

...ROBIN BANKS PRESENTS...

SUSTAINING THE

MAGIC

••• MIND POWER FOR LIFE •••

2018 and beyond



Week 4
MIND POWER MADE EASY!



WORKBOOK FOR WEEK 4: SUSTAINING THE MAGIC

Welcome to Week 4 of your Sustaining the Magic 6 week Audio Programme. By now you should be gaining a deeper insight of who you are and what it is that makes you unique. Over the last 3 weeks we've explored your uniqueness, your winning formula and discovering your passion. Congratulations, you are now halfway through your 6-week audio program and I honor you for your consistency and commitment. Let us do a quick recap of "THE POWER OF THE SPOKEN WORD" and "YOUR PERSONAL MISSION STATEMENT".

THE POWER OF THE SPOKEN WORD

I love the power of language and the spoken word. If you think about it, it's the power of language and the creative use of words artistically woven together, which has moved nations and transformed the world. Leaders like Martin Luther King, Mother Theresa, Winston Churchill, Eva Peron, Nelson Mandela, John F Kennedy Barack Obama used the power of words combined with their actions to change the course of history and sculpted a new future for all of humanity, this is THE POWER OF THE SPOKEN WORD.

Another crucial ingredient that these orators had, was the ability to evoke emotions that literally moved men's blood, inspiring them to take action and transform their circumstances, their lives and the lives of all that surrounded them. You too have this power, it is not unique to them, the key is to unlock your purpose, know what it is that you stand for, what it is that you desire and then use the magical power of words combined with deep emotion and express your purpose and your desire into the world.

This week we will be guiding you through a process, where you will be creating your own mission statement giving you the clarity you need to create the future you desire. You will also be creating an affirmation, an incantation or mantra, remember this takes time, it takes consciousness and it takes deliberate effort. Here are a few pointers on how to create your own **affirmation**. Let's first start with a recap on the definitions of what these 3 words mean:

Affirmations – An affirmation is a short rhythmic positive statement, and as we discussed in session 3, each of three points are essential; they need to be short and to the point, ideally just a sentence or a phrase. They need to have a rhythm and a melody with a sing-song feeling to them and it is essential that they are phrased as a positive statement.

Now although, this is my definition of an affirmation, many affirmations do not have a rhythm and some are up to two, or even three sentences long. While I appreciate that each person needs to create an affirmation that works for them, I find that the rhythm and sing-song feeling increase the flow of emotion and thus make my affirmations that much stronger.

Incantations – are basically the same as an affirmation however I quite like the dictionary definition thereof – **a series of words said as a magical spell or charm**. So when you’re saying an incantation you’re casting a magical spell or charm over whatever it is that you are creating.

We are vibrational beings everything is energy and vibration and we are literally creating our reality with our thoughts, our words and our emotions; as well as our actions. When your thoughts, words and actions are in alignment, there is an incredible amount of power there; but it starts with a thought and the words that follow are essential.

A **Mantra** has various meanings:

1. In **Hinduism or Buddhism** - it is a word or sound repeated to aid concentration in Meditation.
Each person is given a mantra, which is unique to him or her and to their energy and vibration, which is to be repeated over and over again during their meditation. The objective is to clear your mind of everything else other than the mantra.
2. The dictionary definition, which I assume adopts a western belief system, describes a mantra As a statement or a slogan which is repeated frequently.
3. However, it is the last definition that we are interested in, because it relates to the work that We are doing. In Sanskrit a mantra literally translates into “**a sacred utterance**”. It is a message or text, a charm, a spell, combined with counsel.” Council, meaning directing. I think this is beautiful, because it literally means “**sacred spells that give direction**”.

This is so powerful because a collection of words can tell the story of what you want to create in your life. And by saying the mantra, you are giving these words magical energy and direction manifesting your dreams into reality.

I like the idea of combining all 3 of these definitions, let’s create magical spells and charms, short rhythmic and positive statements as well as slogans and stories repeated with rhythm and rhyme with an melodic sing-song feeling.

First you need to decide what it is that you want to attract into your life. The number one thing always is – **WHAT DO YOU WANT**. Once you are clear on what it is that you want, sit down and grab a pen and paper, start by brainstorming. Write down all your favorite words in a pattern note format (or a mind map), don’t analyze what comes out, just scatter powerful and inspiring words on the page, then play with alliteration and assonance and explore which words gel together. Then play around with the most important piece, which words move you the most and also rhyme with the other words you have written on your page, this is a very important part of the creation, which are the words that really move you.

Then put them together and do some final tinkering, until it just fits and settles perfectly like a magical

spell or charm. Say them every day, over and over again because the more you say them the more perfect they will become and the more they will evoke a sense of communion and alignment between you and the future you are drawing towards yourself.

You can use this process to create Affirmations, Mantra's, Personal Mission Statements and Incantations, it is extremely powerful and effective and I suggest putting aside at least one to two hours at a time to begin this process. I also suggest using your Vision board as a reference so that you remember to include all the elements that will make your life whole and complete.

I want to emphasize that your words can change the world, if that is what you choose. You can become a Nelson Mandela a Mother Theresa or a Martin Luther King; you can choose to be a force for good. So decide. Who will you be? What will you do? What will you do today that will echo into eternity? What is your dream?

My invitation to you is to become a leader. Become a leader of your life, stand tall, stand for something, have a purpose, have a vision. If you really get this, your Mind Power is going to take you to a completely different level of consciousness. I believe that we can all choose to leave a legacy but you've got to know who it is that you are and what it is that you stand for. Once you are clear about that, then you can create the future out of the now by using the power of Spoken Word combined with your emotions to manifest it.

YOUR PERSONAL MISSION STATEMENT RECAP:

It is essential to have a Personal Mission Statement. Most if not all companies and certainly the most successful ones, have a Mission Statement. It immediately identifies what the company is about, what their purpose is and what their values and objectives are.

A **personal mission statement** therefore provides clarity and gives you a sense of purpose. It defines who you are and how you will live and brings focus and clarity to your life.

That is why we have created this chapter, because if thoughts are real forces and words are powerful forces of attraction then you can use your personal mission statement to create the life you really want to live.

Your Personal Mission Statement is a combination of your ultimate vision for the world combined with the action that you take to make it happen. For example;

WHAT IS MY VISION?

When I close my eyes, I see a world of people living empowered lives, people believing in themselves and expressing themselves with confidence and assurance. I see a world where people live in harmony with each other, with nature and the society at large; they are deeply fulfilled because they have found purpose and meaning in what they do.

They are successful because they celebrate their uniqueness and contribute generously to society. They live healthy lives of abundance and prosperity where money is never an issue and they have the internal resources to solve their problems and transform their circumstances.

WHAT actions do I Take?

The action I take in order to make that world a reality is to provide spaces and opportunities for people to discover the magnificence of who they are. I create and deliver inspiring, thought provoking and energizing talks, seminars and retreats, which enliven my audiences and get them to take action and transform their lives.

I endeavor to create world-class leading edge services and products, which support them in their journey of self-discovery and personal mastery. I provide online platforms and forums, which continuously encourage them to up their game and live meaningful and inspiring lives.

More importantly I endeavor to make my interactions with everyone I meet meaningful and significant to some degree. It may just be through a greeting or a smile, perhaps a compliment or an acknowledgement. I enjoy making strangers laugh or smile because I believe that lifts their spirits and shifts their focus.

So, in summary, my **Vision** is to Transform Global Consciousness, because that's what a better world looks like for me; empowered individuals in charge of their lives. My **Action** is to create a world of Powerful Self Expression. I do that by expressing myself powerfully and teaching others to do the same.

WHAT IS A PERSONAL MISSION STATEMENT?

Your Personal Mission Statement is your vision plus your action, combining these two equals your Mission Statement.

So, my personal mission statement is:

"I TRANSFORM GLOBAL CONSCIOUSNESS BY CREATING A WORLD OF POWERFUL SELF EXPRESSION"

So, what we will do is first create your ideal vision for the world, then we will explore what action you take on a daily basis to make that world a reality. When you combine the two you will need to play with the words in order to find the magical phrase that pays.

There are many different ways of creating a Personal Mission Statement, there's no right or wrong. The most important thing is that it's got to speak to you and it's got to move you. When I say my Personal Mission Statement it resonates deep inside me and it connects for me. It's like "YES, that's who I am! That is why I am here! That is what I stand for!"



So take your time with this weeks exercises, remember creating the perfect mission statement takes time, contemplation, experimenting and effort but By creating a personal Mission Statement, you are making a declaration of who you are and what it is you stand for to the world and drawing towards you your ultimate expression of self.

So, what's your mission? Why are you here? What is the Grandest Vision you have for yourself and the world? What are your natural strengths, where do you love spending your time, what would you do even if you weren't paid to do it/ Where do you spend your money? These are some the questions to ponder and contemplate as you create your Personal Mission Statement.

Exercises for Week 4

Exercise No. 1

For 5 minutes every day **contemplate what your ideal vision for the world is?** What would make the world a better place in your opinion, if you had a magic wand and could create the perfect world, what would that look like for you? As a child what was your ideal vision for the world? Allow your mind to ponder and wonder.

Exercise No. 2

For 5 minutes every day **contemplate what actions you can take in order to make that vision a reality?** How would your unique qualities, your winning formula and your distinct passions assist you in manifesting that vision? What are your natural skills, how do you add value and how do you best serve the world.

Exercise No. 3

Create a **mission statement** for yourself made up of your **vision plus your action**. Now remember to play around with the words until you find the magical **phrase that pays**.

Take time creating it, it may require setting aside a full hour or two to kick-start the process, but it'll be so worth it. Once you've created it, for 5 minutes every day say your mission statement out loud, feel free to change it as you desire until it just feels right. Sometimes changing one word will change the entire feeling of your Mission Statement.

Exercise No. 4

For 5 minutes every day **visualise yourself living in mission and fulfilling your life's purpose**. See yourself living with purpose and in harmony with every aspect of your life and being richly rewarded for it too.

That brings us to the end of the exercises for week four. Remember to play with it like a kitten does with a ball, give it the time it deserves and really enjoy the process.