

# NAVIGATE LIFE

HOW TO TAKE CHARGE OF YOUR MIND,  
BODY & EMOTIONS

TONY FAHKRY



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Body & Emotions**

by

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## 1. ARE YOU AUTHENTIC?

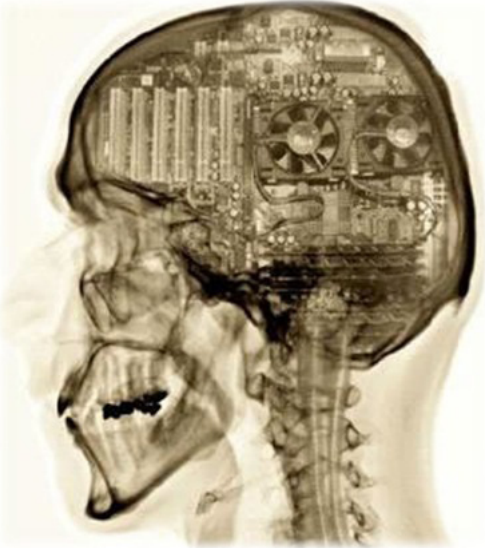
So how do you know you're being authentic? Let me take a step backward. How do you know when someone is being inauthentic? Is it the words they say? The way they say it? Their body language? The way they dress, speak or facial expression? Hopefully, you have some idea to be able to recognise it in others. What about yourself? What would others say about you if they met you for the first time?

I have this little thing going on in my mind whenever I meet someone new. I always ask myself, I wonder how they view me through their eyes. I'm not concerned whether they like me or not, in fact I adopt the belief what other people think of me, is none of my business. It's what "I" think of me that really matters. As I begin to like myself, others undoubtedly like me as well since I show up with confidence, ease of character, humility and all the characteristics of a likeable person.

By putting myself in other people's shoes, allows me to be at ease with myself. It allows me to suspend my judgement about them. When we suspend judgement about others, we allow ourselves to see the real them, not the false person we have imagined in our mind. Recall in a previous post, I wrote about [perception](#) and how our minds create a distorted view of our world based on past conditioning. How you view your world (subjective reality) is determined by your past.

If you formed a belief that intimate relationships are nothing but trouble and end in heartache, your subconscious mind naturally looks for evidence of this in your life. Here's a rather funny story to illustrate the point. My mother dreads driving into the city since she worries about finding a car park. I've been in the car with her on numerous occasions as she circles around the block to find a suitable car spot. Ultimately she finds a space at least a block away from our destination, sighting that one cannot find a car park in the city.

On the other hand I hold the belief I will always get a car park as close to my destination if not in front of. I affirm the right car space will show up when I need it. Guess what happens when you create an empowering belief? Evidence begins



to unfold to support your belief. I am so convinced I will find a car park that it's now second nature and a running joke in our family. My mother calls it luck. I like to think of it as opportunity teemed with awareness.

In order for us to be authentic, we must suspend our judgement about how things should or shouldn't be. We affirm a certain belief - that intimate relationships are trouble and ultimately end in heartache, since we want to be proven right if the relationship should fail. Ask yourself this question; do you want to be right or do you want to be happy?

In order to be happy and living an authentic life, you must let go of those false beliefs and ideas which do not hold a place in your life. How do you know? Look at your life right now. If you're single and unhappy = limiting belief. If you're overweight and unhappy = limiting belief. Whatever is lacking and you're unhappy about in your life, it is due to a limiting belief locked away in your subconscious mind.

It takes hard work to go within and recognise those qualities we dislike about ourselves. It takes courage to face those qualities and work through them. Ask yourself this; if I am aware of these qualities, perhaps other people can see them in me as well? Free yourself from wanting to be right. Choose happiness, abundance, joy and love instead. Suspend your view about how life should be or that it owes you something – you owe life something.



Say “yes” to life. Affirm that you want what life wants, not the other way round. The more you acknowledge yourself playing a larger role in this creative universe, the more life accepts your role in it. The more life says, thank you. The more life begins to co-operate with you. The more authentic your life begins to unfold and reveal itself. Soon enough, all your so called problems become blessings, opportunities and synchronicities - allowing life to take on new meaning and purpose.

## 2. BECOME WHAT YOU WISH TO ATTRACT

One of the principles of spiritual living is becoming that which you wish to attract. People struggle with this principle since it sets up barriers around their understanding of how to live in congruency with what they wish to become.

The spiritual principle states, like attracts like. If you seek wealth and prosperity whilst entertaining limiting thoughts of poverty and lack, those riches will remain beyond your grasp. You must become that person who seeks that aspect of their life to change.

How can wealth and prosperity find its way into someone's life when they regularly entertain thoughts of lack and poverty. Money is an energy system like all other systems in the universe. It has a vibration about it. The wealthiest people in the world have a knack for drawing money to them easily and effortlessly. Yes, we appreciate they are wealthy and attracting wealth comes easily to them now. I'm sure that was not always the case, especially with self-made millionaires.



Relationships are areas where one experiences problems attracting the ideal partner. I've heard people complain how the problem of finding a suitable partner is out there and beyond their control. They blame the opposite sex or the lack of suitable partners in the world to form a loving relationship. This is the furthest thing from the truth. How can one attract a loving relationship when there are unresolved issues within them? How will that person recognise a loving partner when they show up in their lives? They might dismiss them as being needy or vulnerable as opposed to a prospective life companion.

Examine what limiting beliefs you hold around attracting that which you seek. How can you change those beliefs, ideas and thoughts in order to advance forward? Who must you become in order to attract that quality, thing or position? Are you willing and prepared to give up those things which you've held onto for all this time?

In order to attract that which you seek, be it health, money, relationships or anything you desire, come from a place of non-resistance. Identify more with the quality of what you seek. If its health and wellbeing, stop entertaining limiting

thoughts of being too fat or struggling with your body image issues. Love and honour yourself.

Get to work at unlocking and removing any internal emotional and mental block holding you back. If you don't know how, ask for guidance and assistance from people who know how. Advance forward. Refuse to accept anything less than the best. Live the life you hold deep in your soul. Allow it to shine forth as one by one each obstacle, each fear, each doubt and hurdle is removed from you consciousness.

### 3. LEARN FROM YOUR MISTAKES

Since I've been teaching and living personal development over the years, I've been fortunate enough to draw awareness to the momentum of my life. I see the ebbs and flow of life without getting too invested in my external world. When unwanted events or scenarios show up, I look within and examine my thought process to see what thought or belief is out of alignment. It usually is a message to heal or correct that thought or belief so that I may continue to grow each day.



Not only have I become better with age to see the folly of my mistakes; I have learnt not to identify with them by making them more than they are. Long ago, I would have beaten myself up about doing something which in hindsight was clearly not the right action to take. I believe in devoting time to growing and knowing oneself, gaining awareness and not allowing your emotions to be your slave.

The mind and body are a beautiful collaborative entity. They receive instructions from one another based on the stimuli or input they receive on a continual basis. Many people stop short of achieving the results they deserve, since they quit doing the things required to bring about fundamental changes. For me the metaphor of training is something rather comfortable for me. I have spent years conditioning my body using resistance training, cycling and running. Along the way I learnt a great deal about taming my mind. The more time I devoted to collaborating with my mind, the greater the results in my external world.

What challenges are you facing right now in your life? – be it personal or professional. Are these challenges you've faced before? Are you repeating the same mistakes? The universe will keep sending you the experience in different form until you get the lesson. The greater your lesson, the greater your growth and learning.

The most common mistakes I often hear pertain to relationships, whether intimate, familial or otherwise. We are repeat offenders in this arena. It often takes us considerable time to learn from the experience, before we either have enough or have an aha moment. Hopefully by that time, it's not too late and we

can salvage our self respect and dignity.

Reframe your mistakes in your mind - welcome them. Seek to find what needs to be corrected or addressed so that you move forward. Don't get frustrated that they're showing up in your life. I can assure you that more will arrive as soon as you've dealt with your current ones. Become curious about the mistakes and look back at your life over the past months and years to see what thoughts or beliefs triggered these events.

For example if you've been unappreciated in a relationship, perhaps the universe is asking you to be more assertive in life - to stand up more for yourself. Remember we coach people on how to treat us. Read that again and remember it next time you feel thwarted. The more you stand up for yourself and affirm you will not be subject to anything less than the highest respect, those around you will begin to show it. Move forward. Put it into action. Reading about personal development without conscious action is about as useful as a car with no brakes – you're bound to keep crashing into things. Begin today. Allow yourself to become more consciously aware of your mistakes. Learn from them, grow from them.

## 4. LET FEAR AND ITS MANY FACES

Last week I wrote a post about working through [fear](#) to realise your greatest potential. I mentioned in another article for EzineArticles, allowing [fear be your teacher](#). The concept of fear is deeply entrenched in our society and constitutional makeup.



At the moment my eleven month nephew is navigating his way into his first few years of life. I love watching him grow and develop, especially from a behavioural aspect. In the last few months his emotional brain has started taken shape. He now responds to commands such as ‘no’ and may get upset when one frowns at him. I noticed how he cries for attention when loved ones walk out of the room – suggesting a sense of abandonment.

Watching a young child is a great way to learn about our fears as adults. For children are fearless, until parents and loved ones interfere (for the child’s protection of course), instilling fear into them. A friend who was a former pro athlete is choosing to raise his child in a slightly different way. He refuses to entertain ‘no’ around his daughter, choosing other ways to teach her. I completely embrace his model of parenting, since it reframes a negative into a positive.

As an adult, if you have not faced your fears, there is a chance they’ve been carried over from childhood. The result is one unconsciously behaves in a child-like state. I have seen this displayed in intimate relationships where either partner is tied to the other partner, constantly requiring either validation or their presence. In some cases they smother the partner mimicking their detachment behaviour from childhood.

It is worth noting the attachment style developed by the time you were a year old tends to be a highly durable personal characteristic that remains evident later in life.

One’s attachment style persists into adulthood 68% – 75% of the time. That’s a startling figure worth considering suggesting a great deal of adults are unconsciously stuck in a child-like state. Self actualisation or spiritual transformation is the process of recognising these conscious or unconscious behaviours as a means to unveil your full potential as a human being.

Are you acting out childhood behaviours? Examine your actions over the course of a week. Ask loved ones or those close to you for an honest appraisal. Don't be alarmed if they suggest something which strikes a chord with you – this is a positive step forward. Are your actions fear based? Are you moving toward pleasure or away from pain? There is a marked difference between the two. Are you prepared to work through the fear/s to live a rich, abundant life?

Sometimes fear can be so overwhelming, it stops us dead in our tracks like a deer in the headlights. We are overcome with a crippling, motionless state of angst and unable to navigate our way through it. Know this right now – any fear holding you back is serving to teach you a lesson of faith, courage and love. Only YOU have the power to face it or allow it to take hold of you. What then? How will life look five, ten, twenty years from now if you don't face the fears?

I leave you with this Henry Ford quote: “One who fears the future, who fears failure, limits his activities. Failure is only the opportunity more intelligently to begin again. There is no disgrace in honest failure; there is disgrace in fearing to fail.”

## 5. YOUR GRATITUDE JOURNEY

If you've been following the law of attraction and even stumbled upon the movie [The Secret](#), you'll have no doubt come across the idea of gratitude. It seems like a lofty ideal to many, especially implementing it into one's life. Read on as I reveal a more realistic view of allowing and connecting with the power of gratitude.

There's a good chance if you're reading this post right now, you have every reason to be grateful. The fact that you have access to a computer means you are very privileged to have electricity. I came across a statistic the other day suggesting nearly 3 billion people on the planet are living below the poverty line. At the time of writing this, the world's population is 6,889,700,000 people on planet earth.

That's a staggering figure of people living below \$2.50 a day. Without the risk of turning this post into another one of those "you should be grateful because..." posts; it is worth noting a comparison view. Gratitude means being grateful for what you have right NOW. It doesn't mean that if I have "x" tomorrow or when I become "y" tomorrow I will be grateful. No, it means recognising what you have in your life at this moment is a result of the thoughts, beliefs and energy you have created to allow you to be who and what you are.



Being grateful does not mean comparing oneself to others who are less fortunate; for we all have our own journey in life. People often ask me "how can I be grateful when people are homeless and dying in third world countries?" My reply is simply this: it is your purpose to be grateful NOT for what is happening in the world, but what is happening in YOUR world. Can you imagine what can happen if every person in the world raised their vibration and energy level to one of gratitude? Our collective consciousness would expand and end poverty, homelessness and other diseases and illnesses.

Mahatma Gandhi said so eloquently – "Be the change you want to see in the world." Start with simply things to be grateful for everyday and watch your

energy rise. You begin attracting circumstances into your life as though each event was a miracle. People, places, things begin showing up almost instantly to remind you that your energy level is expanding in the right direction.

I can find a million things to be grateful for each day. Here's a brief list which resonates for me: my health, my family and friends, having food to eat each day, money in the bank, doing a job I love and touching the lives of people, having a home, the clothes I wear, the opportunities I create, my connection to spirit, the love in my heart, the safety and security that surrounds me.

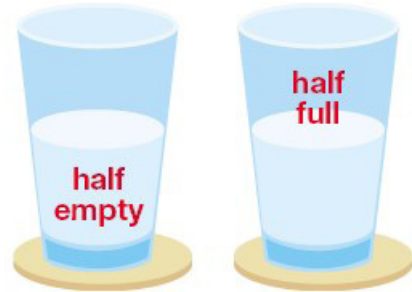
I have written a number of posts on raising consciousness and how doing so can impact your life and the lives of thousands of people. Gratitude is part of the same family. Practise regularly, everyday – especially when you're having a bad day. I teach my clients to begin with gratitude for their current state of health and wellness each and every day - before they embark on their journey of weight loss in fact. How can you possibly work in harmony with your body when you're in opposition to it? You must align to the same frequency which nature operates on – the frequency of love.

Life reminds us in no uncertain terms, how grateful we are when we see others doing it tough or when we're going through our own hardship. There is light at the end of the tunnel, for as sure as the season's change, so too will your circumstances when you begin to live in congruency with your highest self.

So begin your journey of gratitude – a simple thank you to the universe as you retire to bed each night is a good starting point. Often when I lay my head down to rest at night, I think about the homeless person my age, sleeping outside in the cold somewhere. That thought alone ignites a deep, powerful sense of thankfulness for having a comfortable, warm bed to sleep in – I feel safe and a renewed trust that I am loved and cared for.

## 6. HOW TO.....NEGATIVE THOUGHTS

Yes I know what you're thinking, I left out a word in the subject heading - not entirely. Like most articles on the internet claiming you can stop negative thinking, I'm suggesting that it is not possible. For trying to stop thoughts is like trying to catch water in your hands; the tighter you squeeze, the less water there is to hold.



Understanding how your mind works is the key to understanding the anatomy of thoughts. I wrote a post called [You are not your thoughts](#) where I discussed briefly that your thoughts do not define you. Our thoughts are part of consciousness and even the collective consciousness (the shared beliefs and attitudes of our collective society). I've also mentioned Dr Hawkins' work in this area in another post [Raise your consciousness](#). You'll also find a number of other related articles under my [Ezine articles](#) page should the topic be of interest to you.

So, let's cut to the chase shall we. Many of you reading this are battling your own challenges when it comes to your thoughts. I know you want to break free from the prison in your mind which keeps you locked up, processing the same thought patterns over and over again. I used the word pattern to illustrate how your thoughts have a theme to them, much like a play or a movie.

Here are some useful tips and suggestions on how to improve your ability to recognise and turn down the volume on negative thinking. Some background information first of all.

Upon meditating one night I noticed my thoughts were like a monkey on my back. That was the image my subconscious mind created when I prompted it to paint a picture of the negative thoughts. It was clinging around my neck; I couldn't shake it off, no matter how hard I tried. So I decided if I can't get the monkey off my back (negative thoughts), can I live with the monkey and turn down the volume on the incessant chatter? – bingo! Monkey liked that idea and started co-operating.

These days, I imagine the monkey is sitting quietly under a tree feeding on bananas, in order to keep it occupied and creating destructive thoughts. Allow your imagination to weave a tapestry of possibilities for you. As Albert Einstein so eloquently stated: "The true sign of intelligence is not knowledge but imagination."

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So, my advice for managing your negative thought patterns:

- Negative thoughts feed off any stimuli you allow them, much like the monkey in my case. If you entertain thoughts about how fat you look in the mirror, your brain is making neural connections in order to validate that belief. Nerve branches and networks begin to fire in order to connect to one another to build a network of thoughts; since the mind believes you will think these thoughts again in the future. Neurologists have a saying which echoes this statement: nerves that fire together wire together.
- Your thoughts have a theme to them, much like a movie. What would you say is the theme of your thoughts on a daily basis? Thinking about the past, present or future? Is it related to your health, career, relationships, sex and money or other? How much time do you spend thinking about these things to the point of exhaustion? Sometimes it feels like you're stuck in a vortex which you can't break out of – you just keep going round and round while being sucked in deeper and deeper each time. Break the cycle early and don't allow the thoughts to take hold of you as I mentioned in the previous point. Don't fuel the thoughts with more of the same thoughts.
- There is a reason you are having negative thoughts. What is the reason?

What are they (the negative thoughts) trying to communicate to you? One of my themed negative thoughts which frighten me into action is: “what if you fail and never fulfil your purpose and dream?” The thought alone sends shivers down my spine, since it means so much to me to live my purpose. The negative thoughts serve to remind me that I must continually improve myself and live my purpose NOW, not in the future. The thought is a call to action to get cracking and never give up. What is your negative thought pattern asking you to do or become?

- Negative thoughts arrive on your mind’s doorstep in numbers or batches; much like a virus. They have a mission and that is to infiltrate your mind. They have a policy of ‘whatever it takes.’ So what is the best course of action when a force is advancing in your direction? – work with the force, go with the flow. Being the observer of the thought requires some mental discipline at first, so I suggest becoming aware of your thoughts is your best move. Note the frequency (even keep a diary if it helps). Question the thoughts – is there any truth to the thinking? What is the opposite of that thought? If a bank robber showed up at the teller demanding money, would the teller grab the gun out of his hand? Perhaps not. The teller’s best move would be to hand over the cash (satisfy his demand). After the robber’s needs are met then it’s appropriate to take action i.e. call the police (in your case question the thoughts and bring them to the forefront of your mind).
- Here’s an interesting take which involves Buddhist thinking. Who is doing the thinking? You say “I” am thinking. How do you know you are thinking? If I asked you to become the observer of the thought, who is observing the observer? Without getting into riddles, what you’re attempting to do is challenge the thoughts and in doing so, short circuit the process. The mind is a little trickery bugger. It loves patterns. It loves to know what’s next, how, when and why. So trick it, like a little kid. Given enough practise and patience, it will give up and retreat since you did not fuel the fire by accepting its thought process.

Remember this, you cannot stop negative thinking. You may tame your thoughts so they serve you well. You cannot domesticate a wild tiger, since its instinct is to naturally hunt and kill. Your thoughts aren’t as volatile as the tiger of course. Practise patience with tending to your thoughts much like a garden. Identify those weeds (thoughts) which don’t serve you and challenge them. Insert empowering beliefs and thoughts each and every day. Most of all – don’t take you or the world too seriously – you are here to learn and grow as a child of the universe.

## 7. MANAGING YOUR EMOTIONS

I mentioned in a previous article, a three step program for drawing awareness and working through unconscious thoughts and beliefs that may be causing emotional resistance.

I'd like to speak more to that topic now as we learn more about managing our emotions. Now don't get me wrong, you're not going to be this dull, lifeless person once you understand and have a grip on your emotions. Rather, you begin to appreciate the complexity and usefulness of the emotion/s and how best they can serve you.



I was having a chat with a friend recently who declared that her emotional outbursts are not often “useful” in some circumstance. I asked her what she meant by “useful?” She suggested when one feels emotionally driven to speak their mind, it may not be conducive in producing a positive result. You see, an emotion is an “absolute” entity taking shape within us. We do not question the validity of the emotion – I like that person, I dislike that jumper, I love chocolate ice-cream! These are emotions based on preferences we like.

Emotions are based on the beliefs you've formed over the years. Take a moment and think about a belief you hold true for you. One of mine is “I believe the world is a beautiful place and every experience I have is neither good nor bad, yet there is a great lesson contained within it.” Yes it is a rather long belief isn't?!

Now if I examine my belief and ask myself when I formed my belief and what circumstances were behind it, I find that it goes back some years. My belief is based on my experience of having personally gone through a life threatening illness and losing a family member to a debilitating disease. Given those two occurrences, I am still able to see the beauty, mystery and lessons in life unfold. I have attached an emotion around that belief which brings me joy and bliss for being able to get up every morning to speak and communicate my experience, lessons and knowledge to people all over the world.

Our emotions can serve to lift us to great heights or hinder our personal growth. One of the mechanisms which may become useful with managing your emotions is to become mindful or aware of them as they occur. For many people,

they remain asleep when it comes to the nature of their emotions; the role they serve in their life. Through repeated exposure of learning to identify and manage your emotions, you have a better understanding of how they may best serve you. It takes time, patience and perseverance.

Examine your emotions. What emotions are serving you right now? Are they useful? In order to understand the emotion and possibly reframe it, you need to examine the belief behind it – for that is the fuel. If the emotion is one of sadness, anger or anxiety, look closely at whether it is serving your greatest growth.

The Buddhist principle states if the emotion is not necessary “drop it - put it down” as though it were a backpack. It’s meant to be as simple as that, yet not quite so in practise.

If you find yourself flying off the handle when a loved one does the wrong thing by you, examine the emotion. Speak to it – “what do you want me to know or learn anger?” Look back to the belief surrounding the emotion. I can assure you that your loved one isn’t the cause or the trigger of your emotion. It’s the meaning you attached to it when he/she forgot to ring you while they were travelling interstate on business. You attached a meaning and assigned an emotion to it, which served an outcome – whether positive or negative.

When you’re living in alignment with your true self, you develop a deep understanding and relationship with self. You’re in alignment with your emotions, thoughts and beliefs. They begin to serve you, rather than work against you. You develop inner peace, harmony, joy and bliss. You radiate passion, enthusiasm – those around you are drawn to you like a moth to a flame.

Begin now. Take ownership of your life. Invest time and patience in getting to know you. You’ll attract the most amazing relationships (business, personal, professional, intimate, friendship) and create a life worthy of prosperity and abundance.

## 8. MOVE THROUGH OR WAIT IT OUT?

I was out running this morning in the parklands near home. I live close to a creek which makes its way into our state's major river bed. The creek is long and winding, as it courses through various inner suburbs. There is a designated running track which traverses the creek at the level of the water. You're almost running along the rock bed as the stream passes close to your feet.

I usually run this track on Monday morning as it allows me to commune with nature – an aspect of exercising outdoor which I appreciate. It's been humid here over the last few days with intermittent rain and today was no exception. If you're paying attention to international news, you'll no doubt hear about the El Niño weather patterns wreaking havoc on the eastern border of Australia in Queensland. The weather has brought torrential floods, with many people regretfully losing their homes.

As I was running, it started raining. I could recall mum's words echoing in my mind as I continued running along the path by the water. Growing up as kids with my two sisters, she developed an ambivalent relationship with rain. She would always cry out to 'get out of the rain', 'don't get caught in the rain.' I believe her reasoning was based on getting wet and becoming sick as a consequence. Her words came flooding back (if you'll pardon the pun) this time as I was running.

Challenging what you've accepted all your life is an interesting exercise in personal growth. Assuredly, this isn't the first time I've been caught in the rain. It's the first time; I saw an entirely new perspective on rain and the metaphor for navigating through life. Often when you're moving forward, life throws a set of circumstances which may obscure or challenge your journey. Rain is akin to that example. How you choose to navigate through those situations determines the comfort of your path and the inner growth you experience.

Rain may be regarded as a change in external situations in life which may obscure your path ahead. Do you stop and wait for the rain to pass? Do you continue moving forward through the rain, pushing through the uncomfortable state of being wet, cold and miserable? What does one gain by pushing through challenging times? Hopefully inner growth to navigate circumstances which are beyond one's control.



In your quest to become whatever you wish to be; a poet, a dancer, an artist, actor, comedian - you'll undoubtedly be faced with situations that will challenge and rock the foundations of your being. I may have mentioned previously in a lifetime long ago, I was working in the fashion industry, having studying design at university (both my parents were involved in the trade). I recall the first time I produced a collection which was critiqued by my superiors. I completely fell apart as they dissected my work, criticising every aspect of my creation.

At the time I believe it to be an attack on my character. In hindsight, I needed to have that experience in order to move forward and not be so invested in what other people thought of me. To be fair, they were reviewing my work and not judging me (which was the meaning I assigned to it at the time) – there's a rather large distinction which I failed to recognise at the time. Those years paved the way for me to be more creative and not be so invested in what others thought of me – since it really didn't matter.

Whatever you're facing as a challenge in your life, ask yourself this question: will my life become better if I choose to continue moving forward through it or stop and wait it out? The rain falling has a beautiful message if we allow ourselves to tune into it. Choose one area of your life which you believe is causing you concern. How might another person look at the same scenario? What might their advice be on the topic? When you're living your life, you become the Jim Carrey character from *The Truman Show*. You are caught up in the drama and the day to day saga of it all, rarely stopping to seeing the big picture – why am I here? What have I been sent to do, achieve or become?

Is my life really about my friends, Facebook, twitter, drinking, watching TV, eating, sleeping, work, school, relationships etc? And then doing it all again the following day. How do I assign meaning and purpose to my life? Is it through my job, my family and friends? The people who mean something to me?

Whatever stage in your life you're at right now – begin asking empowering questions which move you closer to your imagined reality. Start with a question, since it has the power to ignite your mind to search for answers. J.K. Rowling in an interview with Oprah asked herself 'how can I get out of poverty, put food on the table and live my bliss of writing books?' Her subconscious mind never gave up searching for the how's, until it became greater than her need to merely exist.

Make a decision to move **THROUGH** your perceived pain. You may choose to **WAIT** it out until life brings something more desirable – whether it's love, a job offer, a car, more money, your ideal weight. You get to choose – either way you are always right.

## 9. PLAYING YOUR PART

As I write this post this, the Queensland floods have continued for the last three weeks, with a confirmed death toll of 12 and 20 people missing at last count. If you've paid attention to the world news, you'll no doubt have seen the devastation Mother Nature has inflicted – also in other parts of the globe. To the human mind, it is incomprehensible to see images broadcast on TV revealing the full extent of her wrath.

The truth of the matter is that mother earth needs healing. The destruction and devastation we're seeing in the world is indication that she is crying out for help. We have polluted and mistreated our divine universe for far too long. Our environment cannot continue with the abuse we have inflicted on it and expect the weather patterns to abide.

I've written in previous posts about raising consciousness to impact health. By raising your consciousness, you also raise the collective consciousness of humanity which ultimately affects how we treat mother earth. To suggest the problem is out there and you are limited in how you respond to it, is a naive view. You can start impacting humanity in your own corner of the globe. I invite each and every person reading this blog; to be mindful of their thoughts, actions and beliefs.

I invite you to adopt a caring, nurturing attitude toward your fellow being and the environment. Do not dismiss the value of the role you play. It starts with the smallest gesture and radiates out into the universe like wildfire.

I was at my chiropractor's recently, receiving an adjustment. She was recounting a story how a couple of two young girls aged seven years had setup a small stall in her street selling juice to passers by (it's summer here in Australia). All the proceeds of their stall were being sent to the flood victims in Queensland. I was deeply moved by the story, since it illustrates how unblemished minds can create change.

The enormity of any tragedy whether it's close to home or abroad, is to think of the situation happening closer to home. Think about such tragedies affecting your loved ones. Watching images of people losing homes and loved ones on TV or the internet can desensitise us from the real message – we are not immune from such conditions. Someone's father, mother, sister, brother, uncle, aunt etc



is always affected and the loss of life is deeply affected and radiated into the community.

I urge everyone to become mindful of how you treat one another and your environment. I know many of you drop in here to read about personal development and health and wellbeing. Caring for your fellow beings is personal growth in action. Start playing your part in the universe. Forget about your needs about looking hot, having flat abs or whatever preoccupation you think you need to feel better. When you're in service to others, the greatest feeling and fulfilment is knowing that you had some role to play in making another person's life that little bit better.

Your kindness may extend by helping someone carry their grocery shopping or simply sending positive thoughts to another person. Stop yourself when gossiping about others or withholding negative thoughts about people who look different to you. You always have a role to play no matter how small or insignificant you think you may be. Your health and wellbeing is determined by the thoughts you entertain on a regular basis. Choose what thoughts to allow into the landscape of your mind.

Start to see the whole universe as your playground and your responsibility. Begin with yourself and slowly but surely those close to you will begin to see the shift in you. They will be drawn to the person you're becoming and undoubtedly begin to make changes within themselves. Do not see what is happening in the world as someone else's problem. YOU live in this world. You are a part of this collective consciousness. See to it that you have an influence as to how humanity moves forward in the right direction.

The smallest act of kindness, the tiniest gesture of goodwill; is felt in every aspect of the universe like a pebble dropped into water. Believe that you can play a role. Begin small. Impact those close to you. The journey of a thousand miles starts with one step. Take that first step and share in the glory of shaping the world you live in. After all, it's not enough to merely proclaim the world is not a nice place and yet do nothing about it.

## 10. PLACING AN ORDER WITH THE UNIVERSE

Life keeps throwing you lemons - you suspect. You're sick and tired of being in rut, thinking the same thoughts. Feeling uninspired; emotionally drained and lacking direction. Don't despair – you're simply experiencing an internal shift.

From time to time, you experience episodes which appear that your world is sinking. You feel helpless and unable to navigate the journey ahead toward greener pastures. You can't quite put your finger on it, yet something isn't right – you know that part at least. Things seem harder and require much effort than usual. Everything is a chore. You're swayed into emotional turbulence at the slightest episode when things not going according to plan.



You'll be pleased to know that life isn't always smooth sailing. Now that's certainly not a disclaimer for a personal development blog is it. The truth of the matter is that like all journeys, the intention to reach one's destination is usually heralded by a goal or plan. You never anticipate there'll be rough waters ahead. That you might have to sail your boat in an opposing direction in order to reach your destination.

Your journey is one fraught with great lessons – we often forget that aspect of it. If you've ever read the book *The Alchemist* by Paulo Coelho, you'll no doubt recall the young shepherd boy searching the world for treasure and his personal legend. Ultimately he discovers that in his quest, his treasure was back where he started. He realises during his journey he has become wise, learning a great deal about the world. The journey has not gone to waste.

I am reminding you that every effort, every step, every so called failure is drawing you closer to your treasure – your pot of gold. Nothing is wasted. No effort has been in vain. There is a rhythm and timing to the universe which one must learn to respect and work with. I like to think of it as a giant restaurant continually taking my orders. I know they're receiving my order if I am in alignment with my higher self. Often you may feel disillusioned that your order hasn't arrived – such as success, the ideal body, romantic partner, ideal job etc. Perhaps the restaurant (universe) wants you to be certain that is what you really desire before responding.

Perhaps it is asking you to reconsider your order since it feels it is not in

your best interest. You must believe that it knows best. . I like to remind myself that I did not design this vast universe. If I feel I can do a better job, I suspend my judgement by reminding myself that all is unfolding as it should in perfect order. I am merely playing a small role in the orchestration of a corporation which has billions of employees to attend to. I trust that my needs will be met once I am good and ready. Sometimes that may mean taking a little longer than I anticipated.

What shows up in the end is always better than I imagined for myself. You receive not that which you wanted - yet that which you need. Remind yourself that the universe knows best. It takes a great deal of wisdom, patience and understanding to ALLOW this way of thinking into your life.

Think of it this way. If you were sinking in quicksand, your natural tendency would be to trash around in order to free yourself from the doom which awaits you – death! The more you struggle, the more you're met with an inescapable solution. What if I said to you stop resisting – stop struggling and allow yourself to be still. In that moment, when you stop resisting, you're able to navigate your way out of the perilous ending which awaits you.

Our human minds often perceive problems as disasters rather than looking for the hidden meaning contained within them. Barring death, every event including sickness and disease is a call at some level to heal an aspect of ourselves which we have denied.

In order to find your treasure, you must let go of past conditioning. Our minds have the potential to heal our wounds or create the same path of resistance. Find time in your day to reconnect with your true self – listen intently to that silent whisper which seeks expression. Sometimes your order to the universe may be coming from a place of scarcity or fear. The universe hearing these words, responds accordingly sending you more of the same.

Change your frequency, much like you would when receiving a bad radio station signal. Tune into a frequency which resonates at higher levels. You'll know it's the right one when tasks become effortless, rewarding and bring you joy instead of sorrow.

## 11. THE PURSUIT OF HAPPINESS

### Defining Happiness

Are you happy with your current life? The title for this blog was prompted early this morning upon waking. Ideas come to me in the strangest situations and this morning was no different. Upon getting out of bed on Saturday at a reasonable hour, I checked my emails and decided I would embark on a ride. Cycling allows me to clear my headspace – it's become a form of moving meditation.



Upon returning from my ride, feeling inspired and refreshed, I was overwhelmed with a feeling of how lucky and fortunate I am. I often count my blessings and give thanks for all that appears in my life – whether it's good or bad. I attempt to draw a lesson from every event. This can be tough at times and I often sit on it for a while, allowing the lesson to make itself known to me.

While I was eating breakfast, I thought about how fortunate I am to be healthy, enjoy cycling and exercising, live in one of the best cities in the world and perform a job I am incredibly passionate about. You only need to look peer around your community to realise how unhappy and ungrateful many people can be. They are stuck in jobs they hate, relationships which they loathe and some may have too much or too little money to ever be content. That's ok though since we're all here to do the best we can, in the best way we know how.

I've been reading a modern day Buddhist novel recently, with a page devoted each day to a life lesson. The idea is to read the passage – which is one page in length and contemplate the message; being inspired to live it as well. Suffering occurs when we don't get what we want or when we get what we want and don't like what has shown up.

Believe it or not, having too much money can cause suffering, since it belies the need for more. It may bring other anxieties to the surface, such as having enough and being able to hold onto it. It begs the question which I asked at the beginning of the blog; Are you happy with your current life? What makes you happy? Why are you unhappy if so? What would it take for you to be happy NOW?

You see, most of what I write about is nothing new. It's new age, contemporary Buddhist mantra, preached via a blog. As I scan these blogs, following a number of you, I come across an assortment of varying opinions, thoughts and ideas. There are those coming to terms with their current situation in life whatever that may be. Some seem to merely exist and write about their interests. Others are inspirational with their message.

They may not view themselves as inspirational. They conduct their life as though it has no special meaning and are comfortable chipping away until they reach their destination or achieve their purpose. Where do you sit along this continuum? Are you constantly complaining that life owes you something? Or do you feel you owe life something?

I find it interesting given all the billions of people on this planet, there is so many varying views of reality. Who is right? How can one person get up in the morning and see the beauty and magic in everything he/she encounters? It's not enough to suggest they're suffering Pollyanna syndrome either. You can't be happy all the time – trust me, I've met those types of people and if I may say so, they're incredibly annoying!

### **Ask the Right Questions**

Happiness comes from what you have NOW. Read that again and again until it holds meaning in your life. You can't be happy when you have 'x' or when you become 'y' since that is the root cause of all human suffering. Dan Millman who wrote *The Peaceful Warrior* says it best; "The time is now, the place is here. Stay in the present. You can do nothing to change the past, and the future will never come exactly as you plan or hope for." The last part of the quote is the essential element for living in the NOW and being happy NOW. The future will never come EXACTLY as you plan or hope for.

Who would have ever thought I'd be talking about personal development and health ten years ago? I certainly didn't. Am I happy and fulfilled? Abso-friggin-loutely! If such a word should exist in the English language then that is it. I am happy since asked the right questions along my journey; "What do you want me to do or become?" "What is my purpose?" "How may I serve and contribute to this world?" I'm not suggesting I hold the key to unlocking your happiness.

I may be able to prompt you along to search for the right questions, which reveal's the answers. You must find your truth. I can tell you this much; the only place it dwells, is within. It lies within all your so called tragedies of believing

you're too fat or too skinny, not good enough or whatever you've told yourself you are or are not. Your truth, as the song suggests, will set you free. Yet in order to be free from suffering, you must find it first.

So my message is simply the following. Don't try and become happy. Your natural state is happiness. Don't look for happiness in others, for you'll be disappointed. Don't accumulate things believing they will make you happy. That is false thinking which will dishearten you. Don't search for meaning in your life. Give meaning to your life.

Start asking those questions which bring you closer to your pot of gold. Keep asking them everyday whether they're expressed as thoughts or emotions – ask! Act on the answers life delivers you. If you're not satisfied with the answers, keep asking the RIGHT question until you arrive at a place where you're satisfied and happy – for this is your truth and the reason you were meant to be here on earth.

## 12. THE VALUE OF FOLLOWING THROUGH

There's a story told how Donald Trump walked into a room of paying members to hear him talk about how to access wealth. The auditorium was filled with close to twenty thousand people. He asked the audience who was here to learn how to make money? Obviously everyone's hand went up. The next bit was the most interesting part. He stated that less than 10% of people present would follow through with their intention and that those people should go home!



Apparently each person had paid close to \$1,000 each to hear Donald speak – just to be told to leave and you'll never make it. Rather startling if you're one of those people in the audience. The truth of the matter is; he's right. I read an article yesterday written by John Assaraf who featured in the film *The Secret*. John is an international best-selling author, speaker, and entrepreneur who amassed a fortune in the millions.

He states that of 100 people who indicated they would like to make a \$1,000,000 dollars a year, only 3 of those people will actually follow through on their conviction and succeed. Here's his breakdown:

- 20% of the 100 will have excusitis of some sort
- Of the remaining 80 people, 16% will eventually drop off
- Of the 64 who remain, 32 people will give up within 6 months
- Of the 32 remaining, 90% of them will give up since they decided to do it their way

Therefore of the original 100 who started, only 3 have what it takes to follow through. According to John, only 3% of the total population actually has what it takes to LISTEN, LEARN, APPLY and MAKE THINGS HAPPEN. I find that interesting and intriguing at the same time. I am not endorsing John Assaraf or his teachings in anyway. I could be reciting a story about Jack Canfield, Tony Robbins or Brian Tracy as far as I'm concerned. I thought the statistics used were compelling enough to warrant a blog post.

My interest lies in health, personal development and self awareness. I am here to reach critical mass in order to teach people how to realise THEIR greatest potential. Along my journey of working with clients in a one on one relationship, I saw the same health scenarios unfold in their lives. Those who really wanted to lose weight, become fitter, healthier or recovery from injury, were faced with a range of obstacles along the way.

At first everything goes well. You begin to see physical changes within your body. You're eating right, sleeping right and hopefully thinking right. Then suddenly, out of nowhere a major challenge is faced and you're derailed from your goal. You begin making excuses as to how busy you are, how little time you have available or that other pressing matters are too important than your health. Soon enough all your good work is thrown out the door and you are right where you started.

It's about this stage that your mind throws its two cents worth into the equation, by validating how difficult it is to achieve those goals anyway. You really didn't want to achieve that goal after all – the mental list goes on. Welcome to how 90% or more of the world's population think.

One of the reasons why I found personal development and health a perfect union, is based on the afore mentioned scenario. When you work on yourself at the mental and physical aspect, wonderful things start to happen. What initially seems like obstacles, now turn into opportunities. Challenges give rise to inner growth and transformation; instead of setback. You edge closer to that vision of self you once entertained when planning your journey.

The truth of the matter is this - the person who succeeds in life, in their goals, their vision and mastery of self – is the person who follows through and sticks with it, NO MATTER WHAT. Read that sentence again aloud and commit it to memory. In order for you to achieve any goal, your WHY must be greater than any challenge or obstacle life throws at you. Otherwise you'll crumble at the first sign of resistance.

Your WHY must be so great that you'll leap out of bed before your alarm goes off each morning. Your setbacks will signal personal growth when they show up in your life. Your mind begins to see the seed of opportunity in each failure or setback. As Tony Robbins says: there is no such thing as failure, only undesired outcomes.

So, do you follow through? Are you constantly looking for excuses when the going gets tough? Do you sabotage or thwart your success when things start going well? Personal development is personal growth. It is recognising challenges

and inner obstacles which hold you back. It's about tending to them as a gardener would when weeds begin to emerge. Your mind is the garden and the weeds are the sabotaging, limiting thoughts and beliefs you've planted over time.

Whatever challenge you face right now, be it a health challenge, relationship, career, money or otherwise – turn inward and look within to see where the resistance is coming from. Pull out the weeds and replace them with fresh, empowering thoughts of success and excellence. You deserve to be the best you can be – the only thing holding you back is YOU. Release the shackles and one by one they'll begin to dissolve as you draw closer to the greatness that awaits you.

## 13. YOU ARE NOT YOUR THOUGHTS

The Buddhist principle states you are not the sum of your thoughts, rather the observer of the thoughts. Many people entertain limiting thoughts around ‘lack of’ in their lives. I am not good enough, I am overweight, I am not good enough. Such thoughts lead to a feedback loop of self deprecating thoughts which fuel our emotional body.



The truth of the matter is your habitual thoughts do not represent the real you. Do you think great leaders entertain limiting thoughts like these? – Perhaps not. They don’t allow them to enter into their conscious mind in the first place, since they recognise a truly great person does not think this way. You are such a person. Understand what that means for a moment.

All great leaders started out like others. They weren’t always great and inspiring or at least their genius or talents were latent. What separated them from others was their minds and ability to not buy into limiting thoughts. They had a vision or goal of being greater than they were. You can create the same life if you choose.

As you become the observer of the thought this poses the question as to who is having the thought. Since you are now divested of your thoughts by not identifying with them. This allows one to become removed from the habitual pattern we fall into – believing that we are what we think. We believe since we are experiencing the thoughts, they must be true.

Become the silent witness standing at the shoreline observing your thoughts as though they were waves coming in. Some waves arrive fast and furiously, yet seem to dissolve as soon they hit the shore. Others slowly find their way in yet also fade away. By being the observer, you allow the witnessing of the thoughts to take shape.

The witness or observer does not become invested in the waves, anymore than watching and appreciating there are different waves constantly coming in to one’s mind. They notice more and identify less with them. The observer approach requires some discipline and practice. Learn to have some fun with it. In no time, you’ll notice as you become better, the limiting thoughts arrive less frequently. You are not giving them life or energy anymore, so they have no place in your mind.

## 14. WHY?

### Asking the Right Questions

Are you getting the results you deserve in relation to your health and fitness goals? If not, WHY?

Observing my work environment the other day, I noted members who I see infrequently. They either train immediately after a long weekend, after a holiday period or perhaps after some time away from exercise.

Over the years I've noted the same type of person commit to their health and wellbeing in a sporadic manner. Their success hinges on how they think and feel toward exercise at any given time. There is no consistency to their approach. They're easily derailed and sidetracked when life throws a curve ball. I'm sure you know the type.



You're reading this blog post since you desire to be fit and healthy – that's why you visit this and other sites. No brainer. You'll remember I wrote previous blog post called [The Value of Following Through](#). I discussed the merits of what it takes to achieve success in relation to your goals.

Have you ever examined closely why you want your goal/s? Is it because you're unhappy with your current health or body image? Perhaps others have repeatedly told you that you must take action? Or maybe you want to feel accepted, appreciated and noticed more by those close to you?

Whilst these may seem obvious questions, asking yourself WHY I do 'x' or want 'y' is an essential process in self awareness. Your WHY can be the single most powerful expression of how you choose to realise your goals. It can thwart your success or lift you to new heights. Without a proper WHY you remain grounded; taxing on the runway looking for the runway to take off.

Let me tell you about my WHY. Having survived a life threatening illness many years ago, I regard my health and wellbeing as the single most important aspect I have control over. There is absolutely no excuse, no lack of time, no lack of motivation, no one or no-thing that stops me from tending to my health.

My WHY means spending a good portion of my earnings purchasing the finest food and produce. I choose organic foods where possible. I refuse to allow toxic

foods into my body. I treat and respect my body as my best friend. I don't take short cuts or skimp on essential food items or practices.

I say no to things, people, events and situations which allow my body, mind and spirit to be negatively influenced. My VALUE and relationship toward health is high. I practice what I preach. Others might place value on other aspects such as career, money, business, education, family, community or other. Their decisions and actions influence how they make choices.

I came across a quote by A. J. Reb Materi recently which immediately went into my journal. It read: "So many people spend their health gaining wealth, and then have to spend their wealth to regain their health." I thought that was a powerful message asking us to examine what is important in our lives.

### **Self Examination. Get Clear**

So how do you determine what your WHY is? Your why must be powerfully charged, with an emotional base. My why brings me to tears when I think about it. My why has become my purpose and my wish to help others achieve a similar level of health. If your why is not emotionally charged, you'll easily become derailed when life doesn't go as planned. Excuses become the main course, as one forms invalid conclusions about achieving their goal.

Take some time to examine your why. Ponder and reflect on why your call to action is important to YOU. Not anyone else. Ask yourself; why do I want to get fit, healthy, lose weight, cease smoking, eat less junk food, become a more conscious eater etc? Keep asking WHY? You'll notice children are incredibly astute at this. They'll often hound you with a series of questions, leaving you mentally exhausted.

Use a similar model, without interrogating yourself. Instead your aim is to become the seeker of the truth. During this process, you might come up against emotions you may have neglected over the years. If so, continue working through, being kind and gentle with what comes up.

Some reasons for your WHY might include; acceptance, being loved & respected, missing out on something in the past, fear, anger, resentment or a number of other related emotions. The emotion you wish to invite forth should be a positive one, not negative. Your why should NOT be something you were lacking. Resist moving forward by giving it attention. Such why's can thwart your success, since ego is the culprit lurking in the shadow. Its aim is to get what it needs at all costs.

Sit with it for a while when undertaking the process. If you're currently not achieving the results you wish, allow yourself some time to explore your true self via self examination. This can be a powerful process, often bringing up new realisations and emotions to the surface.

You might find your WHY was formed around escaping pain as opposed to moving toward pleasure. This may have profound success on how you choose to move forward with your goals. Sometimes in life you're on a track moving you in a direction which may be for your greatest good. Suddenly, without cause everything is thrown into turmoil. All that you knew to be absolute, safe and right is crushed.

Such moments are often blessings in disguise, showing your track served its purpose in allowing you to arrive at this point of your journey. It's time now to board a new journey on different tracks which will bring you to the place you were meant to be. So take heart, rest assured. You are exactly where you need to be right now.

## 15. CONNECTING WITH MIND BODY & SPIRIT

I've written a great deal about the union of mind, body and spirit via this blog. I believe it is essential for living an authentic life. When I talk about authentic, I mean living in harmony with your true nature. When you're living in alignment, you transcend your imposed limitations. You begin leading a life of inspiration rather than perspiration.

Your life has meaning and purpose. When you connect with mind, body and spirit, you experience success, happiness, joy and the fullness of life. You cease acting from a place of fear and other lower energies. You're able to transcend these limitations. You're in alignment with your emotions and thoughts. You practice regular spiritual practice (I'm not suggesting worship here) and become in tune with your surroundings.



Awakening your authentic self is what nature and the universe had in store for you before you came into the world. Over the years and throughout adulthood, you told yourself stories about who you think you are. These stories are unfair depictions about your true essence as a spiritual being having an earthly experience. You painted a canvas which is distorted. It is important rid yourself of this false belief, since this is not who you really are.

Therefore, to live as nature had intended for you, means reawakening and connecting with the three elements of mind, body and spirit. If you are only concerned with your body and focused on losing weight and the material form of yourself, you will never truly attain happiness and fulfilment. Since your ego identifies with the material aspect of self, while spirit is the true essence of your nature. Why not have both? Why not have an amazing looking body which radiates energy, beauty and the energy of life flowing through it?

To connect with the material aspect of your being, means denying other elements which are available to you. It would be akin to a squirrel preying on other animals for its food source. Instinctively it knows it cannot be nourished by the flesh of other animals. It knows it cannot digest and assimilate the protein from other species – so why try? It should turn its attention toward food which it intuitively knows will nourish its body, mind and spirit. Corn, seeds, nuts and

fruits are its natural choice of nourishment. I don't mean to sound condescending, presenting you with a simplified metaphor as an illustration of who you really are.



Allow me to render a caveat by expressing it takes time to evolve into a person I am describing. What's the rush? I've never understood why people want to get a six pack or be lean or lose weight NOW. What then? What if I was to grant you your wish, how would your life look like with your new body? When I ask this question of clients, their immediate look is one of bewilderment – I don't know is the usual response. Recall then that health is not an event, it is a PROCESS. If you learn nothing

from reading my blog posts, please commit that mantra to memory.

I've developed a program and system to help people not only achieve a great body, but also achieve the matching mindset to accommodate their body. Other systems, sell you concepts and products which are one dimensional, claiming if you take 'x' or perform 'y', you will become 'z.'

You MUST connect on all three levels of mind, body and spirit to live a rich, vibrant and abundant life. You can only do that by being in alignment with those three elements. What's the use of having a fantastic body when suddenly faced with a crisis which requires attention? You find yourself unable to train. Your emotions are in turmoil. You neglect your body over time, while you tend to your mental and emotional state. There is a gradual decline your physical self; something you once thought was impenetrable. I see this all the time in new clients.

A person in alignment knows whatever disruption or turmoil they're faced with, is only transient. They have a world view and understand the process of life. They're unattached to outcomes and surrender to whatever life reveals; knowing all will be well. They neither invest a great deal in their emotional or mental state. Instead witnessing them much like observing waves crash into the shoreline. They know and appreciate in time, this too shall pass - much like the seasons.

The purpose of this blog post today is to invite you to consider a different view of health, wellbeing and fitness; a different view of aesthetic beauty. Many of you have been doing the same thing day in day out – some achieving great

results, others not so great. Wherever you are in the continuum, consider gaining another perspective. If you're currently seeing the results you deserve – fantastic. Keep moving in that direction and tend to your mental and emotional state.

I promise you, the more you connect with mind, body and spirit, the greater your life begins to look and feel. You'll never look back and wonder why it took so long to live this way. Remember – patience and persistence will undoubtedly pay off in the long run. Make it a way of life, insisting that you become someone worthy of living an authentic and magical life.

## 16. THE FUTURE OF HEALTH AND WELLBEING

*“The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.” - Thomas A. Edison*

### **What’s Wrong With The Current System?**

I was discussing with a work colleague today about the future of health and wellbeing. It felt more like a rant about the current conditions in the world relating to health, fitness and wellness. It seems there’s a blurred distinction between being ‘fit’ and ‘healthy’.



In my job and within my industry, individuals and companies are hell bent on selling you information and products to achieve a flat stomach, lose weight and have you look aesthetically pleasing. I have no problem with people achieving any of these qualities – as long as their pursued with the best interest of the consumer.

Most advice and programs though are sold via the internet or via third party sources, where there is little or no human interaction and/or communication. The individual is not assessed, no medical records are checked, no blood work is taken and no health history is recorded. You tell them what product or service you wish to purchase, enter your credit card details and presto – instant magic potion appears on your doorstep!

This approach is fraught with danger, since it implies the ‘one size fits all’ approach is applicable to the masses. This is the furthest thing from the truth. We all have different needs and requirements in relation to our health and wellbeing. I would never consider buying a fitness or health regime over the internet without first consulting with a well trained health professional.

As stated previously – health is not an event, it is a process. My concern with weight loss centres and clinics, as yet another industry designed to promote weight loss, is the limited focus placed on achieving results immediately. I’ve

heard numerous complaints from people who adhered to their strict program - only to regain the weight they initially lost. Weight loss requires that you learn and grow to fine tune your mind and body's requirements. It is an ongoing process. I am still learning what works best for me. My body changes every second, so how can I possibly apply a formula to treating it?

### **The Future Is Closer Than We Think**

I believe the future of health and wellbeing lies in Mind Body centres around the world. People will check in to have their body, mind, emotions, thoughts, movement/exercise and nutrition assessed. A subsequent program tailored toward their needs, will be prescribed with thorough intervention along the way to ensure their progress.

The Mind Body centres will be places where one can learn about stress, emotions thoughts, self awareness and spirituality. They will learn how these elements impact their health and wellbeing serving one's long term success. They will learn to effectively manage these aspects of their life and fine tune them where necessary. You are an entire being. You have so much beneath the surface which western medicine fails to recognise as relevant to your long term health.

Weight loss, fitness, health and healing require a greater perspective than selling you a product in the form of a pill or program. People need to be taught how to be mindful of their thoughts and emotions, if they wish to effectively maintain their health and wellbeing.

The current model to assist you losing weight is based on the premise a program or prescription will be adhered to by the individual over the long term. What it fails to recognise is people have bad days. They may have bad weeks. These might include relationship, career or financial hardships. Your thoughts and emotions may take a blow during these times, reflected in the way you nurture your health.

Most people do not respond favourably during stressful periods of their lives, often neglecting their health. The need to move into survival mode predominates, as the brain shunts much of its resources away from the relaxed state to a stress state. If you work in a stressed environment and desire to lose weight, it is almost impossible since the stressors in your life outweigh the ability to build muscle and lose fat.

The body is incredibly resilient and ingenious at the same time. It works at maintaining your survival as its most primitive function. It will not allow you to lose weight during stressful periods, since it believes your survival is at risk.

I like the quote at the top of the page by Edison. Who would have thought his prediction all those years ago may just become a reality some time soon. Holistic wellbeing is an important function of health and wellness. Doctors are now becoming versed in the mind body connection and homeopathic treatments to better serve their client's needs. We've also seen doctors such as Dr Don Colbert, Dr Judith Orloff, Deepak Chopra (a trained endocrinologist), Dr Dean Ornish and many others embracing spirituality and a holistic perspective in their practise and teachings.

The future of health and wellbeing will have no place for doctors who readily prescribe drugs or Western treatments. It will have no place for drug companies selling you pills, potions, formulas, diets and programs to lose weight 'instantly.' There will be no 'get thin now' approach to health, as consumers will be open and aware to other aspects of their wellness.

Hopefully blogs like this one will have opened people's awareness and understanding to other dimension of one's wellbeing. They will be well equipped to know that fitness, health, healing is a journey – not a destination. They will appreciate that they're an organic organism comprised of many elements; each of which requires attention.

Examine your relationship with your health. Do you believe it's a quick fix journey or are you in it for the long haul? I can almost assure you if it's the former, you'll be on a roller coaster ride for the rest of your life and never achieve the results you truly deserve. You'll convince yourself in the long run that it's just not possible to get fit, healthy, ultimately accepting it as a way of life. Either way - as Henry Ford said – you are right!

## 17. MOTIVATION

*“The best motivating is self-motivating. The guy says, “I wish someone would come by and turn me on.” What if they don’t show up? You’ve got to have a better plan for your life.” – Jim Rohn*

What does motivation mean to you? Do you get fired up when you see or hear the word?

How do you motivate yourself? More importantly - do you need motivation?

Motivation has come to embody a great deal in the Western world. I’ve often heard people from non-English speaking countries comment on how lazy we are in the West. I tend to agree with them in some respect. Work ethic in the Asian and European countries is incredibly high. It is passed down from generations and instilled in young people.



Without the risk of comparing cultural differences, I want you to note the anomalies which exist. I could write an entire book on motivation – someday I will. There is so much to be said about it. Let’s keep it brief by highlighting some concepts, ideas and suggestions which may create interest for you.

Motivation implies one is lacking in this virtue, upon reflection of the word. Perhaps my cultural upbringing had something to do with it. My mother and father were working class immigrants to this country. They worked hard like most other migrants, providing a quality of life for their family. Motivation for my mother is a foreign ideal. I don’t recall a time when she required motivation.

She would advise against ever needing it. Motivation is something which comes from desire and will. It is a sense of purpose and meaning which guides the essence of motivation.

I don’t believe you cannot motivate other people. You may inspire them, but to motivate them would suggest they’re lacking in this quality. Have you ever tried to motivate someone to do something? I’m sure you’ve had a friend, family member or loved one who needed some assistance. How challenging was it to

motivate them? Did they achieve the results they wanted? I'm thinking there's a big NO against that question.

As many of you know, my job entails working with people in one-on-one capacity as well as group environments. My responsibility is to inspire my clients and groups of people when conducting seminars. I must confess the more I've had to motivate a person, the less they've performed as a consequence. You see motivating someone who is not inspired, is like whipping a dead horse – it can't go any faster.

My clients turn up to training since they're already motivated. Anyone who chooses to get out of bed at 5am in the morning to exercise is motivated. All I'm doing is providing the medium and the expertise to deliver a comprehensive training program tailored to their specific goals. Many of them are clear on their goals. They need someone with the expertise and know how to deliver the execution.

Often I provide them with a source of inspiration. Given I am regularly active and living what I preach, my clients find my lifestyle a source of inspiration. Perhaps it is due to many of them leading hectic work-life schedules. They find it challenging at the best of times to stay healthy, motivated and sane!

So how do you gain motivation to achieve your fitness and health goals? Below are some practical approaches for motivation when you're going through a down period. Bear in mind, my approach is different to other programs. I have found it very useful in my personal life as well as clients, groups and large corporate business

- **Examine what is holding you back.** This is the first step. How are you going to know where you're going if you don't know where you've been and why you're stuck there. Perhaps you've hit a plateau in your training, nutrition or personal life and require assistance from a skilled professional. Talk to those close to you, whom you trust and have a sympathetic ear. Ask people for advice who have walked the path before you.
- **Realise that sometimes what may look like things going wrong, may prove to be a blessing in disguise.** Dan Millman in his book *Way of Zen* states "When we feel stuck, going nowhere - even starting to slip backward - we may actually be backing up to get a running start." How about that for another perspective to consider? What might look like failure might in fact be your greatest opportunity for success.

Realise that you need to get stuck sometimes in order to navigate your way out. When you come up against painful moments in life, the brain signals its dislike for being in this state and looks for a way out. It wants pleasure and enjoyment from your pursuits. You had to arrive at pain in order to find pleasure and fulfilment.

- Take one step at a time. In society we've been conditioned to believe we must get 'x' in order to be satisfied or happy. Such thinking conditions the mind to neglect the important aspects which happens in-between – i.e. the process or journey. I'm reminding you to enjoy the journey by having fun along the way. The journey is about the people you meet, the friendships formed, the person you become, the knowledge you acquire and the lessons you gain. Without these important stepping stones, you merely become another unfulfilled person waiting to begin the next adventure. You are arriving instead of striving if you follow this mantra.



Wherever you are in your journey, take some time out to take stock of where you stand. Use self examination to explore the root cause of your suffering. Make adjustments to your plans every now and again. Don't be too rigid on 'how' you get there. Be open and flexible, allowing the universe to guide you. You'll know you're on the right track when your goals begin to manifest with ease and perfection.

## 18. WHAT'S THE MESSAGE?

### The Experience Often Precedes the Lesson

Over the past few weeks I've had the most interesting experiences with Mother Nature. On numerous occasions birds have flown straight at me, at times narrowly missing me. It happened just the other day while I was sitting at a cafe catching up with a friend. A bird flew straight between us, catching the wind-gust of its feathers passing by.



In another instance, I was riding my bike and had to immediately duck as a bird flew past my helmet. Had I not averted it, I'm sure it would have flown into the helmet – ending up as road bait. I've been around to know when birds start flying straight into you, something's going on. My spiritual knowledge reminds me there is a magic and order to the universe. I trust and have faith in this order. Everything, including a blade of grass is accounted for and has a purpose in the universe.

A leaf falling on your nose is a message designed and orchestrated especially for you. Wayne Dyer in his book *You'll See It When You Believe It* states; *“Once you know that everything that you encounter, everything that you think and feel, everything that you do, is all part of the synchronicity of this universe and at the precise same instant that you are directing it as well, you will have removed the shackles from your life.”*

Perceiving this, I knew the universe was sending me a message to get clear about something. However, it seemed to be outside my realisation. I sat with it for a number of days contemplating the meaning of the message. At the same time while this was happening, I was experiencing some degree of frustration. I was anxious and at times tempered toward anger, often directed at others. Albeit the anger was repressed. I wasn't acting on it physically, since I chose to internalise it.

I would suggest that I was becoming averse to hearing bad news around me.

I had had enough. I was frustrated people weren't tending to their spiritual, mental and emotional life which was causing violence and hate directed at others. The smallest things set me off, like a motorist yelling abusive comments at me for attempting to make a legal turn while riding my bike.

In moments like these, I often turn toward a spiritual person whom I regard as my mentor. Her presence alone is enough to calm and settle me. I sent her an email describing my situation. She lives about an hour's drive, so I don't visit her in person too often – despite my best intentions.

Her reply via email made me feel at peace. It read: *To me the bird experience is about getting your attention to look at life from above, a bird's eye view so to speak. Somewhere in your journey at the moment you are too close to the ground, rise above and look at it from a higher perspective. I would trust that it is about you feeling frustrated with people not treading the spiritual path. Looking from a higher perspective, everyone is in the exact place at the right time for them. Your ego has arisen saying that what you do and where you are is better than these others and so frustration creeps in.*

Often one needs a gentle reminder that the problem is not outside of us. One of my favourite authors, Guy Finley explains it poignantly in his book, *The Essential Laws of Fearless Living* stating; *“Fighting with, resisting any wave creates more waves. Do something new: let that wave of worry or fear rise – and fall – back into the darkness from which it came; and be assured it will do just that, if we only agree to let it run its natural course.”*

My resistance arose since I believed I had to change something outside of me, (i.e. other people). My ego labelled it wrong and created internal resistance, causing me to respond to it. When you're open and aware, the universe sends you messages getting your attention that you're out of alignment.

Mother Nature was inviting me to rise above my false belief that things are not right in the world. She was asking me to ground myself in the knowledge that all is well and to get out of the way by correcting my thoughts. The message for you is; tune in to whatever is causing you worry and concern in your life right now. Your feelings are your *guidance system*, as Jerry & Esther Hicks remind us. You're either in alignment with your wants or not.

I was out of alignment, so receiving clear messages from the universe served as the reminder. It is a call to monitor your thoughts and change how you're responding to anything which you don't want. *Change the way you look at things and the things you look at change is another* Wayne Dyer quote I often call upon.

He reminds us that at times we cannot change the circumstances in our life, yet if we change HOW we respond to the situation, we're able to transcend our suffering.

Examine your life right now and respond accordingly. How is Mother Nature or the universe inviting you to rise above your worries and fears? If it's related to your health and wellbeing, it may be in the form of reminders from your immediate environment that you should tend to your state of health and wellbeing.

Pay close attention to signs, numbers, ads on TV, conversations people having around you, billboards, reoccurring messages like parking tickets. Sometimes the universe will repeatedly send messages or experiences until you get the lesson. Part of your spiritual and personal growth toward greater fulfilment of health is recognising and paying attention to your surroundings. Develop your sixth sense and seeking guidance from within. The answers you seek are always waiting within to be called upon – you just have to ask in order to receive.

## 19. HOW DO YOU HANDLE ADVERSITY?

### Sometimes It's Just Too Much

You've often heard the saying "It was meant to be." What does it mean when applied to bring about change and direction? Is it destiny, fate or dharma? (our place within the universe)

People are faced with a variety of issue to include; weight issues, self image issues, self respect, self esteem, depression, emotional issues – the list goes on. How do you make sense of all this and yet find meaning and purpose to why you're here? - How do you fit into this whole system called the uni-verse (meaning one song)?

It's a question I've often asked during moments of anguish and despair. We've all experienced the highs and lows at some point over the years. There may have been times when everything seems to be moving in the right direction. You feel as though nothing can go wrong.

Yet there are times you wish lady luck would just give you a break. It's as though things can't seem to get any worse. You're stuck in an endless vortex unable to navigate your way out. You repeat the same mistakes. The same experiences continually show up. You're loathed to draw the appropriate lesson; feeling thwarted perhaps, as you surrender to the universe – "I give up, what do you want from me?"

Hang in there. We've all been through those moments. The good and bad news is - you'll experience more of them. Don't despair. Your bad times may often prove to be the greatest learning curve and personal growth.

Let's create a hypothetical scenario for a moment – humour me if you will. Let's pretend you're here on earth for a reason - which is unbeknown to you. There are times when you feel your life is average, boring, uneventful and not that exciting to say the least. You can't seem to put your finger on what needs to change, yet you know something within is revealing itself toward a change – yet you don't know what or how.

We've established you were born for a reason in our hypothetical scenario. It may not have become obvious to you in your life just yet. You may be in your



, in the troughs of adulthood or possibly in your mature years. Allow me to add a personal perspective here about my experience. For years during my teens and adult life I had the same inner dialogue prompting me to explore my sense of self. It wasn't until my late thirties I began tapping into the genius within which was lying dormant, waiting to be unearthed.

I made a great deal of mistakes along the way. Mistakes involving relationships, finances, career opportunities, health and family. There were times I recall walking home during the early hours of the morning from being out with friends, just so I could be alone with my thoughts. I would yell out to the universe "why? why? why?" The answers never came when I needed them most. Yet the inner shift did - in time. I allowed myself to remain calm and reflect upon what I was being taught.

I knew at some deeper level I had attracted everything into my life to TEACH me something valuable – yet I didn't know at the time what that was. I trusted things had to get better at some stage. I recalled reading in a book there is always a corner in a road somewhere, a turning point. That message left a lasting impression on me for years to come. I wished and hope for someone to guide me through these times.

### **Transcending the Experience Reveals the Lesson**

As I sit writing this blog post, I reflect upon everything I attracted into my life had to happen in order to shape the person I am today. The good and the bad experiences were key lessons in my life, all containing their own special meaning. It doesn't always seem that way when you're the one living the lesson. Those close to you advise things will get better – trust that they will. They must.

In all my research, reading and experience, I have come to understand that life is cyclical in nature. Cycles and spirals are evident in many things including our physiology and nature. Known as the Golden Mean or Fibonacci numbers, nature knows exactly what she's doing when she designed herself and the universe. Appreciating nature works in cycles, takes the strain off whatever is happening to you right now is for your greatest good.



If you're immersed in a drama, conflict, stand-off or anything creating unrest in your life, know that it shall pass. The ability to trust and have faith is acquired

in wisdom. The wisdom to know and believe events will unfold for your greatest good. Hold steadfast and insist that a lesson be made known to you. The lesson might come to you in the form of an epiphany. You might already be living the lesson and wonder how you arrived here after all.

Allow your mind to settle like a leaf floating on water. Refuse to entertain thoughts of struggle and resistance. Imagine the following scenario in your mind when you begin offering resisting to your circumstances. Move onto your back as though you're floating on water, eyes closed shut to the golden sun. Feel the warmth of the sun's rays on your face. Feel your body floating and just being. You may remain here for as long as you wish until things clear up – until you feel safe again. This is your resting place of solitude; one you can dial into anytime when the world feels too much to deal with.

You have the power to transcend anything life offers you. You have the ability and guidance to move through any crippling tragedy or event. These resources are there for you during your darkest hour. Your experiences are life revealing them to.

## 20. NEVER GIVE UP

### Think like a Billionaire

This post was inspired by a recent conversation and current reading. As a prelude, it is worth knowing I am intrigued with billionaires. Allow me to explain. My fascination extends toward the minds of billionaires, more than their wealth - particularly self made billionaires. Imagine for a moment how one must think in order to reach the level of wealth and power they hold? It is for this reason there are only 946 billionaires in the world today with a combined wealth of \$3.5 trillion. That is a staggering number to say the least.



Despite people's beliefs about the rich, the wealthy are not greedy and dishonest in acquiring wealth. These beliefs are perpetuated by those who lack self drive & determination. Becoming a billionaire means transcending mental and emotional limitations in many instances. It means never giving up.

I've read countless literature and met some wealthy people who are indeed spiritual, self aware, kind, generous and altruistic. Bill Gates and Oprah Winfrey are two who come to mind. In order to reach that level of wealth, one must think and behave in a different way. You must possess self belief, motivation and a desire to add value to the world.

Depicted by the quote "the more you help people get what they want, the more you get what you want" forms the basis to a wealthy person's philosophy. Billionaires are a rare breed. They have broken through many a glass ceiling in order to amass a fortune which many dare dream about it. Yes, they lead extravagant lives. Wouldn't you if you held that degree of wealth?

Returning to the conversation. My business colleague and I were discussing the notion of never giving up as it relates to life. He was a gifted sprinter having competed at an elite level in Australia. He was recounting his frustration with his team mates giving up during training as the work efforts increased. Many of you might know I've previously worked with a sports psychologist in a mentoring program. We'd discuss on numerous occasions, mental toughness and resilience in sport and exercise - which I've written about in previous blogs.

In his opinion, mental toughness is developed and trained in order to become proficient at one's chosen sport. There are no born winners, despite what current

literature suggests. The brain is a muscle like other muscles, albeit one with greater faculties. The more time and attention devoted to harnessing its mental ability; the greater the success. Practise and patience are required with such pursuit.

### Sage Advice

In my opinion, the following qualities form the basis one needs in order to become better proficient at anything in life; thus abolishing the desire to give up. My colleague was keen to bring these to the attention of his team mates:

- Stick with it til the end - NO MATTER WHAT
- Extend yourself that little bit extra each time
- Enjoy the journey or process



Let's examine each of these points

**Stick with it til the end - NO MATTER WHAT!** – Have you ever been in a situation where you're learning something new? You arrive at a point in the new skill or task and think "to hell with this, I give up?" I know I have. You see, what makes you a winner, is NOT giving up despite outward appearance. Leadership expert and author Robin Sharma states "if people aren't laughing at you at least once a week, your dreams are too small." You're not thinking big enough. You may often wonder when the results are going to show for all the hard work you've done. You see nothing for weeks, maybe even months or years. You become disheartened and give up; right at the point of a breakthrough.

This is a likely scenario for most people. Humans need outward validation, knowing the fruits of their labour are having a positive effect. We live in a parallel universe. There is the material and the spiritual realm. Trusting that often circumstances are unfolding and taking shape exactly the way they should beyond our senses, can be reassuring. Believing before seeing is the message.

**Extend yourself that little bit extra each time** – Often people believe they must put everything on the line in order to succeed. They must sacrifice all or nothing in the pursuit of their goal. This is a false and misleading belief. A small, gradual step toward the realisation of one's goals is a much better progression. My advice is to behave like a rubber band – stretch yourself that little bit extra each time. Be it mentally, physically or emotionally. Extend yourself gradually. In doing so, you learn more about yourself when you take smaller risks, as

you're able to see the foibles of your mistakes; thus appropriately navigating the direction of your journey. This is a healthier approach than having to start again.

Enjoy the journey or process – The most important aspect of never giving up is the realisation why you're pursuing your goal in the first place. Having become clear about your mission and purpose, enjoying the process is the ultimate aphrodisiac in reaching your destination. I often work ten hour days including weekends. When Sunday arrives, I reflect on what I've achieved during that week and how I can improve the following week. I'm surprised to realise that I haven't really 'worked' at all – I've actually played. It's been fun and enjoyment. I love every aspect of what I do. The people I work with, the books I read, the articles I write, the workshops and seminars I teach – it's all play. I feel as though I'm playing and getting paid for it. I feel a child-like curiosity toward my craft.

If you feel like giving up on something or someone, I trust this post has found you at the right time. Examine the above points in relation to your ultimate mission and purpose for reaching your destination.

If it fails to incorporate some of the three attributes listed above, chances are you're goal is fraught with failure. Whilst there are other points to list, the above three are worth considering in terms of reaching your goal.

As a final thought, you'll be interested to know when a range of successful people were interviewed; one common ground was conferred upon. In many instances, it took nine out of ten attempts to reach their desired goal. Had they given up at attempt eight, they would've missed out. With that in mind, begin creating your vision of your ideal future and most importantly – never give up!

## 21. MAKING THE 'PROCESS' YOUR GOAL

I posted a quote the other day which attracted considerable feedback. I thought I would talk more to that quote via a blog post; as it struck a chord with me too. The quote was: *“Let go of your attachment to your goals. Make the ‘process’ the goal.”*



What do I mean by ‘make the process’ the goal? Allow me to explain. You’ve no doubt heard the value and importance of setting goals. From an early age, teachers and loved ones encouraged you to set goals, as a means toward achieving success.

These days self help books, blogs, articles, self help gurus and master classes are devoted to teaching you the art of goal setting. You might attend a class or read material on the topic in order to achieve the success you deserve. You’re advised against setting unrealistic goals, as you’re less likely to achieve them. Setting clear goals by micro managing them, affords you the ability to chart your progress more effectively.

Would you continue reading this post if I suggested that approach doesn’t work in many instances? If you’re still with me great - continue reading. The reason goal setting may not be conducive to human nature arises from the premise that we really don’t have a clue what we’re doing most of the time anyway - albeit predicting the future. Yes, they’ll have you know your goals don’t need to be accurate or self fulfilling anyway - they just need to be written down on paper in order to be realised.

What use is a goal if it’s NOT accurate and self fulfilling? Doesn’t that defeat the whole aim of setting goals? Wood Allen summed it perfectly via a quote: *“If you want to make God laugh, tell him your plans.”* Whether you’re of a religious faith or not, the message contained within the quote is life never goes according to plan. If it did, it would be boring and dull. Rather, life has meaning when you create purpose through your work, your passion and your being.

You assign meaning to your life by the lives you touch and the connections you make. It’s contained within the joy you bring to others. Enriching the lives

of others is a valuable measure of one's uniqueness. How you achieve this is reliant on discovering your purpose. Some people pursue theirs quietly throughout their lives by touching those close to them. Others like Mother Teresa and Gandhi may impact humanity on a global scale via their presence and work.

So how do you make the 'process' the goal? Following are some suggestions you might find useful:

1. Don't get caught up in the destination - Life is a series of smaller destinations. You are continually arriving at these smaller destinations. Your goal is not to acquire some-THING. It's not about having someone in your life to please you, nor make you happy - since happiness is your default setting.

When you're focused on the destination, you forgo the goodness that is in-between. This is what I mean by 'the process.' The universe has programmed your subconscious mind and biology the ability to create and thrive. Rather than becoming disgruntled by not reaching your desired destination, enjoy the process along the way. Before long, you'll have noticed things have turned out much better than you ever expected.

2. Take your eye off the prize - Have you ever started a goal like losing weight, declaring a weight you'd like to reach? Recall what educated method you used to arrive at such a figure?! I'm certain it was about as random as winning the lottery. What if you decided to re-frame the goal by stating your intentions to 'get healthy' and 'have fun' instead? Would that place you in a better position to achieve your goal?

I've read countless blogs and intentions over the years stating 'this is my journey to lose 'x' by this date.' I'm sure the intentions were all honourable. I'm suggesting a better way to achieve your goals, perhaps surprising yourself along the way. I wrote a previous post called *The Value of Following Through* discussing why less than 10% of people succeed at achieving their goal. The message is simply this: Reframe your goal to become the process instead of the destination.

My friend Ryan, a professional runner advises against placing expectations on my performance during cycle races. His timely advice is to enjoy the event, whilst having fun. I'm amazed at how well I finish by adopting his sage counsel. In doing so, I choose not to fuel my intention with disappointment. Your subconscious mind is the source of your abundance or disappointment. Nourish it with empowering thoughts on a regular basis.

3. The ‘process’ is far more enjoyable than the goal – I recall attending a workshop late last year on money and finance. The presenter suggested we spend our money buying ‘experiences’ instead of ‘things.’ He reasoned experiences leave an indelible influence on our memory. They add to the rich tapestry of life - as distinct to buying objects.

Using this principle; buy the ‘processes’ instead of the destination. Buy into having valuable and rewarding experiences in life, rather than striving toward a destination. One of the virtues of success is a sense of curiosity. It’s that child-like inquiry about the world – knowing how, why and where. Use that to your advantage by becoming curious about your surroundings. Get caught up in the small moments which you’re too busy to notice. Invest in life - it will return wisely on your investment.

Successful people are adaptable. They know what they want. They’re open and receptive to allowing life to show them how; not the other way round. Take your foot off the accelerator every now and again by slipping into cruise control. Rest assured you’ll keep arriving at smaller destinations along the way. Most importantly your journey becomes your ‘process.’ Your reward is experiencing the joy of life unfolding as you never thought possible.

## 22. CREATING FULFILLING RELATIONSHIPS

*“Never idealise others. They will never live up to your expectations. Don’t over-analyse your relationships. Stop playing games. A growing relationship can only be nurtured by genuineness.” - Leo F. Buscaglia*



Relationships whether intimate, familial or friendship can be the most important and nourishing experiences of our lives. Reflect on a relationship which is causing you grief at present. It doesn’t need to be dramatic; a point of difference is enough. You might share common ground, yet have differing opinions on a number of matters.

What aspect of that person causes conflict within you? Think about the quality of the person which you don’t particularly like. Don’t over analyse them or the quality. You don’t want to foster a dislike toward them; merely seeing a different side is enough for this purpose.

Why do you dislike that quality in them? Let’s examine the attribute of arrogance in this scenario. You dislike this person’s arrogance, which makes it trying to fully accept them. If they were less arrogant, the relationship could be stronger. You might recall in a previous blog post I stated that the universe has an implicate order to it. There are no accidents and nothing happens by chance; even a blade of grass is accounted for.

Is it possible the universe has allowed this person to be part your life in order for you to learn something from? Scientists often examine the world with this type of thinking. It allows the mind to expand and consider varying sides of a story. You remain objective instead of subjective. Consider the scientific view in order to make sense of your grievance. This individual, who is the cause of trouble, may be a valuable lesson you need to learn in order to grow. Perhaps the universe saw fit for you to have this experience in your life as part of your personal growth. However, you may not be ready for that lesson just yet.

Whilst it may not seem apparent, reflecting upon the situation may be useful to gain clarity and perspective. The universe thrives on order and balance. You can never be in a relationship that is one sided. There can never be too much of

a good thing, as that defeats the purpose of your presence on earth. You were meant to grow and thrive in this life.

The impact you have on others is the basis to fulfilling relationships. They bring out the best and worst in you. Ideally by drawing out the worst aspect of yourself, you see a part of you that needs healing and examination. Hopefully drawing out the best in you means you're on the right path.

Don't be disgruntled when relationships go sour. There is a dynamic flow and rhythm to the universe. Take the time to examine what lesson you're being taught when facing difficulties and challenges beyond your reach. Know and trust there is an answer which transcends the limitations of your mind. More often, the answer reveals itself in LOVE.

One of my favourite mantras is exploring the following question during times of distress: "What would LOVE want me to do in order to navigate through this problem?" If you've been following my blog, you'll have read a previous post called [Raise Your Consciousness](#) where I discussed raising your consciousness to a level of LOVE in order to attract harmonious relationships.

When I talk about LOVE, I am not referring to the romantic connection in Western society. I am referring to divine love - your natural state of being. It is the essence of who you are. It is the reason you were born into this world. It is your soul's path on earth. You must connect at the same frequency as LOVE in order to find lasting and fulfilling relationships.

In order to gain clarity on any relationship causing you frustration, examine the following points and consider where you stand in relation to them:

- Invite the power of LOVE and its higher frequency into your life. Albert Einstein said: "You cannot solve a problem with the same level of thinking that created it." You must raise and expand your thinking to a higher realm beyond what you know to be true. Know and trust the answer is there once you tap into its frequency. It will not come to you. You must come to IT.
- Ask yourself: "What am I being taught?" "What lesson does greater intelligence or whomever you call on for guidance, want me to learn from this?" Know and trust that the lesson will always come back to LOVE. The smaller lessons contained within the conflict are the signposts leading you toward LOVE.

- “What aspect of myself is this other person highlighting within me?”  
If the person is an emotional blanket; devoid of displaying feelings, consider how you might mirror this behaviour? When someone highlights something within you which you dislike, it is because you have identified with that quality within you. That is the cause of your suffering. This may be a positive experience. It highlights the need for you to heal that aspect of yourself in order to build a stronger foundation for this connection to thrive.

Your relationships are the basis for happiness and growth. Your problems are not inclined to thwart you. Rather showing you how you may grow from the situation. Think of it akin to a splinter of wood lodged in your finger from chopping wood. By removing the splinter, you heal your finger, as you continue cutting wood to fuel the fire. Your relationships are teaching you to heal something within you which needs attention in order that your union is a lasting and fulfilling one.

## 23. REMOVING LIMITING BELIEFS

I've been doing some [EFT](#) work recently on myself as an experiment with limiting beliefs. Some of these beliefs were picked up from family, friends and relatives over the years. Your beliefs may not be cause for concern, until they cause internal conflict with your wants and desires.

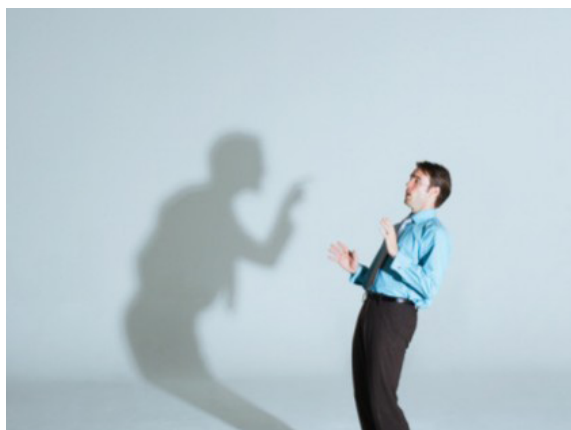


Let's take a step back to examine some theory. What is a belief? Quite simply, a belief is a set of principles which guide your thoughts, words and actions. They are responsible for your view of reality – whether good or bad. Here's an example of some of my beliefs:

*I believe the world is a beautiful place. I believe there is joy and magic in every moment when you're awake and aware to it. I believe in the goodness of man. I believe love is the most powerful energy in the universe. I believe we were meant to enrich others lives, this enriching ours in the process. I believe in following your bliss and radiating your greatness into the world.*

Some of you reading this might think I'm suffering Pollyanna syndrome! "Haven't you been watching the news lately seeing all the devastation, death, suicide and horror in the world?" they might have me know. Despite all that, I firmly believe all the above. Why? What makes one person have different beliefs to another? Who is right and why?

Two same people may grow up living in the same house and yet have different beliefs. Imagine what Michelangelo's world would have looked like if he was born a beggar in the street? The Sistine Chapel and The David would never have been created. He saw beauty and majesty in everything he touched.



The same may also be said of the great composers like Mozart, Beethoven & Bach. Consider what may have become had they shared a belief that the world was a dreadful place. Classical music may not have been created.

## How Your Belief Affects Your Life

Your beliefs shape your world. They add colour and vibrancy to your relationship with the world. I often hear people complain how hard and tough life is. They talk about misery in their lives, noting little worth striving for; they merely exist. The truth of the matter is they've told themselves a story based on their past conditioning.

Here's a scientific explanation about perception taken from a book called [\*\*Iconoclast: A neuroscientist reveals how to think differently\*\*](#) by Gregory Berns. He states the following: *“Perception is the brain's way of interpreting ambiguous visual signals in the most likely explanation possible. These explanations are a direct result of past experience. Experience modifies the connections between neurons such that they become more efficient at processing information.”*

The words I want you to take note of is “past experience.” Your past shapes your future. Your mind is incredibly adept at taking snapshots of your past. It is continually weighing up the most likely scenario likely to occur in the future. Understand this is the brain's main function apart from others; to construct future predictions.

Life seems dreary when you view your past as a preface to your future. It begins to influence your thoughts, words, actions and beliefs. Beliefs are powerful in shaping how you view and interact with life. Have you ever met people who've been affected by great misfortune? Most will tell you the tragedy served as a catalyst to take action toward living consciously, thus creating greater meaning in their life.

Some of the most inspirational speakers, leaders and coaches in the world are those who were struck by adversity. They used their hardship to begin living a life full of meaning and purpose. Imagine if Lance Armstrong gave up on life when the doctors told him he had a 5% chance of surviving? Do you think he believes the world is horrible because he developed cancer? Do you think he blamed the universe for his adversity?

He decided he was not going to be affected by his illness. In doing so, he created one of the world's leading cancer foundations aimed at helping people affected by the illness. You have the same power to make an impact with your life. I'm not suggesting everyone become Lance Armstrong – there are few people who leave a mark on humanity. I'm suggesting that you have the know-how to change any limiting belief currently holding you back.

How do you know it is a limiting belief? Look at the state of your life right now. Are you happy with your current circumstances? If the answer is not entirely, there are limiting beliefs holding you back from achieving the life of your dreams. If you were to ask Tony Robbins, Lance Armstrong, Kobe Bryant or Oprah Winfrey the same question I'm certain they'd all respond with a resounding "yes."

They all began their careers in similar fashion; adversity leading to triumph. My message is for you to consciously choose beliefs which serve your personal growth. Choose beliefs which empower you to become the person you've always wanted to be. Don't place a great deal on having material wants to become that person, since 'things' will not make you happy. Focus on what you can do or become in order to live a rich, full and prosperous life.

If the belief doesn't serve you, throw it away like hot coal in your hands. Choose another one which brings you closer to your ideal life. Apply this to your relationships, career, health, community and environment. If you think ill-will toward the opposite sex, finding it complicated being in a loving relationship, by examining that belief alone and changing it, is enough to move you toward your dream life.

I'd love to hear some comments from readers about what beliefs are serving them or ones that are not? Be brief and state what aspect of that belief you'd like to change. If you're not sure, simple leave a comment stating something like, "I don't like it that I'm always angry with my best friend because...." You don't need to know how to change the belief – that will be revealed to you once you make a conscious decision to do so. Begin with the intention to choose beliefs which will best serve your ideal life.

## 24. MASTERING YOUR SUBCONSCIOUS MIND

I wrote a post called [Harnessing the Power of the Subconscious Mind](#) some time ago. I explored the distinction between the conscious mind (CM) and the subconscious mind (SM). Recapping some of the points mentioned:

- Your conscious mind is the logical mind that functions with logic.
- You think with the conscious mind and it is the programmer of the SM, which is the creative mind that carries out the program.
- You process anywhere between 60,000 - 90,000 thoughts a day.
- The SM is the automatic pilot of the mind. It does not question things that readily come into it.
- The SM also regulates all your vital functions.



With these points in mind (if you'll pardon the pun), we'll examine background information pertinent in understanding your SM mind.

Your brain does not compute the answers to problems; it retrieves the answers from your memory. Your mind is continually drawing on information from its hierarchical structure; recalling events from your past.

When you see a person you know, your mind retrieves information relating to your history with that person. It identifies the individual as either friend, enemy or unknown. Oliver Sacks in his book, *The Mind's Eye* writes about his condition known as [Prosopagnosia](#); the inability to recognise faces. In meeting people on numerous occasions, he was bereft in recognising them in later encounters. Being a qualified neurologist, he was courteous to acknowledge his impairment by asking the person if they had previously met.

Whilst this is a rare condition, it highlights the complexity of the mind. Even the slightest malfunction can cause impediment to the person's life. A great deal of literature has been written about the SM. As we learn more via scientific research, we will discover the untapped potential of the inner workings of this

mysterious organ. I urge you to read *The Power of Your Subconscious Mind* by Dr Joseph Murphy if this particular topic is of interest to you. The book is a classic, with recent revisions and updates.

So why all the fuss about the SM, you might be thinking? How can you use this power to your advantage? Most of your SM's programming is formed from birth until the age of 6 years. During these formative years, your brain operates within specific brain waves conducive to your development. Those brain waves are: beta, alpha, theta, delta & gamma. The brain waves function at various frequencies known as Hertz. For example while you're asleep, your brain wave functions within the theta and delta range; oscillating between 3.5 - 7 cycles per second.

This affords you the ability to relax, not contending with external stimuli in your wakeful state. It also permits the mind to regenerate itself; processing thoughts and emotions experienced over time. In order to fully explore and develop your mind's capacity, it's worth investing time and patience knowing your SM.

Your SM works best receiving the desired stimuli in a relaxed state. During beta and theta brain waves, you create an environment conducive to learning, formulating new ideas, thoughts and creativity. You're able to receive information and insights into events, processes and circumstances you never thought possible.

### **Benefits of Using Your Subconscious Mind**

Your SM processes about 100 billion bits of information per second. In contrast, your CM processes 40 bits of information per second. Clearly many of the world's past and present geniuses were aware of the potential of their SM's. It takes time and practice in mastering this skill - much like most pursuits. Be patient, if you're dedicated to making breakthroughs as they may be slow and arduous. Some of the key benefits include:

- Enhanced relationships.
- Weight loss.
- Improvement in health and wellbeing.
- Higher levels of creativity.
- Problem solving capabilities.
- More relaxed and composed.
- Ability to transcend limiting beliefs.
- Creating a sense of happiness and purpose in your life.
- Sense of control and empowerment.

I regularly use my SM in various problem solving capacities; having trained it over to time with some degree of success. I speak to my mind (yes, it may seem silly at first) as though it were a friend. I regularly use affirmations such as “My subconscious mind is my partner in success.” I allow the right type of stimuli to enter my mind. This includes the people I associate with, the music I listen to, the books I read and the news I listen to. It all makes a difference.

Have you noticed when hanging out with a group of friends, how you picked up some of the words they regularly use? It might include phrases or words used in a conversational tone, yet you still absorbed it into your vernacular. I’m certain you didn’t consciously programme it into your mind; it took place unconsciously via repetitive exposure. Similarly, you may have heard a song on the radio which you began singing without consciously knowing why. This is your SM working quietly in the background.

Most of your habits and actions as adults are influenced by your SM. Recall earlier I mentioned from birth to 6 years of age, you learned in a subconscious state. Most of your adult behaviour has been programmed via your SM during these impressionable years. I reasoned that the brain does not compute answers to problems; it simply retrieves them from your memory.

Given this information, it is reasonable to conclude why adults act out learned childhood behaviour of misery, low self esteem, depressive states and abuse. I’m painting a grim picture I know, yet I’ve met people who fit this description. Some have created fulfilling lives for themselves, while others have remained trapped in their childhood behaviour.

In an upcoming post, I will discuss ways to harness the power of your SM. Many of these are simple, yet require diligent practice. In a similar manner to exercise; your mind will respond accordingly. You may not see tangible results for weeks, possibly months. Trust and have faith it is working in the background for you.

I have practiced many of these principles for years. I use them whenever I feel the need to do so; having little attachment to the outcome. I trust once I’ve done the work (workout), I sit back and wait for the results to show up (rest). The analogy as you see is very much akin to exercise.

## 25. YOU ARE EXACTLY WHERE YOU'RE MEANT TO BE

*“The time is now, the place is here. Stay in the present. You can do nothing to change the past and the future will never come exactly as you plan or hope for.”* – The Peaceful Warrior, Dan Millman



Have you ever had that feeling, things aren't going to plan? You wish you'd taken a different course in life? Perhaps if you'd got better grades at school, stuck it out at that job or stayed in that relationship, things would be better?

I've experienced such feelings on numerous occasions throughout my life. My mind wanders endlessly examining scenarios I could have taken, allowing me a more fulfilling life. That type of thinking, however usually shows up when I'm facing inner turmoil. My ego believes it knows what's best for me; oh how wrong it can be at times!

The truth of the matter is this – the present moment is perfect. You are in the perfect place right now. The need to beat yourself up, re-examining how things could have been different, is ego getting its way. You chose a life path which has led you to this moment – acceptance is the first step toward fulfilment.

The Western view suggests you are in control of your life based on the choices you make. The Eastern view proposes the opposite – we are mere puppets in this purposeful universe - everything is preordained or destined.

An alternative spiritual view suggests that 65% of our lives are destined whilst 35% is through willful action. My purpose in emphasising these points of view is to provide you with an alternative stance. My personal belief is the latter. I believe a large portion of our lives are predestined; thus having willful control to overwrite our destiny.

Predetermined destiny may include such things as what family you are born to; whom you'll marry (if you choose to); major illnesses; major life occurrences etc. It constitutes the principal aspects of one's life, while wilful action is being a co-creator within the overall plan.

In his book *You'll See It When You Believe It*, Dr Wayne Dyer states the following *“You can be detached from any need to interfere in an aggressive way*

*with anyone and be receptive to all that is surrounding you, as well as all that you are surrounding. You can stop the endless analysis of everything and instead flow more peacefully, knowing that the divine intelligence that supports your form is working perfectly and that it always will.”*

Adopting this way of thinking as Dr Dyer recommends frees you from the need to question and analyse every decision you make. You're exactly where you're meant to be right now! You're ability to change any internal or external condition is made through awareness and understanding. The ability to create your future arises through your willingness to let go of the past and how the future should be. In doing so, you allow the undertaking of all future possibilities to occur by being present and aware.

### **Your Journey to Inner Freedom**

Awaken Your Authentic Self is identifying with your authentic nature, by freeing yourself from distorted thinking and beliefs. These are ideas you learned along your journey to adulthood to save yourself from being hurt; thus thwarting your success and brilliance.

Stop fighting and resisting the present moment; whatever condition you currently face. A similar analogy may be akin to slowly sinking in quicksand. To add to further injury, you're now resisting and attempting to fight your way out. As you do so, you're overcome by the quicksand; sinking deeper and deeper until it's too late to free yourself.

I'm suggesting the universe is offering you a lifeline, inviting you to stop fighting back. She advises you to remain calm and still in order to free yourself from your self-imposed burden. When you're still and calm, you are calling on your internal helper - the know-er of all things to come to your aid. This inner knowing has all the answers you could ever need.

Start using your right brain to help steer your way out of your prison. Your right brain is random, intuitive, holistic, synthesizing and whole. It does not speak to you in the same manner as your left brain which is logical, rational, analytical and objective. Your right brain is where you'll find the real you. It speaks to you in quiet whispers. Throw caution to the wind by listening to those silent calls from within from time to time.

Your life needn't be a struggle. Your problems are opportunities, if you allow them to be. Stop your destructive and distorted thinking which tells you the world should be a certain way; that life owes you something or people must fulfill your standards. Accept 'things' just the way they are; since that's EXACTLY how they

are. Your need to make things fit your mold is the cause of your suffering.

I'm not suggesting you accept less than you deserve. I'm suggested you become awake and aware in order that you become the NAVIGATOR of life; willing to sail in any type of condition. Too often, people view those things life deals them as unwelcomed. To the enlightened, it is viewed as a gift; a valuable lesson. The lexicon "*How may I use this lesson to my advantage?*" becomes an empowering reflection to view your role as co-creator of your life.

So abandon your shackles by breaking free from all that holds you back. Affirm the following: "*I refuse to live this way anymore. I choose to honour the greatness that is my birthright, from this moment. I will not entertain limiting thoughts of lack, uncertainty or doubt. I choose to live the life of my dreams; allowing my genius to shine into the world.*"

I dare you to be great. I dare you to be brilliant. I dare you to let your light shine. I dare you to become the best you can be. Whatever you think is stopping you - is not. So go now and become that person!

## 26. HOW TO LIVE LIFE TO THE FULLEST

You've probably come across the phrase a number of times over the years. It's become mainstream language among conversations about personal growth and life issues. The advice is often delivered by those close to you; advising about life predicaments via 'living life to the fullest.'



Such phrases often mean more to those who use them, than to the person receiving them. Have you considered what 'living a full life entails?' At first glance, it conjures up sentiments of travelling the world; engaging in the beauty of life; experiencing rewarding relationships; being successful and recognised for your contributions to humanity. Well at least that's the image conjured up in my mind.

What does a 'living a full life' mean to you? If I polled one hundred people, I'm certain there would be diverse views on the meaning behind it. Who's right and who's wrong? Must anyone be right or wrong? Ultimately it doesn't matter how you live your life in light of what others think. A family friend often reminds me, "*What other people think of me is none of my business.*" I need to remind myself of this regularly.

In keeping with that tenet, let's consider some points serving as guides for your journey. My aim in writing this blog is to provide you with the best possible tools and resources to navigate your way through life. If you draw one resource from my posts to help direct you toward freedom; then I have served you well.

**Love & respect yourself** – It all starts and ends with you. How you view and interact in the world is largely determined by your level of self respect. Why? Imagine a person who thinks little of themselves. Do you think they're likely to think highly of others? I'm assuming that NO might be the answer. Their view of the world is largely determined by the vision of oneself. "I don't like or respect myself; I don't expect anyone to respect me and I will not respect others as a result." This might be the inner dialogue that runs through their minds on a daily basis.

When you love and respect yourself, you also accept people for who they are instead of what you'd like them to be. Recently, I inaccurately painted an image in my mind of someone working with us, due to outward appearances. How wrong was I when I asked him for a favour. He explained it was an honour to help me and he didn't want nor expect anything in return. Suffice to say, I was moved by the gesture and disappointed in myself for labelling someone based on false information. Accepting people as they are means suspending our judgement of how we think they should be, act, think, feel or otherwise.

Live a healthy life, rich in vitality – how can you expect to be happy and see the beauty in life when you're angry, irritable and sad? Your mind expresses any physical limitations you hold. This serves as your anchor point, alternatively known as [subjective reality](#). Have you noticed how often some of the elderly talk about how sick and unwell they are? They seem to own their illness, requiring constant sympathy from others to validate their existence.

Please don't get me wrong. I'm not suggesting all the elderly behave this way. I've met a few over the years who believe ageing ultimately leads to sickness and ill health. Fortunately, I don't buy into that belief. I refuse to accept that at 70 and beyond I won't be active. I often ride with guys who are close to 70 years old and still able to whip my ass at the drop of a hat!

It's your duty to tend to the body Mother Nature gave you. Nurture it daily. Don't apply the same relationship to your body as you would a machine or device; that is neglect it and expect it to work for you. You deserve better than that. Be kind and generous to yourself, allowing the goodness of life to flow through you.

**Face your fears and learn from your failures** – when you live in fear, you're not living a rich and abundant life. You're captive to your emotions, serving to remind you that you can't be something you already are. Fear blocks your success and talent. It prevents you from growing and evolving toward greatness and genius; which is your birthright. You remain a prisoner to the emotions that serve no place in your life. The real meaning behind fear is surrendering to the power of love. Fear is an illusion. Once you conquer its hold on you, a powerful weight is lifted. You feel light and free, unburdened by its dominance over you.

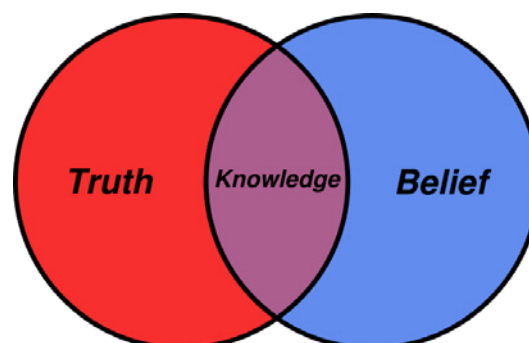
Face your fears by starting small. You don't have to be a Samurai warrior waging battle against your fears. Start with small steps by overcoming smaller, less frightening fears. Advance into larger ones as you gain confidence over time. Your reward is a life enriched with colour, optimism and faith.

Similarly learning from your failures entails drawing valuable lessons from the experience. You attract that which you need to learn and grown from. The following quote is testament to our willingness to learn from our experiences, *“We are each a casue. Our thoughts attract and create circumstances. As we change, we attract different circumstances. Until we learn a lesson, we either stay stuck on the same lesson, or keep getting he same lesson in different packages.”*

Tony Robbins reframes ‘failure’ by suggesting that it is simply an **undesired outcome**. When you adopt this way of thinking, you transcend your limitations by seeing an alternative view to your circumstances. Declaring out loud the reason behind the experience, empowers you to make mental note of the necessary changes in order to guarantee success next time. And you know, it may event take numerous attempts toward success but who cares, since the thrill of the experience far outweighs the pain of regret.

## 27. THE POWER OF 'BELIEF'

*“Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.”* – Gail Devers



I've written at length about the power of belief via this blog during the past months. If you've taken note, my contention is, your 'beliefs' form the most powerful faculty accessible for progress in life.

The power of Belief has been well documented in the Bible and various religious scriptures over the centuries. The basis to a wish, a prayer or an intention is based on the power of belief. The [Free Online Dictionary](#) defines belief as the following, mental acceptance of and conviction in the truth, actuality, or validity of something. My own definition includes the conviction of something being true despite evidence proving otherwise.

Since I've written about belief in previous posts, I'd like to discuss the idea of Power & Belief forming an important factor for living an authentic life. A belief has power, since you assign it so through thought and emotion. Have you ever believed in something or someone with all your heart and soul? Recall how your body felt? Your emotions and the inspiring feeling contained from within. Did you experience tingles all over?

One of my personal, empowering beliefs is that every event has the potential to shape my life when I choose to be receptive to the lesson/s which unfolds. With this in mind, I suspend my judgement about what life should look like, by becoming aware and awoken to the infinite beauty of life. I remove my ego out of the way by allowing my spirit to co-create my destiny. ]

I have far more choices available when I adopt this way of thinking. I create and shape my outer world based on infinite love, not fear. Your soul/spirit knows what is right for you - for it has no agenda other than to see to your happiness via the fulfilment of your deepest desires.

I'll say it again - your belief is power. The power to create. Your belief colours every experience and determines how you react in any situation.

I believe in a force greater than myself. I reason this force was responsible for creating a benevolent universe which continually supports me. Creating such intention at a young age served as my belief in the power of a universal energy. My job was simply to get out of my way by removing the limiting beliefs that were later formed in adult life.

You are the creator of your life. You are the story teller, the director and producer of your destiny. You don't have to know the infinite details of how your story will unfold. You have to believe that life is serving you and will always do so. How can it not? How can the same force which created you and the universe not support your growth, happiness and wellbeing?

Your choices are influenced by your beliefs, be it right or wrong. It is for this reason that I empower people via personal growth to take ownership of their conscious choices. I invite them to be aware and awake.

Examine the following questions by writing your answers down on paper. Awareness is the first step toward change. Are your current beliefs formed through influence of others? If so, who; family, friends, work colleagues, teachers, sports coaches, ministers or that of your collective society? How are they serving you?

My message is to invite you to examine aspects of your life which you've formed incorrect views about. Consider the quality of your life. Not that quantity, measured by accumulated material possessions. Look at the value of the beliefs you created. When did you create those beliefs? What was happening in your life around the time these beliefs were formed?

I become conscious throughout my life, that my catholic upbringing was the result of deep religious dogma. Upon close examination in adult hood, I realised these ideas were not of my choosing. They were ideas and concepts served to me by an authority which denied my best interest. Whilst I'm not suggesting religion is bad, I suggest you examine your said beliefs more closely.

Author, Ray Dodd provides us with four steps to follow in order to change a belief:

**Practise awareness:** remove yourself from what is familiar or 'known' to you. These are the beliefs you formed long ago which may no longer serve you now. Disagree with the internal voice which claims that this is 'the way.' These voices may arise when you challenge an existing belief. Silence the monkey mind; the endless chatter which seeks to interpret every action, thought and event.

Give up the need to be right: give up those beliefs which no longer serve you. In surrendering those beliefs, you suspend the need to gather evidence and justification to prove you're right. As you become aware, notice how needing to

to be right feels. Is it empty inside, as though an inner voice is asking you to let it go? By resisting gathering evidence, you let go of your attachment to your 'old story.'

**Love yourself without limits:** when working through the steps to disempower a belief, you may discover it was foolish to have adopted the belief in the first place. One of my earliest beliefs as a six year scared of water was, 'I am weak and will never amount to anything.' I compared myself to other children at the time who could swim. It was only later as an adult, I realised I was foolish to listen to a six year olds beliefs. In doing so, I learnt to love and accept myself, since that was the best I knew at the time. I invite you to love yourself despite what beliefs you've adopted.

**Create a new dream:** design a new agreement which re-works the old belief. After you've challenged it, design a belief which sits well with you. Following on from my earlier example, my new belief became, 'I am whole, perfect, strong, powerful, loving, harmonious and happy.' It encompassed all the qualities I felt were essential for living in alignment with my higher self. Gather evidence to support your new belief. Begin living it, breathing it and being it.

Examine your beliefs regular by noticing if they serve you. You don't have to adopt other people's ideas and thinking. Allow your true self to unfold and be unmasked; since the life of your dreams awaits you on the other side. It already exists *out there*...just tune into it!

## 28. ARE YOU SUCCESSFUL?

### Defining Success

Where do you currently stand in relation to success? Is it an elusive dream which seems unattainable? Are you the embodiment of success? There are people who attract success like a magnet and others who couldn't find success if it was sitting on their front door.



In our quest to learn more about success, it's essential that we define the term 'success.' One man's success may be another man's failure. People often compare their success to others. John lives in a beautiful home with an expensive car, holidays four times a year and has a gorgeous wife and family. What they fail to see is the underlying, hidden attributes which make up John's life. It's easy to look at another man's riches as better than yours, without appreciating the other hidden factors.

Jim Rohn, an American entrepreneur, author and speaker suggests we should strive for 'excellence,' not success. If one aims for success, it becomes elusive much like trying to find happiness. If you focus on excellence, success is guaranteed since it's the by-product of great work and deeds.

Reflect on how you define success? Make a list of how success looks to you. What does it mean to be successful? Acquiring material possessions? Sustaining fulfilling relationships, connection to a universal source? Or any number of the above points? How will you know when you're successful?

My definition of success has changed immeasurably over the years. If I was asked to define success during my twenties, it meant being rich and wealthy, working twenty days a year and travelling the world.

Success these days embodies a great deal more. The following are features I consider as worthy of success. They are in no particular order:

- Impacting humanity through my work, helping others make their dreams a reality.
- Being healthy in mind, body and spirit.
- Spiritually aligned to a higher source.
- Enjoy lasting and fulfilling relationships with family, friends and loved ones.

- Being financially free to choose my reality i.e. travel, work and buy things I want.
- Give back to humanity through charitable and/or volunteer work.

I know when I'm successful in these areas, as I've fulfilled my [Purpose](#) and destiny. Every day is a blessing, not a chore. Getting up in the morning becomes a joy, not a curse. I'm at peace with myself and my surroundings.

I realised over the years that success does not follow a straight line. There are many detours and roads which lead to success. The detours and dead ends are the lessons learnt in order to become successful. They shape and mould you in the person you become.

### **A Comparative View**

I was having a conversation with my business partner about this topic recently. We were discussing the idea of what it takes to make a million dollars. What mind set is required to become healthy and make a million dollars was also an appealing concept. We agreed in order to make a million dollars, we'd need to step out of our comfort zones and challenge our internal beliefs and attitudes toward money, success and wealth. Where we currently stood in terms of those beliefs remained off the mark.

We explored the notion of health as a comparison view. We observed how easy and effortless it was as health professionals to continually maintain a healthy body and mind. We are regularly inundated by accounts from clients and the public, how challenging it is to lose weight and maintain ones health.

We find it simple, often struggling to identify with those experiencing the opposite. I suggested to my business partner that we need to adopt the same thinking in relation to our health, toward making money. We affirmed there are people who correctly apply the same beliefs to making money as we do toward health.

All we need to do is adopt the same belief right? Wrong! Experience shapes your beliefs and thoughts. What we've yet to achieve is the same experience and internal growth as those making a million dollars. That was the difference. Experience and internal growth were the two measurable qualities required for success.

Therefore success is a journey, not a destination. Read that again. "Success is a journey, not a destination." It's who you become along the way that determines your success. Those who win the lottery are far worse off a year after their win. Albeit, winning the lottery is not a bad problem to have. People winning

it had no experience managing that level of wealth. That's why it slips out of their hands. They have not created an internal shift around the concept of wealth.

Therefore, the key to success lies not in the destination, as much as the person you become. It's the endless failures, disappointments, highs and lows that mould you into a person worthy of success.

I've experienced moments of wanting to give up during my journey. I wondered why I was striving on very little income, while my friends were making a great deal more. They were enjoying success, while I was barely making ends meet. Such moments are defining stages in one's life. They serve to show how willing you are to turn your dream into reality.

I've grown immensely during those moments, having learnt that I desire my goal more than anything. I'm willing to do whatever it takes to achieve it. If that means reading more books than the next person, working later at night to finish a project or seeking out resources that will accelerate my success; I'm willing to make those sacrifices.

Examine your goal/s. What are you willing to do or be in order to achieve them? If life kept showing you otherwise, are you prepared to push through to make it happen regardless? Your answer/s will demonstrate a lot about the person you are and what internal changes you need to make in order to realise them.

## 29. THE HIDDEN MEANING BEHIND 'FRUSTRATION'

I've lost count the number of times I've been frustrated over the years. Frustration has reared its ugly head on numerous occasions, when I least expected it. These days, I feel its presence when I step out of my comfort zone. It reminds me to remain calm, aware and diligent in the pursuit of my goal.



Frustration is a healthy sign of progress, despite the accompanying emotion. It denotes a level of growth in working toward your goal. It means you're getting closer to achieving the vision or goal you set out to. Frustration advises you to remain poised and firm in your pursuit. Often people give it up when frustration hits, believing their goal is far from achievable, given outward appearances.

I usually go harder at this point, insisting I mean business. I will not give up until I achieve my goal. I adopt a no holds barred approach. You may be tested along your life's path to see how much you really want your goal. The universe will cast obstacles in your path to thwart your chances of success. How do you know when you're being tested? You don't. You can only be guided by the inner passion and conviction of your desires, stopping at nothing to achieve them.

The best advice if you're experiencing frustration. Raise the bar, each and every time life throws you a lemon. Don't just make lemonade – that's a cliché line used too often. Instead, make the best lemon meringue ever. Turn the lemons into gold bullions! Show life you mean business with your actions, not your lack of.

Often frustration is a signpost advising you not to abandon hope and faith. It's not meant to stop your progress. It's a small speed hump suggesting you get organised, creative and excited in order to approach your goal with enthusiasm.

I am currently experiencing frustration with my speaking roles. I want to be performing more and frustrated that I'm not where I want to be. I find myself in a child-like state begrudging it, complaining and whinging at times. Once settled, I find an inner urge, a hunger and appetite that no one can stop. I will stop at nothing to achieve my goal. I note that frustration has taught me to remain inspired enthusiastic, courageous and persistent.

Frustration may also be inviting you to remain patient. This is the most challenging phase. You want to achieve that goal NOW! That might equate to losing weight or looking amazing in that outfit/suit. You want that dream car, the dream job, the perfect romantic partner or getting the best grades at school/university.

The process of life means growing as a person in the attainment of the goal. Health is a **process**, not an event. You learn to become someone fit and healthy. I am still learning and discovering new things continually. I am far more confident in my ability to remain fit and healthy than in my twenties. I made numerous mistakes over the years to know what works best for me. Most importantly, I grew from those mistakes, learning valuable lessons along the way which I now share with others.

The following are suggestions for dealing with frustration. The truth is you're allowed to be frustrated. It's healthy to feel the emotion. It's important you channel it in a positive direction to realise your full potential.

1. Feel the frustration – How does frustration feel? Where do you feel it in your body when it surfaces? What does it look like in your mind? There is no need to deal with it yet. Be with it and see what it is asking you to do. Becoming familiar with your emotions is a positive step toward uncovering the hidden meaning behind them.

2. Assess your goals – I'm not suggesting you abandon your goals. Much like an airline pilot who's continually plotting his course toward his destination, you should be doing the same thing. Do you really want this goal? If so, why? What would it give you or allow you to become if you had it?

3. Get organised & savvy – Now that you've felt the frustration and assessed your goal, it's time to get organised. This may mean being clear in your mind on how you intend to achieve the goal or what route you take to get there.

4. Seek advice – enlist the advice of those who've charted a similar path. Become inquisitive and curious about how their journey. Remember, it is their path and not yours so use discrimination in how you plot yours. Use the advice which feels right for you.

5. Make mistakes – go out there and make heaps of mistakes. My business mentor calls it 'failing fast.' His advice is to make mistakes which have little effect toward your goal. Give it a go and if it doesn't work, learn from the mistake quickly. Get back on the horse and proceed in the same direction – forward!

6. Act with confidence – Develop that ‘go get em’ attitude. You know, the same attitude as your family pet dog has when you’re wrestling that bone or toy from their mouth. They refuse to let it go remaining tenacious in their quest. Adopt the same ‘attitude,’ since that’s part of the victory.

7. Take some time away – While I suggested earlier in the article being tenacious, it’s important to take some time off on occasions. Time off means, time away from the pursuing the goal. By allowing your mind to take a mini vacation you’re in a better position to revisit it with greater mental clarity.

8. Reward yourself – Do something for yourself as reward for your efforts. I recently upgraded the components on my bike for all the long hours I’ve spent over the past year. It felt good to give something back, instead of insisting on working harder. I know I’ll have more fun riding my bike and it serves as a pleasant reminder for my efforts.

Appreciate that frustration is part and parcel of your journey toward your goal. The greater the goal; the greater the frustrations that come with it. Accept them by reframing them in your mind. See them as stepping stones, not obstacles. Move through it, not around it. Keep at it until you realise the goal, since there’s nothing more satisfying than reaching a goal that once appeared unattainable.

## 30. LIFE'S GREATEST LESSONS

*“When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice.”* – Cherokee Expression

What have been your greatest life lessons so far? Perhaps it was learning to love, discovering a hidden talent, being independent, not judging others, living in the moment, not taking others for granted or other notable ones.



The topic for this post was inspired this morning while riding through the hills in the countryside near home. I was reflecting on how lucky I was, exercising on a beautiful morning surrounded by Mother Nature in all her glory. I was resonating with the same frequency as the environment; calm, peaceful and present.

I thought about the lessons I've learnt thus far and how they've shaped me into the person I am. The following is a list of lessons I've discovered. They've made life more enjoyable and rewarding in the process. Many of the lessons have been formed through adversity. At the time however, it appeared as though my life was in turmoil. In hindsight, I needed to have those lessons. There are no mistakes in this universe – everything is perfect and unfolding at precisely the right time and place.

1. **Life unfolds as it should, not according to my schedule** – Have you ever wished things would happen quicker? You become impatient thinking you're never going to receive what you wish for. You give up hope of it ever manifesting. Just when you give up, your wish appears almost miraculously at the right time. Looking back on the theme of my life, this is one of the most powerful lessons. I continually compared myself to others in my youth, feeling I wasn't as talented, gifted and smart as other kids. Over time, I developed many of the talents I thought were lacking. In many instances I outshone other kids whom I compared myself to earlier. Life taught me patience and self worth.

2. **Gratitude draws more abundance into your life** – It wasn't until my late twenties and early thirties until I appreciated and observed this principle. Practising daily gratitude whether in meditation, emotions, journaling or other, allows you to receive more of what you value. Dr Demartini from the movie The

Secret says *“Whatever you don’t appreciate, depreciates.”* I am grateful for the smallest things, such as loving relationships, my health, the food I ate, the job I performed and the people in my life. I allow more abundance to flow into my life since I assign a positive emotion and energy toward it. My emotions are communicating ‘thank you’ to the universe in a manner that might suggest “I’m pretty cool with all this great abundance you’re sending me. Thanks, I get it and appreciate it.” Appreciation and gratitude flows from the heart. As I side note, the heart has by far the strongest magnetic field of any organ; it’s about 5,000 times stronger than that of the brain. This means that when you FEEL it in your heart, you radiate that goodness into the universe. That FEELING may be akin to the emotion you feel when you’re in the company of a loved one or similarly when you’re feeling appreciated and loved.

3. **The world is a beautiful and amazing place** – Why? Because this is MY reality. I choose to create, any belief or image I consider true. I don’t care that ten million people thing otherwise; I will stand in defence against millions in my belief. Not because of what I see; because what I FEEL inside my world. I don’t care where you’ve come from or where you’re going. I don’t care if you’ve scaled the highest mountain or swam across the ocean. I want to know about your inner world. How do you paint your picture of life from the inside? This is what matters. You see, for the enlightened ones like the Dalai Lama, even disasters and tragedies are a part of the mystery of the universe. He understands there is a force and energy within the universe that our limited minds cannot appreciate. The world is beautiful when you suspend your ego, by noticing the smallest details. That’s where the beauty is hidden.

4. **Less is so much more** – In my 20’s it was about speed; life, travel, work, play and exercise. How fast I could get from one destination to the other in the shortest amount of time; in order to commence the next adventure. I missed out on the journey in-between. I failed to appreciate the smallest details. I discovered I was empty as a result, since I failed to take in the experiences in between. These days there is a meditative aspect of doing less; yet achieving more. What do I mean by less? Less worry, less anxiety, less work, less effort. Take the time to observe nature and you’ll see the same principle working effortlessly. A tree doesn’t force its way out of the ground. When the conditions are right, it begins to grow into a beautiful tree bearing fruit and shade. My greatest achievements now days usually occur around 5pm during a 20 minute nap. I have the greatest insight, inspiration and ideas during that time of day. Had I listened to society, which says I must work 16 hour days, I’d be burnt out, working in a job I hated and in a relationship I didn’t like. Go with your

heart every time – it knows best.

What are some of your lessons? How have they shaped the person you are today? Were those lessons essential? Reflect on your answers or better still, write in and share your top three life lessons with others.

## 31. DETACH FROM YOUR LESSON

As I reflect writing this blog over the last few months, I've learnt a great deal about myself and the audience reading my posts. I've received numerous compliments, which I remain grateful for. I've received feedback from those who didn't share my point of view, which is also fine. I've never been averse to negative feedback, as long as one critiques the work, not the person – there's a distinct difference.

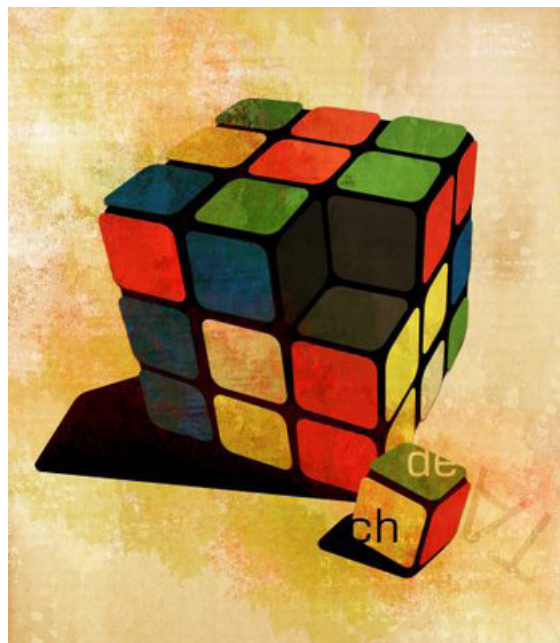
I have read numerous books over the past few years on blogging, social media, marketing and communication. I've learnt more from writing and researching this blog than I have reading those books, sadly enough. In giving and sharing information, you become a vehicle for learning and personal growth. A relationship builds as a result.

In communication, it's important to remain detached to the outcome from readers, listeners or viewers. I learnt this year ago when presenting in front of audiences.

I was frustrated a small percentage of people were taking the information onboard. It frustrated me that I had invested time, money and effort into acquiring information to make available to audiences. The respondents seemed indifferent toward my message and less passionate than I. This was cause for upset at the time. I now appreciate that it takes 10% of any population to initiate change – the rest become followers when 'critical mass' is reached.

Have you ever been in a similar situation before? You tried in vain to teach a friend, a relative or loved one a skill or something of value. It seemed they were less than enthusiastic toward achieving the results you wanted for them. I'm faced with a similar situation frequently with clients. I want the best for them, yet they don't share the same vision for themselves. I may feel apathetic at times, given the feedback received.

That's where internal conflict arises. Often, what you desire for another may not be what they actually need. With good intentions, you believe it would



be remiss of them not to accept the information or knowledge conveyed. I have acquired over the years, some of the best resources and tools for assisting people with health and illness. I willingly hand over this information free of charge at times. I'm amazed by the reluctance of people to embrace it.

I've learnt to detach from the outcome these days. Dan Millman in his book [Wisdom of the Peaceful Warrior](#) sums it up perfectly, "*Once aim is taken and arrow is loosed from the bow, we can only wait in anticipation to see where it will land.*" He is talking about detachment, using a bow and arrow as a metaphor to inform us we have little control once we've released control. This is a part of one's coming into wisdom. You learn to detach from an outcome, knowing the universe operates in mysterious ways unbeknown to you. Your role is a vehicle for transporting knowledge or wisdom. Those who need to hear your message will do so at the right time. There is no need to rush the process.

Every person's journey is different. Denying them of their truth and how they acquire it is to deny them of their life's journey. Some learn quickly, others learn slowly; while a few never learn at all. This is the beauty of life – we're all doing the best we can given the resources available to us.

### **Follow Through**

My suggestion if you're continually experiencing something unwanted in your life is following. Take note of it first. This is being in a state of awareness which I've discussed in previous posts. Awareness is to 'notice' without assigning meaning. The more aware one becomes, the more power is gained to make conscious choice. I've had some of the best things happen as a result of what seemed like things gone wrong.

Experience, awareness and understanding have taught me to stay removed and uninvolved when such things show up in my life. I am at peace in my mind knowing goodness awaits around the corner when undesired circumstances show up. The key message is one of 'expectance,' through awareness and experience.

What are your current lessons? What is life teaching you? Is it in the form of an experience or to draw your awareness toward something? Are you getting bad grades at school or university to highlight the need to value your studies more? If you're playing in a band and receiving mixed reviews from audiences, perhaps the universe is asking you to experiment more with your style of music. There's an audience for you out there, waiting to hear your creative ability. With the right style of music, you'll draw a greater audience to your creative expression.

I still experiment with my blogging to see what works best. In the coming

weeks, I'll be adding video blogs to my posts. Since I love speaking, I find it easier to express myself more so than writing. Stay tuned for more in the coming weeks when I get a feel for the technical aspect.

In the interim, ponder those questions I posed in the paragraphs above. Write down answers which come to mind. Let it sit for a few days and see what comes up. There is no right or wrong answer. Ultimately you'll have an aha moment expressing "I know why I am having this experience or lesson." Begin putting it into practise by bringing it into your awareness everytime you perform the task or entertain the thought. Slowly but surely, over time you'll have become aware by acting on something which brings you closer toward fulfilment.

## 32. OVERCOME SELF DOUBT

***“Our doubts are traitors and make us lose the good we oft might win by fearing to attempt.”*** - William Shakespeare

You've been in this scenario before. The silent self-talk in your mind seeks expression; serving to remind you of destructive thoughts about yourself. The voice grows louder, reminding you of your weaknesses. It continues harassing you until you surrender. You give up, knowing it has taken hold.



Welcome to ‘self doubt,’ the intimidating inner critic which resides in your mind. The modest detractor determined to undermine your success. You're unable to release its hold on you. You know it's there; why won't it go away and leave you alone?

You can't vanish your doubts, despite your best intentions. Doubts are a part of our nature. It's a learned quality formed during your growth into adulthood. They began with loved ones prompting you not to climb trees since you might fall. The advice voiced by suggestions of doom if you tried to perform an unknown. You heed the advice, knowing your loved ones know what's best for you.

I was a mischievous child growing up, as I'm continually reminded by my mother. I pushed the boundaries of what was considered safe for children. The words ‘no’ and ‘don't’ were often recited at home in order to save me from my own peril. I often wonder if parents curbed their use of ‘no’ in dialogue, whether the child would grow up to be successful.

It is no surprise that children need boundaries. I'm aware of it with my fourteen month old nephew. He is at an impressionable age exploring the world; grabbing, touching, pulling apart and destroying most things which come into his line of vision. It's rather pleasing watching him learn and discover new things. I am mindful as a caring adult to be certain he plays safe. I am careful with my communication, choosing to avoid commands such as ‘no,’ ‘can't,’ or ‘don't.’ Instead I distract him when he's being destructive, by offering something of better value. He seems to respond favourably.

I mention child-like behaviour, since much of your adult behaviour is a result of your childhood programming. Adults are notorious at creating inaccurate stories about themselves. Doubt is a story often repeated through adulthood. It is healthy to have some level of doubt. It allows you to make decisions carefully by examining possible scenarios. It lets you to be more selective in considering other options. You examine ideas more thoughtfully, using doubt prior to engaging in your pursuit.

There is another other doubt which is more sinister and self deprecating. One tells themselves stories and lies about certain qualities they lack. I've witnessed self doubt in my line of work assisting clients regain the health. They lie to themselves that they're not worthy of being healthy, loved or respected. Perhaps this was thrust upon them as children. The adopt these beliefs well into adult life.

### **Feeding the Doubt**

Your self-doubt requires examination if it is preventing you from living an authentic, rich and abundant life. It requires check if you are continually living in doubt of your abilities. Most people are content never living for something. They store their emotions under a rug hoping they will go away. Unfortunately, years later the emotions resurface in the form of illness, destructive relationships or addiction to substances or behaviour etc.

Author Bruce Lipton in his book [Spontaneous Evolution](#) states that 95% of your behaviour is controlled by your subconscious mind. In a former post [Mastering Your Subconscious Mind](#), I discussed that most of your learned behaviour from birth to six years is subconscious. Most of what you learned or formed about the world was mastered during those formative years.

A great deal of articles, books and resources have been written on self doubt. Most use the term 'conquering' rather dismissively much like you would overcome illness. I'm suggesting your doubt is much a part of your nature – it is part of your shadow self. You needn't deny any aspect of yourself; for in doing so means that part of you will continually seek representation.

Self doubt means listening to the inner critic yet still choosing to take action; inspite of the doubt. Watching a documentary yesterday on accelerated free falling, the interviewer asked the adventurer if he felt fear during jumps. His reply indicated that fear was always present during every jump. He chose to turn down the volume on what the fear was preventing him from achieving.

My advice; examine what your self-doubt is asking of you. Is it concealing

concealing something you denied long ago? If your dream was to sing in front of thousands of people, yet you continually entertain self doubt, perhaps it is teaching you to have faith in yourself and the process. Often you need an internal shift, to reveal growth so that you fulfill your goal.

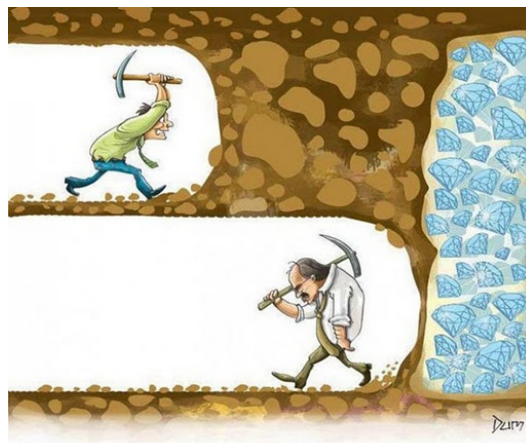
Take inventory of where you stand with respect to your goal and vision. It's essential that you examine the tools and resources required to get you there. Doubt is merely a speed hump in your journey. Speed humps are supposed to slow you down, not stop you.

If you're facing self doubt, examine the reason behind it. Don't allow it to get the better of you. Your vision should be greater than the obstacles in your path. Be kind and gentle on yourself. Beating yourself up over past failures and mistakes leads to more of the same thinking. Take action toward those goals you set out to achieve by removing the doubts holding you back. Seek guidance from loved ones or close friends, if you're unable to navigate your way around it.

Remember, your journey toward freedom and success is fraught with many detours, obstacles and learning's. Don't shy away from the challenge; embrace and face it with open arms. Make a decision to draw valuable lessons and insights about yourself along the way.

### 33. DON'T GIVE UP ON YOUR DREAMS

Pursuing one's dream is a journey fraught with obstacles, dead ends, stop signs, speed humps and roundabouts. You must believe that the road will be made known to you when the going gets tough. Sometimes, it may be revealed when you least expect it via a hint, a clue or a way that you never thought possible. Remain alert; remain aware and open to receiving such information.



It is said that the raising of a child is a communal responsibility. I would suggest the same is true for success. Reflect on the following questions for a moment. Who have been the most influential people in your life? How have they shaped your success? I am often reminded there is no such thing as accidents in this purposeful universe.

People come into our lives at the right time may there for a reason or a season, as the saying reminds us. Knowing which one it is may often be realised in hindsight.

Often your greatest learning's and discoveries occur within a short amount of time. You may be faced with an insurmountable challenge or obstacle. At the time it feels like the weight of the world is on your shoulders; there is little way out to navigate ahead.

Fear not, for everytime you face such obstacles, you're invited to grow and expand; mentally, emotionally and spiritually. While this advice may not be understood at the level of awareness to assist you at the time; trust that you are continually being taken of.

If this article finds you at time when you're in need of such wisdom, then take comfort that you have found your way home. Here are some words of encouragement to help you along your journey. Your task with this imparted wisdom, is knowing which key to use at the right time in order to navigate your way through.

#### 1. Don't Despair – You Are Not Alone

You are never alone pursuing your dreams. Contrary to how it seems at the time, it remains certain there are people you can seek out for help. The help you require may be as simple as emotional support or guidance.

Personally when I'm in despair, all I need is a sounding board; someone who can listen without judgement. Usually I don't need an answer or a fix. When faced with such a scenario, we are looking for support from loved ones to know that we are not alone on this journey.

Reach out to those you know and trust. If you feel that your loved ones don't know how to support you since they feel compelled to fix things, refrain from seeking their support in the future. Instead, choose people you know who will comfort you in times of need. Find a niche of supporters, friends, colleagues and allies who you know and trust.

## 2. You Are Closer Than You Realise

Find that unquenchable thirst and hunger toward your goals. During your lowest times, you may need to call on that resource to pull you through.

Put simply, you may be closer to realising your goals than you think. Most people who give up are within reach of their goals. Although it may not be apparent at the time, you are closer than you realise. The moments when you feel like abandoning are signs to test your resolve. The underlying lesson being asked of you is how much do you really want your goals?

The analogy of desiring success as much as being submerged in water; gasping for air to survive is rather true. Your lowest point toward the realisation of your goals may be in fact a test to see how much you **REALLY** want that goal.

Personally, I have come to embody pursuing my dream as my life's purpose. There is nothing or no-one that can stop me from fulfilling my dream. I implore you to adopt a similar mindset.

Take comfort in knowing that it was never meant to be easy. I have often entertained the thought of working a 9 – 5 job, coming home to cook dinner each evening after work, taking a vacation twice a year and being unfulfilled. The thought alone reignited my passion for pursuing my dreams, for I remain deeply committed than having to face a future of regret.

Your toughest times, build character and resolve. They build strength of mind and spirit for when you reach your goal or dream; knowing that you were so close to throwing in the towel makes it even sweeter that you chose to push through. So keep at it. Remain poised. Stay vigilant. Yes it will be hard. Yes it will get harder, but all that pales into insignificance when you look back on your life with content knowing that you never gave up on your dreams.

## 34. LET GO & TRUST

How do you know when to surrender your worries, fears and anxieties over to a greater source? Do you habitually own them to the point that letting go means losing an aspect of yourself?

You need to let go of old patterns in order to bring in the new. There is an implicate order to the universe. Einstein and the great physicists of his time all noted this through observation and mathematical equations. When you work with this order (provided you know the laws), magic unfolds in your life. There is a song & dance with life as you discover the joy of living in the moment. Your perceived problems give way to opportunities and your awareness and consciousness expands. What does this mean to the me you might ask? Imagine for a moment that you have access to seeing the world in a totally different way. Imagine that as a problem emerged, you were able to see a number of possible solutions and intuitively know what course of action to take. That is a glimpse of what it's like when your awareness and consciousness expands.

The caveat is that you must be willing to let go of the old in order to make way for the new. Here's a point worth considering. Your current view or belief had to be acquired at some stage of your life. It might have been during your formative years or later in adolescence or even your adult years. You might have adopted these beliefs from those in authority, family members, loved ones, carers, teachers or others.

Are they serving you right now? In order to answer this question, whatever is causing you turmoil in your life right now is the at the heart of an unresolved belief. By that I mean, if you desire to be in a loving relationship and yet remain single or continually attracting the 'wrong' person, your belief around relationships is inaccurate and needs to change. In order to change it, you need to drop the belief and form a new one that serves a better belief for your new life.

Allow me to use an example. If you seek love, give more love. Giving love may mean sending loving thoughts to others, caring for the sick, weak or doing



some volunteer work. The expression of what you desire is the foundation of your manifestation. Become that which you wish to attract and see in your life. Become the embodiment of those qualities.

So in order to let go and trust, you must be willing to give something away in order to acquire something new. That something new cannot dwell in the same place as the old, otherwise there is conflict. This is highlighted by the simplicity that love and fear cannot reside in the same mental space. You must let go of fear in order for love to find a home in your heart. Letting go of something you've come to know for a long time is possibly the hardest thing to do. One of the biggest challenges lies in surrendering to the unknown.

It is the unknown which frightens you the most since you're stepping into uncharted waters. Consider that you were once in uncharted waters when you adopted the same belief now which no longer serves you. One of the laws of the universe implies that creation unfolds at a level of uncertainty. Life doesn't know what it will become until you step into it.

If you have a problem right now which you cannot work through, turn it over to the universe knowing and trusting that it truly has the right answer for you. Remain open and detached from how or when the solution will present itself. It might come in a form that you may not expect; remain poised and ready to be guided. The more you practice this way of being, solutions will show up when you least expect them. They often show up with very little effort on your part, other than taking **'inspired'** action.

Start small and don't expect quick results. Whatever you face right now, trust for a moment that your needs will be taken care of. I often practice this way of being, since I've learned to let go of conscious control of a problem by handing it over to the universe. It felt unrealistic at first, yet the more I trusted, the more evidence the universe showed me that my needs were being met. It was like learning to communicate in a new language. The more you practice, the more evidence you'll see that your efforts are not in vain.

What have you got to lose? If things aren't working for you at present given YOUR current approach, then be willing to try something new and different.

Remember: Let GO and GET OUT OF THE WAY!

## 35. LESSONS LEARNED WHEN YOUNG

I'm certain you've had moments looking back on life, wondering what you'd advise your youthful self about the future. You might tack a trip back to your twenties to inform yourself that all those illusions of grandeur you had about being President or the head of Apple might be more challenging than you realised when young.



Don't get me wrong, I'm not suggesting one sells out on the dreams; rather that you take a more realistic approach to the steps involved in realising them. Youth is something we feel we'll hold onto for the rest of our lives. Unfortunately nature reminds us in no uncertain terms that this is not the case as we contemplate the days ahead are getting shorter.

I was thinking about this topic the other day while out riding recently. I thought it would make for an interesting blog article. Below is a list, in no particular order that I wish I knew back in my twenties. If I could advise my youthful self of these points of wisdom, I'm certain life would've been much more tranquil in its unfoldment.

### **1. Life never unfolds according to YOUR plan or schedule**

Whilst you have an expected outcome of how things will play out while young, they rarely coincide to your schedule. The law of detachment suggests one cast their line to the universe and wait in anticipation to see what comes back. The quote "*life is what happens to us while we're busy making other plans*" couldn't be more accurate.

- ### **2. Less is more. The more I removed from my life, the happier and content I was**
- in my twenties, I looked to material gains as the source of happiness, believing 'things' would make me happy. I discovered that people, service to others and mastery of self were the ultimate tools for happiness. When we reflect on the fact that the happiest people in the world are generally those in poorer countries, we realise that mankind has all he needs to be content.

**3. There is a rhythm and energy to the universe**

When you tap into the universal energy which governs all living and non-living things, you realise that it is forever working in your favour. Rather than resist this energy, working with it becomes a source of joy and inspiration. You are the expression of nature. When you live in accordance with nature's laws, prosperity and abundance become your natural expression.

Some of nature's laws include; timing, detachment, karma, giving and receiving and least effort. These are just to name a few universal principles.

**4. My worst moments always turned out to be greatest seeds of opportunity**

At the time when you're ensconced in turmoil, you believe that you'll never navigate your way out. Life takes on a dark and bleak period. You own the negative state. Then sure as the sun rises, you begin making progress and transition to a place you never thought possible. You may look back on this period in your life many months or years later and be thankful for the opportunity and personal growth gained. The key is to accept your suffering at the time and move through it, knowing that like every footpath in life; there is a corner ahead in which to start afresh.

**5. I am the master of my destiny. I am responsible for my thoughts and emotions**

I recall the most used phrases during my twenties were: "*you made me feel this way*" or "*you made me do it.*" I discovered that in my thirties "I" and I alone am responsible for HOW I feel, despite how others behaved. I am the master of my life; my emotions and thoughts. I cannot allow others to control nor influence my state of mind or emotions. Wisdom teaches us that we are accountable for the way we engage in the world.

**6. What other people think of me is none of my business**

Why is that we strive in vain to have people like us when we're young? It's usually the people we seldom like that we most want to impress. As is often the case, we find out the hard way that such people are not worth pleasing and so our lesson is cemented.

Your sole responsibility in life is to think highly of yourself; to know yourself and own each aspect of your character. Forget what others think of you. People are continually mirroring back what you think of yourself. They're looking to see how you treat yourself in order to treat you

You are their barometer. Change the reading on your forehead by sending out a stronger signal.

### **7. Actions speak louder than words**

In your twenties you believe what most people tell you – why wouldn't you? If someone tells you they love you, then presumably they love you; otherwise they wouldn't tell you.

Through trial and error you discover that what people say and mean are entirely separate. I don't think we become cynical as we mature, I believe we orientate ourselves to another's actions as an accurate reading of their character. Perhaps being let down or rejected teaches us to look to people's actions as an accurate reading of their real intent.

### **8. The present moment is all that there is**

Oh how I used to wish the future would arrive sooner to get me out of the present state. Whenever things got tough, I recall wishing myself into a future state. I wanted to escape the pain of the moment, no matter what the experience. Personally, it was being in a job I disliked or an emotional state I didn't understand.

Here's an experiment to understand how to live in the present moment. Spend a few hours with a child under four years of age and observe how you interact with them. Note your thoughts and emotions at the time. Note the child's behaviour. You'll be pleasantly surprised that being around children is the quickest way to understand and experience oneness with time and ourselves. There is no such thing as a future event or the past to a child, other than enjoying what is happening NOW.

What current wisdom do you espouse now that you may offer your younger self? Perhaps in doing so, you'd rewrite your life's path and be less concerned with a destination as much as enjoying the journey.

Wherever you are in your life right now, take stock from the lessons you've learned from the past. You are continually writing the future pages of your life's memoirs in the present moment. Every thought, every emotion and every action has the potential to shape how you will be living life in years to come. The beauty of life is that it's never too late to wipe the slate clean and begin writing a new chapter of your life.

## 36. HEALTH FROM INSIDE OUT

This article is dedicated to the self improvement of all. Why? Recently, I've been made aware of the challenges people are continually facing; relationships, health, money, career, study and others. I realise we're all doing the best we can given the resources available to us.

Those resources we often call upon consist of our mental faculty, awareness, perception, level of consciousness, health, [thoughts](#) and emotions to name a few. If any of these areas are out of alignment, there's disruption in the human ecosystem i.e. your [mind and body](#).



Over the years I noticed when working with clients once we addressed the [emotional](#) and mental concern of weight related issues, typically most of their physical issues resolved themselves. I believe as a health professional, most of one's health issues are mental and emotional in nature.

The problem pertaining to obesity and overweight may be related to thoughts and emotions. For example, the young woman who is mildly overweight and slightly depressed who struggles to develop a loving relationship. Without generalisation, it is my contention to use this as a thought experiment; nothing more. I do not wish to offend nor generalise about a population.

Her health concerns are connected at some level. Her weight issues are affected by her mental state (i.e. depressed) while her weight issue is affected by her emotional state (i.e. perhaps feels unworthy, lacks self esteem or does not like herself).

What affects us in an attempt to make progress in life is to be **CONSCIOUSLY** aware of what is holding you back. This requires introspection and honesty. It takes a great degree of self honesty to admit you're unhappy, with a view of healing that which needs to be resolved. That is the biggest challenge and albeit may also open up a can of worms.

Here's an analogy to consider. What would happen to your computer if you continually downloaded illegal music, software, games and other related items over time? I'm certain every person reading this article has at some stage or another fallen prey to use of pirated information. Whilst I don't condone the use

of pirated software, as a side note I urge you to consider this view from the famous Brazilian author [Paulo Coelho](#) in answer to the current S.O.P.A. bill by the US Senate (Stop Online Piracy Act).

The point I'm making is that over time your computer would become infected with a number of known viruses, ultimately disrupting its day to day function. It would become slow, be prone to disruptions in its operation and may occasionally be inclined to stop working all together.

Whilst we're a considerably more functional and organic beings with a mind; comparing us to a computer system remains simple and trivial given the complexity of our lives. For the sake of drawing a comparison we can all relate to, our lives fall prey to the same intricacies as that of computers. If you don't continually clean your computer or setup antivirus software, the risk of losing all your precious data is inevitable. It therefore becomes a **ROUTINE** habit.

Our lives are also the same (save the hardware and wiring issues associated with a computer!). We must become vigilant in our efforts to improve our life via continual self examination and [personal growth](#). Using the computer example, we should strive to become aware of the virus/es (thoughts, limiting beliefs) by applying self examination (regularly running a virus scan). Once we've identified the culprit (thoughts), our aim is to venture inward in order to stop that malicious program from wreaking havoc again.

If left unchecked, the virus grows and gathers momentum, until it shuts down the entire system or in our case the person. By that time rebuilding one's emotional state and its associated physiological disturbance, becomes painstakingly challenging.

Recognising this as a recurring theme in people's lives, last year I created a program to address these issues in order to give people back the **PERSONAL POWER** missing from their lives.

I felt it was crucial to guide others toward their journey of self fulfillment by providing them the resources they need. The truth of the matter is that NO diet, pill, potion or immediate weight loss remedy will EVER provide you with lasting health.

The media has perpetuated the instant gratification model throughout the last forty years, at the risk of society falling victim to consumerism and a quick fix model.

Nature does not work that way. This is evident by the wondrous landscape, mountains, trees and forests which took hundreds of years to form. I reiterate that we are [Nature](#). You cannot create any **LASTING** health changes by a quick

fix. Reread that passage again until you have a deep understanding of it. Nothing **GOOD** can be acquired in a short amount of time when it comes to your health and wellbeing.

If you're currently facing health challenges, know it is a call to heal something within you which you have neglected or unconsciously repressed. Once you address these issues, there is a deep transformation at the level of the mind, body and soul.

If you desire to know more, download your copy of my eBook [How to Achieve Lasting Health](#) – The Four Step Program. The eBook shows you how to reclaim your health and wellbeing the way nature intended. There are no pills, potions, formulas or diets. You need only have an open mind, time and patience – for the answers you seek are contained within you.

## 37. TRANSCEND PROBLEMS

While I'm not suggesting I am bereft of [problems](#), the more I nourished and tended to my inner landscape; the easier my passage through life became.

So how does one arrive at this point? How can you allow the beauty and majesty of life to reveal itself to you in a similar way? How can you access the rich woven force of life, which is forever nourishing you?



The following is a list of ideas and thoughts I've found instrumental in my journey. They've worked for me and trust they may also impact your life in much the same manner.

Don't take my word for it. Go out and test these [principles](#) by incorporating them into your daily life. My suggestion is to start with one core principle until you feel you've got a good grasp of it. Remember, don't rush the lesson.

I remind you of the passage which advises us that *life is a great teacher – it presents us with the test before the lesson*. With that in mind, [personal growth](#) and wisdom MUST take place at the level of the body and mind. It must be incorporated at the cellular level – it should be breathed, lived and known intimately.

It's pointless quoting wisdom from a book or from a class, if you've never embodied the lesson. There is a scene which I'm sure you're familiar with in [Good Will Hunting](#) which echoes these words. So I offer the following wisdom in the hope that you may incorporate the lesson by living their truth. Once again, test the theory to experience the lesson.

### 1. Undertake personal growth daily

By personal growth I mean an endeavour which allows you to grow at the level of the mind, in a different way than previously. You might face challenges from a loved one who brings out the worst character traits in you. By growing, you begin to see that your loved one is mirroring back your insecurities. Realising that you are the outward expression of how others relate to you, inner growth is experienced.

## 2. Raise your consciousness and awareness

I've spoken about this in previous blog articles. When you raise your [consciousness](#) and level of self awareness, you invite a high order of energy to course through you. You transcend problems, since those problems are only apparent at the level of awareness and consciousness which created them. Albert Einstein said: "*Problems cannot be solved at the same level of thinking that created them.*" In order to transcend your problems, raise and transcend your consciousness. A useful analogy would be seeing things from a higher perspective, You're looking down on your problems instead of ensconced in them.

## 3. Respect your body and mind by living a healthy life

Honour your body as a part of nature. You are a living, breathing being with a soul and pure potential. When you live in accordance with how nature intended, you allow the infinite expression of life to pulse through every cell. Eat healthy, nutritious food which nourishes your mind, body and soul. Avoid toxic foods and substances which lower your life force and vitality. When you eat according to your genetic constitution, you activate the necessary DNA that brings forth radiant, abundant health and vitality.

## 4. Honour yourself and live YOUR truth

Much of the New Age mumbo jumbo is lined with metaphors and spiritual jargon that means little to incorporate into daily life. I also find it impractical at times wishing they would simply state how they want me to act.

Honouring yourself by living your truth states that you live in congruence with your highest vision of yourself. It means honouring your heart's desire by following those desires, without being influenced, coerced or swayed by others.

This may be the hardest advice to follow, since we're continually faced with challenges and obstacles which influence how we should act. The media continually advises us that we need to acquire things to be happy. This is the furthest thing from the truth and certainly a means in which to market to you.

It takes a great deal of self honesty and bravery to live your truth and become an example to others to do the same.

## 5. Really know yourself

By really knowing yourself, I invite you to understand and appreciate the duality of your [nature](#). Nature can be ferocious and yet calm, silent and serene. Knowing yourself asks that you connect with the essence of your spirit. Become attuned to the silent voice which resides within. Retreat into silence in order to commune with this voice from time to time. Only in silence can you tune out the monkey mind (incessant chatter) to discover the essence of your nature.

## 6. Work with the forces of life – don't oppose them

As human beings we have needs. These needs range from material wants such as a nice home, car and other luxuries. Our non material include [love](#), respect, acceptance (or validation) and understanding.

Often our ego intervenes advising us that we need more than what we have. It convinces us that we are lacking and that our neighbours have more than us. It tells us we should strive to seek more; believing that in doing so we will be happier.

Working with the forces of life, invites you be grateful and mindful of what you currently have in your life. In doing so, you invite more of the same frequency and energy. When we place demands on what we should have rather than what IS; we oppose life. In opposing life, we create suffering.

In order to transcend suffering, stop resisting what shows up in your life. ALLOW whatever shows up as a call for inner growth and your life's lesson. The [universe](#) is perfect exactly the way it is despite our ego mind believing we can do a better job.

Transcend means to rise above and go beyond a limitation or obstacle. With that in mind, next time you're faced with an insurmountable constraint choose not only to rise above it, but to go beyond the problem and see multiple, alternative scenarios.

Those who've achieved enlightenment talk about a consciousness which is non-linear; a consciousness which knows no limitations, no obstacles and is beyond time and space. It is my vision for you that you may call upon the same force when faced with such challenges in life.

## 38. ARE YOU RUNNING ON AUTOPILOT?

Consider this statistic; almost 90% of our daily activities are habitual in nature. You wake up, shower, brush your teeth, eat breakfast, catch transport, walk, drive or ride to work/school or other etc.

You do this without hesitation every everyday during the week without the slightest conscious thought. If I asked you to solve a complex [problem](#) or asked you to learn a new dance move or sport, you'd certainly engage a part of your mind fundamental to learning new tasks; before it became an [unconscious](#) habit.



The point I wish to bring to your awareness is that we engage in life unaware of how unconscious our thoughts and behaviours are. So what? You might ask. I'm glad you asked!

The point I wish to bring to your awareness is that we engage in life unaware of how unconscious our thoughts and behaviours are. So what? You might ask. I'm glad you asked!

When you fall into the trap of being on autopilot; you unconsciously carry out thoughts and actions which have been imprinted into your [subconscious mind](#) without conscious awareness. You REACT to situations which your programming does not identify with, since it's continually searching its data bank for stores references of such events.

To illustrate the point, let's say you had an argument with your sibling over a delicate situation. Your sibling over-reacted and called you a number of names which triggered an [emotional](#) retaliation. The situation is further escalated by additional hurtful responses traded between you, before one of your storm out of the room in anger and deeply hurt.

Family members know exactly which buttons to press when it comes to one another's emotional disposition. The truth lies in knowing that your reaction stem from the programmed beliefs and thoughts stored away in your unconscious mind.

When we're unconscious to our actions, we REACT instead of INTERACT

to the situation. Allow me to give you an example which sheds light on this. Some years ago my colleague and I were conducting a [health](#) lecture to the faculty of a well known university. We were discussing the disadvantages of drinking tap water to ones long term health.

A member of the audience took it upon herself to attack us, stating we knew little about the situation and there was no scientific evidence to support our statements. Aside from there being a plethora of scientific evidence this person **REACTED**, instead of **INTERACTING** with us.

After the lecture concluded, we approached her to discuss her stance. We discovered she was raised on a farm and drank tap water her entire life. She saw nothing wrong with drinking tap water, sighting herself as testament to this. She was overweight and I suspect had a host of related health problems. That's another story.

This person reacted to something which challenged her beliefs i.e. drinking tap water is fine. It challenged her [belief](#) instilled in her by parents that drinking tap water is good for your health.

So when we challenged that belief system, her initial **REACTION** was to attack those challenging that belief. Apart from being emotionally resilient, I've been subject to a host of similar challenges from people who are emotionally and mentally asleep. They run on **autopilot**, never challenging the validity of their ideas, belief and thoughts. I'm suggesting that you **TEST** your beliefs continually.

When a belief or idea is challenged, the tendency is to wage a war in retaliation; while not considering if their belief is valid.

These days when I conduct workshops, I cue the seminar by advising people that some of the concepts I present will challenge long held beliefs which may conflict with yours. Rather than attack them, reflect on them and go with the inner resistance that might arise.

I instruct them to conduct their own due diligence by testing my ideas and thoughts before discounting them as inaccurate, wrong or outdated.

In order that internal growth takes place, we must be aware, awake and receptive to new information that challenges our beliefs. You didn't challenge your current beliefs since they were formed at a stage in your life when (i.e. childhood) you were in a subconscious learning stage.

Furthermore they were impressed upon you by loved ones and authority figures. It may be suggested that we are not entirely responsible for the programming we received as children; yet we are responsible for our actions and the subsequent thoughts and beliefs we adopt as adults.

Next time you find yourself in disagreement with someone, stop for a moment before **REACTING** and consider whether you're playing out childhood programs or whether your words and actions are uniquely yours.

It takes a great deal of awareness and introspection to see that we may have adopted inaccurate thoughts and beliefs as adults and in effect, playing them out like broken records.

Ask yourself these questions next time you're caught in a battle or unsettled discussion with another person; *do I want to be right or do I want to be happy?*

Physiologically speaking, every time you oppose something or someone, you turn on your 'fight or flight' nervous system which is **REACTIVE** instead of being **INTERACTIVE**.

The message of this article is to invite you to suspend your beliefs by continually questioning them and come from a place of **INTERACTION**, instead of **REACTION**.

Let's remove the notion that someone needs to win and lose. Strive for win – win every time.

## 39. BEFRIEND YOUR MIND

***“Your mind is for having ideas, not for holding them.” - David Allen***

If you're like me, I'm continually drawn to catchy quotes which spark my enthusiasm to delve into the subject matter with gusto. The title of this article may also be called *“Making friends with your mind,”* for that's the premise of the discussion in the upcoming paragraphs.

People are often unaware of the how much thought is given to unimportant events in their lives. [Awareness](#) is pivotal in this context. When I'm engaged in mental tasks, my mind frequently wanders aimlessly.



As the pilot of my mind, it's my job to reel her in and tame her (I'm purposely calling my mind “her,” since I like to think of it as wild female stallion!).

Your conscious mind is a cross between a wild stallion and a chimpanzee; both wild and erratic at the best of times. The mind thrives of being in state of continual flux – and living on the edge. It is quick to make **assumptions** about the past and attempt to predict future; yet it has a disdain for being in the present moment.

Ask yourself this question, *“what am I going to think next?”* and you'll quickly see how challenging it is to stay in the present moment. The truth remains crystal clear – you don't know what the future holds, although your mind likes to draw conclusions based on historical information.

The [mind](#) is a store house of data. It is suggested that we rarely engage in conscious thinking, rather we call upon our storehouse of information. From age's two to six, you're in a [subconscious](#) learning state. Your adult thoughts and [beliefs](#) are formed during this impressionable age.

You don't see the world as it is; rather as you are. Subject reality is the term given to describe this state of being. It is subject to the experiencer viewing the world through his or her lens. These lenses are filters from which you create your present and future experiences.

The following are helpful exercises to befriend your mind. The key to fully understanding new concepts lies in embracing the learning by experiencing them. Engage with any teaching until you have a complete understanding at the cellular level. You must become the **embodiment** of that which you seek.

### 1. Observe and be mindful of your thoughts

Watching your [thoughts](#) means that you DON'T engage with them through validation. For example if you have a thought that says "*Karen you're so stupid, why do you keep doing this?*" your mind will search its database for evidence to substantiate the thought. If you performed this action in the past your mind will draw on that experience, thus confirming your thought.

In order to circumvent this, use a neutral thought such as, "*Isn't that interesting.*" This thought is observational in nature and does not require the mind to seek answers. The premise of this suggestion is to continually state and ask empowering questions.

### 2. Don't judge or label your thoughts

Labelling or judging a thought is merely that – associating a good or bad label to it. When you label or judge a thought you're categorising the thought as either good or bad (without the risk of stating the obvious). If it's a bad thought, your mind will create a disagreeable association.

In doing so, it associates the thought with YOU being BAD, since you're the creator of the thought. Shakespeare said: "*There is nothing either good or bad, but thinking makes it so.*" With that in mind (pardon the pun!) allow your [thoughts](#) to flow in and out of your mind like calm waters.

A novel approach to becoming adept at this process is via silent witness using meditation. Find some quiet time and observe your thoughts for ten minutes or so. Imagine the thoughts akin to a river and call up an image of a serene river flowing in your mind; linking these with your thoughts.

When you create this scenery, you're inviting your mind's faculty to disassociate any MEANING to the thought. In terms of the river analogy, this would mean water flowing in different directions or changing intensity at times. To the observer, there is nothing wrong with this change – just observe by not engaging with the thought.

### 3. Replace the old thought with a new one

It's vital that you create new and empowering thoughts while cancelling out the undesirable thoughts. Allow me to demonstrate. If you're continually sabotaging your success to find a suitable job or career, you might be engaging in the following thought, *"I'll never find the job I like. All the good jobs are taken."*

When this thought appears rather than engage with it, observe it and then replace it with an empowering one like, *"the perfect job or career is making its way into my life in an easy and effortless way"* or *"I am attracting the perfect job or career in an easy and effortless way."*

It's essential that you cancel the limiting thought and replace it with a new one so that your mind has a NEW frame of reference for the future. You're training the mind by giving it a new stimuli and removing the old one.

Persist with this exercise, since it takes time to see the benefits of your hard work. Three weeks or more is a good period to begin to see initial results. I've been practising these techniques for over seven years and occasionally stumble when a stray thought enters my mind.

### 4. Question your thoughts

Just because you're having a thought doesn't mean you need to identify with the thought as the REAL YOU. Question the motive of your thoughts. If you entertain thoughts of lack and wish to attract prosperity, it stands to reason that you question any limiting thought around poverty wouldn't you?

When you engage in thoughts such as *"I'm poor and broke and will never amount to anything,"* cancel the thought by questioning and examining it. Engage in a conversation with the thought as you would a friend.

You'll soon notice a pattern or theme to your thoughts. Knowing this pattern, you're suitably equipped to tame the **thought process**. This is akin to knowing how your friend behaves in their worst state and similarly how they act when they're at their best.

Armed with this information you can safely navigate your way out of imminent danger by not falling victim to your thought process in the future.

The more you work with your thoughts, the more they'll serve you. Your

ultimate goal is to *befriend your thoughts* and become attuned to the natural rhythms of your mind.

You become mindful and aware of your thought process by not falling victim to out of control thoughts.

**Awareness**, patience and resilience are required to master your mind. In due time, you'll find harmony, balance and an unwavering peace and solitude that no outside disharmony can unsettle.