in. You need to understand that people will like or dislike you no matter how you look, what you've done or who your friends with. This is their choice and how you feel about it is yours.

Don't ever worry what your neighbors think, because they probably don't!

**Know It Alls** - Are people who believe they are always right. They feel what they have learnt up until this point in life is enough. They are resistant to any continual learning and this is only sad for them. There is so much to learn and experience in this life and the best attribute in a person is to open up to more. Another disadvantage for a person who believes they know it all is they may have an inability to forgive; this is because it's usually their way or the highway.

How another person behaves is not up to you and so it should not be your concern, however your treatment of others is. So if



you emit the behavior of a know it all, begin to be more open to others and let them be the people they are meant to be and you will find the respect returned. Listening to others is one of the greatest gifts you can ever give them. All people are amazing and considering we are all connected to each other, if you just stop talking and start listening, the Universe may be sending you a message via them, whoever they are. People have a lot to share and a lot to teach you, so cease knowing it all, for if you are patient and quiet enough you may be pleasantly surprised. Plus, by learning how to accept others opinions more openly, you can only learn and begin to present the best *You*, you can be. Remember you always attract people that vibrate on your level, so if you don't like the company you keep, change the company you are.

**Why Me** - Do you have a victim mentality? 'Why me' thoughts are only going to bring you more 'why me' moments. Why me? Well maybe you enjoy the drama, seriously, do you? Recognition is the first pivot point for change. Why me? Are you creating a positive mindset that supports your desires? If not, begin to. Why me? Well, maybe you have projected out into the Universe some great things to come and now there is a lesson for you to learn, to create some forward momentum toward your desires.

Stop complaining; it is only a learned behavior inbuilt from years of repetition. If you're looking for annoying and frustrating situations, believe us they can be found everywhere and if this is where your focus is, they will not be hard to find. They are not worth the attention that is given to them. The more you dwell on complaining, the more you will attract unwanted actions from people and life situations that you feel the need to complain about! To live your best life, you'd obviously wish to feel free from complaints, wouldn't you? In life, unpleasant things can just happen. It is our job as creators of a happy fulfilling existence to focus on the good. If bad

shows up, focus on the good! The bumps in life will become more like ant hills with wonderful obvious lessons, as opposed to gigantic undulating mountains of confusion.

It's the bumps in life and the contrast where a lot of people succumb to 'why me's'. They begin to look outside of themselves to solve a problem that is within. You may need a lesson or two in life, to understand where you are not meant to be, as this is how you grow and move forward. Even though at times in life when something negative pops up, it may feel like a step sideways or even backwards, don't focus any of your energy on it. We can experience lessons in life and not learn anything from them because we are too preoccupied with our 'why me's'. There is an art to learning and a sign of wisdom in recognising the lesson in the first place. This wisdom is called letting go or more simply, forgiving. Don't go through life not experiencing your full potential by letting every obstacle shut you down. What we can learn from life is very special, only if we are open to being taught.

**"Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should."**

**Max Ehrmann, Desiderata**

**Blamers** - It is such a common thing to blame others for what is happening in your life. We have all done it, and the reason for doing this is so we can feel comfortable within our own skin. As empowering as it is to know you have control over your life, most people find it difficult to admit that the bad stuff is just as much their attraction as the good. We are all responsible for creating everything that happens in our lives. The moment you blame another person for something that has happened to you, you instantly give away your power and control, causing you to surrender yourself to a life of chance.

Just as importantly you lose the ability to learn any lessons and move on from the situation.

Learn how to remove the blaming from your life and take responsibility *for all* of what is happening to you. If you desire to surround yourself with loving, comforting, supportive and appreciative people, this cannot be done by blaming them. Taking responsibility for yourself and your actions will release your cynical feelings and allow your life to be filled with the kind of people you'd like, plus show you a better side of the people you know already. It's your real feelings, even if not shown on the outside, which will create your future. For your dominant thoughts will always prevail. If you are unable to forgive because you think: *It is their fault and all of this will pass, I don't have to be nice to them. I don't have to feel like I love everyone and everything all the time. After all it was their fault.* That's fine, however when this situation subsides, expect another to arrive in its place! Law of attraction will keep sending you a vibrational match.

Don't expect your world to change if you don't!

**Exercise three** - *If you are feeling the need to pass on an accusation, ask yourself "What is my lesson in this?" By being open to the positives that can be learnt, you will remove that self-destructive victim mentality. Assess your attitude in the current moment. Each time a feeling of blame arises, ask yourself "How can I feel better about this" Finding just the smallest reason to feel less blameful creates a ripple effect. The more that you do this the easier it becomes.*

**Bullies and Vindictive People** - These types of people prey on the vulnerable, they make fun of others to redirect their own inner feelings of low self-worth. Most people in today's society have witnessed some form of bullying first hand and unfortunately, it may have been you who was on the receiving end. These instances could consist of school yard bullying,

cyber bullying, workplace or even bullying within your very own family and home. Bullies can often be former or current victims of bullying themselves, and they choose to take this frustration and aggression out upon others. It's a way for them to feel powerful after experiencing points in life of powerlessness. Often a bully may target another person who is younger or smaller than they are, or people who look or act different because of race, disabilities, sport or academic abilities and even fashion sense.

The news would say we are faced with a pandemic of bullying, and since the invention of the internet, you may even be unsafe within your own home, as chat rooms are full of people preying anonymously on others. Bully's use intimidation, be it physical or verbal threats to frighten their victims into staying quiet. Because of this, victims often become emotionally withdrawn, shy, anxious, or easily upset. As confusing as it all may seem, we all attract into our lives what we truly believe we are worthy of, and if you are the centre of a bullies attention, the place where you need to work, is upon yourself. It can be hard to focus on high self-worth thoughts, when you are constantly being told by another how unworthy you are. It is up to you as you are the only one who can control your vibrational attraction. You cannot force another person to act a certain way, all you have is the power to control how you feel about others and how you feel about yourself. Don't feel you have to carry this burden alone, by all means reach out for ideas and help from others. They can assist you in dealing with the issue at hand, plus council you in creating better feelings. Really this is why we have other people in our world, they are here to support our ideas and dreams. So if you have a dream to experience better treatment from others, take heed of the Universe's indicators toward your dreams. Begin to listen and only take on the thoughts and comments from others that support this. Seeing a councilor can help, although use their

time in a way to move forward, not as a new set of ears to chat and rehash your bad experiences, as what we focus on expands.

Generally after spending time with a bully or vindictive person, you may feel zapped of energy and are left rerunning the conversation or situation over and over in your mind. You could find yourself gritting your teeth at their mean acts and sarcastic remarks. A bully or vindictive person could unintentionally test their boundaries with you, to work out if you are an easy target. When they realise they can use you as their energy source, good luck! For you will be forever leaving a party, work, school or any meeting with them in a state of depletion. Let us remind you this is not their doing, it is yours, as you only allow into your vibration that of which you are a match.

**“Fool me once, shame on you; fool me twice, shame on me.”**  
**Chinese Proverb**

There are two possible outcomes when spending time with a bully or vindictive person. You approach them unprepared and they cut you down so swiftly, you are left in shock and at a loss to retaliate. Energy zapped! Or you go through the process of creating a ‘Self-Protective Strategy’ and they will either avoid you or at any contact, be surprisingly nice. By doing this you will evoke a new vibrational attraction from others, as always, it is ultimately up to you as to how you are treated.

**Exercise four** - ‘The Self-Protective Strategy’. Mentally prepare yourself for the encounter. This is best done when you are aware that you are going to see them as in: a party, school or an appointment. Sit back before you leave or even in the car trip on the way and fill yourself with energy. Now, this is not because you are happy that they are about to take some, no, you are going to be creating a different level of awareness and vibration that will serve to throw them off guard or to keep you naturally on guard. Visualise yourself

*as strong and see the event going well. Forgive them in your mind for the way they have acted and open your heart to receive all the other good things in life.*

**Dwelling On Mistakes** - Mistakes are life's little jewels. How are we to know the right way to do something if we don't know the wrong way. However there is no point to this contrast, if you don't move forward and learn by what you have done. Know that making a mistake by saying and doing the wrong thing, is the best way to learn and it is wonderful to know how you can avoid repeating your behavior or the situation. You should be proud that you are aware enough to notice your mistakes and to know that you are not always perfect and you are not always right.

Have you done something wrong? Your actions may have been minor or gone largely unnoticed, although, they may have hurt someone's feelings and their self-esteem deeply. Once you recognise the mistakes you have made, you should accept responsibility for the part you've played and for any damage or hurt you may have caused. Because by continuing to be dishonest with yourself, others and by laying blame on outside influences, will only make a situation amplify. Honestly, is that what you really wish for? What's the point in going around and around in circles. Wouldn't you prefer to let it go and get on with something more fun and productive?

To release yourself from the burden of a mistake, first you need to understand that you have done the best you could with the knowledge you had at the time. Only then will you realise that you need to forgive yourself for something you did to another person or something you did to yourself, either way it is the same process. Taking ownership, standing up and admitting you made a mistake can be a very hard thing to do. The thought can seem quite unimaginable and may make you

feel squeamish. However, acknowledgement is a part of letting go and the feeling afterwards is empowering.

**Unfortunate Accidents** - You may have been the driver of a vehicle in an accident where one of your passengers was killed or injured. You may have organised a fishing trip where someone drowned. Life can be fickle. One second in time can change the course and meaning of your life forever. Sometimes the end of another's life can be brought about before we feel it is deserved. No matter what has happened and if you feel in any way responsible for another's injuries or death, think of it this way: did you maliciously or intentionally set out to harm someone? Our guess is no! You most likely were just living your life the way you do every day, when a single moment or a series of events changed yours and /or another's life forever.

Holding yourself responsible and beating yourself up about something that was completely non-intended or out of your control, makes absolutely no sense. You are not solving anything by breaking down events and trying to work out why something happened. From this point there is nothing you can do to change the past. There is no such thing as a time machine, so you will never get the chance to go back and create a different end result. All the power you have is to choose how you will handle the outcome. Even if it is difficult to comprehend, you can often find a reason hidden within the event. Going over and over a situation in your head will only confuse and sadden you further.

**Exercise five** - *Say the self-forgiveness proclamation: I forgive myself, for now I'm aware..... I am thankful the Universe has given me insight and I am able to see it for its true worth..... I forgive myself for past critical self-talk..... I will not leave myself in a state of angst, as I have the power to rise above this..... Today is the day I move forward..... I forgive me.*

**Forgiving The Unforgiveable** - Not every situation is as straight forward as Bec and Molly's or as easily justified. If you think something is unforgivable, this is ok, as this thought is your choice. There are obviously different degrees of betrayal and hurt. Some are as simple as a mere misunderstanding between family or friends, as in our Bec and Molly situation. However others are a complete and undeniable act of crime and/or cruelty. These acts are often referred to as unforgiveable.

**Abuse** - Sexual abuse, physical abuse and emotional abuse can come from a stranger, a family member, a partner, a friend or an authority figure within your life. This unfortunately is so prevalent within our society that many of you may have witnessed or experienced abuse first hand.

From an outside perspective it is hard to understand why an adult would stay in an abusive relationship; however we always attract what we are a vibrational match to. So for an example, a victim may be projecting a vibration whereby they wish to help others in need, and who could be more in need of help than an abuser. An abuser is often a former or current victim themselves. In this situation the victim needs to understand that at any point in life, a person can only receive help if they are ready and open for it. So in any situation, realise that you can never help another person when they are not ready, your pleas will be falling on deaf ears. A victim may also have low self-esteem or believe deep down they deserve this torment and so they are emitting a vulnerable vibration. There are many thoughts that align with the attraction of a certain life experience and there are many experiences that align with a certain thought. Whatever way your attraction is based, an abuser will attract and target a vibrational match to what they are projecting.



In many ongoing abuse cases the abuse builds gradually. In the beginning the victim still shines as a strong and confident person, however as time goes by they become a shadow of their former selves. Gradually the abuse beats down on their entire being and day by day, their vibration goes from strong, confident and positive, to weak and vulnerable. In essence this makes them more susceptible to abuse, both in severity and frequency. Victims may be close to the perpetrator, as in a family member or a family friend. Because the victim and perpetrator have an emotional tie, this can create the illusion of protection from persecution. In other situations the abuse may be sudden and unexpected, as in a one off attack.

It may seem easier to forgive a situation of abuse as an adult, because as an adult, you are all grown up and are meant to be looking after yourself. However, what about child abuse? When you are a child, what choice do you have? Children are supposed to be protected by the adults around them, not abused by them.

As a child, emotional, sexual and physical abuse, all have debilitating effects, as it is a mentally torturous experience to go through. A child's whole being is compromised, for it damages and scars their soul and the very core of their personality and existence. Unless they break free from these past hurts and work to a point of feeling powerful because they are a person who survived, they will be forever at the mercy of its taunt.

The vibration a victim could be emitting is a vulnerability and an air of being easy going. The vibration an abuser could be emitting is the attraction of: a vulnerable, easy to persuade victim. No person specifically asks to be abused, why would they? Whether the perpetrator made them think that it was their fault because they did something wrong or seductive to

deserve it, no circumstance justifies the act of Abuse! Gain strength from knowing this and use it to enable your power.

Surviving abuse is a process that just doesn't happen overnight, as often the victim will fight with the conflicting thoughts of longing to forgive versus not feeling forgiving. A survivor may feel some responsibility or social pressure to forgive. Their loved ones and even strangers may say, "Get over it, move on. If you don't forgive, you can't heal." Even though their intentions are good, hearing that, "it is all such a simple process", may serve to confuse and drive them further from it. If as a survivor of abuse, they deny the initial process of healing in order to forgive, they will often find that forgiveness doesn't last and the root of the pain still persists. So rather than wasting energy on trying to forgive and forget, spend time on emotionally healing first. Yes these memories will always be with you, however your memories are a blessing for they are a great reminder of just how far you have come.

If you have suffered abuse know there is more for you within this chapter; understand within your heart that with the right approach and a commitment to heal, the emotional pain and burden can subside.

**Crime** - If you are a victim of crime, finding forgiveness for the perpetrator can be a very challenging and an almost unthinkable task. However, it is known that the first steps to healing and moving forward with your life after a crime is to forgive. As crazy as it may seem to forgive someone who has maliciously hurt you or hurt someone you care for, it is the only way to cease the constant destructive thoughts about them. Remember, you are not by any means condoning what has happened or their responsibility for their actions. As we said before, forgiving others is only a benefit to you. Why give them the satisfaction of ruining the rest of your valued life. You will continue to be scarred and relive the tragedy over and over again unless you make the decision to *let it go*. Letting go

is the understanding that there is nothing you can do or say that will change this outcome. Today is here and tomorrow may never come, so don't waste your precious time with unresolved feelings of anger, disappointment or even hate. Let yourself live to your full and don't choose to let another single person take that away from you! Choose freedom, yes, this is your choice.

**"Stop acting as if life is a rehearsal. Live this day as if it were your last. The past is over and gone. The future is not guaranteed."**

**Wayne Dyer**

**Why** - Why was this person put into your life? Why did your paths cross? Was it to teach you to be more wary of strangers? Were they here to teach you that you only live once and you better get busy living? Maybe because you needed to be shown that your true power on this earth lies in helping others out there, just like you, who need support and guidance. Perhaps they're here to teach you that the perpetrators themselves need better guidance at an earlier age? Or maybe with the right support, now the perpetrator could become a teacher and from their first hand point of view create prevention for future events. It could be that this was brought to you because the Universe is aware of your strength and through your experience you will aid another by being a role model to them. You may simply and most commonly take from your experience the awareness that your past thoughts and feelings have put you in alignment with tragic events. If there is a lesson for you to learn, it is for you to find and learn on your own.

Things always happen for a reason and when it is a tragic event, we cannot at first understand the possible reason it could be. However, believe and it will be revealed in time. The Universe doesn't give you the people you want, it gives you the

people you *need*. It's the people who help you by hurting you, that are the crucial ones for learning and growth. The ones who choose to leave you in a time of need, so you can know how to pick yourself up and prevent it from happening again. These people are here to help you along your path by making you into the person you were always meant to be. By realising this person was put here for you and by you, you can see the importance of releasing blame and evoking forgiveness. So, as hard as it may seem to move forward, find solace in knowing you are strong and you are as capable as anyone to forgive.

So how do you forgive someone for an *unforgiveable act* and why should you? Well, the why is straight forward; you always forgive others for your own benefit, it is never for theirs. Their vibration is their vibration alone to sort out. They aren't to know whether you have forgiven them or not, however you will. Forgiveness will make you let go of the hurt and your heart will be open for better things. It's just like we have continually talked about in *Hidden Path*, you attract to you what you are thinking about. So don't concern yourself endlessly with the fact you have been wronged or you will attract more reasons to feel wronged by others.

**Seek Help** - If the thought of moving on and letting go still seems like a distant dream, then it is time to talk to someone. There are support groups and various therapists who specialize in emotional recovery from these detrimental situations. Don't think that you have to deal with this by yourself and don't think that you are the only person who has ever experienced or will understand what you are going through. There are many people who have been victims of minor or horrific crimes or abuse who have let go and moved on with their lives. They probably once felt the same way you may be feeling right now. It is possible! If you do decide to join a group or seek out the help of a therapists, once again, please make it about healing,

not about preaching what has been done to you and your right to be a victim.

Make a conscious choice each day to heal and make it your ultimate goal to forgive and let go.

Healing requires a great deal of self-examination, time, hard work, and yes, maybe reliving through the pain. As always, *the best way to, is through*. Once an appropriate amount of healing has been achieved, forgiveness can become a viable option. There are many exercises within previous and later chapters, that will aid you in the healing process and you can use all of the exercises within this chapter to assist you with the process of forgiveness. Affirm that you will align with the appropriate people and ideas that are perfect for you. See yourself as a survivor with the strength and the will for love and life.

**Exercise six** - *Journaling about a situation can help you forgive yourself and others. First state your issue, secondly positively find resolve. Two examples are given on the next page in relation to different areas of forgiveness.*

| Example Situation   | Resolve   |
|---|---|
| <i>I feel terrible because my ex-husband took advantage of my good nature. I should have left as soon as the abuse started; instead I stayed until he began to abuse our children. I hate him for all that he has done to me and the kids. I feel like a stupid person and an awful mother.</i> | <i>I am a kind person and I stayed because I thought I could help him become of the good man I met and fell in love with. I am strong and our children are strong, they understand I stayed because I wanted us to be happy. I forgive myself for staying and I believe my children can too. We will get through this together and become a closer family because of it, for this I am grateful. I will forgive my ex-husband when I am ready and I am getting closer to this each day.</i> |

| <i>Example Situation</i>   | <i>Resolve</i>   |
|--|--|
| <i>I rolled my 4wd, which critically injured my best mate. I feel guilty because I walked away and I feel I should be the one bound to a hospital bed for the rest of my life. Who am I to have survived un-scathed, I am no-one, I do nothing but sit at home and feel painful guilt. However this pain is nothing like my friends. My life is ruined and I feel I deserve no good fortune. I am just so angry.</i> | <i>What happened was an accident and I am serving my friend no purpose by locking my life away. He would be more upset to know that I'm wasting the life I do have, that he does not. There are others who must feel like this, maybe there are some people who will understand exactly how I have been feeling and point me in a productive direction. What is the opposite action to the feelings I am experiencing? I feel like I ruined someone's life, so maybe I can work slowly towards helping others recover from detrimental situations? I must be on this earth for a reason or I would have been injured or died in the accident, I will do my best to find out why!</i> |

You indirectly manage your life via your energy vibration, knowing this is empowering because you have total control over everything in your existence. However in saying this, we are all human, so we can stray off the positive path and we can just get lost in our lives some days. Keep moving on by letting go and forgiving all the not so fortunate things. You have total control over all that is in your life presently and in the future, so start today to create your life with intention. If you are standing in a clothes shop, how are you going to pick up anything new if your hands are full with all your old outfits? Let go of the past and take grip of a great life.

*Focus each and every day of this month to be honest with yourself.  
Evoke some forgiveness into any area in your life that needs it.*

**Tick the daily checkbox in your Journal when you have completed one of the following tasks:-**

- **Complete exercise one** - Look at a situation from both perspectives. Follow the example of Molly and Bec on a folded piece of paper. (Page 138)
- **Complete exercise two** - Write a letter of forgiveness. (Page 141)
- **Complete exercise three** - Forgive others; ask yourself, “What is my lesson in this?” and “How can I feel better about this” (Page 147)
- **Complete exercise four** - Create a Self-Protective Strategy, mentally prepare yourself for an encounter with a vindictive person. (Page 149)
- **Complete exercise five** - Say the self-forgiveness proclamation: I forgive myself, for now I’m aware..... I am thankful the Universe has given me insight and I am able to see it for its true worth..... I forgive myself for past critical self-talk..... I will not leave myself in a state of angst, as I have the power to rise above this..... Today is the day I move forward..... I forgive me. (Page 151)
- **Complete exercise six** - Journaling about a situation can help you forgive. (Page 157)





## Chapter EIGHT - We Are All Connected

We are all connected! Bold as this statement is, it is the truth. We are but a single cell in the embodiment of all we call the Universe.

**Everything Is Made Up Of Energy** - We are all individuals and we all individually create our own reality and experiences. This wondrous expansive Universe is so much a part of our creative process; we would be nothing without it. We are in fact, just a smaller pocket of Universe or Source Energy and resemble its vibration and power in every way. When we refer to 'Universe' or 'Source Energy', we are speaking of energy that is in everything, and the energy that everything is made up of.

In the chapter 'Law of Attraction', we spoke about how we as humans, as well as all other life and objects, are made up of energy. Vibration of energy is the Universe's language, so this is how your internal desires are asked. If you have requested something within your life, Source Energy finds an energy vibration that matches with your desire. It searches for this match from the greater pool of Source Energy on this earth; the greater pool being, other people, objects and events.

We are born on this earth as a three part being consisting of mind, body and spirit. It is the spirit element of us that is the connection we have with the larger Universe's source of energy. Our minds think the thoughts that create the things we attract; also our bodies feel the feelings that create the things we attract. As you ask with the thoughts in your *mind* and the feelings within your *body*, your *spirit's* connection to Universal Energy, will attract all like vibrations to you magnetically.

You are asking for experiences on a constant basis, as you are continuously having thoughts and feelings. You can always tell where your vibration is sitting on any topic by what you think and how you feel about it. What you think and how you feel

about something, is the vibrational frequency of what you will be attracting into your life within this area.

So, let us consider these topics,

Money - how does this word make you feel?

Love - how does this word make you feel?

Health - how does this word make you feel?

Really focus and think about it. Let the word flood your body. How does it feel deep in your gut? Do you feel sick, nervous, or anxious or do you feel calm, happy or maybe indifferent? Just as a reminder we will say once again, you can tell where your vibration is sitting on any topic by how you feel about it and how you feel about any topic, is what you will be attracting into your life.

It is wonderful that we have been given a guide like this. You can conduct your life just by knowing how your body feels and by the way your mind is thinking on the topic. It will always give you a clear indication as to what sort of energy match you are attracting. The fun part about this is that it is your choice! Once you change your thinking and feelings, your vibration will change, then you will change your life! This is us as a whole, a three part being, mind, body and spirit.

What an amazing creative force we are!

**“We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.”**

**Herman Melville**

As much as we are all connected people like to assume their separateness so much, that the word ‘coincidence’ has been

created solely for the purpose of confirming a disconnection to the whole. For example: “I was just thinking of Malcolm (who I haven’t spoken to in years) just before he called. What a coincidence!” or “I was just saying my next car will be a hummer and I just keep seeing them everywhere, what a coincidence!” Most people go about their day avoiding the fact of any connection to anything. They are so use to blaming others for their misfortunes and feeling the world is out to get them; so how could they be connected or be purposefully attracting such hurtful events. By assuming a disconnection to our creative energy, you are in effect attracting more experiences that confirm this thought; *that you are disconnected.*

“Why me, I was just driving to work minding my own business, when that man cut me off as though he didn’t even see me. What am I invisible?” When you are disconnected to the flow of Source Energy by refusing to believe that what happens to you is because of what you think and feel, you will feel invisible to everyone and everything. This is the Law of Attraction working in its finest form. You may be unaware or disregard a connection to the Universe, however, when you become aware of the connection and release to the fact that this is the way of our world, your life will flow with ease, un-resistant to itself and it is amazing how visible you become.

**The Science Behind** - Think of your body itself as its own entire universe, full of life and swarming with different single celled microscopic organisms. Most of these microscopic organisms are there to perform their part in keeping our bodies alive, as we are here to perform our part in keeping our larger being ‘earth’ alive. These microscopic organisms are all singular, although they are all connected and running in perfect function with our bodies. They would never deny their connection to our body as a larger part of their existence now would they? They individually do what they do; however all the time in unison, to help our body function as a larger entity. We have no doubt that even these microscopic organisms

within and upon us, have organisms within and upon them so as to help their life function. Just where does this end? The extent of life on earth and the creation of all of which we are is just mind boggling. Just because our microscopes don't view something this small, does not mean that it's not there. It is the same with Source Energy; just because you don't see it doesn't mean it's not there. We as humans will know it's there via our feelings. The only reason we know of germs and cells, is because of the invention of microscopes. They were always there, we just weren't able to see them. So what else is there that we can't see? Is there more out there amongst the planets, are we just a blip in a larger life force? Well in some respects we already know we are; although just how great and immense is it? And how far does it all actually go?

The extent of the unknown within our universe is phenomenal. You are just one of the many amazing beings living in a simplistic, however perplexing world.

Science is a study that relies on cold hard facts. It has always struggled with the ideas associated with belief alone. Religion and science have often butted heads as there was never scientific proof that there was a God or that our connection to something more spiritual existed. This extended through meditation, intuition, collective consciousness and ghostly or paranormal activity. How can science prove something that has no evidence or resides on faith alone? And what does the future hold in science; what more is there for us to see? Spirituality and consciousness were always seen as a belief and couldn't be proven scientifically until more recently. The study of quantum physics has been making amazing ground. We would like to explain to you an interesting and amazing series of quantum experiments performed to prove collective consciousness (our human minds being connected). Many Scientists have been gathering data for well over fifty years, looking at the intention we have in our minds and its

behaviour on our physical world. As in what you think about, you attract.

A common experiment performed repeatedly in the past, was the flipping of a coin and having the coin flipper mentally intend or wish for it to land on heads or tails. Early trials showed quite obviously that the coin flippers intention or 'wishful thinking' swayed the result of the coin onto its intended side. From performing this experiment over the years and studying the data, they have proven that our mental intention or our thoughts do have an effect on the end results. So if you are a skeptic, we are letting you in on the fact that there is actual science to support all of what we are saying.

Advancing further and rather than repeating the same experiment using the coin, in the 1960's, Scientists invented a machine called a Random Number Generator (RNG). It is the mechanical version of a flipping coin, though rather than heads and tails, it produces 1's and 0's known as bits. When the RNG is run alone, the result of 1's to 0's is 50/50. The RNG can produce many more bits per second (as in, 1010011001100001) than the flipping of a coin. So it became much easier to get mass data and to perform these intention experiments on a large scale.

From here, Scientists started many experiments where they would run the RNG and ask someone to intend or wish it to produce more 1's than 0's. After many tests, they concluded that the mind was definitely changing the results of the RNG's randomness. In effect, because of the intention to do so, the randomness became much more orderly.

Then in the 1990's Rodger Nelson, at Princeton University, got the idea that maybe our *intention* was only one part of this equation and maybe mental *attention*, was also important. So when we focus our mind in *attention* to a topic or if many minds focus *attention* to the same topic, it would create a coherent mental state. Rodger Nelson and other colleagues

including Dean Radin, designed a series of experiments. They placed an RNG in a room full of people that were meditating, as they were expecting a large amount of coherent *attention*. Some of the people meditating knew that the RNG was there, though others did not. Whether they knew or not, was not important, because Rodger Nelson was just interested in focused consciousness and seeing if the randomness would become orderly within the meditation. After hundreds of tests, they came to the conclusion that the RNG's results had become less random, due only to focused *attention*.

Approximately in 1994, Dean Radin and other colleges did the first Global Consciousness experiment concerning the verdict in the OJ Simpson murder trial. This was an instance where Dean knew that within a period of a couple of seconds, as the verdict was read, hundreds of millions of people around the world would be focusing their *attention* on this single result. To get a time sequence of the randomness on a global scale, they ran five RNG's (four in the US and one in Europe) before, during and after the verdict announcement. He found very clear evidence that there was a sudden peak in order of the RNG within seconds of the verdict being read.

After the car crash involving Princess Diana, the Scientists knew her funeral was another event that would take the focus and interest of the world. By this time the RNG tests on a global scale were creating interest amongst the science community. This time they ran approximately twelve RNG's around the world, once again before, during and after the event. The results were conclusive; the deviation from randomness to order during the funeral was significant.

With these results they thought it would be important for their data to run the RNG's continuously, 24/7 around the globe. So this generated the idea of the Global Consciousness Project, headed by Rodger Nelson at Princeton. Every five minutes, the data from all the RNG's is sent to a single web server at

Princeton. Today they have approximately seventy RNG's running globally and have been doing this continuously for over ten years.

The Global Consciousness Project now has data for hundreds of events and they fall into two categories. First are planned events or events we know about as in: Princess Diana's funeral and Y2K. Then secondly there are random events like: 9/11 terrorist attacks and Michael Jackson's death. There are two amazing findings. Firstly, large scale events that attract a lot of attention create a certain 'connection in consciousness' or 'mental coherence', which is then reflected in the RNG's results. The second amazing thing is that through the results, they began to notice the data shows a rise in mental coherence just before the random events occur. This was noticed firstly when the study of 9/11 was done. It suggests that we all have 'collective conscious premonition'. So somehow consciously, we actually know of an event before it actually occurs. Absolutely amazing!

There is no denying it, we are all connected! Quantum Physicists have performed many other experiments proving our connected consciousness and proving our thoughts really do create our reality. It was our choice to only insert one experiment; however if you are interested, the extent of research is absolutely astounding.

**"I am a part of all that I have met."**

**Alfred Tennyson**

**How Do I Deliberately Connect And Receive What I Desire? -**

All the answers to everything you could ever wish to know lie in Source Energy and because you are one and the same, ultimately all truth is hidden within you. In saying this, you are not the only person on this earth and for good reason. You are this energy, every other person is this energy and every

other thing is this energy; so cleverly your answers can come from another person or in many other ways. When you desire something, look inward as well as outward and you will find your answer. If you profess strongly to the world or to yourself that you'd like to improve your fitness, the expansive Universe will rush to join in your plea. You may see an advertisement for a ½ price gym membership, a friend may ask you to go for a walk and you may see people exercising everywhere you look. You are receiving initiation from the Universe for your request, because of your connection to the energy embodiment of All That Is. These things just pop out and say "Look at me! I'm a match to your desires!" The other people and the entirety of the outside events you have attracted, are just triggers and answers to your questions and desires. You still, even after asking for something and receiving the Universes support, *have a choice*. You can choose to stay unfit and avoid any orientation to what you have asked for because at any point in your life there is always a choice, a fork in the road. You may choose the path to the left today and if your life turns out to be not what you desire; choose the path to the right tomorrow. You always have an option, always.

We are all searching for something we already possess, however to know what you are asking for may seem hard as this energy we are speaking of is invisible. You don't sit down and think: *I'd like to experience being a dad* and then see a little man jump out of your head, do as you have commanded and return with a baby. We must use the tools we have naturally been given - our thoughts and feelings. If you desire a baby and your desire for this child comes from a place where lies the beauty of being a father: then your mind will think it, your body will feel it and then Universal Source Energy will return with a spiritual vibrational match. In this case, being a partner who desires a baby also and a successful pregnancy. Although, if you want a baby and your want for this child comes from a place of lack where you see there is no baby yet: your mind will think it, your body will feel it and Universal Source Energy



will return with a spiritual vibrational match, being no partner or a partner with many failed or absolutely no pregnancies.

So, as always, it is all about your thoughts and feelings being a vibrational match to your desires. If you find that your thoughts and feelings are focused on the lack of something, you will need to clear up your vibrational mismatch. Align yourself with your desires by focusing on the fact this desire already exists in your life. Find some good feelings.

To clear your vibration on any topic, make yourself feel better about your personal experiences within it.

***Exercise one*** - *Grab yourself a piece of paper and head it with a topic you would like to feel better about, as in 'money', 'love' or 'health'. Then begin to list all of the reasons you feel good about it and turn your vibration around towards what you are wishing. For example: I receive a very valuable pay-cheque every week and I love money because it has given me freedom, objects and experiences in the past; I have loved and been loved before and it was wonderful; I see love everywhere and I know there is plenty for me; or my father lived a healthy life until he was in his early nineties and I have his genes; after all the preservatives and unhealthy food I have put into my body, it is still showing such wonderful strength.*

We have asked you to do similar exercises throughout the year. The reason for the continued focus on alignment is that it is a continually reoccurring topic. You may receive what you desire in one area of your life only to notice that there is a lack of something in another. Vibrational alignment is a lifelong affair. The constant refocus will cause you to become exceptionally proficient at it.

You cannot escape this, it is just who we are; we are all connected! This connection and energy can be felt and used by anyone; you can connect to anything in this Universe, any job, any sort of relationship, via your thoughts and feelings.

**“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”**

**John Muir**

**Instincts** - Instinct, a powerful urge not governed by reason, a word formed to explain the unexplainable. This word is used in situations where something unknown came over you and you acted upon a feeling alone. We all have them, it's that little voice in your head and the feeling of urgency or even a subtle nudge of action needed to be taken. It comes from human nature and the connection we all share and have to the Energy That Is. Most mothers will instinctively know what to do and how to care for their child. They can often instinctively wake up a couple of seconds before their baby will start to cry.

Instincts are an amazingly powerful force and you may have heard of miraculous stories where people act on their instincts alone, almost like they were being directed as to what to do. Shannon had an experience like this recently, her story tells of the importance of instincts and we'd like to now share it with you.

Shannon was at home with her two children: Fynn 5, who was in his room playing and Olivia 2, who was sitting on the lounge watching morning cartoons. Things were running just as usual, Shannon was busily tidying the house and getting the kids lunches ready for school and day care. Suddenly totally out of nowhere, Shannon felt a very strong urge to go into the lounge room and check on Olivia. Although she had no idea why she was doing this, when she turned the corner she saw that her daughter was choking. Automatically Shannon began first aid and placed Olivia over her knee and began hitting her back; she moved her from one position to the next however nothing was working and Olivia was beginning to turn blue. She grabbed the phone and called the ambulance; then Shannon felt another strong urge to get out of the house.

It was as though someone was whispering over her shoulder prompting her of exactly what to do and when to do it: first that there was something wrong with Olivia and secondly that she needed to get out. You would think if your child was choking or in any dilemma for that matter, you would carry them close to your chest in a bear hug. However once again, oblivious as to why, when she started to run out of the house and down her front stairs, Shannon had instinctively picked Olivia up in a football hold. There was a lot going on, Shannon was a flood with emotions, talking on the phone to the ambulance and holding Olivia whilst running down the stairs. However even in all the commotion, she still managed to hear a sound so clear it made her stop. A twenty cent coin shot out from Olivia's mouth and down the stairs, only to land perfectly on the last step for Shannon to clearly see.

The football hold and the bumping of running down the stairs created something similar to a Heimlich manoeuvre, which is what forced the coin out of Olivia's throat. This dislodging may never have happened if Shannon had been carrying Olivia in the conventional way and didn't get out of the house to run down the stairs. When the ambulance arrived they did a full check and Olivia was fine. The fact that Olivia and many other children and adults are alive today, is thankfully due to the other people (even animals) in their lives listening and following their clearly guided instincts. Now can you see that we are all connected?

Our instincts are strong and inform us of many things; you know when you walk into a room and there is tension, you can feel it thick like fog. You would even go as far as saying, "Geez, that room had some bad vibes going on!" Or when you walk into a room and you feel a sense of calm, bliss and serenity come over you. We can and have all felt this, but how? It's because we are all connected to the same energy. What you are feeling is the vibration from others. So if there is tension and anger being emitted from someone, you can easily feel it.

It's a great indicator of where you are meant or not meant to be. If you walk into a room and it is a mismatch to your vibration, you are going to feel uncomfortable like you need to escape. Some spaces, if they are a match to your vibration, will make you feel like you don't ever want to leave. If you have ever been house hunting you may understand this as your instincts can be a great guide. This internal direction and strong instinctive behaviour happens to all of us, even when we are not centred and aware of it. However if you are, your guidance just becomes stronger and more frequent, this is because you can fine tune and know when you're in flow or out of whack. Interesting aren't we?

**Creating A Deeper Connection** - As we explained before, we were not put on this earth alone and for good reason. We are naturally connected to everything and it is from this connection that we receive all we ask for, positive or negative. Our Universe is an amazing place; how do you feel after you take a walk in nature or take some time out at the beach? Do you feel uplifted, refreshed and calm? There is a mass of energy in everything; although it is an unwavering energetic power in natural elements like: the ocean, the forests, the rain, the wind, fire, expansive bare land and the mountains. All these things are exuding the purest form of energy. Their energy is always constant with Source, as it is unaffected by mental thought; we can change our vibration by what we think and feel, as nature does not. This is the reason why you feel better and uplifted by spending time in nature. Nature has no want or need from you, it is not your dog waiting to be fed or your child asking for your time; it is not like reading an email or even like the need to send one; it is not like paying the mortgage or the feeling of hunger. Nature is pure Source Energy, it is an encapsulation of our Oneness, a thick mass of Higher Power and it wants nothing from you and has no qualms with you wanting from it. As there is always enough, there is always more and whatever you take is actually not taken; for you cannot take from that of which you are. It is the 'never ending packet of

Tim Tams', the 'Genie with unlimited wishes' and the 'river that just keeps on flowing'.

Often when either of us go for a walk, we take the time to look up at the blue or cloudy sky and from our distant stand point we can feel a pure connection to All That Is. Each of us knows that we can have whatever we desire on this creative earth; so looking into our sky and breathing it in, creates an amazing feeling, free and untamed. It truly is a wonderful, diverse and magical world. How incredible is it to know that we are only limited by the extent of our dreams and desires.

Get out and feel alive!

**"The web of our life is of a mingled yarn, good and ill together."**

**William Shakespeare**

***Exercise two** - To clearly connect to the energy in other life, visualise your connection to the earth, sky, plants and animals. To create a connection of energy between you and all life, visualise a clear flow running between you and the object or place. Breathe it in, feel the expanding presence of love in your mind, body and soul. Stepping into this frame of mind and creating an active visualization session, only has to last for about 20 seconds.*

Place your differences aside and grow comfort in the knowing we are all a part of this same unique world and we all look up at the same sky. For if you know and accept that we are all connected and that your desires and dislikes are all brought to you via your connection to the Universe, you will realise the idea that others interfering or interrupting your life is quite unrealistic. It is actually all coming to you because you are a vibrational match to it. What you receive, is always because of what you believe! The more you resist the fact you are connected to your fellow man and focus on the discord and dysfunction of our world, the more you will attract discord and

dysfunction. Releasing to our connection is the most direct route to getting exactly what you desire mentally, physically, emotional and materialistically.

**Exercise three** - *Next time you are out and about surrounded by people that you don't personally know; feel your connection to them. As in, when somebody walks by, think to yourself: I am connected to this person; they and I are one and the same. To see the connection of energy between you and others, visualise it as a clear flow, running between you and other people, as in exercise two. Stepping into this frame of mind and creating an active visualization session, only has to last for about 20 seconds.*

If ever you are in a situation where you're around people and you don't feel comfortable, do this exercise as it will calm you and put you at your best, in any situation.

For some of you when you first begin to do this yourself, it may feel quite odd, as you won't know these people and some of them won't look like the sort of people you'd like to talk to, let alone create a connection with. However please persevere, realising and creating a deepened connection to others and all life is important, as it will assist you in many ways. After a short time you will become more comfortable with doing this, anywhere or with anyone. Also if you repeat this activity daily or even once a week, you will become more aware of the broader connection to all and feel more at peace with everyone that is around you.

There are lots of people on our wonderful earth who don't know how to create happiness, love and fulfilment for themselves by connecting directly to Source. They get their fulfilment from other people's attention focused upon them, by being an extravert or whining. Some people find their only way to get fulfilment is to steal energy from others via putdowns and abuse. We talked about this more extensively in the chapter 'Forgiveness'. This is not necessarily a conscious action; it may have just become second nature to them. In the

past when they have sourced energy this way, they have felt better within themselves for it and what feels good, we generally repeat. Realise when you are with this person, they are not the one that has made an effort to change, so don't expect them to be any different for you will only disappoint yourself. You are the one who is making the change; so all you are to expect is that your feelings and reactions will be different this time around. You may be a person who has a tendency to take energy from others, if so, start to be accountable for your own energy fulfilment by completing the next exercise. Or if you have noticed a depletion of your energy when around other people, also try this next exercise. This next exercise is similar to 'The Self-Protective Strategy' in the previous chapter 'Forgiveness'.

**Exercise four** - *Filling yourself with energy directly from Source (which as we know is in everything) can be done during a session of meditation or you can choose to just take a few minutes out of your day. Visualise a whitish light pouring into and around yourself from above, breathe it in and feel warmed and protected by it. Visualise yourself as strong and handling the conversation with this person calmly and controlled, but in a happy manner.*

*Now you have a protective field and some preparation, meeting with others will come much easier. It is slightly more difficult to do visualization when you are in a room with a person who you feel saps your energy. However, mentally let them know there is enough love and energy for you all, as you cannot empty that of which we are. Visualise the flow from you to them, plus the flow from Source to you.*

A final comment for this month of togetherness: If you find yourself in an uncomfortable or traumatic situation, if you feel someone is pressing you with a question you cannot answer or maybe you become confronted by an aggressive person; our advice to you is this: Don't rush your comments or actions out of nervousness and fear, as Source is always there to assist you

in the most clear, concise and constructive ways. If you take a moment to breathe before you react to any given situation, you will make a constructive wholesome choice that you will find serves you each and every time. Choose to act, not react.

We are all but one in this world!

**Tick the daily checkbox in your Journal when you have completed two of the following tasks:-**

- ***Complete exercise one*** - To clear your vibration on any topic, make yourself feel better about your personal experiences within it. Grab yourself a piece of paper and head it with a topic you would like to feel better about. Then begin to list all of the reasons you feel good about it and turn your vibration around towards what you are wanting. (Page 169)
- ***Complete exercise two*** - To clearly connect to the energy in other life, visualise your connection to the earth, sky, plants and animals. Stepping into this frame of mind and creating an active visualization session, only has to last for about 20 seconds. (Page 173)
- ***Complete exercise three*** - Next time you are out and about surrounded by people that you don't personally know, feel your connection to them. Stepping into this frame of mind and creating an active visualization session, only has to last for about 20 seconds. (Page 174)
- ***Complete exercise four*** - To fill yourself of energy directly from Source take two minutes to visualise a whitish light pour into and around yourself from above your head. This can be done during a session of meditation or you can choose to just take a few minutes out of your day. (Page 175)







## Chapter NINE - Contrast

We have all experienced contrast at one point or another in our lives. Contrast is the difference between how we feel when we are enjoying life, compared to how we feel when we are not. In essence, you can't have the good without experiencing some of the bad. You can't even class something as good, unless you compare it to something that is not. Because of this, contrast is one of life's largest blessings, in that it helps us to uncover what we *do want*, by showing us what it is that we *don't want*.

It is normal to have some bad moments or even bad days as it is near impossible to be happy all the time. This is actually a good thing, because we need the contrast so we can project out into the Universe what we really do want.

As we explained in the chapter 'Healthy Mind', we can all use our feelings as a guide to uncover whatever it is we desire. For example, if it feels good, we should go with that! Because your feelings are such a wonderful guide, this accentuates the great value of feeling bad (contrast). Life shows you contrast when you have gone astray with your focus on the positive or your good feelings, clearly reminding you when you are not living within your best life. So when things aren't going as planned or when you are feeling frustrated and off track, it's a great indicator as to where you should *not* be. Get it? If you're experiencing a contrasting moment, you'll be feeling uncomfortably aware of the difference between where you are vibrationally sitting now, compared to where you are wishing to be.

**Creative Beings** - Have you ever heard the statement, "The grass is always greener"? We always desire something other or more than what we have. Will we ever be happy? Why does the grass always *seem* greener?..... Well, it *seems* greener, so we can use contrast to project into the Universe more of what we desire. Humans are creative beings, as we have a constant drive to create and to have new things. When you feel a continuous yearning to be where you are not, this is you as a creative

being, being creative. If you were to never desire more than what you have, then you would have no passion or reason to live.

Imagine if we were created with no need to eat or drink. Well, we would never need to go to the supermarket or create our own veggie patch. What if we had no sensitivity to the weather and weren't concerned with being naked? Well, we would have no need for clothes or a roof over our heads. If this were the case, there would be no need for money and no one would need to work. What if we had no reason to purchase the next new television or mobile phone? Well, there would be no need for the development and creation of new products. There is a reason we have a desire for the grass to be greener; it is the way we are driven to create!

Let's say you have just built your dream home, only to discover that after some time there are things that you would change or do differently. Why is this so? Once again, it is because of our desire for something more, plus our desire and drive to create. If you were completely happy you would have no drive for continued creation, and this would not make sense as to why you are here and the being that you are. Since the dawning of the ages as humans, we were put here on this earth to create. If we were to give up on creation, we would in essence, give up on life!

Creation can come in many forms. You may have a desire to build a home, or do a degree in economics. You may be passionate about becoming a mother and running a household. You may have a desire to grow spiritually or learn karate. You may want to become a chef and own your own restaurant, you may wish to write a book or write a song. Anything or any form of growth and / or change, is creation. So, any desires that you have for growth or change, come from contrast. If you don't like where you are or you desire to tweak your life in any way, shape or form, this is you experiencing some form of contrast.

**Contrast As A Comparison** - If you wish for a life different to the one you have, comparing your situation now, to that which you desire, will most likely make you feel uncomfortable. This is because there is a vibrational difference between where you are now and where you wish to be.

In 2005, Shannon and her husband Brett had been successfully running their Landscaping business for approximately three years. They were earning just enough to pay their mortgage, raise their children and to enjoy a few of life's little pleasures like holidaying and the odd evening out. Up until this point the concepts of The Law of Attraction, positive thought and creating your own life were completely new. When Shannon started to discover and uncover these ideas, she became excited and felt compelled to share her new discovery with her husband Brett. Together they agreed that where they were financially in life was good; however they both felt that they wanted more. They then decided it was time to manifest a wealthier life. Months and months went by, affirmations, visualisations and lots of journaling took place. Shannon's thoughts started to veer away from the family business and began to look for and think of new ideas for creating wealth.

Quickly things began to change within their lives, although it was not for the better. Brett was working within their landscaping business as hard as he always had. They'd just taken on a new contract that seemed to be, 'a usual job', however the client involved was particularly difficult. To make a long story short and without getting into all the nitty gritty details, Brett finished up his work to his usual high standard, however the client refused to pay. They were very confused as never in the history of their business, had anyone been unsatisfied and declined payment. What made it even more difficult to comprehend was it was really no fault of their own. They had just come across a client who took it upon herself to go against Brett's recommendations and choose a different product to what was suggested. The result made a mess of

Brett's work and she had just decided to lay the blame with him instead of herself. *These things happen* they thought, so they continued affirming and moved on.

Then another bump in the road began to surface as their next job did not go any smoother. Brett finished what was considered by others to be 'a perfect driveway' and the client could not have been happier. The finishing touches were for the driveway to be cut by a Concrete Cutter (as this allows for expansion and lessens the risk of it cracking). While the Concrete Cutter was completing his work, a major mistake was made and the driveway was ruined. The client had no choice but to refuse to pay the last payment. "Great another job that we have lost out on, what is going on and why are these things happening?" Shannon exclaimed. Considering all the effort they had been putting into changing their thoughts and feelings, they were both left very confused at this 'Law of Attraction' as financially they seemed to be falling further behind, not striving ahead as intended.

The final straw came when Brett was contracted by a Landscape Architect to plant two beautiful mature specimens into two planter boxes. The plants arrived by crane on site and Brett explained to the Landscape Architect, "They are far too big for the planter boxes, there is no way that they will survive in there, you are going to have to order smaller species". The Architect did not take Brett's concerns on board and instructed him to plant them regardless. As Brett was not the Principal Contractor of this particular job, he had no choice but to do as he was instructed and within two months (as he suspected) the plants began to die. The clients placed the blame on Brett, as the Architect would not take on any responsibility. The plants needed to be replaced and once again this was to ultimately come from Shannon and Brett's pockets.

Life was presenting some major contrast and as always, for good reason. Shannon and her husband began to realise that to

get further ahead in life financially, they would have to change something. For if they continued doing what they were doing, all they could expect was to get what they had been getting and this is the same for us all. If you wish for things to change and wish for more wealth or anything new in your life, you first must make some mental changes and when prompted by the Universe, begin to make some physical ones. If you don't make the physical changes, life will force upon you contrast; so you are driven out and away onto new things.

The realisation of this encouraged Shannon to dig deeper and think harder. This is ultimately what led her to the thought and then joint creation of *Hidden Path Book and Journal*. However it was not only this, in search of creating more income Shannon and her husband were pushed to purchase a block of land. Then Shannon (on her own) designed the home, and together they both managed the entire construction, down to every tiny detail. Brett was onsite everyday and he physically built their home with the help of their brother in-law. When completed, they worked out the project had created in excess of, \$300,000.00 worth of income, in only a few short months. Now this was more like what they had in mind! For the twelve months leading up to this, Shannon had affirmed every day, "I am a multiple six figure income earner". She had printed it out and stuck it to her bathroom mirror, and read it aloud every single morning. Shannon and Brett achieved their goals and as always, not the way they had expected. The Universe works in mysterious ways and contrast is a wonderful way to show you where you are not meant to be. Shannon used her contrast wisely and learnt a valuable lesson - *things won't change unless you change them!*

Once angered by the clients and Architect that they'd previously felt wronged by, they were now grateful toward them, for it forced them to strive for better. Shannon's new goal and her new affirmation on her bathroom mirror is, "I am a multiple seven figure income earner". Do we think that she

will achieve this? Without a doubt in own minds; for anything is possible if you believe and are open to receive!

Yes we are all learning how much of a wonderful impact positive thought can have on your life; however knowing that your life can change in an instant for the worse because of positive thoughts creating contrast, is a very important factor to take with you along your path. Now if there was no such thing as the art of contrast, what would we have to be thankful for?

Life is very simple; if something feels bad, change your focus. We as human beings are very creative and very intelligent and we tend to over think the heck out of everything! We have difficulty grasping the ease of life and are complicating the simplicity of it all. *Request, Release and Receive!* If you are feeling contrast, you are not releasing and when there is no release, you cannot receive.

When you're at an extremely bad point in your life and you feel uncomfortable and physically sick (although this is great contrast) you are actually sitting in a place that is the polar opposite, vibrationally, to where you should be.

Comparing yourself to others is much the same. What you are witnessing is the difference vibrationally between two points, you and them. Because of this vibrational difference between you and the other person, you cannot expect to have your life run the same as they do and so complaining when it doesn't, is irrelevant and a waist of your breath and energy.

**Exercise one** - *Use contrast or comparing your situation or yourself to others, to your advantage. If you are a mid range income earner and you often say or feel, "I make little money". Ask yourself, "compared to whom?" Compared to a billionaire this may be a negative comparison; although, compared to a beggar on the street or a starving family in Africa, you appear to be standing in great stead. If you are honest with yourself and know you treat your body badly and you seem to catch anything 'going around' and you often say or feel, "I'm*



*always sick". Ask yourself, "compared to whom?" Compared to a healthy person who runs 10kms a day, eats all the right foods and is beaming with health and vitality, yes you may be. However, compared to a child with leukemia or someone with advanced cancer or aids, you are an image of perfect health.*

This is not by any means an exercise used to feel better at another's expense. By seeing your position in a positive comparison, you are using contrast to its best advantage. You are actually making yourself feel better and as we have discussed, feeling better is the key to attracting whatever you desire.

**Contrast As A Message** - When you ask the Universe for something to become a part of your life experience, you need to get vibrationally aligned as in: to get vibrationally from where you are right now, to a place that is a vibrational match to what you desire. Now if you don't know how to do this already, the Universe *will* send you signals and these can come quite often in a contrasting form. Contrast is a wonderful message! If you don't realise the message that our Divine Energy is displaying to you, things *will* get worse, for the contrast *will* get stronger!

Let's say you love basketball and have been playing the game for years. You have hit a point where you are not advancing and you seem to be on a team that is full of people that criticize every move you make. So via your contrast, you send your request rocketing out into the Universe asking to be a better basket ball player and to be on a team that treats you with respect. Then you turn up to training and it's the same crap, different day; your team mates are at you and your game is less than average. More contrast! Via this new increased contrast, you send another request out into the Universe. You wish to be a better basket ball player and to be on a team that treats you with respect; then once again, another training session where you are underachieving and not supported by your team. What is it that you are doing wrong? Contrast is showing you that your life is vibrating differently to your desired request. So,

what do you do? Well, all you can do and all you are ever meant to do, is put yourself in vibrational alignment. So how do you do that? The same old way, be grateful for where you are now, as a representation of what you desire. Say some affirmations on topic to lift your spirit and feel good. Release your attachment to the undesired life you are experiencing and expect (not want) for your life to be exactly the way you wish it to be.

Visualization, positive affirmations and being grateful for your life just as it is, are all key parts to releasing any resistance you have for what you desire. Once you release resistance, you align yourself vibrationally to your desires. If you don't let go, what you want will never show.

There is one very important message to recognise in relation to any topic or event in your life and this is to notice how vibrationally unaligned or aligned you are to it. If your thoughts about what you desire do not match how you feel and think your life actually is, you are out of vibrational alignment. If you wish for something and your focus is continually on the fact you don't have it, you are in essence, out of vibrational alignment.

Messages of direction from the Universe are like the ebb and flow of the tide. In a rock pool if left to the elements, the pool will get bigger with each and every brush of the waves on its surface. Find the source of your issues and be aware of the contrast, this is where your positive focus needs to be. The Universe is always and forever sending you messages by way of contrast so you can fill in your rock pools.

**“The greatest mistake you can make in life is to be continually fearing you will make one.”**

**Elbert Hubbard**

Friends of Kate's had spent 20 years in their family business; it was set up as an even three way partnership. In the beginning and for thirteen years, all was going well. They were busy and

loving life, doing something they were all very passionate about. After doing some research into selling they discovered the business at this point was worth a lot of money. However, they were enjoying the fact there was enough money within the business for new cars, boats, to pay their mortgage and receive a decent wage. In essence they were enjoying the lifestyle and decided to stay.

As the years went by, things began to fall by the way side. There were some family issues that started to develop and all of the partners felt they were not being heard. It was like the old saying, "Too many cooks spoil the broth". Their lack of open communication and one business with three different directions, was killing the flow that had supported them for all these years. Money became scarcer and what little they did have, began going missing. The finger pointing began and trust became a major issue. As the frustration was mounting between the three of them, they began to talk of selling. However, as the business was not in the same position as years prior, the figures for a sale offered seemed a far cry from what they had hoped. So they struggled on.

At year eighteen, one of the partners had had enough. There was so much underhandedness of money going on and the situation was now affecting all other areas of their life. After six months of constant negotiations with the other owners, the partner left the business with nothing. Twelve months after that, another one of the partners decided it was a sinking ship and no amount of yelling and screaming was fixing a thing. The decision was made to get out now before losing more than just their share in the business. So once again, another partner left with nothing.

Similarly both of these partners had hit a point where life's extremely uncomfortable contrast, forced them to make a decision. The energy of the business was no longer aligning with any of their vibrations and projected manifestations. Even though the decision was a very painful one; they were each

rewarded by the support of the Universe once they released and *let go*. Both found other work and began on a path to a new satisfying future.

The one remaining partner stayed on. However, because his head and heart had been gone from the business for years, the inevitable happened. The unpaid rent forced the landlords to give a date within two months for full payment or the keys to the premises were to be handed in. After twenty years it was looking to be over.

In an effort to keep from going bankrupt, the only remaining partner spent these two months searching high and low for a bank or a person to aid with more money to keep the business afloat. However, every idea was a dead end. Four days before the landlords were expecting the keys and because the attention had been on finding money, nothing had been done to solicit moving the stock or organizing a closing down sale. Kate explained that his focus had been on debt, in reference to the business and any positive attention was focused elsewhere. She explained that the Universe was creating constant contrast to his desires because where he was right now, was in total opposition to it. So the only thing the Universe would support was a change for him. Even though there was a rough patch to come, he would survive and all would be okay; well better than okay. Kate explained that the same had happened over the previous years with the other partners and they are now thriving. So after a lengthy conversation with Kate, he was finally able to let go!

The decision was made; the business would be closed down forever in only four days. Every item of stock had to go in a mammoth closing down sale. Out of the blue, all the family members involved in the business and many others showed up to help. Even old staff members that had heard somehow that the business was ending, came into work. People poured through the door to a sale that had not been advertised in any way shape or form, purchasing everything that was not bolted

down. The last remaining partner and Kate stood back surveying the scene; he was in total dismay, “I can’t believe what is happening here, all the years we tried to have sales and spent so much money on advertising and never ever was there a response like this”. From Kate’s perspective it seemed simple, “The Universe is supporting your change. Plus you finally stopped trying to revive something that died within your heart a long time ago”. He understood and marveled in the power of the Universe that had pulled people from all over with its magical magnetism. The miracles continued and the business was closed at the assigned date.

Please learn from your mistakes! Get aligned when contrast rears its wonderful head. If something doesn't flow, let it go!

If you have only sadness and fear attached to a business or anything in life, you cannot expect it to do well. We see people all the time repeating the same mistakes and yes, mistakes can be hard, however in their wake they are always a blessing. They show us how we can do things differently, so we *can* get to what we desire. Don’t curse the customers for not showing up, ask yourself why? Where are your feelings in relation to this topic? Not, why they are at fault or why are they shopping elsewhere. Ask yourself: how do I make myself feel better and what is this contrast here to teach me? Then and only then, will you attract the positives you desire.

**“Mistakes, obviously, show us what needs improving. Without mistakes, how would we know what we had to work on?”**

**Peter McWilliams**

When striving for something in life, there can be much contrast to face to get what you dream of. How much are you willing to take before you stand up and claim your projected desires? Remember, it is always as simple as aligning your thoughts and feeling with what you wish for. If you have a dream for something, you must push on and learn. We had a dream for this book. Originally the path of getting there looked

a lot different as to how it actually panned out. You never know what you will need to *do* and what you will have to *learn*, to get to where you wish to *be*. All you need to know and hold onto is where you desire to be as you go along your path. The Universe will show you some contrast or redirection signs; go with this, *not* against it. These signs come in many forms. (Remember contrast is the difference between what feels good and what does not). When you see these signs, take them as growth and as a point of success, not failure.

If you are aiming for a million dollars and at the moment you have zero, well, of course you will need to learn a few new things to get yourself into vibrational alignment so you can receive it. Otherwise, if you were already a match to your desires, you would already have the money in your hot little hands. There is always a reason for contrast! In every contrasting point within life, realise that you have learned all you need to know at this vibrational level and you are about to move forward. How exciting is that! This is always why we love just a little bit of contrast.

**“Experience is the name everyone gives to their mistakes.”**

Oscar Wilde

Contrast can be a wonderful bringer of a message or change about to occur.

**Exercise two** - *There are always different roads you can take. However, when you are standing in the midst of contrast, without self-blame we challenge you to ask yourself these four questions:*

*Why do I think I'm experiencing something so detrimental?*

*Where can I take it from here?*

*Can I see what this is meant to be teaching me?*

*If this was to continue for the rest of my life, what can I do now and each day to feel good about where I am?*

*From experience, asking these questions of yourself, will plant the*

*seeds of growth. You may not see it from where you sit now, however trust us, all of the answers are there, just waiting for you to be calm long enough as to ask the right questions.*

**Contrast Was Your Choice** - Kate believes in the theory that you choose your life path from its onset. As pure Source Energy, encompassing all the knowledge of life and the entire Universe, you decide what you wish to experience in your life to come.

So, the most important start to anyone's life would be their selection of parents or the lack there of. This is for every reason that they match what you wish to experience within your life. Your parent's genes determine your physical traits as in: the colour of your skin, eyes, the shape of your physique and / or your vulnerability for or strength against hereditary diseases. However, the reason for your choice of parent is not just for their gene pool; it indicates the town in which you will be brought up, the lessons they have to teach you from the knowledge they hold themselves, their thoughts and ideas on any given topic and the wealth or lack thereof they possess. Many people hold resentment for their parents; although in some cases, they may have a great connection with one parent and a feeling of total separateness to the other. A number of people may hold this resentment their whole lives. Some may just touch on this within their teenage years; this makes some sense as during this time we are deciding who we are ourselves and the world can seem an ever confusing place. What better time than in your teenage years to confront the core of your existence - your parents? Why do they act that way? Why do they restrict me? I am nothing like them; how are we even related?

At whatever point in your life (if at all) you discover contrast between you and your parents, is a point where you may choose between growth or spiritual restriction. Ask yourself why you chose them, why these parent and not others? Your choice for this contrast (in your relationship with your parents)

is so you can learn how to get to where you desire to be. It is the separateness that needs to be explored and redirected into the positive. Why did I choose this mother or this father? How do I become more aligned with my decision as to why I chose them? What are they here to teach me or what am I here to learn from them? There was and always is a divine reason after all.

We are not giving your parents a get out of jail free card. They may have inflicted hurt and pain upon you growing up or even continue to upset you with their actions or reactions toward you now. What we are saying is - what expectations do you feel you had upon yourself as Pure Energy before your physical conception? If there has been a lot of contrast from early within your life, you must have had high expectations for your soul. We are not just saying this to make light of your situation, in fact this in itself deepens your life and its stance; plus, it is a part of your healing process. There is no blame to be placed within spiritual and mental growth; there is only self-realisation. So to live at your best, you must appreciate the contrast you receive and be accountable for your life, all of it and from its very beginning.

By deciding as Divine Universal Energy in your pre life state, where and what situation you are to be born into; you are in essence creating many of the contrasting moments and you will need to follow the path you have chosen. However in this pre life state, you (as the all knowledgeable Divine Universal Energy) probably figured when the contrast arose and it was time to, you'd get it. Well now is as good a time as any. Please remember, with as much grace and sensitivity from us towards whatever position you have been in or are in now, it is always your attraction! It always has been and always will be.

From our earliest age we are governed mostly by our parents or care givers. Vibrationally you are in total connection to them, you cannot eat, move, bathe or anything else without them. A parents' love accompanied by the *fear* they feel, may have put a



bubble wrap of distance between you and your true desires. This may not have been their intention; however, they probably just didn't want more than anything, to see their child experience any pain at all. They may have felt it was easier for you and your life, to limit your exposure to the world outside and explain to you how to avoid pain. However in reality, we bet the best lessons you've learnt, have all come via experiencing pain and then learning how to conquer it by yourself. This is your life and you need your lessons, nobody else's!

"That sounds strange, why would I choose this thing called contrast via a horrible life?" Well initially we choose contrast to create perfection, as this is what we see in the path chosen for our life. Plus we are creative beings and so to create, we need the drive that contrast generates. Remarkable teachers and many of the hero's we look up to in life have experienced great contrast. Some of your sporting superstars, or your favorite actors and band members, even Paris Hilton for 'pete's sake' may have had their own versions of road blocks and disasters within their lives.

Contrast is the point in life at which we need to make a choice. Do we blame outside influences by assuming God just has a terrible life planned for us and because of this we must just put up with it? Do we forget our dreams and never achieve them because it is all too hard? Or do we learn the lessons and take life by its horns and strive again for success!

No one else can do this for you, if it is your dream, it must be your doing.

**Exercise three** - Take some time to forgive and thank your parents or your primary care givers for their negative and / or positive influences upon your life. See that they were your choice and ask your soul why they were. We are not asking you to have the poster parent child relationship, just be at peace with them as they were your choice for a greater reason and therefore, they are your blessing.

**Complaining Creates Contrast** - Complaining creates a deeper valley between you and your desires. This life was your choice in your pre life state, however your life is never set in stone; you still and always will have a choice. It may seem easier to whinge and whine when things don't pan out the way you want them to. However, the act of whinging itself creates a greater pull of difference between where you are and what it is you desire. By whinging you are sending deep requests into the Universe as to what you want, although you are feeling, saying and thinking that your life is totally the opposite of this. No wonder contrast can feel so terrible.

**Exercise four** - *Tackle your attitude in the present moment. Each time a frustration arises ask yourself, "What's good about it?" Finding just the smallest positive will create a snowball effect. The more that you do this, the easier it becomes. Build a bridge and seriously, get over it!*

Achievement is on the other side of the wall called contrast; a refocus and belief in your dreams is the sledgehammer that will break it down.

**"In every adversity there lies the seed of an equivalent advantage. In every defeat is a lesson showing you how to win the victory next time."**

**Robert Collier**

**Contrast From Old Manifestations** - We have given you many ideas and exercises over the year on how to create goals and project what it is you desire into the Universe. Within the creative process lies contrast and at the outset of contrast lies growth. Here we are speaking of the uncomfortable feelings you get from your past, *unconscious manifestations*. It's the contrast you feel when you have done something one way for a long time and you have begun to change your focus.

For example, in the past you may have been expecting bills to outweigh your income. You felt validated in thinking this was the truth because day after day, month after month, bills

outweighed your income, so the feeling of debt was strong. You made a decision to increase your income and lower your bills. Goals were created and affirmations have been said, however still bills are showing up and your uncomfortable feelings keep reverting back to bills outweighing your income. This is the most exciting part of being your own intentional creator, because contrast is the pinnacle point to change! It is almost a Universal test asking you, “do I really desire this change?” In a contrasting moment refuse to let your old feelings take hold; face it with your dream in one hand and your belief in the other! When a bill arrives, use this moment to envision your goal of financial freedom as though you've already achieved it. You can also use some of the exercises in past chapters to solidify within yourself a strong positive feeling.

Create excitement about contrasting moments! You can manifest anything into your reality if you can *feel* a clear, calm clarity about it. We have all heard or witnessed instances named ‘miracles’ of people who have suffered an accident or an illness and willed themselves with an unwavering optimistic vision, back to perfect health. Or people who have come from the poor back streets of society, where their contrasting moments were thick and constant, to break the mold by becoming a doctor, a lawyer or an author. What do you feel was their similarity - maybe *solid belief*?

From manifestation of your goals, to having them come to fruition, there is always a time delay. So hold on, stay clear and believe! You can always do something about your situation. By being shown and feeling the blessings of contrast in life, you will know exactly when to blast the past away and re-ask for your desires!

**“There is no way to happiness, happiness is the way.”**

**Wayne Dyer**

As you go about your day, start to take notice of any arising contrast in relation to your desires involving work, finances, health and relationships; then most importantly how these thoughts make you feel. It is your feelings now in the present moment that are the key to your feelings in the future. Your emotions have a physical effect on your health, such as sickness or anxiety. So be aware of the thoughts that evoke fear, anger, sadness, regret and hurt. Let's begin turning your contrast into progress!

**Exercise five** - Using finances as an example for this exercise: Write at the top of a blank page, *I am feeling better about money because?* Then list all your answers positively and gratefully; gradually talking yourself into a more comfortable feeling. Look for things you may normally ignore in a problem framed mind.

*I am feeling better about money because?*

*I always get by, I am capable of doing anything to make money.*

*I can find nice thoughts about every job I've ever held.*

*There have been times I have made money so easily.*

*I have achieved so much in getting me to this point.*

*I have dreams of financial freedom and I know anything ever created started with a dream.*

*I have the power within me to do great things.*

*In a matter of minutes you can go from feeling at a loss to feeling so free and powerful. If the feeling crops up again, be prepared and repeat the exercise as often as needed. The best time to do this exercise is just before you go to bed at night. Your subconscious mind has an amazing way of working on removing blockages while you are sleeping.*

Be aware of the issues you are afraid to tackle, as they are usually the main ones that need your focus. No progress can be made if you are suppressing your uncomfortable feelings. Take the time to focus on feeling better and creating new positive

thought patterns. Before you are even expecting it, you will have freedom from your old thought patterns and have turned your contrast into progress.

With all of this you can begin to see that contrast is wonderful and we hope you learn to love and appreciate its appearance in life, just as we do. Actually as we were writing this chapter, we were emailing and posting out our synopsis, looking for the perfect Agent to represent us to the perfect Publisher. We received response after response explaining reasons like, "Thank you for your patience. It's with great regret that we are going to pass on your book. It's not reflective of your book so much as the current publishing climate, which is incredibly competitive. Thanks again and wishing you great success with your book." Great! We thought, let's drink to that! Because we knew this was just some creative contrast the Universe was offering up; the brick wall we needed to push on through.

Any doubts we had just enforced that there was more aligning to do and that is in essence, all we needed to do! So we went back to visualizing, affirming and projecting our request. "We are published Authors of the incredible *Hidden Path Book and Journal*. We are helping millions of people every day, to achieve happiness and their dreams." This was our dominating vibration, so the Universe was directing us in the best way to achieve this. Little were we to know, that not only would we be the Creators, Authors and Designers of *Hidden Path*, we would also be able to experience the wonderful feeling of Self-Publishing and Marketing our own creation. Now that is fantastic!

**Exercise six** - By saying the following contrast release proclamation or by making a personalized one of your own, you will place yourself in realignment with your desires.

*"In this contrast I see hope, in fact I also see perfection and happiness. It is my choice and I choose to react calmly, because I know that life is so fleeting and this issue too shall end. I will never wish my life away, so I am enjoying this moment for what it is!"*

You have total control over all that is in your life presently and in the future. Start today creating your life with intention. Contrast is wonderful! Where you are right now is perfect in every way.

Do you enjoy being a victim in your life or do you dream to be victorious?

**Tick the daily checkbox in your Journal when you have completed three of the following tasks:-**

- **Complete exercise one** - Use contrast or comparing your situation or yourself to others, to your advantage. (Page 184)
- **Complete exercise two** - Without self-blame we challenge you to ask yourself these four questions. Why do I think I'm experiencing something so detrimental? Where can I take it from here? Can I see what this is meant to teach me? And, if this was to continue for the rest of my life, what can I do now and each day to feel good about where I am? (Page 190)
- **Complete exercise three** - Take some time to forgive and thank your parents or your primary care givers for their negative and / or positive influences upon your life. (Page 193)
- **Complete exercise four** - Tackle your attitude in the present moment. Each time a frustration arises, ask yourself "What's good about it?" (Page 194)
- **Complete exercise five** - Write at the top of a blank page "I am feeling better about (topic concerning you) because?" Then list all your answers positively and gratefully, gradually talking yourself into a more comfortable feeling. (Page 196)
- **Complete exercise six** - Say the following contrast release proclamation or make a personalized one of your own. (Page 197)

*"In this contrast I see hope, in fact I also see perfection and happiness. It is my choice and I choose to react calmly, because I know that life is so fleeting and this issue too shall end. I will never wish my life away, so I am enjoying this moment for what it is!"*





## **Chapter TEN - Gratitude**

Gratitude is such an important topic that even though there is a section solely dedicated to it in the chapter 'Law of Attraction', we both felt it deserved a chapter all to its important-self. So you may have been applying the art of gratitude for months now, that is wonderful and we are assuming you feel more fantastic for it. We know how beneficial learning more about such a prevalent tool will positively affect every area of your life. So let us begin to delve deeper into the midst and meaning of the ever fascinating gratitude.

**What Is Gratitude?** - Gratitude means having appreciation and thanks, it's all about having an optimistic view on life and giving others acknowledgement and positive recognition. What amazing feelings all these notions create within, feelings of peace, contentment, satisfaction and happiness. This is emotionally what we need to be feeling on a consistent basis to create and attract the best lives for ourselves. When you are in a sincere state of gratitude, your vibrational energy projects alignment with all the events, objects, and circumstances that you are desiring. So by predominately feeling all these amazing feelings, you are attracting a life of enjoyment, because you are attracting more of the things you desire and more moments to feel grateful about.

**"Whatever we think about and thank about we bring about."**

**Dr John F Demartini**

Gratitude is an emotion that generally occurs after people receive something they desire or help from another person (depending on how they interpret the situation). Particularly gratitude is felt if people see the item they receive or the help they receive as beneficial. We all see things from our own perspectives, so when different people are faced with the same situation whereby they have been given help, they may view the situation extremely differently. Some people see a helpful gesture to be motivated by other sneaky intentions, or others

will just see that the help was appreciated greatly. We are all emotionally and knowledgably at different points within our lives, so this then explains why people feel different levels of gratitude after they have been helped. People who generally interpret help as more valuable, feel more gratitude than others. It is our attitude to gratitude!

**“A noble person is mindful and thankful of the favors he receives from others.”**

**Buddha**

**The History and Science Behind** - Are you looking at things with a ‘glass half full’ perspective? Throughout history, gratitude has played a massive role in religious and philosophical theories. The importance of gratitude has been an essential focus of religions including: Buddhism, Christianity, Judaism, and Islam. Almost the entire Christian Bible’s focus is on expressing gratitude towards God. We believe your choice of religion or your choice not to be religious is irrelevant, being thankful is not! Calling your religion by a certain name, having different rituals or having any belief in the fact there is a greater power behind the magic of life, does not separate us, it joins us all together as one.

We are all the same and we all possess the divine power to be grateful.

The study of psychology has generally been focused on understanding the effects of negative and stressful emotions, rather than understanding the effects of positive ones. This is because people obviously don’t complain or go to a doctor if they are happy and healthy, there would be no need to. So, research and focus is mostly on the negative range of emotions. We know when life is *not* working for us because we begin to feel upset, off track and just terrible. Most emotional complaints are of the negative end of the scale, depression, anxiety and stress; you can begin to understand why and where the data is coming and generated from. When you have

something to measure, as in how many people go to the doctor for stress per year, science has something to work on.

Science has mainly looked at ways to cure disease rather than prevent it. However, recently with the start of positive psychological development, science has begun to look at disease prevention by studying happy people. Woohoo, total breakthrough! As we know, what you focus on expands, so the thought of a study that focuses on disease and or negative emotions to find a cure, will only serve to create more disease and or more negative emotions. Yes cures are often found, although quite often the treatment creates more detriment than the illness itself. After many years of research and noticing that the cure can often be worse than the disease, scientists begun to change their point of view and research surrounding gratitude has become a big focus in the psychological field, which is great. Within the positively focused study of psychology, science looks at the theory that a short term experience of gratitude (even if forced by the person) creates a difference in how often people naturally feel gratitude. So to become more grateful, first you must be grateful. 'Like attracts like!'

Over time a large amount of study has shown that people who are grateful generally hold higher levels of well-being. Grateful people are less depressed, less stressed, happier and more satisfied with their lives and their relationships. This is because grateful people have a more positive outlook by concentrating on the brighter side of any situation, and so, they cope much better with the difficulties experienced throughout life. They are more likely to seek help if needed from other people, spend more time working out how to deal with any issue and look at their negative experiences as a moment of growth. A grateful person will sleep better, because they think more positive thoughts just before going to sleep at night. They are less likely to deny there is a problem, blame themselves, or cope through drug and substance use. Plus it is shown that grateful people have more purpose in their lives, more influence over their

surroundings, benefit from greater personal growth and self-acceptance.

**To Get What You Want, Want What You Have** - So feeling gratitude or being grateful is *huge*! As you now will know, the Law of Attraction is like a magnetic force and having gratitude for any situation will project this magnetic force out into the Universe and draw back to you more of what you are expressing gratitude for. At any time that you aren't expressing gratitude for something you have, you are in essence resisting something you desire. This is because your focus is fixated on the lack of this something in your life. When your thoughts and emotions are fixated on what you *don't want*, it creates a magnetic force which will serve only to draw to you more of what you *don't want*. To get what you want, want what you have!

Letting go of resentment forces you into a state of release and as we have explained, releasing any needy attachment to what you desire, is a massive part of the creative process. It is such a key aspect in receiving all of what you desire, that if you don't let go, what you want will never show. You must allow, release, believe and align; this can all be achieved via a state of gratitude. *Allow* it to come, *release* your resistance or need for it, *believe* it is possible and you will *align* yourself vibrationally. BE GRATEFUL!

**“Don't pray when it rains if you don't pray when the sun shines.”**

**Leroy Paige**

Let's look at an example: Bob thinks in his mind that he is working a dead end job. He knows he lives in a small box unit and repeatedly, from week to week barely has enough money to buy food. He's been dating someone who seemed to be absent emotionally and at the age of 35, his family is always on his case about him, *getting his life together*. Bob feels totally lost at the mercy of all the bad events in his meek existence. He is

regularly heard saying, “I can’t afford that and I guess I never will. Bad things always happen to me, it’s just the way my life is.” The way he views his life now, is projecting all of his future outcomes. With these negative thoughts, can you image what sort of future life Bob is creating for himself? Well, it would be the same life he is experiencing right now; as it is what he expects and we always get what we expect! He needs to have faith in himself first, before he can expect it from his boss, his partner or his family.

Bob thinks his girlfriend is distant emotionally; why would she act loving and caring towards him if he is emitting feelings of lack and dissatisfaction? Because as the Law of Attraction states, ‘like attracts like’ so it just wouldn’t fit now would it? If he is to focus on the situations that prove she is not interested, then he will constantly notice from her, her disinterest. She is simply responding to his vibration about her and acting in a way to mirror Bob’s feelings. The best way for Bob to turn his situation around, is to list all the things that he is grateful for about his girlfriend. Is she funny and witty, is she well liked by his family or friends, does she cook him dinner sometimes or she may be a good lover? If Bob was to find some gratitude, or even the most minor positive event to focus on every time he feels low, via the Law of Attraction, more reasons to feel grateful will rush into his thoughts. Then in turn, Bob would begin to feel and act differently towards his girlfriend. Plus she would be receiving a different energy vibration from him, this would cause her to create new warmth towards him. This is the truth, you only need to try to be grateful about the things that do exist in your life and they will expand. Now you may need to repeat the process until it dissolves all the negativity you have been attracting and this situation will soon become a distant memory.

If you dream of something better, you *must* find something to be grateful for! If it seems hard, keep looking, we assure you it will come. Keep your focus on what you desire, not on why you don’t have it! By taking time to look at the things we value

about any situation, we will begin to look at life in a different light and this will have an almost instant effect. For what you feel will always be emulated.

**Exercise one** - *Grab a blank piece of paper and this month create your own version of our table below. Repeat this exercise every day if need be. On the left start listing your biggest demons or old thought patterns, then on the right list the reasons you can find to be grateful.*

| Old Thoughts.....                       | Grateful Thoughts.....   |
|---|--|
| I always get sick.                      | I am so happy and grateful to be well the majority of my life.                               |
| I always lose.                          | I am proud of myself because I had a go and I did the best I could.                          |
| My mother in law takes over everything. | It is really nice to have the help. I am grateful she is not over that often.                |
| My children behave terribly.            | I am grateful for their expressive natures and I love that they love me.                     |
| I am very lonely.                       | I have wonderful friends and I cherish the time I spend with them. I am lucky to have space. |
| We don't have enough money.             | I receive money every week and I am so grateful to attract this money.                       |

**Get More From Being Grateful** - It is one thing to be grateful for what you have and increase it; however you can use gratitude to expect more and project a more prosperous and fulfilling future. Before we explained how Bob could focus on any little ray of light that was within his relationship and because of the accuracy of the Law of Attraction, it can do nothing but expand. However we hear a lot of people say, "how can I get my husband to be helpful, when he doesn't do a dam thing, really, I have nothing to be grateful for!" If you wish things to be different; try to see things as different to the

way you have in the past. This tactic is very similar to using affirmations to create a new desired outcome, as you will soon trick your subconscious into believing this is the way it is and you will align with the life you wish for.

We will use Bob again as an example in this situation. If Bob can't find anything to be grateful for about his partner, all he needs is a belief that he is. As in: "I am grateful for having a wonderful and loving girlfriend" or "I am grateful for our brilliant relationship" As we said, this may not be apparent now, however if what Bob wants is more out of his relationship, then he needs to expect it! If Bob's girlfriend is not a vibrational match to this desire, the Universe will draw to him a partner who is. Now obviously this would require a breakup of the old relationship, however never think your projected desires are not working because of something unexpected happening, the Universe works in mysterious ways.

It is the same thing for all Bob's dislikes about his life, his job, his home, his financial situation and his family's thoughts towards him. If he begins to list all the things that he is grateful for about them or be grateful for things to come, he would begin to feel differently and align with what he really wants his life to be. This would be reflected vibrationally to those around him and in time, he may be given a promotion, raise, or he may even be presented with another opportunity pointing him in the direction of something that he has always aspired to. He would attract extra money for a better lifestyle and better food, a better apartment to rent or maybe even find he can afford to buy one. His family would treat him differently, emulating his new found respect and value for himself. He would be living his dream life and be continuously grateful for it every day.

**“Throughout the centuries there were men who took first steps, down new roads, armed with nothing but their own vision.”**

**Ayn Rand**

**Exercise two** - *Grab a blank piece of paper and this month use feelings of gratitude to **expect more** and really change your life. Create your own version of our table below, and use every day if need be. Similar to the previous exercise, on the left hand side start listing your biggest demons or old thought patterns, then on the right list the ways you can use gratitude to expect more.*

| Old Thoughts....                        | Expect More Thoughts....   |
|---|--|
| I always get sick.                      | I am grateful for the increase in my health every day.   |
| I always lose.                          | I am grateful because every day I win more and more.   |
| My mother in law takes over everything. | I am grateful that I have a great relationship with my mother in law. She is respecting me more every day. |
| My children behave terribly.            | I am grateful that my children are wonderful. I feel more pride in them then before.                       |
| I am very lonely.                       | I am grateful I have offers from people all the time. I am grateful as my social life is booming!          |
| We don't have enough money.             | I am grateful I have more money than I can spend.  |

*Think it. Envision it. Write it. Say it. Believe it. Release it.  
Appreciate it. Claim it. Live it.*

**“If they can make penicillin out of moldy bread, they can sure make something out of you.”**

**Muhammed Ali**



If you are having problems with the behavior of your children, you can use *exercise one* and make a list of all the qualities that you are grateful for. All the little things they do to help you, all the things that make you smile and laugh, the qualities they show to their friends and maybe the efforts they put into school or a hobby. They will mirror your feelings towards them, it is law. So if you are frustrated and angry at them and you are constantly reminding them of their disobedience, then they will be constantly at you, reflecting these thoughts. If you are loving and caring toward them, constantly pulling them up on the things you appreciate, then they will be good for you, once again reflecting your thoughts. No child is inherently bad; they are just picking up on your vibes, rolling with it and are always seeking your attention and approval. If they feel attention and approval from you already, they will not be in a need to seek it out through misbehaving.

You may have heard Doctor Phil say, “This relationship needs a hero” and most relationships do, someone needs to start changing for a change to happen. This is like we have been saying, change your vibration and you will change your attraction. Why wait for the other person to do it, you be the one to change the projection of a relationship in your life, be it with your children, your mother or your brother. Step up and claim what you desire!

It can take time for your life to change direction; however, every masterpiece was started with a first stroke.

By implementing gratitude within your biggest issues, positive change will have a snowball effect on all the other areas of your life. Today is the day to start! People have been using gratitude journals for a long time. This is nothing new and in doing so they have reported a sense of growth, happiness and fulfilment. Many people’s lives have changed dramatically for the better by this act alone. Gratitude works in every area of your life.

**Exercise three** - We would like you to use the free writing section of your Hidden Path Journal this month as a space to journal of

*gratitude. Rather than just writing “today I went to the markets and the kids played at the park” Beef it up with some appreciation and gratitude. “I am blessed in this life to have the time to spend the morning at the markets and to live in a country and town where there are safe places for my children to play. I am grateful for such a lovely day!”*

**Exercise Four** - Write your affirmations as per usual in the allocated section of your Journal, just add a tweak of gratitude towards them. As in: “I am grateful for..... being a great mother and my children listen to me and respect my authority.” “I am grateful for..... my wonderful home.” “I am grateful for..... the possessions I have and the relationships I hold.” “I am grateful for..... the money I receive and the food I eat.” Flood this month with gratitude!

If you have resentment more bad will follow. If you have recently had a bad experience, find the good in it. There is always a lesson to learn and a beneficial point to everything in life, if you are willing to find it. If you find some gratification in this moment, good will surely follow.

**Cynicism** - I’m sure you have come across a cynical person or two in your life; plus you may have suffered a cynical moment or two of your own. A cynic is a person who believes that selfishness is the only motivation for any human action. They have no belief in any form of noble act or of positive points of view. They think that nobody is sincere and everyone has a selfish and sneaky reason for doing all of what they do. They think the banks are out to get them, the interest rates are high and there are a lot of hidden charges. The catch is, it is this point of view that will evoke instances where charges and hiked up interest is all they receive or all they seem to see. They think that football games are rigged or politicians are all sinister in their affairs. Fair enough there are sinister people in our world and some do exist in politics, however in a cynic's world this is all they see. They believe every man is a user or every woman is money hungry. Ever heard anyone make any of these comments or have you ever felt this way yourself? We

wouldn't be surprised if you have, we have all had down moments. You may not feel this way about all the topics we just touched on; however you may have some cynical points of view related to one or two other topics. We are here to let you in on a big secret: cynicism serves *no-one*! Not you, not the men or women in your life, not the banks and not even the politicians. The price you will pay for a cynical point of view is no luck or joy in that area; plus you are collectively adding to the negativity of the whole. You may make a cynical comment to another person and this may in fact just be reflective of your own life or point of view, however that impression may kill a dream or the other person's ambitions and ideas. People who are cynical about everything must be exhausted living in that frame of mind, don't you think? Spending every moment wondering for what sinister reason everyone is doing anything. Fair enough, they may think, by already having low ideals of others and life, that they then avoid a lot of disappointment, but really do they? Seems like life is a disappointment already, how upsetting for them. I guess they may never have to push themselves as they may not believe in achievement for themselves. They may only believe in achievement for people who have risen in the game of life, by deception or pure luck.

***Exercise Five*** - *If you hear a cynical comment from someone there is not much you can do as it is their life and their point of view. However, if you begin to or are feeling cynical yourself, just ask yourself some questions. For example: "If all women are money hungry, that would mean my mum is also, and my grandmother? How about my sister? Is my daughter going to grow up to be this way? What about Paul's wife or Jeanette at work?" If you answer no to all of your questions, well there can't be that many exceptions to the rule can there. This exercise will open your mind to the possibility that just because one or two people have proven to be this way, does not mean this is the only way it is. It's a big wide world and there is so much good for you if you are willing to find it.*

By creating a more positive, grateful point of view you are making yourself feel better and really the fact that you are

happier is all that matters. Now wait, that would mean all the cynics are right and we are all just out for ourselves. Well in a major sense we are, as no-one can influence your life, other than you. You always have the choice. Please choose finding exceptions to a cynical point of view and because of your faith in the good on this earth you will always attract them.

**Allow Yourself To Be Happy** - There are many people who are convinced it is morally wrong to be happy. They feel guilty because there are many people in this world who are suffering. Happy people make the others around them feel happy, so if you can't heal the world just help a friend or a stranger. Plus being kind to others always makes you feel better about yourself. Take control of your life and help others by being happy. If you are sitting in depression, happiness takes time, it is like losing weight; you will just have to work at it. The fastest and the best way to reach anything, is to set goals. If you set weight loss and work place goals, why not set happiness goals. Step by step, you will get there. Remember to always see yourself as already there, never focus on how far you have to go, just look at the end result and see how far you have come!

**“When you are grateful fear disappears and abundance appears.”**

**Anthony Robbins**

Kate's husband had been a part owner of a surf shop since the age of 18. After a family dilemma life forced upon him change and he needed to leave the surf shop after eighteen years in business and find a new career. He had lost out financially and money was tight; however they were both extremely grateful to have got away from the shop with the assets they had, as they could have lost much more.

He was feeling quite disorientated with his life as he had lost more than just a business, it was a passion, a self-image and his way of life. At the age of 36, having only ever worked for

himself, he was thrown out into the big world of looking for employment, in a field he had never worked. When he was a teenager growing up on his family's farm, he had acquired his heavy ridged truck licence, so the only thing he could think of doing for work was truck driving. Hearing that he could make better money driving b doubles (a truck with two trailers), hesitantly they went into further debt to increase his driving category to a multi combination licence. However the work did not follow.

Fear took hold and so did a severe case of arthritis; he was told by Doctors and Chiropractors to get use to this pain in his back and neck, as it will be with him for the rest of his life. The best he could do would be to take anti-inflammatories and try to survive. He didn't give up, because he always believed he could feel better again. After a lot of research to find a cure, he was pointed in the direction of kinesiology. Then with the help of positive focus and a diet change he cleared up all of his arthritic pain. So this was a big win for him, pain free and no more drugs.

Because he was feeling physically better, he persevered and finally found some work in the transport industry; however it was little pay and terrible hours. Over the next year the jobs came and went all with the same conditions, little pay and terrible hours. Kate recalls her husband saying, "We must have been lied to when told that truck driving was a good industry to be in, it's been 18 months and all I can find is this". At this point he was working 90 hours in a 6 day week with no over time or penalty rates.

At this point, Kate had been on quite a spiritual path for some time, so they talked about using some techniques she found worked in her own life to see if he could turn this around. They began to realise that with their increasing debt and decreasing pay, they were focusing on the opposite of what they were wanting within their lives. So the idea was simple - write down a list of things he wanted out of a job, even though at this point

they didn't even know if it existed. The next task was for him to continuously think of and write down all the reasons why he was grateful for his job and life now (as a reflection of job he desired) however many little reasons there may have been. Kate immediately noticed a massive difference in his attitude; he had gone into total release by using only gratitude.

About two weeks later, whilst he was at work without any initial aim, Kate randomly went online to a job website. There was a job listing that looked quite promising and a mobile number to call. Out of the blue without even talking to her husband, Kate phoned the employer. After a 30 minute conversation, Kate was in shock to hear about the job on offer; it just sounded too good to be true. During the conversation Kate had explained to him what sort of person her husband was and this made the employer very comfortable with the fact he would be perfect for the position.

Kate called her husband to explain what she had just done and discovered, he was of the same mind, "It sounds too good to be true" her husband said. He got an interview and during this he discovered they needed someone now! "I'd like to give the employer I am with now two weeks' notice" he explained. Even though there were many applicants who were very suitable and could start immediately, they were happy to wait, as they wanted him!

Kate and Wade realised that he had asked for this! With the power of release via gratitude, he had drawn exactly the position that he had written down only two weeks earlier into his life! He had wanted this job for eighteen months, however he felt it must not exist and so his want was coming from a place of 'lack'. Although once he released his resistance to it by being grateful for where he was now, he attracted exactly what was written down. We are amazed and continue to be amazed daily at the tremendous force of the Universe and the ability gratitude has at bringing what you desire forward!

Never knock yourself for not knowing or not being enough. Be happy with where you are right now, for it is perfect in every way. We hope expanding on gratitude has helped you to appreciate its amazing effect and its strength and force. Feel grateful for the power of gratitude itself, as it will bring to you everything you could ever dream.

At the closing end of every day, remember to thank it in any way.

**Tick the daily checkbox in your Journal when you have completed two of the following tasks:-**

- ***Complete exercise one*** - Create your own version of our Old Thoughts / Grateful Thoughts, table. Repeat this exercise every day if need be. On the left start listing your biggest demons or old thought patterns, then on the right list the reasons you can find to be grateful about. (Page 206)
- ***Complete exercise two*** - Create your own, Old Thoughts / Expect More Thoughts, table to attract more of what you want in your life now. (Page 208)
- ***Complete exercise three*** - We would like you to use the free writing section of your Hidden Path Journal this month as a gratitude journal. (Page 209)
- ***Complete exercise four*** - Write your affirmations as per usual in the allocated section of your Journal, just add a tweak of gratitude towards them. Flood this month with gratitude! (Page 210)
- ***Complete exercise five*** - Remove the need for cynicism. (Page 211)





## Chapter ELEVEN - Gift of Giving

The act of giving or receiving a gift, or a helpful gesture creates amazing feelings within. It produces beneficial, *feel good endorphins* for everyone involved. Amazingly, it often creates a greater increase of endorphin levels for the giver, than it does for the receiver. Don't you just love the way you feel when you have thoughtfully chosen a gift for a friend; you can barely wait for them to open it so you can watch their reaction. To feel good, you don't even have to be the person giving the gift, or even the person receiving it. For there is also evidence that a person will create the same *feel good endorphins*, when they are just viewing or are in the presence of others giving and receiving. Amazing!

No wonder we make such a big deal of gifts at birthdays, Christmas, Easter, baby showers, christenings, anniversaries, Valentine's Day, barmitsfars, engagements, weddings, house warmings and the list goes on and on. Then there are those of us who sometimes give a gift just for the sake of it! We as humans have come up with countless reasons to exchange gifts and celebrate with those we love most. We do this because we naturally want to feel good and also make others feel good. However, over time it has become expected of us to continually give to others. This can create pressure and anxiety, causing bad and resentful feelings that are not intended to be associated with giving. Money and your time are precious, limited commodities these days and are not to be given or taken lightly. Learning to give in the right way will support yourself emotionally as well as others.

To begin talking about giving, you need to be aware of where a gift is emotionally coming from. Are you giving from a place within you that feels a *lack of* or a place within you that feels, *complete and abundant*? If you have been reading this book with your eyes closed, then this is where we are going to shock you by saying, "You do have a choice! It is totally up to you

whether you feel lack or abundance, because they are in fact your feelings.” There’s nothing more important when it comes to attracting a great life than your feelings, so choose good ones when you’re in the process of giving. If you *choose* to feel at a loss and let down, then that’s the way you will feel and you will attract more situations where you feel at a loss and let down. If you *choose* to be happy and feel abundant no matter what and focus on the fact you have just made a worthy contribution, you will attract more situations where you feel like a wealthy, worthy person and a great contributor.

Everything we have in our lives is there because of the Law of Attraction; we have intended it to be! It extends through everything you do and giving is no exception, in fact there is a lot of spiritual power within the act of giving.

**Different Ways To Give** - There are different ways to give and receive and each of these ways set up a different feeling in response and as you know, each feeling sets up what you are attracting into your life. If you take notice of your emotions you can tell which category you are falling into.

Here’s an example of three different ways we use most readily when giving.

1. **Mutual Giving** as we like to call it, is the most common. It is basically giving, followed by receiving or receiving, followed by giving as in: Christmas, birthdays or a purchase. There is no loss or gain in mutual giving, the transfer of energy from person to person is quite equal. So within a ‘Mutual Giving’ situation, an exchange of giving so both parties are equally pleased is required. Christmas is a great explanation of this, even though often the giving goes beyond presents. With Birthdays it is very similar just time delayed. To expand a little more on ‘Mutual Giving’ you do it every day, everywhere. You go to your local fuel station and in exchange for some money, you fill your car with fuel or

you go to a clothing shop to buy a nice shirt and you give the retailer your money. Even when you go to work you are 'Mutually Giving' your time and expertise for the money your boss or customers pay you.

2. **Resentful Giving**, this is giving which sets up a feeling of resentment or loss. It is when you feel pressured or annoyed about giving a gift, and you view it as a waste of your time or your money. It is quite a self-detrimental way to give, because you are setting yourself up for future and/or immediate let downs. 'Resentful Giving' can be as simple as going out for coffee with your sister and feeling roped or tricked into paying and begrudging her for it. Or being asked to help your best friend move house, when you really just don't want to. This is different in everyone's case because of their personality traits and the influence from their family and friends.
3. **Release Giving** involves giving with a feeling of freedom or release with no expectation of anything in return. This is very powerful and positive, not so much to whom you are giving but for yourself and in your life.

When you give a gift, make a donation, pass on a complement or simply help someone with no expectations, you are boldly saying to the Universe: "I am overflowing with wealth in all areas of my life. I have enough money and happiness for myself and others." As Law of Attraction states, 'like attracts like', so you will be attracting the same feelings and more than enough wealth will flow to you. However, when you give resentfully you are boldly saying to the Universe: "I have a limited amount of resources and wealth in my life and I don't have enough money or happiness for myself, let alone anyone else." As Law of Attraction states, 'like attracts like', so you will be attracting the same feelings and a limited amount of wealth will flow to you.

Let's say you are walking through a busy shopping centre, and your focus is on all that you have to get done that day. You are so focused on the future and barging your way toward it, that you are missing all the enjoyment of being present and in the now. In this frame of mind all you are thinking about is you, your issues, and how nothing is flowing and everyone is in your way. You are in a totally self-absorbed mood.

Imagine as you are busily rushing around, you are stopped by a charity worker asking for donations for The Dog De-Fleeing Society. They begin to explain to you how needed your money is and how desperate the dogs and owners at The Dog De-fleeing Society are. They are requesting donations of \$10, \$20 or \$50 notes. You are tempted to walk away, although you generally would like to think of yourself as a giving person. However at this point, you are feeling cornered and frustrated, so in an effort to get them out of your face you decide to give \$10. Now at the time you didn't realise that this would involve you filling out a form with all of your details. Of course this makes you more frustrated, as now you are really wasting your time. Notice how anxiety sets up more anxious situations. All you can think is: *I don't really have \$10 to give them, I have been cornered. I'd rather have flees myself than do this, it's a waste of my time; I have so much to do today. Now they are getting my details and they will probably call me or email me constantly asking for more money and bothering me at home. Oh, I am just so annoyed that I stopped!* As you can see there is no feeling of kindness or release in this way of giving. The feelings are of resentment and blame toward The Dog De-fleeing Society, plus a feeling of loss of time and money. The follow on effect is that you will attract more feelings of resentment, blame and loss.

Let us now show you how these attracted feelings can follow on instantly and for the rest of that day. Whilst you are busy running around, you go to a clothes shop as it's your last day to pick up a lay-by before you lose your money and they re-shelf your pants. You get there and the store is closed. You scream

in your mind: *How dare they! I can't come back tomorrow, so now I've lost more money and more time.* Then you arrive at the bank and there is a huge line. The detrimental chatter continues: *Errr more time wasted!* When you get to your car, you notice that someone has reversed into it and there is no note or number left by the offender. *More money wasted, I can't afford this,* you furiously think. So you go home totally exhausted and upset at such a horrible day. You angrily wash the dishes that your flat mate left in the sink and cut your hand on a knife that was hiding under a plate. You go to bed with a frustrated mind and feel absolutely that your day was just awful! What a follow on effect! We haven't even begun to talk about what sort of day this resentment and loss has set up for you tomorrow and even next week.

The act of giving can be very flippant in nature, in that the same situation when viewed by different people, or even the same person in a different mood, can change the outcome. Imagine if you were in a good mood busily going about your day, feeling fresh, happy and totally present, viewing everything as running smoothly. Walking through the shopping centre in this glorious frame of mind, The Dog Defleeing Society asks you for a donation. "Why not, I'd love to, in fact my neighbour, who seems lovely has a dog with flees. I definitely have \$20 spare for such a good cause. It's great to see people stepping out and helping others", you exclaim. You fill out the form required with all your details and think: *They will more than likely contact me when it is appropriate and if not, I'm happy that I could help them today.* As you go about your day, you miss your opportunity to retrieve your pants from lay by but notice the shop next door is having a closing down sale. You manage to pick up two pairs of pants for the same price you were going to pay to get your other pants off lay by. Plus they are much nicer and better quality, *score!* You go to the bank and there's a long line, however you run into an old friend and use the opportunity catch up while you are both waiting in line. You find \$5 on the ground and seem to score every green light

and car parking space you need. At home the dishes aren't done but dinner is cooked so you sit at the table thinking: *I wonder how my money will help others, I'm so glad I did that.* You go to bed in a great mood knowing that your day was perfect. You live in a wonderful world and tomorrow will serve to positively support you once again.

Once again it is all about your thoughts and your feelings. With a different attitude or view 'Resentful Giving' can turn into 'Release Giving'. 'Release Giving' will always have the follow on effect of a great day and many unexpected wonderful events. Plus the donated money will not be missed for the Universe loves to fill your wallet with money when you release your grip upon it. In fact when 'Release Giving', whatever you give will come back to you tenfold. So if you truly release, you will prosper out of giving. Though in saying this, if you are expecting something in return, this is not 'Release Giving' it is 'Mutual Giving' and if then you don't get what you expect it can turn into 'Resentful Giving'. So the flip side is, when 'Resentfully Giving' resentment will come back to you tenfold. If you expect something in return because you don't have enough, the Universe will give you what you asked for, which is reasons to feel that you don't have enough.

Make a difference in another's life and you will see the difference in your own!

**Exercise one** - Take some time to focus on what category of giving you have fallen into in the past.

**Exercise two** - What you can do on an emotional level to begin 'Releasing Giving' is to start saying some affirmations: "I am an overflowing giver to all." "I have more than enough wealth in all areas of my life." "I am recognised as a caring, giving person." Take action, open your heart and your mind, know the world is wonderful and the reason you are giving whatever it may be, is that you are overflowing with it. Realise that situations will pop up everywhere to prove your worth to these affirmations. **So be worthy!**

## Charities -

- On December the 26<sup>th</sup> 2004, Boxing Day, deep in the depths of the Indian Ocean, an earthquake occurred. With its centre off the west coast of Sumatra, Indonesia. This was the second largest earthquake ever recorded, with an approximate magnitude of 9.2. This earthquake resulted in a catastrophic tsunami, killing nearly 230,000 people in fourteen different countries. Coastal towns were inundated with waves of up to thirty metres high. At the time it was one of the deadliest natural disasters in recorded history. Sri Lanka, India, Indonesia and Thailand were the hardest hit. Because of the widespread devastation, it prompted a mass humanitarian response. In 2004, people all over the world donated more than \$7 billion, plus we cannot count the amount of volunteers who have donated their time and love to rebuild the communities affected.
- Beginning on the 23<sup>rd</sup> of August 2010, in the midst of the 2005 Atlantic hurricane season, Hurricane Katrina made its mark as one of the five deadliest in the history of the United States. Sitting as a moderate category one, Hurricane Katrina caused some deaths and some flooding when it crossed over the Bahamas and Southern Florida, before increasing dramatically in the Gulf of Mexico. On the 29<sup>th</sup> of August 2010, in Southeast Louisiana, the storm hit land once again, this time as a category three. From Florida to Texas it caused severe destruction along the coast, much of it due to the water from the ocean being pushed toward the shore from the force of the 140 mph winds. New Orleans flood levee system catastrophically failed and because of this they then experienced a severe loss of life and damage to property. Approximately 1,800 people lost their lives,

making it the deadliest United States hurricane since 1928. By February 2006, six months after the tragedy occurred, it was reported that \$3.2 billion had already been raised to help Hurricane Katrina victims and at this point in time the contributions were still heavily coming in.

- The Black Saturday bushfires were a succession of fires that burned on and around Saturday the 7<sup>th</sup> of February 2009, across the Australian State of Victoria. 414 people were injured and 173 people died as a result of the fires, this being Australia's highest ever loss of life from bushfires. The majority of the fires ignited and spread on a day that temperatures reached the mid to high 40s, (110–120°F) and wind speeds were in excess of 100 km per hour (62 mph). This enraged and pushed the fires over large distances creating several large firestorms. After this a cool change hit, bringing with it gale-force winds in excess of 120 km per hour (75 mph). This change in the wind direction caused the fire fronts to become even more extreme and burn with incredible speed and ferociousness towards and through towns. Because of this, many people had no chance of escape and lost their lives on this day. Thousands of people have volunteered their time to help rebuild the lives of those affected and by March 2009 the bushfire appeal had raised in excess of \$200 million.
- On the 12<sup>th</sup> of January 2010, Haiti experienced a disastrous earthquake that was measured at a 7.0 magnitude. The earthquakes centre was near the town of Léogane, about 25 km (16 miles) away from Haiti's capital. Twelve days after the first shock was felt, they had received at least 52 more aftershocks all recorded



approximately 4.5 if not greater. By February 12<sup>th</sup>, one month after it had all began, the Haitian Government reported that between, 217,000 and 230,000 people had devastatingly died, an estimated 300,000 were injured and an estimate of 1,000,000 people were homeless. As we write this the death toll is still rising, however, so are the amount of volunteers and Haiti donations. As of February 3<sup>rd</sup> 2010, the donations were sitting in excess of \$644 Million.

It is sad to say that this is only a few of the many devastating natural events that have occurred in a five year period. Although it does show us that our passion as people here on this earth is morally entwined. When tragedy strikes we strive forward, undivided by our country of birth, to give our money, time and love to those who need it most. Giving to others in their time of need is something none of us can ignore. We would wish the same for ourselves and our loved ones wouldn't we? Don't let a tragedy make you feel powerless, we are all connected and every little bit contributes to the whole.

- Safari arrived in Australia on January 21<sup>st</sup> 2001, after a long flight from Nairobi, Kenya. This little boy was here to receive surgery to restore his badly burnt body. This was a result of an accident three years earlier, in his remote rural village of Kasaala in Kenya. Because of one inspirational woman who spotted the disfigured boy in the Kenyan bush, Australia began to raise funds and volunteer services, bringing the seven year old Safari to Sydney for reconstructive surgery, with even the hospital donating it's time and facilities. Eleven months of treatment and fourteen operations, were all made possible by the donations and efforts from strangers, enabling little Safari to return home.

- In 2007, 11 month old orphaned conjoined twins from Bangladesh, Krishna and Trishna were saved from what may have been a life of destitution. They were brought to Australia for medical treatment by the Children First Foundation. The orphans were born conjoined at the head, so any medical treatment and financial help may not have been possible within the country of their birth. From the very first day they were found (at only one month old) there were many volunteers who helped the girls get to their ultimate goal of physical separation. With many surgeries in total and with the chance of survival sometimes sitting as low as two percent, the girls were finally separated one month before their third birthday. It took a massive 30 hour delicate reconstructive surgery, by a team of sixteen surgeons and nurses to perform the final operation of separation. The successful operation was a world first and the medical research and advancement gained from this, is a triumph in itself. The girls will receive ongoing treatment, however because of the kindness and support of strangers, they now have the opportunity to live out normal lives and dream big just like the rest of us.

We could go on, as there are so many stories of miraculous acts of kindness. There are television shows dedicated to helping people live out their dreams, rebuild their homes and lives. Yes, everywhere you look there is someone raising funds and awareness and looking for donations to help the cause they are passionate about. Days are dedicated to certain causes, such as ribbon days, fun runs and fashion shows or nominated dress days. All of this demonstrates how people come together to save others in mass, or to help a person or people that they may not even personally know. Our hearts are open and whether blood relations or not, there is love for all of us, no matter what you look like or where you are from. Plus remember, when you 'Release Give' it all comes back. Money is meant to be

circulated and what better karma could you ask for than to put a little somewhere with such great meaning.

Charities offer assistance to people in need. They are established by others who may have been touched deeply by an event within their own lives or an event in the life of someone who they love. However they may just find a great passion and enjoyment in giving to others less fortunate than themselves. We have discussed your feelings and your focus related to yourself when giving throughout this chapter; however, we want you to be aware of your focus and your feelings upon the people and charities you are giving to. Even though, the reason you may feel the need to give is because the receiver seems in a less fortunate position than yourself, it is important to envision the people and the charity being successful in their cause. The last thing you want to do is create more focus and energy in the area of their detriment. Yes, your money and time are important when helping others, however your thoughts in relation to them, are imperative!

Often you may find charities raising money via a raffle. When you give to a charity in this way it is classed as 'Mutual Giving'. You are buying a ticket to be in on a chance to win. People love the idea of winning something and so it is a lovely way to give, because both parties feel equally satisfied and 'Mutual Giving' is a way of our everyday lives. So you can understand why charities use this regularly as a way to raise funds.

Whilst Kate was writing this chapter, in fact, just after she had typed the last statement, the phone rang. It was the Cerebral Palsy Society thanking her for past donations and asking if she was ready to contribute again. So she releasingly made an outright donation of \$30. When she got off the phone she felt great. 20mins later the phone rang again and this time it was the Police-Citizens Youth Club thanking her for past donations. Kate asked if she could make a one off donation,

however they said she could only buy raffle tickets. “It’s just the way our system works”. So no worries, Kate mutually gave, by purchasing \$20 worth of tickets. Her husband brought in the mail and there was not one, but two letters from Boys Town and Endeavour asking for their continued support by purchasing tickets in their latest prize home. *This is just astonishing, doesn’t matter what it is, whatever you focus on you attract*, she thought.

Just then, (as if it was not enough for one day) an idea popped into her head about her 30<sup>th</sup> birthday party coming up. Instantly, as if on auto pilot she contacted the Starlight Foundation and requested their supports details. Kate had decided to ask her friends and family to donate some money to the Starlight Foundation, instead of purchasing a gift. She set up an online donation web page and there would be a donation tin on the bar at the party. The idea and donating didn’t stop there, she decided it was to be an ‘*op shop party*’ so everyone must first buy their clothes for the evening, from a thrift shop. The party was a total success! Kate and everyone else who came felt wonderful!

It just shows how powerful your written word and your thoughts are and when you’re in alignment how quickly your thoughts can manifest.

Donating money is not the only way to help a charity. You could provide your time, volunteer at a shelter, thrift store or community centre. Alternatively you could provide support by offering your skills such as book keeping, secretarial, maintenance or handy man style work to a local charity organization. Maybe you could put your hand to organizing a fund raising event. One of the easiest ways to contribute is to donate. Gather all your unwanted clothes, furniture, toys or anything of value that a thrift shop can sell or provide to people in need. This is great in so many ways, for one it removes old energy so you can make room for new energy.

Two, you get a cleaner home and three, you are helping others. Certainly not a bad way to spend an afternoon at home!

**Exercise three** - *Do a clean out! Find clothes, electrical items, furniture and toys that your family no longer uses. Presuming they are all in clean and working order, take them to your local charity. When you are at the supermarket you could purchase some extra non perishable food items, like canned goods and drop them in a donation bin. These opportunities to give are everywhere if you are open to seeing them.*

**Being Selfless** - Some of us are already more selfless than others. Selfish means as stated in the dictionary: Devoted to or caring only for oneself; concerned primarily with one's own interests, benefits, welfare, etc., regardless of others. All of us are born selfish, just in varying degrees and the reason for this is that we are here on this earth to search out what we desire so as to ultimately fulfil ourselves and our existence. Little do we know from birth, that self-fulfilment comes most readily in the form of selflessly helping others. Sometimes you may have been quite open in the past and via hurts and let downs in your life, you have created a selfish demeanour and depending on how much resentment you carry, it will take time for you to release it. The Universes' perception of selfishness is, the stronger you attempt to hang on to something the less of it will flow into your life. It's like putting up a dam wall. As we explained before it's all about *how* the task makes you *feel*! If you are feeling desperate for something and resent sharing or giving it, as in money, love, energy or time, the Universe will keep flowing to you experiences that mirror how you feel. So in turn more situations occur where you feel desperate for money, love, energy or time.

**Gifts Of Words And Actions** - Be open to the prospect of giving more than is expected. We're not talking about buying extravagant birthday presents or going overboard on Christmas gifts, as this is a time of year when overspending can do more

harm than good. We all hear the stories about people getting themselves in over their heads with debt at Christmas time. You may have very well put yourself in this situation before and have found yourself still paying off the debt of Christmas five months later. The amount of time you spend over those five months, reinforcing negatively in your mind the feeling of debt, will be a much more powerful attraction of things to come, than the positive feelings felt when you initially gave the gift.

We have found the best gifts have been handmade items as in: a self-written poem, something bought that you have put a lot of thought into or something you've made that appeals to the receiver. If you use your time and mind to really think about your loved ones personality, you can give gifts that will be remembered and treasured forever. If you feel the need to spend beyond your means, there is always an underlying issue. People, who spend a lot on *stuff*, are always filling an emotional void. Void filling is only temporary and each time you do it, the after effect becomes greater as there is now more debt to deal with. It is just not worth it!

Giving relates to far more than just gifts; you can give in so many different ways. Giving your time to a friend in need or even to someone you don't know, is very empowering.

When Shannon was travelling with a group of friends through Thailand, they found themselves in this very sort of situation. They were all sitting down on a busy sidewalk in Bangkok enjoying their evening meal, when in the heavy traffic they witnessed an elderly man and his food cart get run off the road and crash over onto its side. Several of Shannon's friends quickly jumped to the aid of the man who was obviously injured and helped him up. They then began to collect his drinks, food, and assist him to take his cart off the busy road and back into the upright position. He had lost almost everything. Shannon and her friends all knew that this would

have a huge impact on not only his direct future, but his family's as well. As they watched from the sidewalk, they witnessed deep distress in the man's face. They decided that if they all pooled some of their money together, they may be able to help this man by easing some of his misfortune and his feelings of loss. They took their collection of money over to the man and he was absolutely blown away with their generosity. He could not believe it, he was in total shock. He shook his head and as if fumbling for the words to say, "I only sell water". Amazed by their eagerness to help him and their generosity, he graciously accepted their help and eventually got in his cart and peddled off. He will most likely tell of this story for the rest of his life and hopefully it will have an effect on not only him, but to all the people he shares it with. Have you ever dropped everything to help a stranger? Wouldn't you want the same respect in reverse if you were caught in this sort of situation? Treat others as you would expect to be treated yourself.

**"Do to others as you would have them do to you."**

**Luke 6:31**

A completely free way to give and you can do it every day, is to pass on compliments. You know how wonderful it feels when you receive a compliment, so pass this on. Letting someone know you care or know how much you appreciate them, could quite possibly make their day or even their week. Convey to people that they are appreciated, look for the reasons you appreciate them. Remember, what you think about you will attract back, plus it is amazing how both the giver and receiver benefit from a positive remark or a thank you. Once you begin to fill your world with thanks, you will instantly start to find things to be thankful for.

**Exercise four** - *Pass compliments! Take note of others and the efforts they make and let them know you appreciate them. You will light an amazing flame of self-confidence in the other person and you will feel the warmth of that fire.*

**Give Back To Our Earth** - It has given us so much: life, food, water, shelter, friends, family, plants, animals and the air we breathe. Our environment is a topic all on its own and being a part of a healthy one is important for everyone.

Living now in this day and age, we are more aware and concerned as to what our actions are doing to our planet. Do you want our planet to not only be here, but to be healthy and thriving for your children and then your children's, children? Yes it is still very beautiful now and there are many virgin forests and lakes still in existence, however we need to become more mindful. The belief that global warming is predominantly caused by humans is now an all too overwhelming and proven fact to ignore. It was the start of the Industrial Revolution, when new ways of farming as well as our agricultural methods and industrial systems began to change our earth's climate and its environment. Before that time, humans didn't emit as many greenhouse gasses. Further, our population has grown and there has been great deforestation and widespread mining, plus the use of fossil fuels. It's all creating an overload of green house gases and this is what has contributed so heavily to global warming.

The reason natural disasters are becoming more prevalent, is because our world as a whole has changed and when you change, there are always side effects.

We are believers in focusing on the health of our earth and not focusing on the detriment of it, because what you focus on expands. On a global scale, our thoughts contribute to what we globally attract. Be accountable for not only your actions on our earth, but your thoughts in relation to it.



**Exercise five** - Affirm that our earth is prospering, able to provide each human and all other life with enough nutrients, via food, water and air. Affirm that our earth is beautiful and healthy thriving with vigour. Affirm that as humans we add to its well being and we support our home in the way we were always meant to.

The evidence and knowledge is there, you can get behind a positive healthy earth. Know that you can afford financially all the new environmentally friendly products and new designs that have been created to produce a strong earth. If ever the Universe was going to support you financially, maintaining a nourishing earth would be a frontrunner.

**“Man has an unprecedented control over the world and everything in it.”**

**David Attenborough**

**Exercise six** - Do whatever you can. Save power, turning your heating and cooling down or up by a few degrees, turn off televisions and other electrical items instead of leaving them on 'standby'. Compost your vegetable waste and buy locally grown food to save on the transportation. Use energy efficient lighting, install solar power, insulate your home and install a gas cooker and water heating, instead of electric ones. Use less hot water, use phosphate free cleaning products and buy organic. Reduce, reuse and recycle. If you see some rubbish on the ground pick it up and put it in a bin. Drive a more fuel efficient car and use more public transportation or car pool. Plant a tree, grow some veggies and lastly encourage others positively by your example to do the best they can. By all means these are not the only changes you can make, as there are many environmental supporting ideas out there.

**Tick your checkbox on your daily page when you have completed two of the following tasks:-**

- ***Complete exercise one*** - Take some time to focus on what category of giving you have fallen into in the past. (Page 222)
- ***Complete exercise two*** - What you can do on an emotional level to begin Release Giving is to start saying some affirmations. Realise that situations will pop up everywhere to prove your worth to these affirmations. So be worthy! (Page 222)
- ***Complete exercise three*** - Do a clean out or volunteer your time or skills to charity. (Page 229)
- ***Complete exercise four*** - Pass compliments! Take note of others and the efforts they make and let them know you appreciate them. You will light an amazing flame of self-confidence in the other person and you will feel the warmth of that fire. (Page 232)
- ***Complete exercise five*** - Say some positive earth strengthening affirmations. (Page 233)
- ***Complete exercise six*** - Give back to the earth. Whatever positive steps you take will always count! (Page 233)





## Chapter TWELVE - Our End Is Your Beginning

We have now come to our final month in a year full of life change and self-discovery. The process of *Hidden Path* should have helped you feel better within your life and given you some direction and meaning, whatever that may be. In this our last and closing chapter, we would like to touch on a few things that spread across the ever so broad range of self-discovery topics (a mixed bag if you will). We are going to open up some questions and ideas to you that we hope will get you thinking. We are going to expand on how important your thoughts are in relation to your health. Additionally we will speak of staying present and finally we will challenge you to dig deep by evaluating your journey, including all the highs and lows, as well as your past and your future.

Life is such a fantastic experience! It will never stop expanding and you will never stop wondering and learning, because, as we discussed in the opening of this book; *'The meaning of life is whatever you wish for it to be.'* You are constantly sitting on the edge of creation and that creation is as always, your choice, now and tomorrow, just as it was yesterday. We know you have an overflowing resource of power to decide where you dream to go, who you desire to be and what you wish to do. However you're the one who needs to know this and hopefully by now, you do!

**"I am not afraid of tomorrow, for I have seen yesterday and I love today."**

**William Allen White**

**Fate Versus Choice** - Interestingly, after all we have discussed in *Hidden Path*, these questions still come to mind: Is there such a thing as fate or is there always a choice? Is this just what I am destined to achieve here on earth and within this life time, or is it the choices I have made, that have put me in this place? So

which one is it? Is it all just black and white? No, it's never black and white, if it were there would be no question as we would obviously know the answer. So we actually believe it is a bit of both.

You may often hear people say things like, "It's just my luck, I can't help but be me. I guess I was never destined to be wealthy and happy". In this case we feel if you are not enjoying your life, then you are not where you are meant to be. As we have explained in the chapter 'Healthy Mind', there is an art to following your good feelings. If you don't feel good, then no, this is not your *fate* in life. Universal Energy, The Powers That Be, God, Source Energy and/or Divine Energy (as they are one and the same) all reside and are in alignment with the positive spectrum of emotions, as in love and happiness. You may have heard that, 'God is Love' or 'Source is Love' and this being the case, you will find total alignment with your core power when your feelings are within the positive spectrum of emotions. Before your birth, when you were not yet body or mind, you chose as pure Universal Energy, what you wished to experience in this life. This became your *fate* and anything that has not aligned with your *fate*, will have created feelings on the opposing end of the emotional spectrum, as in hate and sadness.

*So any positive happenings are your choice and your fate, and any negative happenings are in essence just your choice.* We know from personal experience the above statement can be a hard statement to acknowledge, especially if you are sitting at an unpleasant point in your life. However the Universe is only ever translating what you are thinking and feeling, then giving you the vibrational match to it. You're getting what you have asked for. So let this statement give you power and make a conscious choice to align with your *fate* by choosing better thoughts and feelings.

What if you do find what fits and are living in comfort and everything is flowing, what then? Is this the only life I was fated to live? Well in a way, yes it is and in a way no its not, as your fate is a very broad area. There are many choices that will align with a certain vibration and/or your fate. You may have naturally followed your good feelings and strived to become a doctor. If it fits who you are and makes you happy, then you are fated to be a doctor. Although, you may have found life offered you the opportunity to be a psychiatrist, both are mentally challenging and both are helping others; so if you are happy, both may be your fate. Before you are born you don't choose to be 'a doctor', your vibration emits a certain frequency and you choose to have a 'certain life experience'. Then as we said, this vibration you are emitting can vibrationally align you with many opportunities and events. You may be fated or emitting a frequency that aligns with theatrics and this can come in many forms such as: a dancer, an actor or an expressive drama teacher. You aren't expected to know exactly what you are, you're just meant to know what feels good and what does not. The reason for this is everyone's fate in life really is to be happy and go with the flow of love, as love is what we ultimately are. If you follow your good feelings and use them as your guide, you will be drawn to your fate like a moth to a flame.

It was fate that we were to write this book and if it has felt good for you as you were reading it, then it was your fate to do so.

**"Men are not prisoners of Fate, but only prisoners of their own minds."**

**Franklin Roosevelt**

**Premonition Versus Choice** - Interestingly again, another question comes to mind: When I get a feeling about something and then this something actually occurs, did I predict it or did

my thoughts actually ask and then cause it to occur? When you are in alignment with something occurring, it makes sense for your intuition and subconscious thoughts to be in alignment with this also. When we are explaining something that runs by feelings and energy, it is never a simple topic to relay in words, however we will try.

You may feel premonitions within your own life and sometimes you may get a strong feeling about someone else's. Our population is filled with many talented psychics who are very apt at the art of premonition, however no matter what they have said, *you still have a choice*, after all it's your vibration. We believe when you sit for a reading, you are emitting at that moment a vibration and he or she can feel this certain vibration being emitted from you. Now if you are to continue on this path and continue emitting this same vibration, then yes, you could very well align with a lot of what the psychic predicts. However, there are always those forks in the road and you can choose to alter your vibration and this can also happen by default.

Let's say you have been to a reading and have been told you will meet a tall dark and handsome man. You go home sceptical, although deep down you are excited by what you have been told and begin to want it. Unfortunately, your want for this may be coming from a place of *lack* and in a way that actually creates a need for this man. Can you see what you have done? You have actually by default changed your vibration and have created a resistance to it and this will only serve to drive the handsome stranger further away for you. You will always receive what you are a vibrational match to and because we can change our vibration at any point and so quickly, you can see why people become so sceptical about psychics. Although this being said, not all psychics are legit.

If you yourself have a strong feeling or premonition about something, you can also see why many of yours may not turn

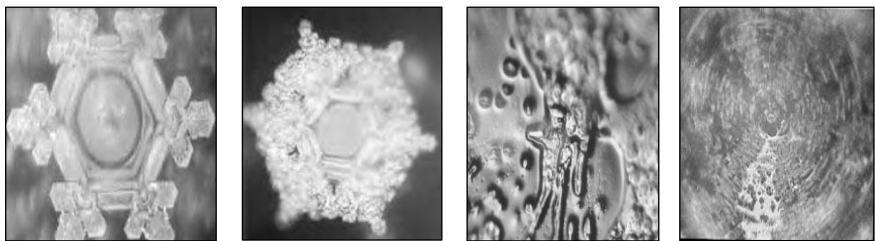


out exactly the way you had thought. Within your own life you can get a feeling that something may occur or when you come in contact with others, you may get a strong feeling about their personality type or just pick up on the mood they are in because of the vibes they are emitting. This can come down to instincts, which we covered in the chapter ‘We Are All Connected’, or it can be due to the odd occurrence of déjàvu, although in some cases it can be a sense of a premonition. Both Shannon and Kate have noticed this at many different times; particularly this occurs a lot with their children. In some instances they will get such a strong feeling and almost a visual message, just before something happens. As in: one of their children falling from their bike or hurting themselves in an accident. In this situation (unfortunately for the child) they don’t always receive the message in enough time to spare the tears. Also they both will often look at the phone just before it rings, or think about a friend from long ago just before they sent a friend request on Facebook. Another odd such instance would be the thought of a headache. Kate would be going about her day as normal, when out of the blue she would think and get a feeling of a headache. It may have been months since she had actually had one and then within the next half hour of thinking (or predicting it) she would actually receive this headache. For some time this puzzled her. *Now I definately did not intentionally ask for this headache, however I did think of it and sort of feel what it would be like before I got it.* Now was this a premonition of the headache to come or was she subconsciously asking for one by default or for a greater reason? Kate has now learnt (as we all can and will explain this process within exercise two) that she can avoid these headaches by using the following moments to visualise her head and neck in perfect alignment.

We explained to you a series of quantum physics experiments in the chapter ‘We Are All Connected’, which proved beyond reasonable doubt that our collective consciousness between one another is all intertwined and connected. Plus even more

astounding are the findings that we, on a subconscious level actually know of an incident occurring just before it actually occurs. So what is it: premonition or choice? For the reasons we have just explained to you, once again, we believe it is both. For you always have a choice and when you are in such alignment with your choices you will have unconscious, preconceived visions of it occurring.

**It's Not Just Your Mood, It's Your Health Too** - We recently watched a documentary on an experiment conducted by Dr Emoto: 'Messages from Water'. He experiments on the effect that positive or negative energy (by way of thought or situation) has on water. He placed droplets of water on several petri dishes and subjected them to different elements such as: thoughts, music and emotion. Dr Emoto then froze the droplets and examined his finding with a photographic microscope. They found that when water was subjected to a peaceful selection of music, a positive calm chant or prayer and or words such as *love* and *gratitude*, the microscope and photographs showed the droplet had formed into the most beautiful crystallized pattern. When the water droplet was subjected to heavy metal music, negative words and energy or chants, the pictures were completely different; they were distorted to look at and almost irate in nature.



|                     |                          |                     |                      |
|---------------------|--------------------------|---------------------|----------------------|
| Thank you<br>prayer | Love and<br>appreciation | You make me<br>sick | Heavy metal<br>music |
|---------------------|--------------------------|---------------------|----------------------|

With this in mind we'd like you to imagine the inner workings of your body. Your body is approximately 80% water, so your

thoughts, comments and the surroundings you put yourself in would all have an effect on you physically, don't you think? When looking at the negative water photos, it is undeniable that having a pessimistic view on life would create discord within your body. If you thought of your body as a machine that used water as its fuel, which water would you prefer to run off?

**Exercise one** - *Visualise the water in your own body and see it all as a beautiful tapestry of crystals like in the positive photos above. Choose a positive outlook full of love and appreciation towards your body and yourself to focus on. You can add this within your daily meditation session or just take a moment during your day, anytime, anywhere.*

Keeping this in mind, if your thoughts are capable of changing water formation and remembering your body is approximately 80% water, wouldn't your thoughts be capable of changing, repairing and healing your body's cells? If you are faced with the adversity of being seriously unwell or faced living a life in pain, as an addition to the medical treatments that are available, you once again need to seriously consider your frame of mind. You may very well be contributing to your condition and worsening it, prolonging your recovery or even taking it to a point of life or death by focusing on the negatives. We have a tendency to focus on the sickness and pain within our body and the act of getting rid of it. Almost daily you hear of someone proclaiming to their friends, "I think I'm getting sick". Now they feel slightly off and in the past this feeling has expanded to the point where they feel torturously sick. So this is why they immediately think, *these feelings lead to me becoming sick*. So we ask you, at this point, where is their focus? Is it on the health within their bodies? or is it on sickness they assume they are about to obtain? And if it is on the sickness or their lack of health, what will they attract?

Doctors make their living out of people's negative mental perception of their health, as do many health care

professionals, masseurs', acupuncturists and chiropractors, to name a few. Plus all of your health care funds are in business because *you plan on getting sick*. Yes, it is precautionary and a smart decision to have insurance and be prepared, however we are just outlining where your thoughts are sitting in reference to it. Also in saying this, there is nothing wrong with these sorts of help if you are unwell, Health Care Professionals, Masseurs', Acupuncturists and Chiropractors all do really fantastic jobs at helping people get well and feel well. Just be aware of the fact that the people who do get better and get better faster, are the ones who embody the help of treatments with the help of themselves (with or without even knowing it). These people, when healing, are not necessarily reliant on the fact that the treatment alone will heal them; they are positive and focused on their health as a whole and seeing the *experience* as one of learning. All healing in and upon our bodies must come mentally from within.

As difficult as it may be if you are in pain and unwell, it is always best to stay positive and remain focused on good feelings and being healthy. You are doing yourself no physical favours by complaining to others about your condition. Yes, you will need to be realistic with your doctor, however don't squeeze the life out of yourself just yet by expecting the worst and informing all others around you. This sickness is not who you are! You may have heard others or said it yourself, "my cold" or "my cancer". Now we don't know a stronger, clearer or more concise way to profess to the Universe that you own something, than when you call it "*my or mine*". So calling a sickness my or mine, or reminding yourself and others of your medical condition, is only increasing your attraction to this and more of the same. You are far more likely to survive a serious illness if you take the focus off dying and replace your focus on your health, healing and your future. Remember back to the story of Kate's father and his desires for fulfilling his dreams no matter what.

**Exercise two** - *This exercise can be used for anyone who is unwell to look outside the box of their illness. For example: If you suffer from arthritis and your x-rays clearly show arthritis, get some x-rays of a healthy body and believe and affirm that it is yours. However don't sit there looking at the healthy x-rays while remembering your x-rays and create the feelings of lack of health; instead believe you are well and that your body already is. You can imagine what a healthy spine looks like, can't you? And if you can't, Google it. Get healthy images in your mind and this will become your body. In the present moment see your body as a perfect correlation of blood bone and muscle. Focus or visualise on a healthy body inside.*

**Is Your Bad Health Telling You Something?** - Cure seems to be the way of our world. We believe prevention (via a positive outlook and a healthy way of life) would be the better solution. As human beings, we would not know that limiting our sun exposure would keep us safe from skin cancer, if we didn't know what detriment sun exposure had caused in the past. We wouldn't know that a diet low in saturated fats would keep us safe from heart disease, if we didn't know that it had the capability of causing it. So yes, it is great to know how, however we all have different lives and lifestyles leading up to disease. Why Jack got skin cancer or why Molly got heart disease, still remains to be the question. Was it their lifestyles? Often yes, although we attract our lifestyles by our underlying thoughts and emotions. You probably know many people who have spent their whole lives in the sun and/or eating a diet high in saturated fats, however they are fine. Why is this? We believe that a lot comes down to your emotional attraction, as most of us have the same physical body at birth; however, we have all had different upbringings and different life experiences. These emotional attractions to disease can be eradicated if you do the emotional work and walk through your demons!

Little indicators of bad health are to be noticed. To learn what your body is teaching you can be as easy as Googling: *emotional*

*reason for a temperature, or emotional reason for a rash.* There are many fabulous Authors and Spiritual Teachers who have created books in relation to this topic, making this information available and easy to access so you can have it on hand when an ailment arises. Life is pushing you to step up and learn what you emotionally need to learn the only way it knows how: by creating illness within your body. How else can your body and spirit speak to you? We are spiritual beings inhabiting a body we so comfortably call *ours*. So when there is a spiritual and / or emotional blockage, our bodies will scream at us to work it out by way of bad health.

Even the common cold has its emotional reasons; why would you catch one but your husband does not. The thing with a common cold is the emotional reason is fairly *common*, so it is easy for the human race to be so susceptible to it. For example the emotional reason for suffering from a common cold would be: *Too much going on at once and mental confusion and disorder;* how *common* is that! This is typical behaviour for most human beings and the reason why we get physically well again generally within a week, is that we often have to slow our lives down and take rest. Taking the time off work or the time off study and any time away from the stress or mental confusion will create an emotional recovery, followed by a physical recovery. So we actually, accidentally deal with the emotional reason for the sickness.

Some other illnesses can have a much deeper reason for residing within our bodies and most people don't really enjoy facing their deep demons. They find it easier to carry the tag, 'I am a diabetic' or 'I'm just one of those people who get migraines'.

Kate has often used the fabulous resource of the world wide web, to find what the emotional reason is behind any ill health within her body. For example: when she researched her kidney issues during her second pregnancy, she discovered that kidney

problems = criticism, sensitivity, disappointment, frustration, shame, fear and chronic anger. Plus kidney stones = lumps of un-dissolved anger. Spot on at the time! She had two operations while pregnant to fix the physical issue. However no amount of medication or visits to her doctor was curing what was going on as she was still carrying the underlying emotional reasons for her sickness. In Kate's case, once she did the work and faced up to her issues, the sickness within her kidney just disappeared.

Sickness is the gift our bodies give to us when our thoughts and feelings are out of alignment with what we desire and our true selves; awareness and meditation are the keys to unlocking all the answers needed to release and re-align.

If you do not heed lessons and work out why you are emotionally out of sorts, life will increase your pain in a desperate fight for you to get it! Meditation is a great way of getting closer to Source (that of which we truly are) so you can be open to peace within your mind, answers and healing.

**Exercise three** - Find out and write down the emotional reason for a current illness and even if the reason (at first) seems unsuitable, take it with you into a session of meditation. You may be very surprised as to where this all originated. You are aiming to find out the source of your sickness so you can then work on and know why you are emotionally hanging onto it. Once you know and the illness makes sense to your life's path, you can choose to release it and then continue making the daily steps in the direction of emotional recovery. You may find that often a deep realisation of why, can be enough to eliminate some ailments.

**Staying present** - We have given you a lot to do over the year and a lot of the work is about future focus. This is because you can't get to *anywhere*, if you don't know where *anywhere* is.

Are you doing what you are doing to get to somewhere else other than where you are right now? Do you set a goal to get somewhere and when you arrive, you only wish for more? Do you feel most of your day is taken up by the little things and the joy of life is only experienced in short bursts? Or as we spoke in previous chapters, do you constantly feel, “I will be happy *when*”? Well if you do, you may need some help in appreciating more out of *right now* and help in experiencing all the joy in each and every little moment; for it’s all the *little things* that make up your life as a whole. There is no point in striving for something you dream of, if you are not enjoying and experiencing this immediate point in the path along the way.

We have spoken in *Hidden Path* before of the constant urge for more and the fact that this urge for more comes from our constant desire to create. We are and our reason for setting foot on this earth (within these bodies) is to constantly create. Now, we’d like you to desire more, you need to desire, it is how you keep alive and thriving. However, right now we would like to explain something different.

Have you ever mowed the lawn and actually enjoyed living in the moment? Not the actual act of mowing the lawn, we are talking about the moments of life within the act. Or do you just do the chore and resent the fact that it must be done, as it falls into the category of one of the *little things*? Life is life! Even when you have a billion dollars and all the people in the service industry at your beck and call, it will still take you the same amount of time in the back of a limo to drive from Brisbane to Sydney as it would if you were driving your own car. So are you going to live these moments in a pure state of presence, or are you going to want for it to be over because it is mundane and one of the *little things*? If you are in a constant state of feeling that your little actions are mundane, then we want you to realise that you are actually wishing your life



away, as most of the moments in life are made up of the *little things*.

**“From little things big things grow.”**

**Paul Kelly**

How often do you hear others or feel and say yourself that your life has just disappeared and you must have somehow missed it? Don't spend your time just getting by and waiting for your *real life* to take off, for you may actually die without living. Without these *little things* we wouldn't have life, it is part and parcel of it. There is always a gap between where you are now and what you desire, so when you get close to or at the place where you wish to be, you will begin to desire for more. We actually live life in the gap, so to speak. If you spend your day thinking of the future over the top of all life's actual moments, you will miss your whole life.

Let's learn to love this present moment and feel the joy of living life in the gap.

**Exercise four** - *When you are going about your day, be conscious of the moment you are in. Turn your attention to the exterior, what can you hear, what can you feel at this point right now? Feel the vibration through your hands on the mower as you mow the lawn, feel your feet hitting the pavement as you walk, feel the warmth on your hands as you do the dishes. Be present in the moment.*

**Reflection** - We would now like you to gaze over the past twelve months and take note of all you have accomplished.

Throughout *Hidden Path* we have spoken about the importance of knowing what it is you actually dream of in your life, how to specifically ask for this, releasing any resistance you have to it, and using tools like gratitude, affirmations, visualisation and meditation to focus on what you desire and not the lack of it. We have given you some of our own stories and some fictional ones to show how these principles will and do, play out within

life. Then you have had your Journal to guide you every day and every month on your path to a better life. If you have put in the time and the effort, you will be reaping the benefits of a life well chosen. It does not end here, as life goes on (take it from us) you will still have 'those days' where the work needs to be done. However they will be fewer and further between and much smoother to rise over, as you now have the tools and the knowledge within to change your focus, which will then alter your vibrational attractions.

We want you to now sit back and read over your Journal. Take each month and see the milestones and breakthroughs you've experienced.

- Examine the relationships you hold with family and friends: notice how your new attitude has affected their reaction towards you and yours toward them.
- Examine your emotions: are you more in control, do you feel happier within yourself than you were a year ago?
- Take note of your financial situation: are you now in a better financial position, or do you simply feel more relaxed about the flow of money within your life?
- What about your goals: do you now know what they are and feel you have passion and purpose or are you closer to the achievement of them?
- Are you finding that these days, mountains are more like molehills and the progression over them is always sweet?
- Do you feel in control of your life and desires? Have you released all outside influence and blame upon others?
- Are you fitter, feeling healthier and more fabulously centred within your body?
- Are you able to give in a releasing way to others, are you treating your environment with respect and do you feel a closer connection to the whole?

- Do you have more questions and more growth? We hope you do, because if you fail to grow your human experience will have no meaning.
- Maybe you have changed careers or achieved a raise or a promotion or maybe if you were devoted enough you achieved all three.
- Perhaps you met the partner of your dreams or purchased the home you have always dreamed of.

There are so many changes that could have occurred within your year. Over the 18 months it has taken us to complete *Hidden Path*, we have experienced massive growth and our lives have changed dramatically!

Shannon has noticed the little things that used to create stress for her, just don't anymore. She now leads a fairly stress free life and has noticed that there are far less reasons for her to worry and if a point happens to arise, she can deal with it swiftly and move on. Her confidence has soared, once perceiving herself as shy, she is now ready to take on the world of public speaking.

Kate is feeling healthier, happier and more centred than she did last year, even though she was feeling pretty astounding to say the least. The people around her have changed the way they react to her, as her actions have changed. She is achieving all of her goals and dreams and her life feels like an explosion of joy and self-expression.

Both Shannon and Kate have gone from five figure income families, to six figures in last year alone. They have both moved from nice middle of the range homes, to sort after million dollar residences, only meters from the beach. All of this without even selling one copy of *Hidden Path*; we are no different to you, anyone on this earth can do what we did!

**Exercise five** - End of year reflection. There are some pages at the back of your Journal solely dedicated to this exercise. It is important

*for you to take some time to gaze back and evaluate your year. How has your life changed? What goals have you achieved or moved closer to? Have your goals changed? What improvements have you made within yourself and your life since the beginning of your journey? Do you react to situations differently now than before? Any progress is good progress so be proud of yourself. Use this reflection time to consider what goals and personal growth you have planned for the New Year! Write it all down.*

We urge you to continue journaling as we cannot express enough the impact that this has on the entire positive process, on your life change and on retaining your focus in all the areas of your desires. We have *Hidden Path Journals* available for individual sale and we encourage you to carry on this process as it will continue to be a benefit within your life.

**“When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.”**

**W. Clement Stone**

Whatever the changes, however big or small, you were responsible and it is only an indication of the future you will now be leading. A future of confidence, self-assurance, and a future filled with everything you desire. Isn't that what we all have been searching for, isn't that why you bought this book? The key to getting everything we truly desire is, as always, *you*. You are the key and always have been. Your thoughts, your feelings and your actions all lead you to where you dream to go. You choose: a millionaire, a billionaire or penniless beggar, it's always *you*.

Do what you can, be strong in your life and take the steps to live it with ease. Remember, you are human and you are meant to be making some mistakes; give yourself the space to make them and by all means, enjoy making them. We are spiritual

beings, however this is our human experience and experience it humanly, we will.

**“Just Do It.”**

**Nike**

Keep focused and on track for the year to come. Always remember: *the Universe knows what you desire, your job is only ever to become vibrationally aligned with it.* Do not over think things, act on your instincts; the most amazing days you have probably had in your life were most likely the spontaneous ones, the ones where you let go and were willingly open for anything. You can do this life and believe us when we say, “you can do it well”.

Don’t be pushed by your fears; be led by your dreams.

**Tick the daily check box in your Journal when you have completed two of the following tasks daily:-**

- **Complete exercise one** - Visualise the water in your own body and see it all as a beautiful tapestry of crystals like in the positive photos above. Choose a positive outlook full of love and appreciation towards your body and yourself to focus on. (Page 243)
- **Complete exercise two** - If you have been sick get healthy images in your mind and this will become your body. Believe you are well and that your body already is. You can imagine what a healthy spine looks like, can't you? And if you can't, Google it. (Page 245)
- **Complete exercise three** - Find out the emotional reason for a current, recent or past illness and even if the reason at first seems unsuitable, take it with you into a meditation session. (Page 247)
- **Complete exercise four** - When you are going about your day be conscious of the moment you are in. Be present. (Page 249)
- **Complete Exercise five** - End of year reflection. There is a page at the back of your Journal solely dedicated to this exercise. ( Page 251)



## **Chapter ONE - Law of Attraction**

Albert Einstein: Born 1879 - 1955. A German born American physicist, who developed the special and general theories of relativity. He was a Nobel Prize winner for Physics in 1921.

Oprah Gail Winfrey: Born January 29, 1954. Oprah is an American television host, producer, and philanthropist; best known for her self-titled talk show, which has become the highest-rated program of its kind in history.

Lawrence Harvey "Larry" King: Born Lawrence Harvey Zeiger on November 19, 1933. Larry is an American television and radio host. He is recognised in the United States as one of the premier broadcast interviewers. He has won an Emmy award, two Peabody awards, and ten Cable ACE awards.

## **Chapter THREE - Healthy Mind**

“Charisma means, as stated in the dictionary.” Dictionary source: Dictionary.com Unabridged Based on the Random House Dictionary, © Random House, Inc. 2010.

## **Chapter FOUR - Healthy Body**

The Body Mass Index was developed between 1830 and 1850, by the Belgian polymath, Adolphe Quetelet, during the course of developing ‘social physics’.



The Glycemic Index concept was developed by Dr. David J Jenkins and colleagues in 1980–1981 at the University of Toronto, in their research to find out which foods were best for people with diabetes.

The Blood Type Diet is a diet advocated by Peter D'Adamo, a naturopathic physician, and outlined in his book “Eat Right 4 Your Type”, published by Random House.

What's Good For You is an award-winning Australian health and lifestyle television program that airs on the Nine Network. It investigates myths and fables concerning health and well being.

The term ‘Placebo’ was first used in a medicinal context in the 18th century. Since the publication of Henry K. Beecher's *The Powerful Placebo* in 1955 the phenomenon has been considered to have clinically important effects. The ethics of placebo-controlled studies have been debated in the revision process of the Declaration of Helsinki.

## **Chapter FIVE - Healthy Soul**

The ‘fight or flight’ response was investigated by Cannon in 1927. Cannon discovered that our sympathetic branch of the ANS is responsible for our flight or flight response. When we are startled or threatened, it reacts by quickly releasing hormones such as epinephrine (aka adrenaline), which has several effects on our body.

## **Chapter EIGHT - We Are All Connected**

Global Consciousness Project: [www.noosphere.princeton.edu](http://www.noosphere.princeton.edu)

Movie: What the Bleep Do We Know presents a viewpoint of the physical universe and human life within it, with connections to neuroscience and quantum physics.

Dean Radin born February 29, 1952, is a researcher and author in the field of parapsychology. He is Senior Scientist at the Institute of Noetic Sciences, in Petaluma, California, USA, on the Adjunct Faculty at Sonoma State University, on the Distinguished Consulting Faculty at Saybrook Graduate School and Research Centre, and former president of the Parapsychological Association. Roger D. Nelson, Ph.D., is the director of the Global Consciousness Project (GCP), an international, multi-laboratory collaboration founded in 1997 to study collective consciousness.

## **Chapter TEN - Gratitude**

Phillip Calvin McGraw, B.A., M.A., Ph.D. Born September 1st, 1950, best known as Dr. Phil. He is an American television personality, author, and psychologist, currently the host of his own television show, Dr Phil, which debuted in 2002.

## Chapter ELEVEN - Giving

### Charities:

\*Boxing Day Tsunami - [www.redcross.org](http://www.redcross.org),  
[www.careaustralia.org.au](http://www.careaustralia.org.au).

\*Hurricane Katrina - [www.redcross.org](http://www.redcross.org),  
[www.networkforgood.org](http://www.networkforgood.org).

\*Black Saturday bushfires - [www.blacksaturday.com.au](http://www.blacksaturday.com.au).

\*Haiti Earthquake - [www.worldvision.com.au/earthquake](http://www.worldvision.com.au/earthquake),  
[www.unicef.org.au](http://www.unicef.org.au).

\*Safari - [www.safariappeal.com](http://www.safariappeal.com).

\*Krishna and Trishna - [www.childrenfirstfoundation.com](http://www.childrenfirstfoundation.com).

\*Red Nose day - [www.rednoseday.com.au](http://www.rednoseday.com.au).

\*Cerebral Palsy Society - [www.cpfoundation.com.au](http://www.cpfoundation.com.au),  
[www.CHASA.org](http://www.CHASA.org).

\*Police-Citizens Youth Club - [www.pccyc.org.au](http://www.pccyc.org.au).

\*Boys Town - [www.boystown.com.au](http://www.boystown.com.au).

\*Endeavour - [www.endeavourprizehomes.com.au](http://www.endeavourprizehomes.com.au).

\*Starlight Foundation - [www.Starlight.org.au](http://www.Starlight.org.au).

“Selfish means as stated in the dictionary.” Dictionary source:  
Dictionary.com Unabridged Based on the Random House  
Dictionary, © Random House, Inc. 2010.

## **Chapter TWELVE - Our End Is Your Beginning**

Dr Emoto: Born in Yokohama, Japan, on July 22, 1943. Masaru Emoto is a Japanese author and entrepreneur. Since 1999 Emoto has published several volumes of a work titled 'Messages from Water', which contains photographs of water crystals next to essays and words of intent. Emoto in 1986, established the I.H.M. Corporation in Tokyo and is currently the head of the I.H.M. General Research Institute, Inc., the president of I.H.M., Inc., and the Chief Representative of I.H.M.'s HADO. Emoto is President Emeritus of the International Water For Life Foundations, a 501(c)(3) non-profit organisation based in Oklahoma City, founded in 2005.

Google: [www.google.com](http://www.google.com), Google runs over one million servers in data centres around the world, and processes over one billion search requests and twenty petabytes of user-generated data every day.