

FAITH FINDERS

by

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Sometimes people deserve to find faith.
The Dark Knight

Have you achieved some of your dreams and goals and expect to achieve more, or have you give up the unequal struggle, and settled for whatever you can get? Do you think that life is wonderful and full of happiness, or find it too much of an effort and can't be bothered anymore? Answers these questions truthfully and if the answer is the latter, then you need "Faith Finders" to believe in yourself again.

Do you deserve to seek changes in your life? I doubted that it was possible. How could "a leopard change it's spots?" Surely real and lasting change is impossible.

Well I'm living proof that it isn't. You can change your life. I have. It takes effort and dedication to do it and sometimes you catch yourself backsliding. How do you do it? The missing key is faith. Believe you can and all is possible.

My life had become purposeless. Going to a dead-end job everyday, which brought in little reward monetarily or spiritually, life went on in its trivial way. My father had died and a five-year long court battle ensued, with the ugly stepmother. After this was resolved I had to look long and hard at my life. Why was I here? To go to work everyday endlessly? To socialize with family and friends endlessly? According to most lives this seemed to be the purpose. To work, have children and exist until an old age when life suddenly finished. I realized that my mother had died at 48, so you were lucky to have an old age. I thought, "Face reality now or you might never even get to face it".

But what could I do? Religion preached of an angry God who if appeased would allow you into heaven. Was this right? Were there only the two alternatives: live life always looking over your shoulder in case you stuffed up, or live life aimlessly with no belief in anything, except maybe science helping you to lead a better life in the future.

There had to be another way that lead to happiness and fulfillment. There had to be a way of peace and light, that people could lead, and end up in a balanced and centered life. Surely if there was a higher power he wouldn't want a life full of sacrifice and asking for forgiveness. After all what were we perpetually asking to be forgiven for anyway? Being ourselves? Most people were constantly striving for a better life for themselves and their children, so why ask to be forgiven for this?

My only way forward to find the answers to these questions, was with faith. I had to believe the still, small voice within me, telling me that answers were possible. To then believe the answers when given, and use faith in myself to apply these answers and incorporate them into my life. Everyone when asked what do they need most in finding the answers to life, must surely reply, "More faith".

I was looking for guidance to understand myself and the direction to head in. The key of faith can only be used with an open and receptive heart. The road to this is through a peaceful mind and relaxed body. The ways to open the doors forward in life, were being gradually shown to me. Through openness and peacefulness you become a receptor of the answers you need in your life. Through faith you begin to believe those answers and directions you are being shown.

Drawing the guidance towards you and having the balance to use it, is what will change your life and when you are ready, bring the rewards you are looking for. You will feel the energy return to your body.

I was passing someone a piece of paper, and we both got an electric shock from it. That's your power returning. Knowing what to do from within yourself, that's your peace returning. Feeling in charge of your life again, that's your faith returning.

Faith will take you back to the simplicity of life. In this sophisticated age, simple has come to mean untrue and not good enough. If something is to be useful and true, it must be scientific and complex, filled with logically tortuous statements that fill the reader with awe. We are lead to the conclusion, that nothing at a basic level could ever be believed.

Faith has lead me to the understanding that simple is best. The more convoluted the explanation, the more questionable it becomes. Lead your life back to grass roots, as this is what all thirst for.

From there anything is possible. Go forward to a life full of happiness and abundance. This is what I have always chosen for you and that you should be having. Just have the faith to live it.

The mind can only proceed so far upon what it knows and can prove. There comes a point where the mind takes a leap – call it intuition or what you will – and comes out on a higher plane of knowledge. Albert Einstein

FAITH – WHAT IS IT?

1. Religious faith

“People of faith seen as nutters, says convert Blair”, screamed the headlines. Tony Blair was on the brink of announcing his conversion to Catholicism whilst on a visit to the Pope, until a last-ditch intervention by Britain's Catholic leader.

His comments were made in a BBC documentary, “The Blair Years”, in which he said that religious people who speak about their faith are viewed with suspicion and regarded by society as nutters.

He had already told aides that he intended to convert to Catholicism and was believed to have been planning the visit to the Vatican in June, as the perfect opportunity to announce the momentous step of becoming the country's first Catholic prime minister. But he has since put his plans on hold, despite leaving office, because of fears that it could jeopardize his work as an envoy in the Middle East.

The Telegraph, London November 26 2007

Faith has become a dirty word in modern life. It is a word rarely used today, except to describe some political or religious belief that leads to fanaticism on the part of its followers. Faith has been linked to religion and as such regarded with great suspicious.

“The faithful” whether its followers of a religion or even a political party are always a band of fanatics, who will do anything to promote their views. Even to the extent of killing non-believers or those of a different political creed.

“Keep the faith” is a catchcry amongst certain sects. It leads to superior thoughts by the faithful, whereby most of society is shut off from the rewards promised to these faithful as they are saved and all else damned for eternity.

As soon as the word faith is uttered people switch off and automatically think negative thoughts about the message. “Faith is not for me.” The word faith leads to superstition and fear. “No sane person listens to anyone who preaches faith. My advice is to switch off and walk away as soon as that word is said.”

With so many negative messages being heaped on the word faith no wonder everyone is reluctant to use it. Other words are substituted such as “belief”, “loyalty”, “conviction”. Faith implies adherence to a belief because of personal conviction, without any proof.

Is proof always necessary in everything? Does the word faith always have to be automatically linked to religion?

We need a huge number of unusual events for single-cell life to evolve. When I look into space there is no explanation for what I'm seeing.
Professor Ian Pilmer

2. Personal faith

New Orleans, 1st September 2008

Residents knew their decision to leave was the right one. The forty or so people boarding the bus were embarking on a journey of pure faith. They did not know how long they would be gone or whether they would have anything to come home to. It would be many hours before they even knew where they were going.

New York Times

Sometimes our journey is unknown to us at the time of making each small decision, we are called upon to make everyday. Eventually the bigger picture manifests itself, and we realize that each decision that lead to this place in our lives, was a combination of all those small decisions made earlier. We didn't know our final stop, but we had to make each of those smaller choices, in the faith that the ultimate result would be the right one for us now.

That's faith and it's all humans have to live by. When fear is overcome, faith stands as the shiny beacon to be used as a tool for change. Ultimately, when all else is lost, it's all there is. You and faith that's everything.

Find faith is yourself and the world and that's the bigger picture of life. There is nothing else.

Faith is a small word that does signify life itself. Without faith in yourself you couldn't exist. You must have faith in your existence before you can function adequately and even commit to living a normal life. Faith is needed to take the smallest step forward in your life, and even start to believe you can lead an abundant and fruitful life.

You must have faith outside yourself, that the world will continue to exist no matter how much it is abused, to continue living and trying to make changes. You even have to have faith to believe these changes can make a difference. Otherwise there would be no positive energy, only despair.

But is that all there is? Just yourself and your world. If that was it there could be no forward movement. Look outside these for a moment. Great forces are at work, both within your world and without. You have never seen your universe but you believe it exists, and that many others do as well. In fact you are told they exist ad infinitum. Existence in fact is infinite.

What faith you must have to believe in something that you have not seen. But that's the greatest faith yet. Knowing you are part of this infinite and yet have a role to play. In fact, the greatest role, as you are Me in a human form. Pure energy and power. This knowledge then leads to total faith and realization that the one is the all, and you consequently do matter and you can make a difference. If everyone had this spark of faith, think of the consequences to the world.

In reality faith is the most positive word in any language. It symbolizes the power of positive thinking. It's the greatest source of energy for change. Faith is the most complete picture of life.

Let's look at how without faith no one could function. Even to get up in the morning you must have faith to just get out of bed. You have to believe that you can lift your body up and function within the context of the day ahead. Without faith you'd be lying in bed all day unsure of any action whatsoever.

Eating breakfast and indeed any food during any meal requires an act of faith. The cereal or eggs are passed by the food authorities and won't kill you. You haven't ever seen the papers verifying proof of this but you've always been taught that it's so and have believed it since childhood. Indeed having to prove everything before you do it would lead to a totally non-functioning life.

Your car starts, you use your legs and walk or catch public transport. Either way you usually get to where you're going. You could be killed or injured on the way, but as you don't know your choices in advance, faith means we assume that we will reach our destination. We will even complete our day's activity and return home through faith.

So our lives continue with every second of every day totally dependent on faith. Otherwise we're agrophobic or clinically depressed and can't function. Even an agrophobic must have some faith that the house they're clinging to won't collapse.

What's happening to human kind? Trapped in a world where everyone feels as though they are unique and special – different from the person standing next to them. They speak different languages, have individual goals and backgrounds and are various skin shades. Surely because of this people really are totally unique and therefore, separation will always be the trend of this world.

This has always been the assumption and each individual and country has acted separately. The world has been run by a group of sleepwalkers, who have forged ahead, regardless of cost to the individual parts or the collective whole. This is only seeing the small picture.

The truth is very different. Yes people all have a unique DNA pattern, but dig deeper than this to find that motivation is the same for all. All are looking for health and wealth which will lead to the mysterious and illusive happiness. To catch this illusive need, means that the earth has to be sacrificed to fulfill each individual's goals. Working longer hours, driving to this work, increasing use of water and power to fuel this work, leads to endless demands and ultimately ends in civilization on the brink.

All of this because we individually sought happiness? It's impossible. It can't be, but it is.

How can this be remedied before it's too late? The earth becoming unlivable because of individual lack of fulfillment and constant need to have what everyone else is having.

How can we act globally when we are all separate and all wanting the same scarce resources to fulfill ourselves?

How can the future be peaceful when no one individual or country can decide on an appropriate course of action?

With this scenario how can individuals not be anxious about the future and suffer depression in their lives?

What can we do and what's the missing ingredient of our lives?

SIMPLY FAITH

Take the first step in faith. You don't have to see the whole staircase.
Just the first step.
Martin Luther King

There's that eureka word again – faith. I suddenly realized that faith was the bridge that linked knowing who you are and attracting what you really want. It's the power to change your life. This was the missing link. You can meditate for years and peace does start to pervade your life. This then leads to gradual changes within you. Physical exercise can also change your outside, which leads to positive mental and physical flow-ons throughout your life.

But nothing happens quickly- except through the sudden realization of faith. Begin to have faith in yourself and who you are, and then this cyclone is unleashed. It lashes every corner of your life. Suddenly friends are ringing up who you haven't seen for years wanting to see you. \$10,000 is in your bank account from an investment that seemed so small at the time that you had totally forgotten about it. A huge problem that has been pressing on your mind is suddenly resolved in the best possible way. That's what you've been waiting for. It's a vindication that through all the years of self doubt, that you were always going the right way. Even though you didn't know it at the time. Often you doubted it, but when faith entered your life no more. That's faith in the power.

“Sometimes people deserve to find faith”. Well you deserve it. You've worked for it and here it is.

In the end there's only faith. You're standing at the crossroads of life. You want to change your life but don't know how. Things aren't going well. You hoped they would go better. The grim economic outlook is affecting you. The stockmarket has crashed and your life savings have gone. The global economic crisis is upon you.

You're trying to be positive but vague fears keep leaping to the surface. “Keep a lid on those thoughts”, you keep thinking. I want the best, I want my life to improve. Why am I in this perpetual cycle of fear and uncertainty? Why can't I break free of these nameless doubts?

You're looking at yourself and your life very objectively. From here you've got to take some positive steps to change. How are you going to do that? What else is left but faith? Faith in yourself, faith in life, faith that things can be turned around.

You've got to use the only keys to change, that you possess. You've got to unlock your faith power. You've got to be able to harness this power and use it to rebuild your life, from the ground up if necessary. From ground zero the only way is up. Unlock that faith from within yourself and use this power, through all the following keys, to make the necessary changes to your life.

Keys to unlocking your faith power

1. Faith in yourself
2. Faith in a higher power
3. Faith in change being possible
4. Faith in trusting the choices that lead to change
5. Faith to know what you want
6. Faith to receive this abundance
7. Faith to give thanks for your choices
8. Faith in love
9. Faith in forgiveness and getting rid of anger
10. Faith in acceptance
11. Faith in overcoming your fears
12. Faith that you can put your difficulties to work
13. Faith in healing

If you go to any meeting of Alcoholics or Overeaters Anonymous, one of the first things they will tell you is to get some form of belief. Belief is faith in action.

1. Faith in yourself

If you're operating entirely on your emotions, which 90% of people are, your life will be out of control and you'll have no self belief. Your life will be a rollercoaster ride of highs and lows. The drama of life and an addiction to this drama will lead to more and more difficult situations in life. You've become your emotions and you're being dragged along by them. You are unconsciously immersed in what you think to be true, and from here are automatically creating for yourself more of the same.

You might tell yourself all the time, "Yes, I can do this", but underneath your emotions are going crazy and there's no way you can properly do what you're trying to achieve. Your life is awash with emotional thoughts and these are mostly negative at that. Your energy levels are being blocked by this negative emotion. What can you do?

- a. Practice relaxation of your mind and body, so that your low energies can be unlocked and you can gradually gain an increase in your energy levels.
- b. Become more aware of yourself and your emotions. Step back and look at your reactions more objectively.
- c. Look at the function of your right and left brain.
- d. Only 5% of your brain is conscious. Whereas 95% is subconscious.

a. Relaxation

Quantum physics - “At a quantum level (between 10,000 and 100,000 times smaller than an atom), everything that exists in the Universe is energy, vibrating or oscillating at different rates”.

So you are pure energy and unless you introduce some form of regular relaxation into your life, your body will end up with energy blockages. These low energy levels mean that your life will become increasingly unbalanced. This will result in a diseased mind and body.

How do you bring peace into your life and consequently unblock and increase your energy levels? Peace only comes through relaxation, which then flows from your body into your life. This makes for a peaceful, contented and high energy person.

Relaxation and the contentment that flows within and without must be a choice. It doesn't come naturally in our society. Western society is one where the choice is noise, drama and stress. You've got to work at relaxation and negate societies choices. When you decide to carry the peace always within you, that goes with you throughout your busy life, then you have chosen relaxation.

Everyday set aside 5-10 minutes night and morning. You think this can't be done, but everyone has studied to achieve a better life, whether at school or later, with children or without, working or not. You fitted it in. To increase your happiness quotient you have to be prepared to work at it. You have the capacity for contentment within you, but have forgotten long ago how to draw out this inherent quality.

Get up 10 minutes early. Take the phone off the hook and turn off the television. Use your lunch hour and travel time. In fact make use of any spare scrap of time you have.

Firstly relax your body. Just sit back in a comfortable position. If you're in a train, tell yourself it's comfortable and it soon will be. Put your feet on the ground and start to rotate the ankles so they become nice and loose. Then let the looseness move up your body, through the ankles to the legs. You'll feel it slowly moving up to your upper body. Your body is relaxing and you're slowing down. Just take in four deep breaths and slowly release them. Rotate your shoulders and then drop your hands into your lap. Now you can feel your heart rate slow. Work on your head and neck moving them clockwise and anti-clockwise. Your body is finally relaxed.

But you've still got these rushing thoughts. Thoughts of the day ahead or of the busy day that's past. The constant demands that have to be met and the never ending decisions that need to be made. Your brain needs to slow down from this rushing surf into a millpond. The first thing you need to know here is that an overcrowded and unrelaxed mind, will only lead to bad choices. Whereas one that is rested, will provide easy answers to all your questions.

After this realization, think of the most peaceful place you know. It can be a real place or merely from a magazine. Here you are – beside a stream, swimming in a lake, skiing through a valley or just sitting in a garden smelling the flowers. Dwell in this place for a few minutes and you'll come back to the noise and reality totally refreshed, bringing with you that inner core of peace.

Give thanks for a relaxed body and peaceful mind and use this to increase your confidence and bring balance back into your life.

b. Detachment

The only way for you to know how others see you and consequently be able to stop your purely emotional behavior is to step back and look at yourself through others eyes. It's a hard thing to do as people tend to see themselves from an optimistic bias. From this bias all behavior can be justified.

Men tend to think they're right because they see things from a “business perspective – only women are emotional”. Then if someone doubts the stand they're taking on an issue they think, “Everyone is picking on me and I'm only being honest and taking the right approach”. Even if only a few people think you're wrong, open your mind up to the fact that you could just be wrong – and not only this one time. Admit for once that you can also be fallible and stop having to so aggressively defend your viewpoint – it could be wrong you know.

Women tend to take the blame more easily, even if it's not necessarily their fault as they are the world's peacemakers. They might know that really they were right, but take the blame as it's an easier approach. If you're doing this, stop being a martyr here. See the facts squarely and know when you're being emotional about a situation. At least you can more easily see and admit this, as your viewpoint doesn't have to be as aggressively defended.

The optimism bias leads us to smugly think that underneath, “We're basically a good person. Maybe not everyone agrees, but they don't know our real nature”. Even if occasionally you take your anger out on others, by tailgating or yelling at a stranger, or someone close, that's only being human, and you're still underneath a good person. Just detach yourself for a moment here. Weigh up your times of anger and frustration and compare them to your times of peace and contentment. Which tips the scales here? Let me guess. Remember which one is taking up the greater part of your short life. Are you happy with his situation?

We spend our whole lives rationalizing our silly behavior. It's always, “I did this but it was an accident. I didn't mean to do it. I had to do it. You left me with no choice”.

Just look at how righteously we justify using a hands-free phone in the car. We conveniently overlook the fact that we're still four times more likely to have an accident. (British Medical Journal). We always think that the risks that apply to others don't apply to us. We can handle it.

We are quick to judge others for their “irrational” arguments that justify their actions. We, of course, can see things more objectively and have more facts at our command. We can easily spot bias in others, but are incapable of seeing it in ourselves.

One of the most important aspects of development in life, is the ability to see yourself, other people and the world through additional perspectives. This is the ability of detachment and being able to see the bigger picture.

As children everything is about me. We are egocentric and unable to see the perspectives of others. When we move to the next stage we are aware of our social group and take into account others beside ourselves. This stage of life too is limited, and hopefully later we are able to move to a higher perspective of life, whereby we are able to see beyond just ourselves and our small social group, to a more world-centered view.

Our bias will automatically delude us into thinking that this is the case with us, but the more we see things as separate, the unhappier we'll always be. Conversely, the more we realize everything goes together and depends on everything else, the more liberated we'll feel and the more successful we'll become.

Many adults never move beyond that egocentric stage. So if you still only think of yourself, that's exactly where you're stuck and you'll have to look into why you're stuck there. There are many 48 year old teenagers charging around.

So after seriously judging yourself, you can truly say you are a world-focused person, aware of your links to others and the needs of others. You need a final step here. You need to step back here and become the viewer of your life. This will give you more control over your feelings and reactions. Instead of being that angry, irritated person who's watching their life spiral out of control, you now still have that angry feeling but can stop it before it consumes you. You have it but it's not totally controlling you – you suddenly are aware of it and can consequently take steps to control it.

You can become the arbiter of your destiny. You suddenly have strategies that you can use throughout your life at your fingertips. You're no longer a helpless victim of your emotions. Step back and see them for what they are. You are the powerful force in your life.

c. Look at the function of your right and left brain

Psychological research shows that at twenty-five we are pretty much set in our capacity for happiness. Yes you can keep telling yourself that you're going to change and think more positively, but strategies have to be in place to do this – to really have faith in yourself.

Our past behavior can using predict what our lives will be like, using facts and logic. That's our left brain coming to the fore and as it's the dominant hemisphere, so it's usually how our lives will continue. Research has found that greater activity in the left cortex, means more positive moods. So how can your life be altered, by turning your thoughts from negative into positive?

Relaxation leading to a quieter mind is the key here. Studies have shown that this leads to increased activity in the left brain. Total relaxation of the mind can be brought about through meditation.

Just spend initially five minutes a day quietening your life. Just sit somewhere peaceful where you feel comfortable. Breathe deeply and allow your body to relax. Tense your muscles at first and then let go. Start with your feet and legs and move slowly up your body through your torso, shoulders, arms and up to your neck, face and head. Allow yourself to fall into a regular pattern of breathing. Breathe in on 1-2-3 and out for 1-2-3 for five minutes night and morning. It's a small thing to do but will change your life, as your brain will tell your body you're more relaxed and you'll notice it in every corner of your life. This is a good starting point for change as being able to physically change your thoughts into more positive channels, has got to be a great springboard on which to base your life.

So you're altering your analytical thoughts, how then do you bring into play the more creative and intuitive side of the brain – the right side? This side is the one to get you into touch with your higher self, so that real changes can be achieved. This is your faith side.

Being ruled by your left brain, means you're no risk taker and your whole life is only logic and detail orientated. You'll always dwell in the past and expect this past to control your future. You'll never be able to trust yourself enough to have faith in yourself and from there go onto believe in the bigger picture of life.

Getting into touch with your higher self, is the way for you to become a future-orientated person and to stop dwelling in the past. Giving yourself some me-time and becoming a more relaxed person will certainly help your quest. Your brain will have room for thoughts other than the everyday. Bigger picture thinking will come more often into your mind.

Another interesting way to activate your right brain intuitiveness, is by using automatic writing. This is where you actually use a pen and paper to record your thoughts, so you can access and dwell on them throughout your day. You will have many questions you've often thought about but were afraid to ask, as you never expected an answer.

At the top of the sheet of paper write down:

USE RIGHT BRAIN

You are going to write under this heading. As the right brain controls the left side of your body, you have to use your left hand. Writing with your left hand will be difficult, unless you are already left-handed, at first but just take it slowly and easily.

I know you will have thought of many questions, but don't ask everything at once. Start with just one earth-shattering one such as:

WHO AM I?

Could you really find this out? Well try it. This is where I started and have never looked back. But how can you trust the answer? How will you know it's not just you answering? Well it is you answering – the you of your higher self. The you that knows all the answers. The you that is God. This belief will gradually begin to dawn on you. From here you'll trust your answers more and more and belief rapidly follows. In fact when you find your questions being answered before you even formulate them, then you'll know you're truly in touch with your intuitive side.

This increased trust will of course lead you to finally have faith in yourself. You've pushed yourself out of your comfort zone and discovered the faith you never would have believed you had.

d. Using the other 95% of your brain

Everyone is so used to using such a tiny part of their brain, that they don't even realize that there is another untapped 95% available. This is the subconscious which holds all the answers from your higher self. This subconscious is your guide throughout life, that leads to problem solving and decision making. Even when the facts are all on the table, what you finally decide to do with any problem does come with a grain of intuition at least. You might argue and argue with yourself to find the perfect answer, but how often are you told to sleep on it and there's the answer.

So how do you access this untapped potential?

The keyword here is sleeping on it. That means we're slowing down our brain waves.

1. Delta waves – 0-4 Hz are slowest during 3rd to 4th stages of sleep
2. Theta waves – 4-8Hz are when we're falling asleep
3. Alpha waves – 8-12Hz are when we're relaxed and alert. These decrease with concentration or busy activity.
4. Beta waves – 12-26Hz are during high stress or when we're busy or anxious.
5. Gamma waves – 26-80Hz are during problem solving or higher level concentration.

The brain can produce a variety of these waves at any one time. High beta and low alpha thinking is in times of depression and high stress periods. These are times of muddled thinking and wrong decision making. Most people's life is stuck in beta mode. The optimal brain times are when the brain and body are relaxed and alert. This is when the best life decisions are made.

Many go through life with the belief that to achieve any success in life, requires ruthless ambition and struggle. Intense busyness is necessary to achieve any of your goals. By the time this success is reached, you'll wind up exhausted and unhappy because your life has gone out of balance. Your whole time and energy have been so consumed for such a long period, that your life will be totally out of harmony and you will have negated all you set out to achieve.

You have to put yourself in harmony with nature and realize that forcing energy through aggressiveness and competition will only slow your progress. Unwavering faith in yourself and never giving up is an unstoppable force. To have this faith in yourself you need to calm your body and mind. You are already spending five minutes a day calming your body through breathing. Just add to this mind relaxation. Sit for a few minutes in a peaceful place and if you can't do this, sit your mind in this place. Think of the most beautiful and restful scene you can remember from life or print and return there whenever you need to. It's serene, soothing and so settling.

Use this hidden strength of inner peace here. This will access your alpha waves and from there your inner self. Increased peacefulness will give you increased brain activity and consequently alertness. Your questions will begin to be answered before you even ask them.

2. FAITH IN A HIGHER POWER

What science calls energy
Religions call God
Therefore all is energy
All is God
The essence of God is love

There are many religions in the world. Each has a messenger or prophet upon which the religion is founded. They are usually a mixture of superstition and myth, which of course can be used to justify any human action - terrorism being the most blatant example of religious zealotry at its most lethal. Religion throughout the ages has been used to bind society together using the fear factor of death. Wars have been justified as being fought with "God on our side". Pity he's always seen to be on every side, according to the opposing side's religion. Is our grasping at straws to justify our actions anything to do with a higher power? No. Religion is human, spirituality is divine and transcends religion.

In the end there's only you. You are the energy source, you are God. No matter how little you know, or even how little you think you have faith to believe, the next time you need answers to life: be still! Stop all feverish activity instantly, and go to your place of sanctuary. This can be somewhere that you've stored up within your mind, or a real place that stops the constant drone of noise. Breath deeply in and out, and start to relax.

A scientist plagued by debts, chronic illness and a nagging family once sought sanctuary desperately. A friend had told him that if he repeated his heart's desire 13 times he would get what he wanted. He didn't believe him of course. How could a man of science believe that sort of hogwash? But he was desperate. What else was he to do? He had no money, no strength left and they were to be out begging on the street very soon. He was a failure and felt totally deserted. He had tried everything. He had begged for his job, begged for some money and in the end thought, "What have I got to lose?"

As he entered his quiet space, he began to think of what he really wanted. Money? Health? Another wife? A new job? A house? He kept repeating over and over, "If only I could know what to do". What was his heart's deepest yearning. In a trance-like state he kept repeating this prayer/mantra over and over 13 times. Then suddenly welling up from the deepest recesses of his mind came the cry, "O God, I beg you, enlighten my mind and let me invent something very great to further human knowledge". Amazed he realized this was his desire of desires. Knowing at last his power and direction, Galileo went forth from his sanctuary and began the experiments that lead to the invention of the telescope. He knew he had gone from that small person who seemingly lacked all power in life to a visionary.

You are the energy, you are God in a human form. Maybe you aren't a great scientist or inventor but we all can make a difference. We can all connect to that higher energy source and know the direction for our life. Your desire may be achieved with just a smile and chat to a lonely person next door, or a helping hand to remind others of our link to each other. We are one.

3. Faith in change being possible

We've forgotten what it is to be great. We've become small - "This is Civilization" BBC TV

Do you want to change but have almost given up on it being possible? Most of us at some stage of our lives have become trapped in a web of our own making. We have lost sight of the bigger picture of life. We've become so trapped in the smaller pictures of our world (suburbia, work grind, domesticity) that we've forgotten that a bigger picture can and has existed in life. The fight for our basic freedoms has existed now for at least sixty years in western society and people have forgotten what a huge struggle it was to win these rights. They are taken for granted and made people small in the process. The most we can want is a bigger house and a better partner. Consequently to make our lives more exciting, we are continually inflicting some sort of suffering on ourselves without even knowing it.

Let's look at some likely scenarios.

a. You're overreacting again. You've lashed out either verbally or even physically and have created a bad situation either at work or at home. You didn't mean to say what you did and you now regret it, but unless you start doing something about this now you're going to end up ostracized and alone. The only hope for you is to believe you can change and act on this.

b. You find yourself continually ending up in the same life situation over and over again. You're obviously creating it but don't even realize how you're doing this and consequently how you can alter the pattern. For pattern it is. Maybe the people change, but always it's the same outcome. You're attracting the same friends. You think they like you, but end up just wanting to use you. All your relationships are ending up like this. Is it my fault? You've got to look at yourself and your actions closely to find out what's creating this recurrent situation. Then believe that you can go on to create a more positive outcome for yourself.

How do you put your faith in change being possible, to work?

Look at:

1. What problems have I got?
2. Do these keep recurring and if so why?
3. How do I usually react to a stressful situation?

Angrily

Blaming others

Beating myself up

Having a drink/drugs to forget it

Running away and avoiding it

4. How can I start to deal rationally with these problems?
5. Looking at my fears and anxieties. You need perspective here. Is it going to kill you? Or is it just stopping you from enjoying your life?

You're choosing the situations that are creating the anger and anxiety and you're choosing the response as well. You can both change the situation and the response. You can go placidly amidst the noise and haste and it won't touch you.

Changing the situation

I found myself being the victim.

I was becoming accident-prone. One health problem would replace another in quick succession. I realized in my weakened state that I was attracting this.

I was at the mercy of my relatives. They could manipulate me through guilt always. If they said, "You're being unfair and neglecting our needs", that was the trigger to subjugate my own needs and run to help them/give them money.

I was at the mercy of my job. I was so afraid of losing it, the money from it and social status of having that job, that I found myself working all hours and sacrificing myself to the needs of the corporation.

I wasn't good enough at anything. I needed to work twice as hard at anything to succeed. I needed to look twice as good to find love. I needed to focus totally on my children as they reflect my life and everything must appear perfect.

I had become the total victim of life. Could I let this victimization be allowed to continue forever? I always felt fearful and strangled because of it. But the pattern had developed and how do you change a pattern?

Are you this perpetual sleepwalker? Fearful of your own shadow. So afraid that the tyranny that is your life, will just automatically continue. You always hope it will get better when you retire/when the children are older/when you're feeling better/when you find a partner. But really it never abates.

This is when you've got to step back and ask, "Do I really want this situation to continue?" The answer is always "No. I want to be in control of my life and be creating happy situations for myself".

Who really is in control of your life? Is it some unseen being, some outside force, some person using the power of guilt or is it you? When you finally realize it is you, then change can start.

Who are you anyway? Some frail snowflake blown around by the wind or some perfect being who is creating their life scene by scene. You are one with Me and linked into that eternal energy source. Nothing happens by you or to you that is not your choice. You're creating the daily life dramas, to elicit sympathy and to blackmail others to do your will. This in turn creates frustration and resentment in both yourself and that other person.

You're always conjuring up the fear of losing your job. It's with you night and day. "I'm going to lose my job, I'm going to lose my job". Ok if that's what you want so much it's gone. You've lost it! You always get what you want.

You're never good enough. Disabuse your mind of the old-fashioned notion that birth has any significance at all in our world. You are capable of doing what you want and going as far as you want in your life. Allow yourself to be held back by your mind and you will be. Think a little less of the impression you are making on other people and you will be a wiser and happier person. Focus on your assets rather than faults. Say to yourself ten times before going to bed every night, what you want to become your reality and it will be.

Changing your reaction to the situation

I found myself becoming an emotional wreck. I'd always react habitually to a set situation. The pattern of my life was established.

The act of observation. Many times I've found myself starting to react in the old way when something happens. Suddenly I've seen it for what it is and I've stopped myself. I've stepped back, realized the pattern and altered my reaction. This is you, choosing a different path and changing your life to one of empowerment.

Know that certain things you can't change and decide for that to be ok. Each person is responsible for their own life. They make their choices. Even though you might think that choice is wrong for them and argue your point, ultimately it's their choice. This applies to so many situations. A person marrying the wrong person, a child who is now an adult making a decision that you think will badly impact on their life. Argue your point with them, but know that even if their life ends up in the wrong direction, you can't alter their decision. It's up to them. Don't keep interfering as really you only have control over your reaction to the situation, not theirs. You can't change another. It only leads to regrets and suffering for yourself.

Just let whatever happens be ok with you and stop reacting to it. Even if the ultimate outcome is death/suicide for that person, they choose this outcome. Nothing happens to you except by your own choice. You will probably never know why this happened now but ultimately you will know, when you are enlightened by seeing the bigger picture at the end of this life. Energy never dies, all is energy so you're never separate during or after this life. You can't kill or destroy energy.

Stop living totally in your emotions. A situation arises, your blood pressure rockets and you lash out. You're angry and may be in tears. You're out of control and hear yourself saying things you'll regret. But you can't help it.

Allow this to continue and you'll always be at the mercy of your emotions and be in a depressed state. You've lost control of your life. The only thing to do here is step back from the event. Give yourself five seconds to calm down and assess the situation. Look at yourself. You're about to verbally lash out again and you don't want to. See it for what it is. "Why are you doing it? (curiosity). Here I am again in the same groove. Do I want to be or can I do something about it?" You don't even know it but you're trying to perpetuate the same old beliefs of yours. It's comic. It's slapstick. You're making your life into a joke. Take control here.

Suddenly you're looking at this impending fight with new eyes. The feeling is melting away. Defending these old beliefs is making you unhappy and for what? You don't always have to defend yourself. Choose another response. Have faith that you can change.

"Stuck in traffic, I hated the SUV tailgating me from behind. I stuck up my finger and we both stopped. Out we got, screaming at each other. Suddenly, I looked at myself and realized I was only creating misery for myself here. I just stepped back into my own car and drove away. Now when that happens and I'm in traffic, I just keep driving and the car either moves back or overtakes, leaving me to have a nice day. Why do I want my day to be ruined?"

4. Faith in trusting the choices that lead to change

I know when I have a problem and have done all I can to figure it out I keep listening from a sort of inside silence until something clicks and I feel a right answer – Conrad Hilton

If 98% of behavior/thoughts are automatic, how do I trust myself not to be continually thinking in the same old well-worn grooves? It's easier not to think and to just stay in the same pattern. But if you truly have decided on change and want this to happen, you're going to have to stop those automatic, ceaseless thoughts and refill your head with thoughts of your own choosing. Well can this be done? Have faith that it can be. Your job here is to identify what your beliefs are and to take action to change the ones that limit you.

For one full day just step back and just look at your raging thoughts. You've got work to do in there, you've got constant sexual thoughts, mood swings, anger – in fact what haven't you got? Can your life really change with this flood inside your head constantly swirling? No! While this continues your life will be the same random mess it has always been.

Take five deep breaths. In – out, in – out. Stop and allow yourself this space. Well, do you want to stop this constant splash inside your head or not? After the breaths, think “I am taking control here”. Then continue with these thoughts:

- of a very beautiful place and time in your life. This will allow you the start of peace and a little space in your life.

I remember the happiest time in my life was when we were kids and being taken for afternoon tea to my grandmother's house, where we could play for hours with our cousins. I've never had that much space or freedom again.

Anytime you need to have a little peace even for a few minutes, think of this special time and take your mind back. You'll feel much better when you return. The situation you needed to escape from just doesn't seem as bad somehow.

- of what you really want in your life and consequently need to focus on.

I suddenly realized my belief was that life was hard and always would be. This spilled over to my whole life – business, relationships, money. How could my life ever be happy when everything stemmed from this basic premise? I wanted to change this belief but how?

Identifying this as needing change is the first big step. The next is to look at how this limits you and how you can break free.

Business – just look at where you work, your client base and decide on how you want this to change. Of course money will enter here. Ultimately you'll probably decide to work less, earn less, accumulate less but consume more enjoyable activities such as travel and time with family and friends.

Relationships – you want more friends and someone special to enter your life. You want more harmony with present family and friends now. You've tried to change things often but always the same pattern has persisted.

- Of filling your life with happy thoughts instead of the usual negative dross

Wipe out life is hard. Everytime it enters your mind replace it with the thought, "Life is easy for me".

Business – I am climbing the career ladder and will continue to move forward. I am growing my business due to my focused ideas and new clients are consequently being attracted. It's creating a surfeit of money. I know who I am and as such am a powerful being. You and I are one.

Relationships – I've met a lot of new friends lately including a life partner. My family are thrilled and definitely creating a little space there has helped old sores to heal. They relate better to the new more peaceful and successful me. The old aggro individual has started to drop away. Life is definitely easier.

- as soon as swirling thought enters your mind start to drain them

“I'm so angry with John about last night. I'm never listened to, at home or work and it infuriates me.” Open the festering wound and allow it to heal – dump the word angry from your mind and then dump the whole situation. Allow the soothing balm of distancing yourself from that thought, to start to heal the problem. The anger has never helped rectify the problem so what's the point of hanging onto it? The only solution is for you to become more focused and centered, so your buttons aren't pushed as easily and for Me to help John notice the new you and not react in the same way. I'll help you if you choose to help yourself. Just ask.

Over a full day every time you think of something negative, change that thought to positive and see what kind of a difference that makes. Change that angry action to a smile and just let it go. Look back at the day's end and see if there has been a change within yourself and to your usual daily abrasive situations. Extend the day gradually into weeks and see if your whole life hasn't developed into something happier in the process.

- Believe your fears away

How can you have faith in your choices when often those choices are based on fear? Fear nibbles away at your strength and you have constant doubts. This in turn leads to frustration and no change occurs again. What are these fears anyway? Often lives are lived in constant anxiety, that person being unable to even name these fears.

Well you are not alone in these fears and have both the power and the means to rise above them. Use the greatest weapon you have access to in your life – faith. You can either be defeated now, or continue on to victory and a better life for yourself and those around you. Remember you are not alone – I am you as you are Me and together we can overcome anything. You have huge reserves of strength now to overcome anything. Don't let fear of failure stop you from trying at all. How could you fail now you know who you really are! All your hidden strengths are coming to the fore: energy, sound judgment, creative ideas and endurance. Harness these to carry you through that temporary weak place in your mind. And unless you're hopelessly unqualified, you will deliver. Go on extend yourself and be willing to take a chance!

5. Faith to know what you want

- Aligning your conscious thoughts with your subconscious thoughts

As only 5% of your thoughts are conscious and these are so often a jumbled mess, what happens to the other 95%? The reality is that what you really want, is often so hidden in your subconscious, that unless you are a person very in-tune with yourself, you don't even know what you want.

That's why you think you want to eat, when really you're only thirsty. Overeating has become a habit – a bad habit. How often do you find yourself with a chocolate in your mouth and before you know it you've eaten the whole box. You didn't mean it, it was just automatic. You're always thinking that you're going on a diet, but subconsciously you're thinking, “I love food”. So your subconscious and conscious thoughts never align. This becomes the pattern of your life on all issues. So how do you create harmony and alignment?

- a. Decide what you really do want.
- b. Plainly state it.
- c. Your conscious thinks in past and future time, whereas your subconscious is only now. So keep what you want in the now.

d. You have to overcome your set beliefs.

“But all I really want is money. All my problems stem from the lack of it. I could have a great house and lifestyle that would make me happy”. This is your conscious mind thinking here. Underneath in your subconscious mind you are negating these thoughts. “You've never been able to hold onto money in your life. You're heavily in debt and can't think of how to get out of it”. You've never thought further than this. So there's a major conflict happening here and the debts have become your main subconscious belief.

Conscious mind – I want money and to be rich.

Subconscious mind – You'll always be in debt and broke.

This is why you have no money. You visualize the money and try to believe in it, but always underneath you have this set belief. Clearly to change, your beliefs must also change. So how do you do this?

- Change your habits

It takes 21 days to form a habit. That habit of debt, you've had for most of your life. Ok so now you've got 21 days to decide on a new habit of thrift. Consolidate your debts and rebuild your assets gradually. No you don't need that new car now – it will be a reward later. At least from this new savings habit, your subconscious can be remoulded to gradually realize, “I can have and enjoy money”. That month (21 days) could change your life.

By changing your thoughts about money, your underlying beliefs will change, when you know you can develop good money habits. Then your belief will gradually become, “I'm good at managing my money”. This leads to knowing what you want and being able to bring it about.

- To know what you want must come from a peaceful mind base

Isaac Newton was at a low point in his life. He felt a failure, as he hadn't amounted to much. He wanted to further human knowledge, but didn't know how to do it. He was sitting and walking around tearing his hair out to come up with an answer. One day he just walked out into the quiet of his garden and sat under an apple tree. “If only I knew what to do with my life. If only I could think clearly”. Suddenly an apple dropped on his head. His eureka moment. This was his desire of desires – to prove gravity existed. Stop all your doing like Newton did, and just allow yourself to think. Only then will the answer of what you really want come to you.

Pure clarity comes from a clear and focused mind. This is aided through the pathway of meditation. One study took a group of people in high-stress jobs, who were taught to meditate for eight weeks. After this time they could look with increased detachment at their jobs, instead of just looking through a tired and stressed mind. They even started to remember why they liked their job initially. They felt happier more often. The increased detachment allowed them to step back from upsets, deal with them and then let them go.

To foster this peaceful place within, requires seeing the bigger picture. You now know you're not alone in deciding what you really want in life. Maybe you have what you want right now but don't know it. You know We are one so ask for help now to a bigger life. When you know your choice for a happier life, it'll be there. Maybe your job is the right one – if you can see it as more than a pay check it is.

Maybe your relationship is the right one as well – if you can see it as a positive haven to rest the mind body and spirit it is.

Keep pursuing your goals but remember to enjoy the journey. The journey is the greatest time. It's not the end result that is ultimately remembered.

- When deciding what you want choose fearlessly

Studies show people regret not having done things, more than they regret failure. At least failure took courage rather than not trying at all. It's inertia that leads to a coward's life.

Fear strangles us. Don't be afraid to go out on a limb occasionally. Now and then take a deep breath and bite off more than you can chew. Only then can you walk forward onto that bigger picture of life.

You have the power to do this – hidden powers that we all possess. Energy, endurance, skill, creativity and sound judgment come into play here. Once the momentum starts you can only keep going and unless you're hopelessly unqualified you'll deliver.

Be bold and mighty forces will come to your aid.

To prove you're not alone here use the power of synchronicity. For a month write down all events that aid you in fulfilling your goals. Often these are things that would before have been put down to coincidence. You'll realize quickly that you've taken on that unseen partner and are being helped to know what you want and to achieve your goals.

The only thing stopping you here is negativity. Just leap and have faith.

My eureka moment came when I became a writer. Choosing this journey (or was I chosen?) was definitely an optimistic leap of faith. How could someone write 100,000+ words on a given subject and expect this to be read and enjoyed by a large number of people? How can authors ever overcome the pessimistic bias of publishers to only publish proven work? You have to have belief in yourself, that you have something to tell and contribute and faith that the end product will be read, enjoyed and make a difference to people's lives.

Whatever you decide you really want, you have to realize that we all need love, work and a connection to something larger in our life, to create balance and lasting happiness. So you will inevitably decide you really want all three. Balance in these three areas has been the missing ingredient in your life up to now.

“A connection to something larger in your life” of course, is knowing Me and how you are part of Me. You know you already have this connection. You'll find it in that still small voice within you, in that hidden sanctuary you keep inside to refresh your spirit and as the latent reserve of strength you can tap into when necessary. Know that I want for you only happiness and fulfillment of all your desires.

You think these desires are a “house, car and money” and that when these are fulfilled you will be happy. Is this the case? No. Ultimately you'll realize that love and a calling give you the “house, car and money” anyway, and that these are what provide the happiness that all crave.

A calling includes work, hobbies and interests so never finishes at any age. A calling is just giving back. You will feel a lot more fulfilled at work if you feel it is more than just a pay check. A purpose in life can come from work, but it can also come from outside, such as helping others, singing in a choir, visiting a neighbor etc.

Scientists at the University of Bonn, Germany pitted pairs of men against each other in a series of games, promising to pay them according to their performance. When the men identified and counted dots on the screen correctly, enhanced activity in the ventral striatum (the brain's reward center), appeared on their brain scans. Participants who got more money than their co-workers, showed stronger activation in their “reward center” than when they both received the same amount.

What was fascinating, Professor Hall said, was that the effect of having more, was not as strong as having less.

Realize therefore, that a ceiling cut off point does exist with “money, house and car”. After a certain amount of money is reached, less and less happiness is derived.

Therefore you must wish for a balance of love, work and spirituality. You are automatically connected to Me, so make use of that connection. Concentrate on the calling at work or outside it and focus on love.

As for love, if you make time for fulfilling activities and friends, you will begin to receive all the love you need in spades. Work on yourself here. Stop worrying and obsessing about trivialities and work on solving any problems and then getting over them. Even bigger issues, with time and distance come to be solved eventually.

Decide what you want now, choose it and sit back while We both make it happen. Just wait from your position of peace, and it will. Then live the life you've always wanted to live. And know that this is what you want and I want. Therefore the choice you made, must be the right one. Take the time from now on and enjoy your choice.

6. Faith to receive this abundance

Be transformed by the renewing of your mind.

At last you're beginning to understand that nothing arbitrarily happens to you. You're choosing your life every second of the day, through the vast resources of your unconscious mind. Nothing happens to you that you haven't already chosen – so it's impossible for you to be a victim of life – you just need more practice at creating the life you want.

Look at your life objectively now. What do you see - your health, work, relationships, money, where you go and what you do. This all is an accurate picture of what you believe you deserve. This is your subconscious on full view for you to see. Do you like what you see? Maybe you hate all aspects of this private viewing or only some.

What do you see? Is it total lack in all areas? You're always sick. You don't seem to ever fully recover and you're tired all the time. Your belief here is, “There's never enough time. No matter how hard I try, I can't seem to get on top of things. I'm always left struggling to cope”.

The belief are you holding here is. “There's a lack in my life in many areas – time, money and good health. I just can't cope. What can I do though?”

You've got to understand that the problem here lies in, “I can't cope, my life's out of control”. Now you know the consequences of these beliefs, you've got to alter your thought patterns. You've got to not be a victim of your existing unconscious habits laid down over a lifetime. Even if you are thinking, “When the kids grow up I'll have more time, when I retire I'll have less stress”, these are all someday scenarios. Remember your subconscious only thinks in the now, so someday doesn't even exist except in your conscious mind. Without aligning with your subconscious, you'll always be trapped in the same, “can't cope – maybe someday I can” scenario.

Is this what you want? Of course not. Well, you've got to firmly take the reins here, or else the horse will have bolted with your life. You've got to have faith that you can accept control of your life.

When you look at the whole, you can then understand what your beliefs are and whether or not they are serving you. If they are not and you're not living the life you want, then you know you must alter your life and make changes in your beliefs and subsequent habits to bring these about.

Your beliefs are now:

- I'm not a good parent/employee/lover/friend
- I can't cope with what life throws at me
- I've always been an underachiever
- I have no university education
- I just go along and accept, "whatever will be will be". If it swamps me, well what else can I do?
- My health will never improve, I'm sick a lot and the doctors tell me not to expect any great improvement
- I have friends, but everyone is so busy that we don't see each other much
- I have my family, but I can't help but think they're an added burden sometimes as they expect so much of me.
- Work and what's expected there, often leaves me feeling helpless.
- What's retirement going to be like as I definitely don't have enough money without working.

If most or all these life patterns match your state of mind at present, these are therefore the underlying beliefs of your life. If you're happy with what you see, don't do anything about it. If you are not, there's work to be done!

These beliefs and consequent habits guide your life everyday. They often stem from childhood. Do you remember little love or giving in your house? A harsh parent who often said, "You'll never amount to anything". A childhood full of bullying where you began to think, "I'm ugly, I don't deserve happiness". This then has become your automatic blueprint for life that you continue to practice.

These are the fears that you hold in your subconscious, that are stopping any real change from happening. These are the fears cushioning you from any disappointment. Well you can't fall any further can you? But then you can't rise any higher either. To overcome them there's going to be resistance built up over a lifetime. You'll keep trying to rationalize the fact that you're not ugly, that you're worthy of receiving good things. But until you've changed your beliefs and start leaping in and practicing these new life patterns, you'll always end up in the same rut.

Remember it takes 21 days to form a new belief. Well you need that same amount of time to make new beliefs for yourself and start changing the old ones. It's going to mean work for you to reprogram your brain, but the subsequent rewards will be huge.

How much self-belief do most people start with? Usually not much. Not many people have been brought up in the perfect family set up. But anyone can give themselves a better chance in life, provided they want to and are prepared to work on themselves. You need here a new blueprint for your life. When you understand that I want to provide for you the life you dream of, then you will have a new impetus to be clear on what you really want. This will give you the incentive you need to work on change.

Let's look at some new beliefs that will provide abundance for you and those around you. These are beliefs that few people start out having. All question themselves and need to know they are not alone in creating their new life. You are an all powerful being who can first visualize and then start to practice exactly what you want.

These are your new positive beliefs:

- I'm a capable person able to make responsible decisions in my life
- I'm an attractive person able to change their life
- I am never alone and am an all-powerful force
- I'm worthing of receiving and giving love
- I'm a creative person
- I have abundance in my life in all areas
- I deserve abundance, love and prosperity
- My job is a calling and I provide excellently for my family and myself in retirement
- My energy levels are high, creating good health
- My life is abundant in all areas - my health, wealth and happiness is overflowing

Let these new beliefs saturate your conscious and from there into your subconscious. Give yourself time and patience to allow these into your life and for changes to become evident. Nothing happens without time and work on your part. You must work on these affirmations until you notice changes arising from them.

As your conscious brain loses focus every six seconds, you've allowed yourself to become a sleepwalker in your life. Your subconscious never loses focus. It remembers and acts on every thoughts you've ever had – even if you don't remember that thought yourself. That's why your affirmations need to be:

- written down so you can concentrate and read them all the time.
- You need to meditate on these thoughts. Just relax your body and concentrate on your breathing – in and out. Just continue to relax. Initially random thoughts will flood your mind, but don't give up. Start with five minutes and build up from there. Just continue to relax and concentrate and each time you try to meditate you'll get better at it. Meditation aids focus on each of these new ideas.
- Practice. This is where the work comes in. Continue to practice meditation in order to focus your brain. Also concentrate on each new belief that you want to have. If any negative thoughts enter your mind, just continue to drain that thought and refocus on the positive. Read each affirmation and visualize it as a moving picture show inside your head. Practice makes perfect.
- Know you're not alone in making all these changes. Lean on me for help. If you can't believe how powerful you are and that you can do this, I'll show you that you can. It might be a coincidence that happens, or some small encouragement from a friend, but we're together on this. I want what you want for yourself. Only the best.

When you start to see that all the practice is working, your life will be very different. You've just got to believe you are a person worthy of receiving all the love and happiness you crave. Faith is what will finally allow you to receive this abundance.

7. Faith to give thanks for your choices

Ask with thanks, knowing it is already done and you will find.

Your beliefs are now being changed a little everyday. You are daily practicing these new ideas and with patience, you know your life is being gradually changed.

Before your life was full of uncertainty. Tension and sleeplessness was a byproduct of this. Now that you know the new direction of your life, what will help bring all of this about is the therapy of thanksgiving.

Think of children and their parents. If you are grateful to them, it means you love them and are in close harmony with them. This has made your life happier as a result.

This is the same with you and Me. When you know you are part of the bigger picture of life, this means you are understanding that We are one. This revelation allows you to live closer to the truth of life and the closer you come, the more your wishes will flow into your life. As your beliefs and wishes become the same, you will see your desires come to fruition. The way you are linked to this process is through gratitude.

Gratitude acknowledges that you have faith in the process. Through gratitude all your positivity comes to the surface. It brings your whole mind (conscious and subconscious) into one with Me. This mental attitude of gratitude allows all blessings to flow to your life. Without gratitude the process is stopped and your power through me can never be allowed to flow. It's stymied before it even starts.

If you're having problems changing and good things still aren't flowing to your life, this is where the blockage is occurring. Unblock the fault, start to give thanks in advance and then allow our power to start working in your favor.

Many live in fear and uncertainty in this life. The way to change this negative thought pattern, is to start to list all the positives that happen in our life everyday.

- I've just woken up from a sleep on a comfortable bed inside a house/apartment that I call home
- I have friends/family around me who are encouraging
- I have money coming in every week from my job/government etc
- I have food to eat
- I can walk and am in good health
- I live in a good country
- It's going to be a fine day
- I have lots of opportunities everyday to help myself and others

Just looking at a few of the good things that happen to you everyday, you'll soon be able to start thinking on the positives. Is your fear of life really justified and is your life as uncertain as you thought it was? Ok something unexpected could happen, but if you now make a choice of a wonderful life, why would you live in fear any longer?

Without this gratitude everyday, you'll begin to fall back into dissatisfaction. Nothing will be ever good enough, you'll feel there's always lack in your life. You have money but not enough of it. Your health is fine at the moment but this could change anytime. You're not as happy with your partner as your friends are. These niggling doubts will always leave you in negative territory. The good things of life will begin to move further and further away from you and no matter how much you try and change your beliefs, you'll never move forward.

Remember gratitude connects you to Me. Use it! Otherwise you are fixing your mind upon the common, the lack and the mean aspects of life. These then become your beliefs and of course your life starts to go backwards. Your life itself starts to become low and inferior as you're bringing the negatives towards you. Continue to give your attention to the ordinary side of life and of course that's what you're asking for and you'll get it.

Any one can list the difficulties and problems of life. Negatives are always very easy to think on. Dwell on these tensions and your life will just fill up with them. Every time a new problem arises you'll just expect more. The problems will start to fill up your life, until it starts to spiral downwards out of control.

But you think this is the reality of life. Sure you're going to have to face throughout your day certain problems, but if you've filled your day by listing the good things in your life, these are going to fall into perspective. You'll no longer be swamped by them. Rather than fearing to take a step towards a solution, you'll begin to easily come up with new ideas of how to proceed.

Rather than thinking, "My life is shit. I can't do anything right and can't see my way to it ever getting better". You'll begin to think, "I have good things in my life. I have a firm life base now and don't need to be cautious anymore. My life can have endless possibilities for which I am very grateful".

This change in attitude, will lead to the new life that you are working towards. It's a life filled with peace, a new calmness and consequently happiness. The grateful mind is fixed on the best and highest things in life. Only creativity and more opportunities can arise from such an outpouring of thanks.

Whatever you ask for, know in advance that it is done and give thanks. Only a grateful mind can bring good things to you, which can only increase your faith that more of the same will be given. The more your faith increases, the more abundance will be yours.

Faith is born of gratitude. The grateful mind continually expects and gets good things and this expectation becomes faith. Faith that the good things will continue into your abundant life. So a grateful heart produces a steady faith, and every outgoing wave of grateful thanksgiving increases faith even more. Imagine what a life creative faith brings you. The possibilities really are limitless.

So remember to always add up the positives and practice gratitude for these possibilities, opportunities and blessings. This will lead to contentment of a life that can only be successful and full of all the best this world has to offer.

Love links to gratitude

An ungrateful heart is an unloving heart

Which comes first the chicken or the egg? The same applies to love and gratitude.

Which comes first love or gratitude? Gratitude or love?

The truth is that both are interchangeable, they go hand in hand and can't be separated. To feel love you must first let gratitude enter your life. You have to give thanks for all your blessings and from here you can feel love towards those who gave you these blessings.

- your parents who provide food, money and shelter
- your job that allows you to support yourself and your family
- your friends who help your mind stay in positive channels
- your knowledge of who you are and from here your limitless possibilities

To feel this grateful you must be able to love. It is impossible to give thanks and not love those towards whom that thanks flows.

A teenager sits at home bored. Watching a widescreen television, earplugs in they're playing games and listening to their iPod but still feeling restless.

Their mother yells, "Clean your room".

"Piss off. That's your job".

"You little bitch/bastard".

"I hate you".

The usual slanging match ensues.

Change the scene. That teenager is now living in Africa for a week. The backdrop is very different. Outside the streets are full of poverty. People are begging and orphans are everywhere. Their parents have died of AIDS and they are hoping for some sort of charity. This alone tugs at your emotions.

The teenager now knows their previous life was privileged. Everything they always took for granted, like their own room, school, anything they want, here it doesn't exist. All they have, others have to battle for. A long-forgotten emotion starts to emerge – gratitude. Their lives at home might not be perfect, but they're 100% better than this.

They write a letter home.

Thanks for the life I do have at home. Had I been born in Africa I'd probably be dead now. There is so much to overcome in order to survive. I've always had life on a platter. I finally understand how lucky I am.

They arrive home. From this gratitude, they can begin to love again.

“I've just cleaned my room.
Thanks for everything.
I love you”.

Love will flow towards their family, friends and self. This is the way to move forward in your life.

8. Faith in love

There is only faith, hope and love
These three and the greatest of these is love

What is love anyway and how is it achieved? Love is that feeling that comes with knowing the truth in life. The truth being that you are all-powerful as you and I are one. From this knowledge you can create the life you want. You can now feel inner love for yourself, which must be from where all love springs. Without loving yourself, you cannot love another. Without feeling kindness towards yourself and treating yourself accordingly, you cannot feel goodwill to others.

This is the love that comes from having a spiritual as well as a physical life. It's the knowing that you are never alone, that you are always linked to Me and to all others. It's the inner knowledge that you make your own life. From this glow, that starts within but quickly shines externally as well, you feel love for self, for others and for Me. That translates to thoughts of gratitude, which is the missing link in the puzzle of attracting what you want. First feel love and then gratitude quickly follows.

Why is love the strongest of all the emotions? It's because it takes you into the bigger picture of life. It allows you to know that there's more than just yourself and that you are linked by powerful connections to others. This link might appear in feelings of goodwill to others, or it might be a powerful sexual attraction. Either way it will show you that life is bigger than just yourself. As soon as the first stirrings of love are felt within the human spirit, that person changes.

If the parent shows nothing towards the child, those links are stifled from the start. The knowledge of connectedness is broken and only resentment and hatred wilt the stunted heart within. This poisoned individual dies emotionally through feeding off the canker created within itself. No shoots can grow and touch others, only shrivel the person from within. That person then thinks life is only about themselves. There's only resentment and hatred within an isolated body.

Even if you feel you have only reason to hate, to become the bigger individual you strive to be, you'll have to have faith in love. You can't be grateful unless you can first feel love. Love opens the bud of gratitude. From this opening the first stirrings are felt. Gratitude will fill your heart with kind feelings towards others. It will point you towards love of self, which is also love of Me. As we are one, to love Me you must first love yourself.

But you feel yourself to be unlovable. “Most people ignore me and I can never get laid. I don't have the personality or imagination necessary to attract others. I'm just basically unattractive”.

In a society where billboards broadcast that the only way to gain love is to:

Keep it up for longer
Get waxed for that smoother, sexier feeling
Buy this and she'll love you for it
Diamonds are a girl's best friend

These all link love to money through buying affection. No wonder people have lost the power of love. Love exists through gratitude, independently of any material links we give it. It lifts the spirit and opens the soul. To feel love is the first stirring of a yearning for change and the bigger picture of life.

The only way you're going to receive either happiness or from there abundance, is to realize that you have to learn to love. You have to work on getting people to like you and from there love and goodwill will flow. The consequent gratitude will show in love for yourself and Me.

Be kind to yourself here. Stop always beating yourself up with feelings of unworthiness. If you're feeling self-critical, take a few breaths. Step back a little and look squarely at yourself. Realistically assess your good qualities now, that make you worthy of love. These qualities can be used as stepping stones to get you where you want to be.

- strong character that never gives in
- courage
- optimistic and upbeat about life
- self-reliant
- works hard to achieve your ends
- love of self and others
- dependability
- kindness
- warmth
- being helpful to others
- thoughtfulness

These are the qualities that you're striving for. Feel what it's like to be each quality in turn. These qualities will achieve both goals – of being a successful person materially and socially.

Materially using your new power of faith, you'll become more optimistic. You'll set realistic goals for your work, but up those goals by 50%. If you're going to achieve what you want, why not start in the right way? If you ask for the best you'll get it, so don't accept anything less. Even if you have doubts in your mind, know that the magnetic power you're creating will bring all you want to you.

Your mind will always question things on the surface. That's fine because that's only your conscious. Write down what you want your heart to believe in your subconscious.

Mind (conscious)

Heart (subconscious)

Can I do it?

Am I any good at this?

What should I be doing with my life?

How can I use my strengths?

Can I give and receive love?

What flows from here?

If I'm with you who can be against you

I can do all things

Look into your heart and know. Look at your strengths and follow them.

Believe in yourself as you are an all powerful being

Love is your most powerful strength

Gratitude

Socially you'll become more popular as you exude your new confidence. The new qualities that you're cultivating, such as feeling kindness to others, will allow you to become a more natural person. Maybe you feel now that you're “a cold bitch”, but begin to see yourself in the role of a “warm person”. Love that role and link to others through it. See how becoming the role changes you. This will expand your soul and make you a bigger person in the process. This person can empathize with others and expand through the process.

Walk up to the neighbor's house and offer to help get them some shopping. Buy a book for a friend when you're at the bookshop and give them a surprise. Be thoughtful to yourself here as well. Linger over that coffee and cake and enjoy the gift of the moment to yourself. Walk to the coffee shop and just enjoy the scenery on the way. We often mindlessly get in the car, even when we're only going down the road, which just adds to our feelings of rushing everywhere. We'll robot-like consume food and drink, not even spending enough time eating and drinking to taste it. Calm down, start to relax and savor the eating experience. Start to live each pleasure.

Always stop to remember that love is your greatest wealth. To feel love is to know Me. Keep this wealth circulating in your life, by giving and receiving friendship, appreciation, affection and love. This then translates to success in all areas of your life. Through faith in love, you have just drawn the power of the universe towards yourself.

9. Faith in forgiveness and getting rid of anger

Recipe for happiness

Keep your heart free of hate and your mind from worry. Only from here can you learn to be happy.

This is what everyone is striving for – this feeling of contentment. But it is something you must teach yourself. It leads to love of self and others. From here gratitude is felt. It's the bigger picture of life you yearn for - a life of abundance rather than pettiness, of giving as opposed to meanness, of love instead of hate. Faith in yourself unlocks the power to lead to this wonderful life. Faith in the One gives you what you seek.

Look at your life now. How much sway over you have these angry thoughts and long-held grievances? Do you think of them as soon as you wake up and when you go to bed? Do they consume you with feelings of revenge? Of hate? Of guilt? Do you enjoy wallowing in them as you continually refuel the fires of hatred?

What's stopping you from changing your life and moving forward – it's these built up emotions of course. How can you live a fulfilled life, when you're carrying around a disease with you constantly. All diseases eat away at the body and mind eventually. They tire and drain all energy. You're just being constantly sapped of strength and direction. Carrying this burden around will always keep you from having what you want. You'll always be unconsciously making your life difficult and using up all your available energy on hate rather than love. How can you be grateful for anything if you're feeling resentment?

Let's look at you. We've all had dealings with such people, who don't treat either themselves or anyone else well. Look at yourself in the workplace. “Nothing is ever good enough. I'm a perfectionist. I was always told I wasn't good enough. Well I can prove everyone wrong. I'm the only one that is good enough. I can't trust anyone to delegate work to. Without me the business would fail”.

Look at yourself at home. “I'm divorced. I just couldn't take the constant demands and nagging. No one tells me what to do”.

“I'm proving myself. The business isn't going as well as I'd hoped, but I'll get there. I can't see my friends and kids as much as I'd like, but things must be sacrificed. I'm drinking heavily, but only to network with clients as I need to build up my cashflow”.

Never facing these self-esteem issues that have built up from the past, has lead to never forgiving yourself for the past. You blame your parents, but the only one that is feeling the effects now is you. You can't be kind to yourself as you don't deserve it.

These are the negative feelings carried around from the past:

I'm not good enough
Things have to be perfect
Any problems aren't my fault
I'm doing my best but it seems it's not good enough
I blame my parents/my upbringing/lack in my life
I don't deserve love and happiness

The necessary changes for a new life:

Realizing you have power

You're not alone in making changes. I'm here as We are One.

You have positive attributes

When you know these use them

Work with these assets to get what you want

You decide what your life is like

Decide on the best

No one is to blame except yourself

Choose love, gratitude and from here happiness

When you look at the above list of the necessary mind changes you need to evoke to allow abundance into your life, you'll realize the biggest things you need to get rid of are:

anger

resentment

which lead to low self esteem issues of:

drug/alcohol dependence

abuse

hatred

You refuel your anger all the time, by continually rehashing the same old problems. New problems then arise from here which just add to the mess.

“I've always hated my mother. She allowed me to be abused by different boyfriends. I rarely went to school and hid in my room all day. She was too busy with her own life to notice. I've never had any friends and can't seem to relate to people. I watch tv all day but life itself seems unreal. I feel like I know a lot of things, even though I never finished school. I don't think I'm very pretty, but men seemed to be interested in me.

I now had two kids, but all the men I end up with seem to be abusive. They're always drunk/on drugs and come home and start. I don't have any money. This seems to be the cycle of my life”.

An all too familiar story. Hatred links to abuse, which links to more anger, alcohol and addiction. If you want to leave this treadmill, you're basically going to have to decide you want to do it and get help. But ultimately you're going to have to do it yourself.

How can you start:

- a. Know it's up to you and take the responsibility
- b. You're not alone in doing this as I'm you and I'm here to help
- c. You are not a lone wolf crying in the desert. You are part of the bigger picture of life. If you're reading this book, I know you are looking for a spiritual life. Not a life of sacrifice and repenting for your past sins. But a life of happiness and hope. A life of faith to continue and allow change.
- d. You can implement change as you are an all powerful being
- e. You are always choosing your life. You chose your parents even before you entered this life, so even though you say, “I hate my mother”, you chose her. You have to work through this scenario now. Why are you choosing abuse, being a victim and living with the subsequent misery? Decide you want to make another choice now.

You've made the decision but how do you implement it?

“I want a better life. I want a better life for my kids. It's going to be tough. That's for sure. I can't get a job and have no skills. But if I can change my attitude first, that's a great step towards a job. First attitude, second skills, third job. If I can believe that I'm bringing all these problems about, I've got to be the one to do something about it”.

Ok, acknowledgment is the first big step.

Secondly you need to bring some peace into your life to create balance. While you're always seething inside, no new life can ever come about.

Everything in life requires practice. You think it's only sport and practical things. But it's the mental side of life as well. Let's look at how anger manifests and how peace shows. Peace rebalances.

Anger manifests as:

High blood pressure

Sweating

Screaming

Shaking

Uncontrollable fear

Fist clutching and angry gestures

You haven't been able to control yourself. After the incident you always regret it when you've cooled down. You've made another fool of yourself and all the old feelings of blame and hatred resurface.

Peace shows as:

Steady blood pressure levels

A cool exterior

A calm person to be with

A person who speaks when necessary in a low voice. When you feel the level of your voice rising, lower it. A fight cannot ensue when the other person can barely hear what you're saying.

Relax with deep breaths. Deep breathing always lowers your blood pressure and calms the situation.

Unclench your fists. Just extend your fingers and see what a difference that makes.

Walk away. If you're not charging like a bull, just sitting down or going in the opposite direction, means the fight can't continue.

Think blue. Practice getting rid of the red in your life.

Hurtful comments can strike a raw nerve, but mentally block these and just think a positive thought.

“Another fight has just started. I've put in my iPod and left the room. I've taken the kids for a walk. I know I'm not the slut he's calling me. I know I'm not that moron. More and more I realize he's the increasingly insecure one. The stronger I get the more I know I can do something about the way things are. I now have a spiritual inner life. I'm going to the park. Along the way I'm recharging my mind with thoughts of the pond, the birds, the breeze in the trees. I can be one with these things, so why should I choose to be anything else. I'm no victim, I'm the instigator of events. I'm finally moving on”.

Continue with this peace in your life. Start each day with a few words of thanks. Even if you're woken up at 3am with a baby, give thanks for a few more hours of sleep and enjoyment of this baby. When you awaken, stretch and feel it's going to be a good day. Take some deep breaths and watch your breathing in and out. Focus on this just for five minutes. Roll your new positive life through your mind. Watch these affirmations passing through your thoughts. An enjoyable breakfast, talking to the kids, achievements at home and at work will pass through. It is going to be a good day!

That person who's irritating you. Increasingly see them as one of the mosquitoes of life. They're always trying to buzz, buzz, buzz in your ear, wearing you down so you'll drown with them. You now know you're the power and they're the small fry. Make a conscious decision to delegate them and their barbs. Noticing their behavior only fuels the problem. Just feel sorry for them as they know nothing. If a person is so small-minded they need to be forgiven for their small-minded acts. Really they need to be ignored as they can't help themselves. You can move on and they can't. How pathetic does that make them!

They're the one's suffering. You've emerged triumphant on the other side, as you now know that harboring hatred and resentment affects no one in the end but yourself.

Just keep practicing forgetting. They and your past can no longer affect you, unless you allow it to. No matter what happened in the past, you both decided on it. Even if you don't believe this now, at the end of your life you're know this situation was a stepping stone for you to grow. See it as such and use this to move forward.

Grow from this and now you can forgive and forget. Just keep practicing. By forgiving others we really are forgiving ourselves.

By draining off this anger in forgiveness, you are able to finally give thanks for your life. This leads to feeling love again and being able to make new positive choices. Only then can you finally move on.

10. Faith in acceptance

Be granted the serenity to accept the things I cannot change
The courage to change the things I can
And the wisdom to know the difference.

An old man sits staring out of a nursing home window. He feels he's been imprisoned there for a year. His son is to blame. He starts to plot his revenge. "You're lucky if you don't have children. They betray you in the end", he bitterly snarls at his family.

From a childhood of physical abuse that has passed through generations, his two sons have decided, "Enough. We can't continue to have him ruin our lives. We'll manage his affairs financially, but from hereon in, we have to step away from the venom. We can't allow ourselves to be his victim for life. Even though he's our father, we can't let the abuse continue. For both our sakes, we have to end it here. We'll feel guilty, but enough's enough".

The lesson learned from this story is to have faith in acceptance. To have the courage to know you can't change the past, but you can change your reaction to that past. You can stop being his victim and start to live your own life, with or if necessary, without him. He will always be family, but he must learn the lesson of change. Step away from him now and hope he can adjust to the situation and alter his attitude before it's too late. If he can't, you have to accept this.

You have to understand:

1. Nothing occurs randomly in this life. Your relationship now is father and son. You think, “Well you can't choose your parents”. But in reality, both of you did choose each other long before either entered this life.

“But why would I choose an abusive parent?” you ask. The reason is to learn the lesson of acceptance. To know that some things cannot be changed and that neither you nor he can be allowed to be victims. If the situation was allowed to continue, he would become a victim of his negative nature. For your souls to progress, movement must be in a forward, not a backward direction.

Each person, however ignorant you consider them at this stage in their development, has their own path to follow. If this person now cannot move forward, you must consider yourself first. You move, if your family member now cannot. Have faith that I will soften their heart gradually over time. If there is not enough time left in their life to do this, know that you will be reconciled eventually.

They will realize their faults, if not at the end of this life, then after they have died. You don't know this now, but each soul does see the bigger picture eventually, if not in their earthly body, then when they have passed. And thanks to you, they will finally become a forward soul. For this earthly lesson, they will then be able to give thanks. Gratitude is hard to learn. But change, love and positivity are impossible without it.

You'll feel guilt now, but you must shield yourself from their spite and blame. You can't function having these emotions in your heart and neither can they. All they feel is venom. This negativity must be got over, in order for either of you to have that happy life that we all envisage.

2. You must concentrate on yourself first. You have to be selfish here. As you cannot directly change another, you have to focus on yourself. Stop always being the victim and caving into that person's demands. This is dangerous for both of you. It means neither is ever moving forward in their lives. Through sacrificing your own needs, you're only increasing the tormentor's need for power. This is bloated power that sends you both charging backwards.

By accepting the victim situation and stepping away from it, you both stand a chance. You'll feel guilty at first, but have faith that it will create the best situation in the long run. If necessary create some distance between you. Go on a holiday, leave the bully's place of work. Allow distance to give you some perspective.

Start to work on yourself. You need to add to your power firstly. You've become a minnow, due to giving into a bully mentality your whole life. You need space and resolution in your life.

From years of harassment, intend to give yourself peace. Just sitting peacefully for five minutes a day to start with, watching your breathing – in, out, in, out. You'll think about the situation you're escaping from, but after a few days, you'll concentrate less and less on your tormentor and more and more on just the breathing. You'll feel more detached from the situation and more focused on what you need.

You are becoming a peaceful soul. Now look at what you want from your life. You've always been centered on what others want. This does neither any good. You need to be kind to yourself.

What I have now:

Dependents

A continual negative situation that saps all my strength

I'm tired all the time

I'm in a subservient position at home and at work

There's constant demands

I'm weak and powerless

I always give in

I end up hating my life

How I want my life to become:

Independents

Positive situations

Feelings of limitless power

I can control my own life at home and at work

Everyone pitches in and helps get things done

I'm strong

I do what's best for myself. If I continually give in everyone suffers

I love my life

3. How to have limitless power

What causes you to have sagging energy and feel despondent with life?

To walk around with frown lines between your eyes and feel depressed?

Guilt

Not accepting a situation left over from the past, means you're carrying that past around with you always. If the person who caused this problem is still in your life, you have to accept you can't change that person and distance yourself from them. If they are out of your life through death or divorce, you need to find peace from these past deeds. I am here to help. You have to want to be healed and with faith can be.

Fear

This saps your energy. Constant problems are always arising in your mind. You're scared to even make a move. How can this not sap your strength and make you into a depressed mess? Write out your fears one by one and examine them. Which are possibilities and which are highly unlikely? You have a small chance of being killed today by a terrorist bomb – it's possible but unlikely. Just reason with yourself and dig deep into your soul for the help to overcome these fears. I don't want you to be always bogged down and impeded in life. Accept you're a powerful person and I can give you the peace needed to overcome the fear.

Lack of control of your life

“I'm just a powerless person totally ruled by my impetuosity. I try hard to keep things together but everything just spirals out of control. It's always downward as well”. You spend all day telling yourself your life is heading in the wrong direction and you can't do anything about it. No wonder you're in a downward spiral. You're not looking at how your attitude is contributing to this mess and how new ideas can get you out of it. Look at your attitude towards money and relationships. Are you taking everything that you have for granted? I'll soften your heart and lead you back towards balance. We are one.

God is energy

You are energy

All is energy

Energy is limitless

You are energy. This energy creates the power for you to make use of. Know how to tap into this power and it will provide a limitless pool for you to use. Have faith to make use of this power and charge yourself up into a dynamic individual. Pass energy-producing thoughts through your brain throughout your day.

Morning

Give thanks for the wonderful day ahead

You can easily carry out your assigned tasks

With this much energy I can forge forward with new ideas as well

Midday

I feel peace and satisfaction linked to this day

I am at harmony with life because of this

I don't rush around fruitlessly using up all my energy

I carry out my tasks easily and with positive outcomes

Evening

I sit back and examine the day with satisfaction

I give thanks for the day

I can sit back and relax completely

I sleep well

If problems arise during the day, work to overcome them and know that they will be solved. Use your emotional self-mastery to totally release and creatively use this untapped energy. Once you start to make use of this limitless resource, your life will surge upward.

11. Faith in overcoming your fears

Do not distress yourself with dark imaginings
Many fears are born of fatigue and loneliness
Fear starts from small anxieties left unchecked

“David's been feeling this constant underlying level of anxiety for some time now. He knows it's linked to his job. He doesn't want to let anyone down and there's a big conference coming up that will test all this organizational skills. He wants it all to go perfectly and is afraid of not living up to expectations. In fact this is the main thing he worries about. He appears confident on the surface but underneath is always unsure. In life and at work a lot is being asked of him and he wants to perform well. He often doesn't sleep and tosses and turns worrying about everything”.

This constant stress can't be allowed to continue. The small anxieties will become depression and fear if left unchecked. They have to be looked at and worked on now, before things get out of control and you go into a deep depression. Start to define what you're really worried about:

Failure

- you're not good enough
- you'll lose your friends because of it
- you'll lose your job
- you'll make a fool of yourself
- you'll be laughed at and accordingly ostracized

This is the anxiety being magnified into huge proportions. To overcome it, you must magnify your vision into a bigger picture than this. Get the real proportions right here.

- It's only one conference. By tomorrow it will be over and become just another one of life's stepping stones. In a month it will be forgotten anyway, as the next big thing emerges.
- You're trained for the job. If anything untoward crops up, allowances will be made anyway. Nobody can foresee everything.
- You've done a good job before and why should this time be any different.
- Give yourself a few minutes to take a few deep breaths to see events more objectively.
- I'm here for you, so you're never alone. Just ask for help and it's there.
- Be confident and it will happen. If any anxieties crop up such as a negative thought, "I can't do it", just drop that from your mind with the corresponding positive thought, "Why can't I? Of course I can". Never allow random thinking to enter your mind. Just pull yourself back with the precise positive thought to counteract the negative one.

Anxiety needs to be pulled up at the roots continually. Give it any room in your mind and it will take root again and turn into a fear. Allow fear to fester and it will destroy your life. Take action now – get your worries into perspective.

The two most powerful driving forces are libido and fear of death.

So anxiety if unchecked becomes fear and at the bottom of all fear is fear of death.

Let's look at some common fears:

Agrophobia – fear of going outside. You could get killed.

Loneliness – when it becomes isolation it feels like death

Fear of failure – this leads to loneliness

Fear of flying, swimming, illness – death

Fear of lose of money or job (recession) - failure and loneliness

How does fear change with time? Through sixty years of unprecedented freedom and wealth generation, we have forgotten what real fear is. We have experienced tsunamis, bomb blasts and buildup of nuclear weapons during this time, but usually from a distance. Fear has generally become a second hand fear. Through the media we can empathize with this fear, but in past generations that fear was experienced first hand on a daily basis. Experiencing fear first hand means it can be pinpointed precisely. Second hand fears often cripple a person more easily, as these are nameless and people can't sympathize as easily.

“I've lost a lot of money in the recession. I'm in my late fifties and too old to start again. My family expected some help but now we're the ones needing the help. The fear gnaws away at me day and night. I tell people and they tell me things will work out, but the specter hangs over me. I'm feeling angry and blaming myself. I know that's stupid but I don't know what else to do”.

This recession is the biggest fear to hit since WW11. It was created by the wealthy, but of course has hit the poor the hardest. Not just the working class, but the middle class as well. When the banks crashed, so did the stock market and the cards of economy were bowled over one by one. Pension funds collapsed, so that the most vulnerable were again the hardest hit. Fears arose of no money, no security and increasing isolation and loneliness with age.

Look at your conscious and subconscious thoughts here. They're going to affect how you're going to get out of this situation.

Conscious

“I'd be better off dead. What have I got to live for?”

Subconscious

“I'm a fighter and want to live. My life force is strong. I'm going nowhere. If I'm going to survive this and have this much strength behind me, I'm going to come out on top. I just have to use this strength”.

People who “would be better dead” don't want to die! Those who apparently have got everything to live for, just let themselves fade out of life because they haven't got the energy to fight.

If your subconscious wants to live, it's no good your brain saying the other. You're here for the long-term. So how do you want that time to be spent? With no money, alone and feeling miserable or with a happy and abundant life?

So it's time to use your strength now. Head to the light and life. You are Me in a physical form so all-powerful. You know this, so even though your mind is depressed and focusing on death at present, your soul isn't. That's where you and I are together. At the moment your life is in lack. You've lost your money, security and even your family support right now, but that doesn't always have to be so. You can decide on the path of plenty.

Get your mind back to faith. Faith in yourself, faith in life, faith in Me. Each morning when you wake up, wherever that is, give thanks for just being alive firstly. Give thanks for the strength that will get you out of the mess you're in. Without a grateful heart you will never be able to move in a positive direction. Through gratitude comes love, and the feeling that connects you to all people, including family and friends.

You think you're in a bad situation. But there are many millions worse off than you always. So help yourself and others and know this generosity of spirit will help lift you and them from the present situation. Kindness to yourself and lack of blame will always be a great positive force.

When your heart gets heavy, which it will be at times, take it away from that moment and once again reside in the most beautiful and serene place of your dreams. You're back at the lake you used to fish in as a child, climbing green mountains, inside your dream picture. This will refresh your weary spirits and have you again thinking in peaceful, fulfilling channels, using your energy to reposition your thinking.

Your cents will become dollars if you use money wisely. Just keep seeing your pile of dollars grow, which they will when you're using your power correctly. I want you to be a happy and peaceful person. I choose abundance to flow to you. You just have to be able to accept it with love and thanks.

12. Faith that you can put your difficulties to work

Great battles are won, not only despite handicaps, but often because of them

Everyone has had difficulties in life. These obstacles have been chosen to overcome, in order to understand what you do and don't want in your life. Even your childhood was always being chosen by you. Children are really old souls and choose their parents and the setting for their life in advance. There has never been a day from the start of your life, when you have not been deciding what your life would be like.

Your childhood might have been very difficult, with poverty and the consequent violence, featuring large. You obviously felt this was necessary, at that time, for your soul's growth. Rather than using this as the blueprint for a victim's life, with faith you can put even this difficulty to work and choose another pattern for your life. From this black and sad beginning, a new you can emerge that has found the secret to a better life.

This is Lola's story.

“My life started badly. Spending my childhood in institutions firstly and then going from one foster home to another, meant I never felt secure or loved. I was sexually abused, which only added to the bleak picture. I was finally adopted at 14 but by then, the damage was done and I was already at work in a supermarket. I knew I'd have no help in life. I had to build my own life from the ground up. I saw other kids throughout my childhood with their mothers and family and always wondered why I never had that. “Had I been that bad at some stage in my life, to warrant such treatment?”, I always asked myself.

One day I came home from the supermarket and asked myself, “How's my life going to go? I can be bitter and twisted and resent the world for my past hurts or I can build a different life based on respect and love. I'll never have a family but I can feel love through my dealings with other people. Being open and honest about who I am, means that people will always respect me and with that comes a genuine link to another. I'll then feel love.” That was my choice and I was true to my word.

My world had to be based on love. I wanted people to say of me, “He never had a bad word to say about anyone”. If that became my life, I could truly know that the bitterness of my past had faded away, to be replaced by what I'd chosen.

I moved to another town and started again. I used my new energy to make as many friends as possible. As my social life expanded, so did my work opportunities. I've ended up becoming a well-known personality around town who owns restaurants and writes a social column.

I've also used my past experiences to help others. What better way than to help other kids who have ended up in the same childhood I was in. I raise money for sexually abused kids and foster kids, to give them the opportunities I had to make for myself. Money to go back to school, to go on a holiday and make new friends, a home base that they've never had before. I just hope they can use these chances and make a fulfilling life the same as mine has been”.

The person who overcomes the huge struggle against a handicap where both their conscious and unconscious mind needs to be fully engaged, has lived life to the hilt.

By seeing a handicap as an opportunity, they realize that I never punish. Why should punishments be metered out by a ruthless God, when all humans have free will anyway? If you don't like what's happening in your world, be prepared to work on this and choose another path.

Stuart tells his story:

“I became blind at eighteen months of age. So I had seen the sun in my life. My parents were worried I'd never cope in life and always need someone to depend on. But they did try to make me as independent as possible. My school told us there was joy in adventure and so I've always believed that I could lead a life of purpose.

I had been given great inward resources. I knew that happiness wasn't dependent on whether you could see or not. How many people do you hear complaining about their lives who have everything going for them? I had been given a great opportunity to realize that true happiness was nurtured from within. Just having seen the sun in my life, has made me always very grateful.

I can sense a happy soul even though I can't see their face. Those happy souls give out feelings of love and have made me understand, that is what I wanted to strive for in life. I didn't care about the large house, the flat screen tv or the car. I had no use for these anyway. I have been given a much greater insight into life because of this.

I am studying at present and will use my instincts and knowledge to the full. I have the faith to know that I am truly blessed and can help others to a greater understand of life”.

So positive outcomes can flow from any situation. No matter what handicap you suffer from, this can be used as an enlightening experience for yourself and others.

It isn't the handicap or obstacle that is the real enemy in your life. It's your mind. Look at your life from another perspective and see that because of the handicap, you have a lot to offer. Use this as a positive force for change in your own life and lead by example.

13. Faith in healing

If you would perfect your body guard your mind
If you would renew your body beautify your mind.

I created your body as a perfect instrument with which to enjoy this physical life. It has vigor and grace. Enough to take you into an old age where life can still be lived to the full and enjoyed. But of course this takes your acquiescence. It must be constantly exercised, your mind challenged and expanded. You have to eat the right food, not just what's easy for you. No smoking, drinking or drugs of course puts you in the right health territory.

Let's face it, how can you be healthy when you're perpetually filling your mind and body with total shit and allowing this to sit for years in your brain and gut? Your unconscious knows what's right and as I've always told you – purity creates purity. Shit creates shit. Think about it. How can you lug around double your body weight? You're going to get sick. How can you breathe in car fumes and smoke cigarettes day in and day out and not get sick? How can your mind be loaded with bad news constantly and for it not to affect your anxiety levels?

You're not just carrying around extra fat and a diseased liver. You're carrying around a diseased mind as well. Where's all that cynicism, suspicion and ill-will coming from? You've built up these barriers over the years and didn't even realize you were doing it. I've always chosen an abundant and peaceful life for you. But you're choosing the opposite. Stress, worry, constant pressure. Well if that's what you want here comes illness. Another mystery illness that your body's immune system is powerless to knock out. You've destroyed it by your own actions.

Your body is perfectly capable of healing itself naturally. Ninety eight percent of your cells are replaced annually. Your bone cells take about three months to regenerate, your liver takes about six months. Your stomach lining renews every four days and your skin is replaced monthly. So why are many people continually sick? Everything is in place to prevent this.

This must mean that something you're doing to yourself is preventing healing. Is it:

1. Alcohol destroying your liver or cigarettes and drugs
2. The Western diet which is nearly totally acidic perpetually destroying your stomach lining
3. Too much sugar and salt in all processed foods
4. High sodium content in many foods
5. Not enough hydrating water. Most other drinks are actually diuretics.

6. Shallow breathing. This means that your lungs aren't being exercised enough.
7. Too little exercise
8. Not giving yourself any means of overcoming stress. The body and mind need constant destressing. Give yourself constant breaks throughout your day to relax your shoulders and watch your breathing. In out, in out. Visualize your happiest time or place. Take your mind there, while your body is breathing. When you come back, you'll feel refreshed and relaxed.
9. Not controlling your negative thought patterns. Your conscious mind has got stuck in well-worn grooves that are destroying your body. Remember the body is the servant of the mind. Whether you know it or not, it is obeying, either consciously or automatically the dictates of the mind. Step back and look at the constant thoughts in your mind. Drop the hatred and fear and replace these with courage and positivity. Anxiety quickly demoralizes the whole body and lays it open to disease. Positive thoughts build up the body and aid the immune system.
10. Not acknowledging who you are. You're not a lonely victim of life who has lost all control. You're Me in a physical form and as such all-powerful. You're choosing your life every second of everyday. So if it's not the life you want, stop and make another choice. I'm always here to help with that new choice.
11. No matter who you go to for help about your health (either doctors, nurses, therapists), you have to understand, the only person who is really the healer is you.

Your body produces cancerous cells everyday that are detected and destroyed by the immune system. However, if your body isn't balanced due to one or many of the reasons above, these cancerous cells can start to multiply. So widows are twice as likely to develop breast cancer and the chronically depressed are four times more likely to become ill.

Scientists have linked certain emotions with the release of chemicals. Fear triggers the hormone adrenaline and happiness floods the system with endorphins. These excess chemicals can lead to disease or help overcome it. So the mind through this, becomes directly linked to the body and it's ability to develop or overcome illness.

You are made up of energy vibrating at a high rate, so other energy affects you. This can be from radio waves, mobile phone waves or thought waves. So if your thought waves are constantly anger or stress related, dangerous adrenaline will be released into the system causing blockages and other physical damage. Unless the body can get out of this pattern, disease will result.

This story showing faith in healing comes from the men's pole vault Olympic and World champion.

“In Berlin at the World Track and Field Championships, ten days before the event, Steve Hooker planted his pole for a practice jump and he felt his adductor muscle go. Doctors diagnosed a grade one tear and a three to four week lay off. The tear worsened, coach and doctor begged him not to compete fearing permanent damage.

What was he going to do? He had two other strong competitors vying for his title. If he didn't compete he would no longer be world champion. He was in strong pain, but was granted special permission for a pain-killing injection two hours prior to competition. The bar was set at 5.85m. He jumped but failed. Suddenly the pain eased a little. With increasing courage, he then set the bar higher at 5.90m. The other competitors tried and failed.

It was up to him. The pain left his mind, he knew he could do it. Off he flew, planting his pole and over the bar. He had made 5.90m. It was a miracle. All the other teams just shook their heads in disbelief. Only a superhuman could achieve that height, with that injury. He had done it!

“He's an amazing athlete and human being. He can have an injury and it shows up on the MRI but he acts like it's nothing,” said his doctor. His coach called it a miracle.

There are four steps to self healing.

1. Acknowledgment

You have to finally admit to yourself that you are in need of self-healing. The first step to solving any problem, is the acknowledgment that something needs to be done to get your life back on track. If you are having difficulties coping in life, you have to do something about it. It could be a physical and/or psychological combination of issues. There could be a symptom you are trying to ignore – do something about this as it will come out as an illness sooner or later.

2. Acceptance

After acknowledging the illness, you have to accept that everything is as it should be right now. This will give you the patience and time to heal. Everyone wants their life to be perfect, but there is learning and changes to be made, in order to receive the abundance on offer. Stop always striving to achieve. You need to accept people, situations and events as they occur. Time and patience will heal.

I am here to help with your healing. Take responsibility and use the power that is within. Learn to balance your life as only then can you move forward.

If you have a really serious illness, or have had a major accident there are two possibilities. Either you have chosen unconsciously that this is the time for you to leave your body, or it's your body's final attempt to get your attention. It's a cry of help. You need to change and haven't been doing anything about it. At last changes have to be made.

3. Awareness

What is at the root of your illness? You have to have time to explore this. Our society is always based on doing rather than being, so this is your body saying some exploration is necessary. Don't just give your time away. So many people are other-focused. Your life is devoted to your children, parents, the family. You have to give yourself time. Guilt will destroy you if left to fester, so in order to know yourself, you have to be selfish. Give yourself time to reflect and to take the necessary steps to what you need. Ask for help here. I'm here for internal reflection, your family's there for external necessities. Keep running yourself ragged and your life will unravel anyway.

Health-care professions will help if necessary, to give you some insights into the way you need to make changes to your body and mind. Allowing your mind to continue along these same patterns that's caused the problem in the first place, will only increase the problems.

As balance starts to return, give thanks for any changes that have taken place. Gratitude increases balance and the gifts you are now open to receive. Be aware that your body and mind need to be kept serene and peaceful. Give yourself space to do this and practice breathing and meditation daily. Take your mind into peaceful places, rather than the anxious places it usually heads into. Continually guard and check your thoughts and actions, as they are what lead back to health.

4. Action

Act on lessons learned in order to heal your life. This will involve a lot of introspection on your part, to change habits that have led to illness. All self-healing is about change. If you are sick, there must be something wrong in your life. To progress on the road to recovery, often drastic measures need to be initiated. You have to examine your life.

1. Look at your relationships. These will show you your thoughts and beliefs. You are either becoming more and more like your parents, or you are completely opposite to them. Examine these patterns that have been allowed to build up over years. Remember be kind to yourself here. You're the sick one. Others will be still making demands based on past experience, but you can't allow this to happen. Step back and become selfish. You have to say "no" and keep on doing this, until the demanding person understands. You might even need to have a break from a long-term relationship here for a time. You'll initially feel guilty, but over time I'll sort things out.

"Peter's mother always expected help. Drive me here, help me with the shopping, ring the doctor for me. When Peter finally was crushed beneath these demands and developed prostate cancer, something had to be done. Excuses had to be made. He had to step back and realize it wasn't good for either his mother nor himself, to allow this victim role to continue. Screams were initially heard from his mother. But over time, she learned to cope more without him and a better relationship developed. He was allowing himself the space to heal".

2. Your job. This could be making you sick. If you feel constant stress and unable to cope, you either have to change your job or your attitude to that job. You can't go on the way things are going. Delegate work, talk to your boss, take some time off. Boost your self confidence here and know how well you do the job. If appreciation is the problem, see how the company copes without you. You're not indispensable, no one is, but everyone contributes. Assess how much you give and if you feel the return isn't enough, think of applying for another job. If you can change your outlook then you don't need to.
3. Your life. Are you locked in the past, always thinking of what happened then and consequently unable to move forward? You're no longer alone with these memories. Your past can't be changed, but when you finally understand that you chose this past in order to experience and grow in this life. Then you can move on. I'm here to help and change this past inertia into positive movement. Be kind to yourself and ask for healing in your life. Take the steps you need to energize yourself.

Just for today let go of anger
Just for today let go of worry
Today I will count my many blessings
Today I will do my work honestly
Today I will be kind to every living creature.

To heal yourself steps need to be small and in a forward motion. Then the changes will become permanent.

When one has walked in the valley of the shadow of death and come out into the sunshine then a new life begins.

If you have a really serious illness or have had a major accident there are two possibilities. Either you have chosen unconsciously that it's time to leave your body, or it's time to overhaul your life completely. This is a near death experience and is your final warning to change your life.

Walking with the shadow of death will show you that bigger picture you've been striving to see. Many are so bogged down with everyday life, that drastic measures have to happen in order for them to see that there's more to life than they can see.

It's time to plug into that huge untapped energy source that is Me and you. Use the power being supplied for healing and for spiritual development. Awareness can only increase your harnessing of this power. Stop being the life victim and become the life maximiser.

This is Adam's story.

“I borrowed my father's car one night. Just to pick up some friends for a party. It wasn't far and I knew I was a good driver. I didn't have a license but I had practiced so often that I knew how to drive. How cool was that! The party was pumping and with the olds away we were all pretty smashed by the end. I had to get the car home and everyone wanted to come with me.

In we piled and I started the engine. What a great driver I was. I could drive out of my mind as well as I could totally sober. I just felt more and more confident. I could do anything.

Flat to the floor, I pumped the engine and we shot forward. The feeling of power made us all scream with exhilaration. We were wild. Faster, faster everyone was screaming. Suddenly something loomed up out of the road. I couldn't take the corner properly and we ploughed into a tree. The last thing I remember was the thump and the screams.

I'm fine. I survived well unlike my mates. Most of them are dead or being looked after permanently by their families.

I keep asking myself, "Why? Why?" They came with me in the car, but ultimately I'm responsible. I realize I've been spared and have to live now for many.

I'm kinder to myself now and others. I hated my parents for their restrictions before, but now understand their responsibility. I am still here unlike so many. I have to make my life count for them as well as me".

Conclusion

In the end there's only faith. Without faith nothing is possible. To function on even a basic level requires faith. Faith in the present. Faith that a new day will come. Faith in the future.

You're standing at the crossroads of your life. Will it continue to be lived in the same rut, or will faith link hands with courage and lead you to become an everyday hero who is ready to ask for change?

Faith leads you to believe that anything is possible. It's the power to change your life. To attract what you want. It can overcome fear and anger. It is the key to changing your life even though you don't know how.

You mightn't even know what you want at present, but I'll show you that new choices can be attracted when you believe that we are one. The power of that one is the all. You just need the faith to tap into that limitless strength. Then start to rebuild your life, from the ground up if necessary. From ground zero the only way is up.

This book has been a reaffirmative display of faith from start to finish. I tapped into the power and was shown the keys to the kingdom. Only when I reached the end was I shown that this was just the beginning.

“There is only faith, hope and love. These three and the greatest of these is love”.