



Get Back Your Mojo

**The Ultimate Secrets
to Beating Anxiety & Depression**

Reea Pawley

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FORWARD

This book has been written in response to requests from the many clients I see every year who are hellishly and needlessly suffering from depression and anxiety. It is the basis of the work I do with clients, many of whom have already tried years of counseling and anti-depressants. When I first introduce them to these strategies they are a little disbelieving. How could actions so simple make so much difference to someone suffering from *diagnosed depression*? These strategies aren't rocket science, they are not ground breaking, they are simple, common sense things you can do that together with a change in your perspective will make an enormous difference to how you feel.

Sometimes I am amazed myself. I am amazed that as a society we want to see depression and anxiety as some deep, dark, complicated *disease*. To me, depression and anxiety are the inevitable result of the complex and stressful world in which we live and our uncontrolled thoughts, unhelpful limiting beliefs, lack of self-awareness and a practiced negative perspective.

I am not without compassion, I became a therapist and life coach because of my own skirmishes with depression and of course more motivating the depression and negative emotions my loved ones were struggling with. I say 'more motivating' because like a lot of other people I used to be more inclined to try to help others to feel good and a little less inclined to do this for myself, as if I didn't deserve all the help I could get. As I said I am not without compassion or personal experience but I am still going to say quite clearly right now that if you are depressed and anxious

No-one can help you but you because you are doing this to yourself

I am not talking here about diagnosed mental illnesses such as schizophrenia or bipolar disorder, I'm talking about garden variety every day depression and anxiety, the kind everyone on the planet suffers from at some stage of their lives. That isn't to say that I haven't taught these techniques to many clients diagnosed with

mental illness and watched them get results. I developed these strategies because someone I love very much had been diagnosed first with schizophrenia and then bipolar disorder and despite truck loads of medication was still in unbearable pain.

We can all get situational depression when something happens in our life that we struggle to cope with - grief, loss and trauma will make us feel depressed for a while but our natural response is to eventually work our way out of it. This book is about the kind of non-specific depression and anxiety that an enormous number of the population is now suffering from without relief and those people who never climbed out of their situational depression even though the situation happened years ago.

Depression can serve a valid purpose in our lives at times because it makes us withdraw from the world, slow down our activities and spend time navel gazing and hopefully working things out. It can also force us to rebalance our energy and release tension if we have not been taking care of ourselves along the way, by releasing our stresses in more healthy ways. It serves no valid purpose when we don't work things out and continue to remain in a depressed state for an extended period of time. Nor does it serve a purpose when we are still depressed because of events or circumstances in our lives that happened years ago and we are still letting them affect us in our now moment.

Most of the clients I see who have been suffering depression for years and years have accepted it as their natural state of being. They tell me it's just 'them', that's the way they are.....they suffer from depression. Almost every client who comes to see me is on some form of anti-depressant medication and some have been on them for 10 years or more! Doctors and psychiatrists have offered them nothing better to deal with their depression than another pill or if they are lucky someone to listen to their woes. The fact is, that recounting your 'woes' isn't going to make you feel better, if you have gotten past the crisis period of your trauma recounting your woes over and over again to yourself and others just makes you feel worse! Traditional talk therapy attempts to gently lead you to an 'ah-ha' moment. Unfortunately, this method of dealing with

depression is too subtle, often takes years and some clients never get the light bulb moment they need.

We live in a quick fix society, we want someone to waive a magic wand over our heads and make us feel quickly better with the least amount of effort. Little wonder then that doctors reach automatically for their prescription pads to solve our depression and anxiety problems. They are responding to our desires and know full well from experience that while counseling helps some it lets down many, usually because of a lack of long term commitment on the client's part. Let's face it many people just don't want to sit and talk about their problems over and over again every week. I personally believe that's because they intuitively know that it doesn't help and often makes them feel worse. We cannot discount the uplifting effect of being around some people who seem to be able to heal us simply with their presence either. We are vibrational beings, nothing but vibrating energy and we are energetically affected by everything we come in contact with, every person we meet, every thought we think, everything we do. There are many wonderful healers in our society, people whose positive energy radiates out and makes you feel good just being around them. Good counselors, doctors, life-coaches and therapists have this wonderful ability. If you find someone like this, hang on to them! Perhaps you are lucky enough to have someone in your life, a family member or friend who does this for you.

The program I have outlined in this book works quickly but is based on a new way of being in every moment of your experience. It is not something you will do for a few weeks until you feel better and then stop, it is how you need to live every day for the rest of your life. It is about loving yourself and taking care of yourself forever in exactly the same way that you plan to clean your teeth and comb your hair every day for the rest of your life. These strategies are for practicing self-love, raising your base vibrational energy rate higher, maintaining healthy thoughts and emotions. They are about stepping up to the plate and taking full responsibility for the way you feel in every moment. If you want to play the victim and continue feeling depressed no-one can stop you but if you want to feel good, it's up to you.

Chapter One

It's Up To You

We make ourselves feel depressed and anxious because of what we are doing inside our minds. We do it to ourselves

No-one else has the power to make you think or feel anything...only you can do that. Other people don't make us feel bad, they may have done something that was unkind, hurtful or completely mean but how you responded to that is all about you and not about them. You do not take responsibility for someone else's actions, they are responsible for their own behavior but you are responsible for your response to it.

We all choose our own thoughts and perception and those thoughts bring an emotional response from our bodies. We choose what we are going to focus on, what arguments we will replay over and over again and what we think about ourselves. It is when these thoughts are continually negative that depression and anxiety become our regular way of being.

The way out of this negative state of being is to get in control of our thoughts and feelings, reconstruct our perception of ourselves and the world and do constructive things that make us feel good each and every day of our lives

What we need to do is take control of ourselves and focus our attention on feeling good and stop focusing on feeling bad.

When you make the decision that you want to feel good, that feeling good is the most important thing in your life and you will settle for nothing less, then real change can begin. When you *feel* good everything works better, you are a better husband, mother, sister, employee and your life becomes almost effortless rather than a daily struggle to survive. When you practice feeling good you are loving yourself and you are in the flow.

Feeling good is the key

This isn't rocket science, it is extremely simple. What have you done today to make yourself feel good? What did you do yesterday? What conversation did you share in, or activity did you engage in, that you knew before you even started would end up making you feel worse? This is about self-awareness. When you love someone you have a driving desire to get to know everything about them. Do you know yourself? How do you do depression and anxiety? What is your strategy? What thoughts do you hold, what things do you do, what do you say to yourself to make it happen? How do you know when it's time to be anxious? Are you very good at it? Most people who suffer from depression and anxiety are. They've practiced it over and over again until they are great at it! We don't know that we are doing this because no-one ever taught us to be any different. Some people have been lucky and had role models in their life who modeled a happier perspective but even people with positive, happy parents can end up living with depression.

Joan (not real name) was a 65 year old woman who came to see me for her depression which she almost defiantly told me she had had for the past 15 years. She barely left the house, did not participate in her children's and grandchildren's lives to the extent that she would have liked and felt no joy in anything. She watched TV most of the time or stared out the window. She was on anti-depressants and like a lot of people's experience, they hadn't made much difference but she took them anyway. She had been to counselors, done Beyond Blue and tried a range of things to feel better but nothing had worked. I got the very strong impression that she didn't think seeing me would help either but she was willing to see me to please her daughter. After four sessions Joan swept into my office with a huge smile on her face and told me she had been back to her doctor and he had halved her medication. She said that for the first time in years she actually felt wonderful. "What", I asked her, "have we specifically done that had made such a huge difference to the way you feel?". "It was when you said to me that if I wanted to be miserable I could and no-one could stop me, that I was doing it to myself and if I wanted to feel better I could do that to. No-one has ever told me that before, they all told me I had an illness." I was flabbergasted as you can imagine, *so*

much change in so little time from something so simple!! Why had no-one ever given her the power to help herself before? Why do we take away each other's *hope* when without it we have nothing?

Why does western medical science want us to think we are broken and need fixing, that we are sick and need medicating? It reminds me of the Australian Aboriginal practice of 'pointing the bone'. If they pointed the bone at an enemy, the enemy's belief that they were going to die was so strong that they would die. When doctors diagnose you with depression you begin to *see and believe* you are an illness, not a person who is practicing being negative by default. Doctors are powerful in our society and we believe what they tell us. I'm not saying that they aren't doing a wonderful job to the best of their ability, I'm just asking you to consider for a moment the power they have over us and that they don't know everything there is to know about the human mind and consciousness. Scientific knowledge like all other knowledge is in a continual state of growth and expansion and they routinely have to reassess their strongly held beliefs, theories and conclusions. One of the areas they have had to reassess since the expansion of understanding in quantum physics and quantum biology is what really makes us tick and how our minds work. Even the Australian depression website, Beyond Blue, has recently changed references to 'chemical imbalances' as a cause of depression and now say that when you get depressed it results in a chemical imbalance. It's a chicken and egg thing, did the unhappiness cause a chemical imbalance, did the chemical imbalance cause the unhappiness, is there really a chemical imbalance? If that theory were really true then the hundreds of clients who walk through my door on medication wouldn't need me.

When I was at university in the late 80's sitting in neuroscience lectures the professor of psychology explained to us that research into how our brains work was still in the early stages. He pointed at parts of the brain on a diagram and attempted to explain what they knew (which wasn't much to my shocked and untrained ears). They had a mechanistic approach to the human brain as if every part could be categorized and its exact function explained. The only problem with this view is that it doesn't explain the people

who have lived perfectly normal lives with minute amounts of brain tissue.

LIVING WITHOUT A BRAIN

Dr. John Lorber (1915–1996), neurology professor at the University of Sheffield in the United Kingdom, recalled the time in the 1970s when the campus doctor asked him to examine a student whose head was a bit larger than normal. Instead of the normal 4.5-centimeter thickness of brain tissue between the ventricles and the cortical surface, Lorber discovered that the student had only a thin layer of mantle measuring about a millimeter and his cranium was filled mainly with cerebrospinal fluid.

The man had hydrocephalus, a condition in which the cerebrospinal fluid, instead of circulating around the brain, becomes dammed up inside the cranium and leaves no space for the brain to develop normally. Such a condition is usually fatal within the first few months of life. If individuals should survive beyond infancy, they are often severely retarded. In the case of the math major from the University of Sheffield, he had an IQ of 126 and graduated with honors.

Lorber collected research data concerning several hundred people who functioned quite well with practically no brains at all. Upon careful examination, he described some of the subjects as having no "detectable brains."

"Is Your Brain Really Necessary?" *Alternative Science News*, September 9, 2002. [Online] http://www.alternativescience.com/no_brainer.htm.

In the evolution of humanity we are only at the tip of the iceberg when it comes to understanding the workings of the human mind and body

New research and insights are astounding scientists every day, so much so that many physicists and biologists have now come to accept that everything in the Universe is made up of an intelligent energy that is *thought* responsive and affected by our *emotions* and which some of them are now referring to as the Divine Matrix or God. We are all energy beings, everything in the Universe is energy and it is all the *same* energy, we really are all one.

Why am I telling you all this? If you don't know how you work

how can you make yourself work better. If what you are doing now isn't working for you then to continue to do it is insanity. If the beliefs you currently have about yourself and your world are not helping you, you need to find some new beliefs. There is an abundance of information out there. Don't sit back and expect that if this information were really there it would be on the six o'clock news or your doctor would be telling you about it. Everyone has their own agenda, they tell you what they want to tell you, what *they* want to believe. It doesn't matter who they are, their beliefs may not necessarily be true or real and I include my own views in this word of caution. The information is out there but before you can find the answer you have to start asking the questions and staying open to receiving the answers. Imagining that you can put your health and happiness in the hands of any other person is you not taking responsibility for yourself. Your happiness and health is your responsibility and only you can take charge of it.

Take responsibility for what you are thinking, what you are feeling, what you are doing, what you are believing.... and do something different

This book is a collection of tried and true daily strategies that have been the catalyst for lifting hundreds of my clients permanently out of depression and anxiety. They don't cost anything and no-one else can do them for you. They are simple things that you can do for yourself every day that I guarantee will make an enormous difference to the way you feel in a very short period of time. What have you got to lose by trying them for one month?

Once you start focusing on your own well-being and practicing self-love you can never stop

You can never go back to your old ways of being because if you do you may find yourself sliding back into feeling depressed again. It is everyone's responsibility to look after themselves in every moment for the rest of our lives. When you were a child your parents loved you and showed that love by taking care of you and making sure all your needs were being met but as adults we have to do it for ourselves. What happens is that we stop, we start

eating the burnt chop, putting others first, looking to others to supply us with happiness, putting our dreams on hold, telling ourselves we can't have what we need and then we find we are miserable and wonder why.

You will learn in time to gently monitor, in every moment of every day, how you feel. It will be no big deal, it's like monitoring whether you are hungry or thirsty. When you notice that you don't feel too good you will do the things you are about to learn so that you can quickly and easily get back to feeling good again.

It's all about feeling good in as many moments of each and every day that you can

It's about being happy in your own skin, being happy with you and if you aren't happy with some aspect then changing it. It's your journey, it's your life.

Chapter Two

Loving Yourself

When my own journey of self-discovery began about twenty years ago one of the first books I read was the wonderful and inspiring Louise Hay's "You Can Heal Your Life". In it Louise urges us to 'love and accept' ourselves and repeatedly affirm just that. She quite rightly points out that until we truly learn to love ourselves we will never truly be happy and nor will anyone else really be able to love us. I repeated these affirmations over and over again even getting one of Louise's tapes and listening to it every night before I went to sleep. I went to a weekend workshop where we were told to look at ourselves in a mirror for ten minutes repeating these words. I hated it! It was the most uncomfortable thing I have ever done and honestly, maybe it started something off, but it didn't take me far because when I sat and thought about it I could never really understand what it meant to *love myself??* 'What does that really mean?' I thought.

I had always taken good care of my looks, wouldn't leave home without my hair and make-up done, I was educated, lived in a nice house, drove a nice car, had nice friends....what else could it mean? I'd like to tell you that the answers came quickly but I continued to not love myself at all for a very long time. I can honestly say that I only truly began to love myself when I entered my very own 'dark night of the soul' and hit rock bottom. The great thing about hitting rock bottom is there's only one way to go from there. A relationship breakdown and a broken heart put me in the position where I was forced to search for answers, pushed out of my semi-comfortable inertia. It wasn't my first broken heart just my most painful.

In my need to climb back out of the misery pit I learnt that loving myself meant a whole bunch of things I had never previously considered and that it is individual to everyone. If you feel as uncomfortable as I did with the concept of self-love now's a good

time to ask why we think it is so noble and profound to love someone else and so dorky to love ourselves?

What it means for me to love myself and what it means for you to do it are different because we both have different beliefs. Me loving myself meant never buying a larger size in jeans (starving being the most loving option for me at that point) whereas for you that might, quite rightly, seem a bit unimportant. I'm a woman so I loved myself by buying more expensive face cream, having my nails done, wearing great shoes and treating myself occasionally to a bubble bath and champagne. At the same time, I was doing this I was allowing others to treat me without respect, putting myself last, denying my own needs, discounting myself on an hourly basis and frequently saying horrible things to myself for no good reason!

It is my strongly held opinion that we are all born perfect. We are all strongly attracted to the smiling face of a baby because they are pure positive energy, full of joy and excitement and love themselves so unconditionally that they happily taste their own poo! It never occurs to them that their needs won't be met and if we are not fast enough with their food and clean nappies they scream blue murder! How do we get from this place of enviable bliss to the depressed, anxious, unloved adults we become? Life.

Our parents may have been over worked and tired or struggling with their own lives and so might not have always shown us the unconditional love we deserved. We mix with other kids who bite us, steal our toys and call us names. We go to school and get yelled at by tired teachers trying to control thirty unruly kids. We are forced to compete and have life experiences that program our minds to see ourselves as less than, discount ourselves, makes us feel ashamed, guilty, bad and wrong.

Before the age of seven our brains are constantly in alpha state, that's the brain wave state I induce in my clients when I hypnotize them so their minds become more impressionable to my suggestions. Before age seven we are like little sponges soaking up everything that is said and done to us indiscriminately. There is no gatekeeper preventing unwanted information going into our

unconscious minds and so every event is stored along with the emotions both negative and positive that went with it. From them on every event that is similar to one we've already had will unleash an automatic response in us depending on the conclusion we drew about the first event. We learn by association. When I learn about a chair I can see other chairs around because I can associate those things together. When I have an event that makes me feel guilty, fearful, ashamed, angry I associate all of these events together unconsciously. I see whatever happens to me through the lens of my perception that has been warped partly by my past experiences and associations. I cease to see the world clearly, I see it as 'I am' not as 'it is'. I become less than the pure positive joyful energetic being I was when I was born.

We don't see the world as it is, we see the world as we are

We live in a universe where everything we see, feel, smell, taste, touch and sense is nothing but energy vibrating. This energy is interpreted through thought into something familiar. We are energy vibrating. Every emotion that we feel is energy and it is either released or it is stored in our bodies. We release energy in a variety of ways - exercise, breathing, crying, sneezing, laughing, yawning, getting sick to name just a few. Emotions are a signal from our unconscious minds that we then interpret with thought. Emotions are energy and if we allow them to flow through us and then dissipate the energy goes back out into the universe somewhere. We can also hold on to emotions, literally storing them in our body consciousness. Medical science is now beginning to understand that all physical illness begins with an unresolved emotional issue and the storing of those negative emotions can eventually cause our bodies to malfunction.

You are vibrating energy

The vibration of depression is a dense, heavy, sluggish, slow vibration. That's obvious to you isn't it because when you are depressed you just want to sleep all the time and you have no energy to do anything. The vibration of joy, happiness, love, passion, excitement and appreciation is a high, light, fast energy.

When you feel good you have all the energy you need to do everything you want, you sleep like a baby, wake up refreshed and think more clearly. Think back to the last time you fell in love. What an amazing joy-filled experience no wonder we are all hooked....it feels great!!! Our skin and eyes look clearer, we have good hair days every day, we lose weight, there's a spring in our step and we suddenly get inspired to do fun things. When we're in love we are being who we really are, being who we were when we were born, we feel loved, know that we are loved, we feel complete. Unfortunately for most of us that state of being madly in love doesn't last forever, eventually the honeymoon phase wears off and we fall back to our normal set-point of happiness, usually whatever we were before we met our beloved because we are generating that set-point with our own thoughts, feelings, beliefs and perspective. If we're lucky we're in love with someone who actually does make our life better and so we do feel better but often we find ourselves in love with exactly the right person who will mirror or reflect our issues back at us so we can acknowledge them. In the great scheme of the universe we can never escape what is inside ourselves. Loving ourselves then becomes about acknowledging, accepting and addressing our painful bits and healing them.

As an adult what does loving yourself mean? When we are children our parents know that we need a range of things to grow into healthy adulthood. We all know that kids need food, clothing, shelter, hugs, education, friends, family, new adventures, belonging, encouragement, praise, love and fun and opportunities for self-growth and expansion. When we stop being children we are no longer our parent's responsibility, we must take care of ourselves. Taking care of your self means providing all the things I listed above and then adding a couple of more adult needs such as sex, purpose and meaning and self-actualization. Since it is your job to provide all these things for yourself stop now and ask yourself 'How am I doing?' You are no longer a child, you are an adult and it's up to you to keep track of your needs and make them happen for yourself. If you want to be happy and love yourself this is what it takes. All of it!

We are all individuals and some of us will have greater needs in one area than the other, we all want different things. Isn't that great! We're all different! It also means there is no one recipe for self-love that you can follow, you have to work it out for yourself. If you are feeling happy and content with your life then I guess you are doing pretty good in the self-love stakes and providing yourself with the majority of the things you need. If you are reading this book then perhaps you aren't feeling so good and it's about time you asked yourself what kind of a job you are doing at self-parenting and loving yourself?

When we don't love ourselves we attract people and circumstances into our lives to reinforce this belief. So of course, I have been in relationship with men who didn't love themselves (because I didn't!!) and it didn't matter how much attention I focused on them, how constantly caring and affirming I was or how much I supported their needs they still felt unlovable. You can stand in front of someone who doesn't love themselves and tell them how gorgeous and wonderful they are and watch them delete the compliment right in front of your eyes as they are probably replaying over and over again the slight they received the day before from someone insignificant in their lives.

Of the two million pieces of information that come into our neurology through our six senses in every second we can only focus on 120 of them. Who chooses the 120 bits you are focusing on? You, of course. How do you decide which 120 bits to focus on? You have trained your unconscious mind to focus on the bits that reinforce your already held beliefs. When you don't love yourself you will find evidence of it everywhere because that is what you have trained yourself to search out and notice. When you love yourself the opposite is true, you will search out and notice all the good stuff and completely ignore anything to the contrary and then....you will feel good.

Moving from depression and anxiety to happiness, joy and self-love is a process that you will accomplish by purposely turning your attention and focusing on what you want, what you enjoy and how you want to feel. You do this purposefully with clear

intention day by day, reprogramming your unconscious mind into this new habit, this new way of being until it becomes who you are.

Loving yourself to happiness is what you are here for, it is what your life is all about...joy. When you are loving yourself and feeling good joy comes flooding into your life in an enormous variety of ways. If you want to know what it is that is inside you simply look outside you at the life you have created for yourself. You are creating your reality because of your ability to focus and your ability to program your unconscious mind.

What you focus on grows in your reality

You are creating your own unique universe by virtue of the thoughts, feelings and beliefs you are holding inside. None of us see that world as it is we see the world as we are. Our perception is unique to each of us. What is inside of you eventually ends up in your reality. Everything and everyone in your life is a mirror of what is inside you. If you want to change the outside, the life that you experience, you have to change the inside first and it starts with loving yourself to happiness!

Daily Strategies to Change Your Vibration

Strategy 1 - Control Your Thoughts

Have you ever wondered where your thoughts come from? If you've ever suffered from depression, anxiety, a broken heart or if perhaps you're a chronic worrier I can assure you that your thoughts were the main problem. Repetitive negative or worrying thoughts keep us awake in the small hours of the morning, prevent us from noticing the many wonderful things we already have in our lives and can be extremely debilitating, preventing us from concentrating on the task at hand. They take us almost against our will into the deepest darkest memories of our past or the feared version of our future.

Have you ever wondered why you spend so much of your time replaying over and over again painful events you would rather forget? Why when you can easily imagine your life turning out just the way you'd like it to do so many of us project ourselves in the future imagining the worst case scenario and having anxiety attacks over it? Many of the people on anti-depressant medication today are prescribed this medication for anxiety and yet anxiety is something we do moment by moment to ourselves. It's worrying and beating yourself up at its worst.

In my coaching practice I have helped hundreds of people take control of their anxiety, depression, food addictions, sleep disorders and just about every other psychological problem that affects them simply by teaching them how to control their minds. It is the first step towards peace and happiness in *every single case!* Many clients come back to me shocked and amazed that such huge changes can occur in the way they feel simply by controlling their minds.

Isn't it amazing that no-one ever teaches us how to think? Would you imagine that you could drive a car without being taught how? And yet we know nothing about how to use our minds, these

extraordinary processing, interpreting, creative organisms that create the whole of our lives. Everything that we create starts as a thought. Mowing the lawns starts with the thought about it, building a house starts with the thought of doing it! Thinking is something that we all automatically do and yet we use it against ourselves. Our capacity to think is an important tool that sets us apart from mammals lower on the evolutionary scale but it *is just a tool*. Just like you have a hand to pick things up (very handy!) you have thoughts to use as a tool to get you where you want to go. They are not supposed to *use you* or run the show!

Thought is not designed to be continuously on
You are directing and allowing your thoughts
They should not be directing you

Because we have never considered this, we let thoughts run rampant through our minds like naughty children, feeling like we are at their mercy. You are probably very fussy about the food you eat, the clothes you wear and the people you associate with and yet....it's likely that you allow yourself to entertain all sorts of awful thoughts without considering their effect on you.

You are *not* your thoughts

To prove this to yourself begin to observe your thoughts, for a while just *notice* them. Now ask yourself.... where is the part of me that is observing my thoughts? Who is the me that can notice what I am thinking? You are far greater than just the contents of your mind, you are a vast expression of yourself which includes many facets of which your mind is only one.

Science now tells us that your 'mind' is not in your brain. That part of you that thinks is actually 'in' every cell of your body. Every cell is constantly bathed in neurotransmitters, those chemicals that transmit electrical signals through our minds and at which anti-depressants are aimed. This means that the body/mind connection is even greater than we have ever previously imagined, it isn't a connection, your mind and body are one.

Every thought you 'think' affects *every* cell in your body

If your life is plagued by depression, anxiety, stress, ill health, addictions, phobias or negative emotions the very first step to making yourself feel better is getting in control of what you are thinking. All the wonderful therapies in the world cannot make up for uncontrolled negative thinking. No-one can think your thoughts for you but you and no-one can control them but you. *You are the one Captaining your Ship!*

We've been taught in this age of technology and science that 'rational thought' is everything. However, your conscious rational thoughts were designed to be only a small part of the mechanism of consciousness that you have available to you.

How Does your Mind Work?

The role of your Conscious Mind is to be the gatekeeper of your Unconscious Mind (or Subconscious). It is also the seat of your will and the domain of your Ego. We use our Conscious Mind to rationalize, analyze and synthesize the information we allow to form our memory, perception or belief and we can use our Conscious mind to 'deliberately' think something such as 'I am relaxing my body now'.

Your mind is a tool you use to control your emotions, to make choices and decisions and to create your reality. Your mind is under your control and does your bidding. Just because you haven't been aware of this fact or noticing what you have been doing with your mind doesn't mean you have to continue to allow this important tool to go unused and malfunction.

You have absolute control over your thoughts and therefore absolute control over the way you see things (your perception) and the stories you tell yourself about yourself, events, experiences and others around you (your memories).

We spend a lot of time trying to answer the 'why' questions. Why does my husband constantly do that? Why did she look at me in

that funny way yesterday? Why? The truth is we *make up* the answers to all these 'why' questions. We *assume* the answers, and the assumption we make depends on our own life experience, beliefs, values, associations, motivations, biases...our perception. Most people if asked can't always give you a black and white answer to why they do anything and even if they could come up with one in the moment they may well change their minds later on. Most of us are walking through life asleep, unaware of our motivations, associations and beliefs. Most of us are in denial about our 'stuff'. After we've decided on the answer to our 'why' questions they become true for us the more we repeat them to ourselves and others. Haven't you ever asked your partner 'why' and even after they told you their answer you doubted it and decided you had your own version of why they did or said this or that?

You don't see the world the way it is...you see the world the way
you are

The story you tell yourself about everything that happens to you is completely under your control and we all *make up* the story from our past associations, experiences, beliefs and values. What story have you been making up for yourself about a current problem you have in your life? Are you telling yourself that you have an illness called *depression* that is very serious and needs medication? Are you telling yourself that you have this illness because others in your family have it and it's.....*hereditary*? I know that you are probably thinking now that you heard this version, that depression is a serious illness, from a doctor or read it in a very reputable book but that doesn't make it the truth. It may be some people's current thinking on the issue but it's not mine and it's not a lot of other people's either. The theory that depression is caused by a chemical imbalance is just a theory and a very convenient one for drug companies who have a vested interest in making you believe that you desperately need to take 'their' medication every day for the rest of your life. I believe that depression is something that happens to all of us at some point in our lives and it happens to some people more than others because they are vulnerable, learn to see the negative in everything and they have poor coping

strategies.

It is very important that you understand that your whole life is just a story.....none of it is true or real except for you. Any story can be true for you if you tell yourself it is and repeat it to yourself over and over again. Your Unconscious Mind just does exactly what you tell it to do and if you keep telling it negative, pessimistic things it will act on them no questions asked and create your reality from that perspective.

The most incredible part of your mind is your Unconscious Mind or Inner Self. Your UM allows you free will and therefore does not judge incoming information as either 'good' or 'bad'...it just is. Your UM is the storehouse of all your memories, the domain of your feelings and emotions and the powerful part of you that unconsciously runs all your bodily systems including the part of you that regulates your energy system. Your Unconscious Mind is programmed to heal your emotional body as well as your physical body. Your UM was breathing you last night when you were asleep and carries out many of your daily actions beyond your conscious awareness because you have practiced them over and over and therefore programmed them into your UM. Your UM can process millions of pieces of information in every second while your Conscious Mind can only process approximately 120.

Your Unconscious Mind communicates with you constantly through feelings/emotions, impressions, imagination, intuition, visions, dreams and inspiration and by popping thoughts into your Conscious Mind. Your UM deals more easily with symbols than it does with words. When you want to communicate most effectively with your UM symbols and pictures are the most effective way to do it.

All creative genius emanates from the UM. Your UM is also connected to the Super Conscious Mind the realm where we are all connected, we are all one and all knowledge is readily available. Einstein, Michelangelo, Alexander Graham Bell, Ralph Waldo Emerson, Henry Ford, Winston Churchill (and the list could go on and on) all credit their inspiration to a greater part of themselves

that they were able to access deep within while they were sleeping, resting, dreaming, contemplating, focused in their awareness. In other words, while they were in a trance of some kind.

If your thoughts are continuously 'on' you are not paying attention to *new* information, inspirations, pictures and symbols coming in. Einstein got much of the inspiration for his theories while dozing on the couch in the afternoons while his conscious mind was relaxed and allowing more open communication from his UM. If you are constantly rehashing old information, retelling yourself stories from your past or replaying conversations with people in your head, your mind begins to malfunction and go into 'repeat'. 'Repeat' is just recycling 'old news'. It *can* malfunction your consciousness; interrupting sleep, dreams, concentration and can create stress, tension, confusion, anxiety, frustration, overwhelm, depression and a host of other negative emotions.

All negative emotions start with a thought

The thought comes first, for example, 'I'm never going to get out of this financial mess', 'I'm going to be alone forever' and the negative emotion - despair, hopelessness, sadness - immediately follows. This is because your emotions are really just a signal of communication from your Unconscious. What your emotions are actually saying to you is that those thoughts that you are now thinking or that belief that is now motivating your current actions is not in harmony with the *real* you. It's a false thought, idea or belief. Your Inner Self is in fact saying to you, 'You said you wanted to be happy, the real you is filled with joy and passion and excitement and those thoughts or beliefs are not helping you get there....go back...you are going the wrong way'. In other words, change your thoughts right now in this moment to ones that will serve the desire you said you had to be happy.

You are in control of how you feel at all times
Because your mind controls your feelings

Try it for yourself. Close your eyes and remember the happiest day of your life. Go on, do it now. What was the emotion that went

flowing through your body as you thought of that day? Was it happiness, joy, passion, excitement, love or something very like it? If your intention is happiness why would you replay thoughts that make you feel pain, why wouldn't you play thoughts that bring you happiness? It's your choice in every moment.

Where are you in the majority of your thinking moments? Are you thinking of Now? Usually not..... you are usually thinking of the past or the future, often projecting yourself into the future 'worrying'. If we are not doing this we are projecting ourselves into the past replaying past hurts and disappointments or berating ourselves and replaying our doubts and fears. Why do we do this to ourselves? If we are in control of what we are thinking why do we all spend so much time imagining the worst and replaying the horrible moments in our past? When you think about it rationally... it's insane! We are purposely making ourselves feel bad for absolutely no reason. It achieves nothing! And in fact, it prevents you from focusing your attention on 'Now' and all the wonderful things that are happening to you in your 'now' moment where you do have control of your life. You have no control over the past or the future, your only point of power is in the present moment where you can choose peace, happiness and contentment or action.

When your thoughts are stuck in 'repeat' a small incident that may have been fairly unimportant, within days, can become a big hairy emotional monster spiraling you into depression because of the amount of 'thought' you have given to it. When your thoughts are in 'repeat' you are also embellishing new versions of the experience, elaborating, expanding or exaggerating it. It's not uncommon that a small interaction with another person that may have been slightly disturbing, irritating or embarrassing becomes huge. Repeated for several days, enhanced and exaggerated by what psychology calls 'catastrophic thinking', the experience becomes very different from the original version. Remember that the story is not the event. The story is your biased interpretation of the event, we all do this so don't beat yourself up over it. Just remind yourself that **THE STORY IS NOT THE EVENT.**

How do I Actually Control My Thoughts?

It is very difficult to stop thought. You can practice doing this using meditation or you can stop thought by sleeping. But wherever you left your thoughts when you slipped into dreamland you will immediately pick them up at the exact same point when you wake up. Which is why people often say they wake up worrying about the same stuff. If you want to stop that, you have to deliberately think positive things before you go to sleep.

Your mind however is *programmed* to think so that if I told you *not* to think about a pink elephant for instance you would immediately 'think' of a pink elephant and more than likely visualize or picture one as well.

The first step to getting in control of your thoughts is to become aware of what they are. Most of us don't realize just how many negative thoughts about ourselves, others and our lives we generate in every day. We apparently have 60,000 separate thoughts every day! If you were really dedicated you could set an alarm for every 15 minutes and write down the thoughts you had for a 24 hour period. You would probably be shocked to find just how many negative and self-defeating thoughts you allow to roll around constantly over and over again in your mind.

Often we find ourselves deep into 'repeat' thoughts before we even become aware of it. Start observing what you are thinking in some way that feels easy for you. Don't berate yourself for thinking negative things....just notice what you are doing at first.

Then if you become aware that you are thinking negative things say to yourself 'STOP'. You may even want to picture a stop signal and hold your hand up in the 'STOP' position to impress this on your Unconscious Mind. Then *gently* remind yourself "I'm not going to do that anymore."

Sometimes it helps to give this negative voice in your head a name

- maybe someone who was critical in your past for instance - so that you get to understand that these negative thoughts *are not the real you*...they are the voice of your stuff, your issues, your doubts, fears and old programs. They are repeat thoughts or thoughts you have picked up around you.

To become the master of your own mind, try some of these techniques. If one doesn't work, try another. We don't all respond in the same way and you will need to find what works best for you.

1. **Notice the Thought.** When you begin to step into that part of yourself that is the silent witness, the observer of yourself you distance yourself from your thoughts and stories and take some of the sting out of them. Notice a painful thought as it arises in the mind, for example "Why did I do that, I'm an idiot!". Now say to yourself "I notice that I am having the thought that I am an idiot". Practice this a few times and notice that it feels different when you distance yourself from the thought, it diffuses it and becomes just words you are repeating rather than a truth.
2. **Name the Story.** Identify your mind's favorite painful stories and then give them names such as "The Loser Story" or "The My Life Sucks Story" or "The Boo Hoo Story". If you are thinking "he/she shouldn't have done that to me" name it. Say to yourself "there's that SHOULD STORY again" or "I'm not pretty enough" could become..."There goes that 'POOR ME' STORY again". When you call yourself on your own game and fess up to it, it makes you take responsibility for what you are doing to yourself and you will notice that over time you will begin to do it less and less. These thoughts and stories are just the habits and patterns of your EGO and when you begin to notice them they lose their power.
3. **The Silly Voices Technique.** Choose a cartoon character such as Mickey Mouse, Donald Duck, Homer Simpson or Shrek and repeat the negative thought or story over and over again in your head in the silly voice. Add as much humor as you can as you repeat your story in your silly voice. You will find that it becomes sillier the

more you repeat it until it doesn't hurt at all.

4. **Musical Thoughts.** If you have a repetitive painful story you keep telling yourself or perhaps you keep having the same painful conversation with someone over and over again in your head try singing it to the tune of Happy Birthday, Jingle Bells or perhaps Baa Baa Black Sheep or another childhood tune. It will lose its power to hurt you.

5. **Replace your thoughts with better feeling thoughts.** Say you caught yourself thinking 'You loser what do you bother for you're never going to have what you want'. (Sounds harsh I know but you will be surprised to hear that this is how most of us talk to ourselves in our head). You might choose to replace this with: ' OK, I'm having a bit of a negative spin here but I don't have to listen to those thoughts. Those thoughts aren't what I choose. I'm doing the best that I can. This is getting easier and easier the more I practice. I love being in control of what I think and feel. I'm going to succeed eventually I just have to stay on track. I don't know how my story ends but I know the end of my story turns out well! All I have to do is stay focused and stay on track and I will eventually get to where I want to go. This is getting easier and easier'. Or you could simply have a store of affirmations that you can trot out whenever you catch yourself repeating negative thoughts eg. I always do the best that I can. I accept and approve of myself. I appreciate how much I am learning with every new challenge.

6. **Distract yourself.** Say you found yourself stuck in repetitive negative thoughts that you had been over a hundred times. You could distract yourself by focusing your attention on something that pleases you or brings you joy. It can be as simple as listening to your favorite music, reading a book, watching a funny movie, patting the cat, taking a walk or phoning your favorite positive friend for a nice chat, listening to a meditation or hypnosis CD, listen to something empowering and uplifting. Don't

underestimate the power of distraction. We use it all the time, automatically on small children. When they are upset we know that the best thing to do is distract their attention from that thing that is upsetting them. We offer them a diverting toy, an ice-block or put on their favorite video. As parent we know that this works for our children so start using it for yourself. Your life is lived moment by moment and if you distract yourself in this moment and then the next and then the next before you know it a whole day has gone by and you've hardly thought at all about that thing that was worrying you. If your goal or intention in life is to *feel good* and *be happy* why wouldn't you do this? Worrying about something doesn't change it. Remember we said that the most creative, inspired ideas come when your mind is relaxed. So, let go, relax and let it happen for you.

7. Question your painful thoughts don't just accept them as truth. Say your recurrent painful thought is 'He/she doesn't really love me'. Ask yourself 'Is it true? Do I know that it is really true?' Then think of three reasons why this thought might not be true. Perhaps you can remember a time recently when they treated you in a loving way, perhaps they told you not so long ago that they loved you, perhaps you just really know it deep down inside yourself where you are not beating yourself up with your fears and doubts. Even if someone ends a relationship with you it doesn't necessarily mean that they no longer love you or that you did anything wrong. Most of our painful thoughts are assumptions and once challenged we realize that they may or may not be true and so we are beating ourselves up over a thought they may not have substance. Every negative thought you have can be challenged in this way. For a more concise look at just how affective challenging your thoughts can be you should read Byron Katie's book 'I need their Love'.

At first controlling your every thought may feel like hard work but like any skill, it becomes easier and easier over time until it becomes your new way of being. Every time you disrupt a habit of negative thought you generate different chemicals in your mind and with

repetition your neural network rewires itself into the new habit of positive thought. Don't ever underestimate the power of distraction. It is one of your best tools for feeling better. The more you distract yourself and the more positive thoughts you intentionally hold in your mind the more this rewiring can occur and before you know it you will be feeling better and better. Not only that, you are now in control of your thinking and your life and you are on your way to achieving your goals.

As I tell all my clients, those people who climb to the top of Mount Everest don't say to themselves all the way to the top, 'What am I doing here! I'm going to fall off this mountain and die! This was a stupid idea, I should turn around and go back I'm never going to make it!!' You know that's not what they were telling themselves otherwise they would never make it. What they were actually saying was, 'Just one step at a time, I'm enjoying every moment of this experience, this is easy! I've done climbs like this before, if others can do it so can I. I can't wait to get to the top it will be a wonderful experience, I can do this!' What is your Everest? Is it peace, contentment, happiness, joy, abundance, a wonderful loving relationship, a great career, a passionate life with meaning and purpose? Whatever it is you can have it, be it and do it....all you have to do is believe that you can and start captaining your ship so it will get you where you want to go, not drive around in circles freaking out!

For every 5 minutes of happiness or good feeling you manage, you attract to yourself more of that. After a while these 5 minute segments of 'feeling good' and thinking positively expand and expand in your day and eventually become your natural state of being. Happiness happens one moment at a time.

You can have the happy, joyful, passionate, exciting life of your dreams but you aren't going to have it with a negative mind. No-one is positive all the time. We all have our down moments, days. But you can be positive most of the time. You can monitor your thought every day, every moment and turn them into thoughts that will help you get where you want to go and have the life that you choose, not the life you are creating by default because you have

not understood how your Mind really works and used it to its best advantage.

Just experiment with these techniques for one week and see what happens. Experimenting is good because you always but always get an outcome of some sort either negative or positive. Having taught this technique of getting in control of your thinking to hundreds of clients I can tell you now that you will be amazed at the difference it makes to every moment of every day of your experience.

Strategy 2 - Plan Your Day

Every new day is a new opportunity to recreate you. When you sleep at night you stop all thought and therefore stop all generation of negative energy. When you wake up it's a new beginning. Start every day reminding yourself of your focus for happiness and well-being. Remember your Unconscious Mind does exactly what you tell it to and pay attention now because I'm going to tell you something else that is extremely important to your understanding of you.

What you focus on grows in your reality

There are millions of pieces of information coming in through your six senses every second. You can't possibly focus on all those pieces of information. Science tells us that you can only focus on 120 bits of information per second. Who chooses which 120 bits you are going to give your attention to? You do. You decide what you are going to notice and what you are going to ignore, what you are going to focus on and what you aren't.

When you are depressed and unhappy you have developed a very good program or strategy in you UM to notice mostly those things that upset you, make you angry or sad, depress you and which you dislike. You have been practicing this behavior for as long as you have been depressed. You have developed a strategy for making yourself feel bad and you are very good at it. Congratulate yourself because now that you know that you are doing it you can choose to do just the opposite.

Remember back to the last time you bought a new car. What color and make was it? I'll bet that after you bought it you suddenly started noticing those same cars everywhere you went. Just like when you get pregnant you suddenly start noticing pregnant women. This is because what you focus on grows in your reality. It's a built-in mechanism. As you focus on the things you don't like you see more of them. But guess what? As you focus on the things you do like, love, appreciate, find attractive, long for, need,

desire, find funny.....they grow in your reality. If you are unhappy you have 'trained' your UM to search out the things that make you feel unhappy. If you want to get happy start training your UM to search out those things that make you feel good. Your UM is an amazing super processor that can process millions of pieces of information per second. Your Conscious mind can only hold seven bits of information per second. Try it. Have someone repeat seven ordinary items to you and then repeat them back. The average is seven so you should be able to do that, maybe you can do more or slightly less but you will get the point. Remember your UM only does what you tell it to, you are the one that is directing it so direct your attention consciously to the things you want to have in your life and turn away from the things you don't want.

Train yourself to look for the things you want to see and experience by programing your day every morning. This is an example but work some ritual out for yourself that you do every day until it becomes a habit. Your UM loves rituals.

1. Affirm your intention for the day - As soon as you wake up and before you move or get out of bed smile to yourself. Feel how delicious it is to be laying snugly in your bed and how good your body feels after a night's rest. Say something to yourself like:-

"I want to feel good today. Nothing is more important today than that I feel good. Today I am going to notice as many things as I can that I like and that make me feel good. Today I am going to turn my attention away from anything that upsets or worries me. I can be do and have anything I want, all I have to do is focus my attention on the things that make me feel good".

1. Think of 3 things you are grateful for as you lay there in bed (it could be just that you woke up!!) eg I am grateful that I am feeling healthy today, that I have a job to go to so that I can provide the things I need for my life and that I have someone who loves me.
2. Plan the day ahead - Think of what you have to do for the day. Now image the best possible scenario happening in every case.

Visualize or imagine it in as much detail as you can. If you have no specific plans run through a list of things that you could possibly do that would make you feel good. You are programming your UM to seek out, focus on and create the experiences you are imagining.

It is very possible to select ahead of time the moods, reactions, - responses and experience you are going to have in advance. Just as you can decide before you get on the bus or the train that you are going to sit alone, keep to yourself and read your book quietly, you can decide in advance of other experiences just how you want to be in response to them and what you would like them to be.

Of course, you can't predict everything but you can decide how you are going to react to everything quite deliberately that day and with such resolve that nothing can shake you. When you do this, you become the master of your own destiny. It is not the events in our lives that matter, those events that we may not necessarily be able to change but how we choose to experience them and the meaning we give to them once they occur that makes the difference between happiness and lack of happiness. It is your perception of your world that shapes your feelings.

The irony is that once you have learnt to master negative situations and events in your life they stop occurring in your experience because you no longer need them there to teach you so that you can expand as a human being. All life is about growth. Think about it, think of nature, if a plant is growing it's dying. You are the same way, you are part of nature and if you aren't growing you are withering and dying. You have been programmed for growth and expansion and you can't stop it. Change is inevitable you can't stop it or prevent it. In our society, we have a bunch of useless sayings such as 'You can't teach an old dog new tricks' and 'Leopards never change their spots'. These beliefs were handed down to us because they were supposed to stop us wishing to change other people or hoping that others would change but that doesn't mean that people never change. You are not the same person that you were 10 years ago (apart from having more wrinkles) you are different. Science tells us that every cell in our body regenerates within a year.

There's not one part of you that is exactly the same cell that it was a year ago and your inner self is the same. Whether you have been noticing it or not you have been learning because your life can do nothing else but make you learn. You can't go back, you can't unlearn something, you can make the same mistake more than once and we often do but eventually we stop doing it and we learn and grow. You are constantly in the process of becoming. Enjoy the ride!

STRATEGY 3 - CHOOSE THE BELIEFS YOU WANT

The most liberating thing I have learnt along the way that I come back to again and again is that my beliefs aren't real.

Beliefs aren't real!

Don't overlook this profound message. Your beliefs aren't real. They are just thoughts that you have practiced over and over again until you *believed* them to be real.

If you want to change your life, change your beliefs. Since they aren't real and you have changed your beliefs many times in your life you can do it again. Stop now and think of a belief that you have changed. Did you think you'd never lose your job, get married, be overweight, have 4 children, like olives? We believe something to be true until life experience or knowledge shows us otherwise and then we change that belief.

If beliefs change, they aren't truth or reality just what we *decide* is true for us from moment to moment. If they don't serve us then we can change them whenever we like. Your perception is what creates your reality, remember we don't see the world as it is we see the world as we are. Your beliefs form your perception. If your life is not what you want it to be then looking at your beliefs and deciding which ones are serving you and which ones are not is an important step along your path to peace and happiness.

The slightly tricky part is recognizing what our beliefs are because often they are lurking in our UM hiding from our conscious awareness having been programmed there at some time in our life. Let's look at some beliefs that usually hold us back from being happy:-

My mother was fat so I am going to be fat
Depression is a chronic illness
No-one is happy these days
Love hurts

**Life wasn't meant to be easy
Nothing good comes without hard work
Bad luck comes in threes
No-one who's married is actually happy anymore**

None of these beliefs are true except to the extent that you believe that they are? You may have decided to believe them but I don't believe them so how can they but truth or fact?

Your beliefs create your reality. You are in every moment of your experience choosing your beliefs. Perhaps you are doing this out of your conscious awareness but the moment you start to notice what beliefs are influencing your choices you bring them to conscious awareness and they are no longer unconscious. If you want to get off the unhappiness merry-go-round you have to start challenging some of your firmly held beliefs about yourself and about life.

We all have mass beliefs we've picked up from our cultures and the media. If we see it written somewhere and it appears to be the result of research or put forward by someone in the medical community we believe it to be fact but have you noticed how often the so called experts change their minds? Did you know that much of the research is funded by corporations who have a vested interest in the outcome?

You get to choose your own beliefs and these beliefs are creating your body and your reality so be choosy about what suits you and what doesn't.

What you believe is true for you, it is valid, it creates your reality, it shapes your life. Are your beliefs helping you to be happier or hindering you?

There are a number of wonderful belief change therapies: Emotional Freedom Technique (EFT), Regression Therapy, Psych-K® and Hypnotherapy. If you get stuck and your life isn't moving forward the way you want it to then seeking the help of a professional Life Coach or Therapist is a great idea. Sometimes all you have to do to change the effect of the belief is to become aware

that you have it. Have a look at the following exercises and discover what some of your beliefs are.

Belief Awareness Activity

- 1. Think of one problem you currently have in your life or something about your life that you would like to change for the better. Sit down with a pen and paper where you won't be disturbed for 20 minutes and close your eyes. Ask yourself 'What do I believe about this subject?'. Now write down everything that comes into your mind both positive and negative about his subject.**
- 2. Think of something that you would like to be true for you. Perhaps you would like to be thinner, richer or have a loving relationship.**

Write it down as an affirmation 30 times eg. I am now my ideal weight, I am now wealthy and abundant, I am no in relationship with my perfect partner. Underneath each affirmation write whatever pops into your mind. Your page might look like this:-

I am now in relationship with my perfect partner

Yeh sure

I am now in relationship with my perfect partner

Not likely

I am now in relationship with my perfect partner

Never going to happen to you

I am now in relationship with my perfect partner

Perfect partners don't exist

I am now in relationship with my perfect partner

You're too fat to attract anyone

I am now in relationship with my perfect partner

No-one wants you

I am now in relationship with my perfect partner

This is crap

I am now in relationship with my perfect partner

You're fooling yourself this isn't going to work you know there's no-one out there for you, you're going to be alone forever

Do you get the idea? Your deepest beliefs, fears and doubts that hold you back from having what you want will come up as you write. You will see patterns emerging. When your negative beliefs are uncovered you can then start to do something about them.

STRATEGY 4 - FOCUS ON THE POSITIVE ASPECTS

If you are suffering from depression or you are just generally unhappy in your life you have probably spent so much time berating yourself and putting yourself down in your thoughts that thinking of positive things about yourself and your life may be hard. More than likely you have been practicing your *negative aspects* for so long and doing such a great job of it that that's all you see.

It's time to turn this process around. If you want to feel good and look good and like yourself, you have to start practicing just that. Remember it all starts with your thoughts, what you focus on grows in your reality and your thoughts aren't always rational or real they are often the voice of your issues. This is an exercise to start you focusing on the good stuff.

Every day sit down with a notepad or your journal for ten minutes where you will be uninterrupted. Write a list of the things you love, like or appreciate about yourself. They can be things about your appearance, personality, life, capabilities or your physical body. Here are a few examples

POSITIVE ASPECTS OF ME

I really appreciate that my ears work perfectly so I can listen to my favorite music

I love that my legs are strong and can carry me everywhere I want to go

I love that I have three beautiful children

I love the house that I live in

I love my cat/dog

I really like my eyes

I love that I'm such a good mum/wife/husband/son

I am so grateful that I have good health and my heart beats regularly

I like that I am a good listener
I appreciate my ability to learn new things easily
I like that I'm good at origami

If your self-esteem is in really bad condition you will find this task difficult and if that's the case then it is even more important for you to have a go and do it. I will guarantee you that it will get easier and easier as the days go by and in a couple of weeks you will find yourself thinking easily of things to appreciate about yourself. Remember

What you focus on grows in your reality

And as you focus on the things you like about yourself they will grow! You will be changing your perception to notice the good things about yourself and your life and not the bad. You will be looking at the things you want to see and at the same time generating good feelings in your vibration that go out into the Universe and attract back to you the same. People will start to compliment you on the very things that you have been focusing on and when this happens you will have given yourself evidence of your incredible power to intentionally create what you want. This is not rocket science it is an easy task, so easy in fact that you may feel inclined to overlook it or feel that it is too simplistic. I guarantee you that it is these simple tools that make all the difference. You will not be happy when you get that job, car, house, relationship, pay rise. You will be happy when you become determined to settle for nothing less in every moment of your experience. You will be happy when you decide to do all the things you can to get yourself from where you are now to where you want to go on the happiness, peace and contentment scale. It is little things just like this that will make all the difference.

Don't take my word for it. Try it for yourself and see the difference. If you have tried it for a month and you are not feeling any better about yourself I want to hear about it because you will be the anomaly in this program.

STRATEGY 5 - DO FEEL GOOD THINGS EVERY DAY

When you get sad and unhappy you stop being able to experience joy in your life and you stop doing the very things that would make you feel better. Remember you have been running a strategy or program of unhappiness for quite some time now and that is your automatic response. If you've been unhappy for a long time maybe you can't even remember what it was that you used to enjoy.

When you get depressed you automatically start to withdraw from your linear, physical world and turn within. This function is quite purposeful, you are supposed to go within, to your Inner Self or UM to find the solutions to your problems. If you are not using your thought mechanisms properly and simply replaying old thoughts over and over again you are jamming up the system and preventing your UM from giving you the solutions to your problems. Lots of people 'go within' and stay there for long periods of time never finding the answers because they aren't listening for them. When you are just continually beating the drum of what went wrong over and over again rehashing, complaining, replaying, moaning you cannot hear the answers.

If this is you then part of your recovery is to purposefully start making yourself do things you enjoy that make you feel good. When you first start if you have been just going through the motions for a long time you might have to *force* yourself. Start slowly, just pick one thin from your 'Feel Good' list to do every day even if it's only for ten minutes and *make* yourself do it. You have to start somewhere. If you start doing ALL the things I have suggested in this book they will all work together to move you forward much faster.

I am not just talking about distraction here I'm talking about energy. You are nothing but energy. This isn't new. Quantum

physics has led us to understand that everything in the universe is made up of pure energy, vibrating energy. The only reason we feel anything as solid is because our physical world is vibrating at a different rate than our bodies and so we feel it to be solid. All of your senses; touch, sight, smell, taste are all interpreters of vibration. You know that music is a vibration. Sound waves move through the air and are picked up by your ears and interpreted as a particular sound. All of your senses work in the same way.

The universe is energy, you are energy and you are a vibrational being. When you are depressed, unhappy, sad, angry or holding any other negative emotion in your body you are vibrating at a denser, slower, heavier rate than when you are happy, passionate, loving, excited, exhilarated. When you are depressed you lose energy, you slump your shoulders, you droop, it's hard to carry your body around or do anything, you feel tired because your vibration has dropped. You feel heavier because you are vibrating more slowly. When you feel good you are full of energy, you hold your body differently, you move faster, you are lighter. Your vibration is faster.

Doing things that make you feel good is about raising your vibration. It won't happen overnight because you have been practicing this low vibration for a while now. You have to raise your vibration steadily and gradually by doing the next thing and the next thing that makes you feel better. Your feelings remember are also an interpreter of vibration. When you walk into a room in which people have been arguing you can feel the tension in the air. We say 'you could have cut the air with a knife' because your feelings are interpreting the energy in the room. Thoughts are energy, they can now measure them on sophisticated equipment, feelings are energy. You know the difference between the energy of anger and the energy of excitement. Doing feel good things is about purposefully and intentionally raising your vibration and changing your energy from depression to feeling good.

Exercise

Make a list of *at least* 10 things that you enjoy doing. Do something from your list *every day* and many more if you have time to fit them in. For every five minutes that you feel good you generate 10 minutes of feeling good tomorrow. Lots of five minute feel good minutes eventually add up.

Your list might look something like this:-

My Feel Good List

Walking by the sea
Having a bubble bath
Patting the dog
Watching my favorite funny video
Making love to my partner
Reading in bed with a cup of tea
Playing golf
Sitting in my garden for half an hour
Having coffee with a friend
Going to the movies
Dancing and singing when no-one is watching

They don't have to be things that cost any money, they just have to be things that make you feel good. You raise your vibration by doing the things that make you feel good and even if it is only for a few minutes it has an effect on your overall vibration for the day. Every moment of joy, happiness and love you can manage will multiply to bring you more moments of joy. I don't care if you have to pretend to be happy for a while, when you are doing it with conscious awareness it is not the same as when you are really unhappy inside and you are in denial and pretending you are not. Bringing your true feelings to your conscious awareness is healthy. Purposefully pretending to be happy or forcing yourself to do things that make you feel happy with the intention of healing your unhappiness is a wonderful positive thing.

STRATEGY 6 - LAUGH

Your Unconscious Mind is the part of your that runs your physical body and it is also in control of your energy system. It can make you feel tired and lethargic or it can make you feel full of energy and vitality depending on what you have programmed it to do with your thoughts.

When psychologists started worked with Olympic athletes they hooked them up to biofeedback equipment and got them to imagine they were competing in their event. What they found was that the athletes biofeedback responses were exactly the same whether the athletes were imagining their event or actually competing in it. What this tells us is that your UM doesn't know the difference between when you are imagining something or when you are actually doing it for real.

When you smile your body releases endorphins, those feel good chemicals that we all love and whose effects mimic drugs like morphine and codeine (chocolate, sex and exercise also release endorphins). If you want endorphins to flood through your body just SMILE! Look at people smiling and it will have a similar effect. That's why people love being around babies and animals. They are so in tune with who they really are that they exude joy and good vibrations all the time. Look into the smiling face of a small child or baby and you will feel their joy too!

Smile at everyone you pass in the street, smile at yourself in the mirror, smile just for the heck of it. It doesn't matter that you don't feel like it right now, your UM won't know. If you are smiling to fool yourself and others that you are feeling good when you are really feeling awful that's not good. Remember it is your intention behind your thoughts and actions that counts most. When your intention is for healing and happiness then smiling is one of the best things you can do for yourself and so is laughing.

My colleagues and I bought the newest 'Tickle Me Elmo' doll recently. We put it on the desk before our meetings and laugh

ourselves stupid at its antics. By laughing we are raising our vibration, releasing endorphins, flooding positive chemicals through our bodies and putting ourselves into a positive frame of mind because we know that from that place our most creative business solutions will flow.

What can you do to make yourself laugh? What makes you laugh today will be different from what makes you laugh tomorrow. Life can be full of amusing things if you choose to look at it that way. Never lose your sense of humor it is the best weapon you have to find relief in every situation. My grandmother taught me to laugh when things felt at their worst. Try it, it's wonderful!

STRATEGY 7 - ACT AS IF

You've just read in the last two chapters the reasoning behind Acting As If, it's the same as smiling and focusing on positive aspects....it will make you truly feel better eventually the more you do it.

When you are happy and on top of your gain you have a certain body posture, a certain energy level, a certain look on your face, you say certain things, you laugh more, you smile more, you are more active. Act.

Think of the body posture you have now or when you are seriously unhappy or depressed. Slumped shoulders, stooped, slow moving, down-turned mouth. It's bad isn't it? Now imagine or pretend just for a moment the last time you were feeling magnificent. Close your eyes and do it, remember a specific time when you were feeling really, really great or really, really confident. Go back to that specific memory. Feel how good it felt. Feel how you are standing, moving, the expression on your face. Now open your eyes and Act As If you felt like that now. Walk and talk and move like you felt happy. You may not be able to keep it up for too long when you first start but remember you are changing your vibration while you are doing it and it is sending important messages to your UM that you feel good and are happy. You are making it your new habit of being and when you practice a habit for long enough soon enough your UM starts to generate the habit for you outside your conscious awareness.

Remember when you learnt to drive car? When you first started you had to do everything very consciously step by step....there seemed so many things to remember. Now when you get into the car your UM drives you to your destination usually while you are mentally having an argument with someone, planning the shopping list or thinking of that important job you have to do when you get there. You don't consciously drive the car. It's the

same with all this work you will be doing. Each little step adds up to one giant leap forward into a feeling good place. Do each step consciously at first until it becomes your new way of being, your new habit and then your UM will take it from there.

Stop feeling sorry for yourself, looking for sympathy and playing your 'poor me' story in your head. No-one is more compassionate to how you are feeling right now than me. I have been there and I watched my son going through mental illness and drug abuse and wanting to kill himself every single day of his life. (He's in perfect health and happiness now, thank you for thinking of him). I am so filled with compassion for how you are feeling right now, which must be not good or you wouldn't be reading this book, that I am going to get tuff with you. Stop feeling sorry for yourself. If you want to continue doing that you can no-one can stop you but it is only going to make you feel worse and worse than that and worse than that. If you want to be happy, take yourself by the scruff of the neck and demand nothing less for yourself. You deserve to feel good! There is nothing more important in your life than that you feel good in each and every moment of your experience! Don't settle for less. Believe in yourself. Trust yourself. Love yourself. Reach for hope. Start Acting As If you already do!

STRATEGY 8 - REPROGRAM YOUR MIND

You have been steadily and methodically allowing the programming of your Unconscious Mind since the moment of your birth with things both wanted and unwanted because you knew no better.

Your mind did not unfortunately come with a handbook that said 'Beware, your conscious mind is the gatekeeper of your unconscious mind so be careful what you allow to pass through'. Until you were around six years of age your brain waves were constantly in 'alpha' state which is the brain wave frequency of your unconscious mind. Just imagine constantly being in a trance in every moment of your experience! No wonder we say small children are like sponges and just absorb everything around them, they do! At some time, around six or seven you began to cognitively develop and your conscious mind started to analyze what was coming in and decide whether it was acceptable or believable to you. In this way, your conscious mind assessed all incoming information for acceptance or rejection. When you were a small child if someone told you that you were a 'stupid idiot' you just believed it and it was programmed in to your UM. As you developed you could discern whether those words were true for you or not and this may have depended on who was saying them, the context they were said in, the tone of voice they were delivered in and other non-verbal cues you unconsciously paid attention to.

As children, we had no control over our minds but as adults we are completely in control. You can rewrite the programs of your mind. When you know that you have issues in a particular area you can immerse yourself in positive messages that affirm exactly the opposite. You can constantly affirm to yourself that you are smart, beautiful, loved, enough, capable, perfect. There are millions of self-hypnosis CD's and MP3's available on the market today many of which can be instantly downloaded from the internet. If you are deeply depressed or anxious you should be listening to something

positive every night before you go to sleep. Self-hypnosis recordings work best if you use them on a daily basis for a period of at least six weeks. If you think this is a huge commitment imagine how many times over the course of your life you have affirmed your fears, insecurities and doubts to yourself. Six weeks of the opposite is a spit in the ocean by comparison.

You've done a great job of programming your UM with sadness, depression, fear, guilt and a lot of other useless things for a long time. Now use the same process to make yourself feel better. You have to re-program your Unconscious Mind with positive feelings, thoughts, beliefs and information. Be choosy about what you give your attention to and focus on.

A few years ago, I lost someone I loved very much and went into a serious depression for about a year. I seriously think I cried every day for a year. When I finally decided enough was enough and it was time to take charge of my mind I spent every spare moment I could reading, listening to self-help or self-hypnosis recordings, meditating, watching uplifting videos and going to self-help seminars and workshops, doing positive aspects, controlling my thoughts, repeating affirmations. I made the decision that I had to help myself get out of this hole so I did everything I could to make that happen. Even in the car I either listened to tapes or sang uplifting songs. I repeated affirmations day in and day out. I was very intentional about re-programming my mind. If you are serious about feeling better you can do this too!

STRATEGY 9 - LET GO OF THE PAST

Recent scientific research has shown that stress is the number one indicator of an early demise. It is a condition that leads to heart disease, high blood pressure, cancer and a host of other physical diseases.

Most people have been walking around feeling stressed, depressed, angry, sad, unfulfilled, overwhelmed or unloved for so long that they no longer notice. It becomes so familiar that it is their natural state, it *feels normal!* The best thing you can do for yourself is to start to acknowledge your negative feelings and refuse to accept them. *Don't put up with feeling bad a day longer!* If you were in physical pain you would tell everyone about it and go to the doctor for a solution to your problem. Why do people ignore their emotional pain? Do you believe there's nothing you can do about it? Do you think it makes you better than everyone else because you have learnt to endure it? If so, these are just your current beliefs and they aren't real.

Emotions are supposed to be 'Energy-in-motion' they are meant to flow through you as a signal from your Inner Self that the thought, behavior or belief you are currently expressing is not in harmony with who you really are and what you really want. Emotions as a signal need to be felt, acknowledged, listened to, perhaps expressed and then released. When you hang on to these emotions you are causing yourself to feel unnecessary pain. In the best-case scenario emotions should stay with you for a matter of minutes. If however, you don't listen, don't change your thoughts or behavior and keep going down that same path they will stay sometimes for years.

We both know people and maybe this applies to you that have been hanging on to hurt feelings about something that occurred in their experience 20 or 30 years ago! You don't have to hang on to this hurt you can let go of the past. If you are still hanging on to something, and you will know that you are if you start to talk about

it and you still feel negative emotions *get some help!* There are many wonderful therapies around that can help you to release the past. Check out therapies such as Neuro_Linguistic Programming (NLP), hypnotherapy, Psych-K®, Emotional Freedom Technique (EFT).

In my practice, I help people every day who have been hanging on to awful things from their childhood and not knowing any better they have tried to ignore it or put it behind them. This works for some people but in many cases, you will find that all that stuff from the past is what is now preventing you from moving forward, losing weight, having a loving relationship, being successful and being happy.

Having unhealed issues from your past is like having a program open on your computer desktop but minimized to the bottom of your screen. On your computer, you can see the current program you are working on but down the bottom is the little icon of the other programs you have open but that you aren't looking at. These other collapsed programs are still active on your desktop. Your past traumatic experiences may be still active in your vibration if your thoughts continually go back to them from time to time. The negative emotions that are attached to these memories are actually stores as energy in your body somewhere. You are hanging on to negative energy around past issues and it will be affecting how you now feel. Holding all those negative energies of anger, fear, guilt, hurt, sadness, abandonment, rejection, grief in your body takes an enormous amount of energy. It's like trying to hold a balloon underneath the ocean waves, it just wants to continually keep popping up. When you release these stored negative emotions, you will have an enormous feeling of relief and lightness in your body. All that energy you wasted hanging on to that stuff can now be used for other fun things!

Start listening to your body and responding when your body is reacting negatively to whatever it is you are doing, saying or thinking. It is your job to protect yourself from negative feelings no-one can do it for you. No-one knows how you feel but you and you are the one who is going to suffer for it in the long run. All

those negative feelings eventually lead to physical disease. Make your health and happiness your first priority. Don't put up with feeling bad a moment longer.

STRATEGY 10 - LISTEN TO YOUR BODY

PROTECT YOUR PHYSICAL ENVIRONMENT

Everything that you do, watch, listen to, look at, talk about..... affects how you feel either positively or negatively. If you want to feel good you have to stop engaging in anything that has a negative effect on how you feel.

There are many things in our environment that we can't avoid of course. When it comes to these things we may not have control over the person or event but we always have control over the way we choose to feel in response to them. You are always choosing how you respond. If you are continually responding to something or someone with negative emotion it is either because you have something unhealed in you or because you have a belief that is not helping you. If something in your life is that bad that you can't change your perception of it and your response to it then move it out of your life, perhaps not over night, but make a goal to change that situation.

What we are focusing on in this chapter is the things over which we do have control. Some of the simpler things that affect how we feel which go unnoticed but are easy to change are the things we read, watch and listen to. How often do you sit in front of the TV in a trance not particularly paying attention to the content of what is going in uncensored into your UM. Perhaps you are unconsciously watching the ads or a show that you do not like or agree with but that your spouse chose.

Don't sit mind numbingly in front of the TV or have the radio playing in the car listening to murder, mayhem, catastrophe, trouble and bad news. Stop reading newspapers and watching or listening to the news. You may be filled with compassion for others suffering but you can't help those people so don't risk your well-being observing their plight. When you are feeling on top of your game again and you are so good at protecting your vibration,

keeping your equilibrium and looking after yourself donate your time to some worthy cause to help others. While you are depressed and unhappy any help you give to others is going to be much less profound than the help you give when you are generating loving, healing, positive energy.

Listen to music that makes you *feel* good. Music Therapy has a dramatic effect on how you feel and costs relatively nothing. There is plenty of evidence that suggests the enormously high suicide rate in teenagers can be directly linked to the proliferation of MP3's, Ipods and the type of music our kids listen to which is full of negative messages. I have raised three teenagers and some of their music makes me feel like I killing myself! When you fully understand all the scientific evidence that confirms that our vibration can be dramatically affected by everything we come in contact with and you have made a decision to feel good you get very protective of yourself.

Read Dr Masuro Emoto's work 'Messages from the Water'. Hundreds of studies have found that water is dramatically affected by thoughts, prayers, music and telepathic communication, not just near it but over vast distances. Since our bodies are made up of 80% water what does that say about us?

EAT HEALTHY

You probably don't need me to tell you that there is a direct correlation between what you eat and how you feel. If your body is not getting all the vitamins and nutrients it needs it won't work at optimum level and your body chemistry will not support the happy life you intend to have. Now remember what we said

Your mind is in every cell of your body

The body/mind 'connection' is no longer a 'connection' science now confirms that your mind and body are *one*. You are your mind, body and spirit..... *they are all you*. If your body isn't

feeling good because the fuel you are putting into it is toxic, fatty, acidic, processed, low in nutrients and fiber and full of food additives and chemicals and you have made a decision that from now on you want to feel good then start eating healthy. Eat as many foods as you can that are fresh and alive. Live foods such as fruit, vegetables, nuts, legumes are full of life giving, positive energy, they are alive. The same energy that you are made of. Processed fast foods are 'dead' foods and they can't possibly make you feel good except that they fill you up and they're tasty. Find something to eat that satisfies your need for tastiness and is healthy.

Omega 3 found in flaxseeds and leafy vegetables is known to reduce cortisol levels. Cortisol is the hormone your body secretes in response to stress. Reducing cortisol will make you feel calmer, more peaceful, more in control and happier. Taking a multivitamin that includes Omega 3 is an excellent start as well as large doses of Vitamin B to support your neurological system.

A little bit of what you fancy does you good but try to eat mostly plant-based healthy foods just for a while to check it out for yourself. Drink less alcohol (a depressant) and eat less fat (makes you feel sluggish).

Everyone's body is different and what works for you won't work for someone else. Again, practice listening to your body. If it feels good, eat it. Don't buy into the reports that abound about what you should and shouldn't eat this week. 'Don't eat fat, eat protein, don't eat carbohydrates, no do it carbohydrates, don't eat protein'. The experts change their minds every week. Listen to your body. Your body and mind are unique, no-one else is exactly the same mix of vibrations that you are so no-one needs the exact same diet that you do. Eat what makes you feel good.

EXERCISE FOR FUN

If you are anything like me and the majority of clients that come

into my office, you are a pro at making excuses not to exercise. I've done it all - aerobics, weight lifting, swimming 1klm daily, walking. And it didn't matter what I was doing, I did it for a while and then had a lot of trouble forcing myself to even start. Willpower only works for so long.

The problem with our beliefs about exercise is that we think of it as something we *should* do and we therefore make it another task, chore, job we have to take care of and we take all the fun out of it.

If you want to make exercising and moving more part of you daily life then you have to make it enjoyable. After all we're only human. We're not going to continue for too long to do something that is boring, painful or a chore.

The trick is to start to see exercise as something you can enjoy doing. So what is it that you would like to do that involves moving more that you would enjoy? And do it for the enjoyment not because you *have* to or you think you *should*.

Try walking where there is some lovely scenery to look at, walking at your normal walking pace, feeling the sun on you face and the breeze in your hair, breathing deeply for the sheer pleasure of being alive.

Try taking up dancing, belly dancing, swimming or something else that you want to participate in. Do it only when you really want to, when you feel like, when you can enjoy it. Don't berate yourself for not exercising because you are perpetuating that self-abuse, feeling bad thing again.

When you are depressed it is very common to not want to exercise even when you know it is good for you. Sometimes you just can't muster enough energy. Even a simple 5 minute walk around the block is a start. Force yourself to do at least that for a few days and soon you will find that you can walk a little further and a little further.

Why exercise? Because it releases endorphins, floods your body with oxygen, helps you to digest your food, balances your energy,

harmonizes your system, makes your feel good. It's all about feeling good.

It will make all the difference to how you feel by boosting natural endorphins, relieving stress and getting you fit not to mention the added bonus of being out in the fresh air and near nature which will also have a wonderful effect on how you feel.

STRATEGY 11 - FOCUS ON YOURSELF

One of the natural effects of being depressed is becoming introspective and self-focused. This serves a very important purpose. By focusing on yourself and looking within you can find answers to your problems which leads you to feel better.

Many adults who suffer from depression, anxiety and stress get that way because they have families to care for and responsibilities and they feel trapped by time and circumstance and unable to give themselves whatever it is they need to feel good.

Focusing on yourself doesn't mean turning away from those that you love or being cold and uncaring. What it does mean is looking after yourself *first*. When you get on an airplane the flight attendant goes through this little safety routine where they carefully explain that if the plane starts to crash and the oxygen masks drop down parents must put the oxygen mask on themselves first before attending to their children. There is a very good reason for this because if you're dead you can't be much help to your kids. Likewise, with your life. If you're dead because you didn't look after yourself or if you are miserable because your life isn't supporting you, you aren't any good to anyone else either.

When you are happy and you're on top of your game and every day is an adventure and you radiate that positive glow of happiness it is not only the best gift you can give to yourself, it is also the very best gift you can give to those you love. When you are happy, you are a better parent, mother, brother, husband, employee, friend and human being. Being happy means being the very best that you can be in all moments of your life. When you are depressed and unhappy you are the opposite of the best you can be.....you're the worst. You can't cope, decision making is difficult, everything is a chore, you have trouble getting on with others, solutions to your problems seem unreachable.

You have to get selfish about your own happiness. You must come to understand that unless you *choose* to be happy, unless you do whatever it takes to make you happy, unless you make it the most important thing in your life, you are failing yourself, your friends and your family. Feeling good is the most important thing in your life and it should be the first thing you think of each and every day of your life.

Unless you make the decision to get selfish and start taking care of yourself no-one else will. It is not anyone else's job to make you happy. It's not your partner's job, or your parents job or your kids job, it's yours. Being a grown-up means taking responsibility for yourself.

You are just as important as everyone else in your family. You are just as important as your children. If you constantly eat the burnt chop and put everyone else first thinking that you are doing the heroic thing, think again. That is just a belief, something you picked up along the way and I'm going to challenge you by saying that it isn't true. What are you teaching your children by living your life in misery and unhappiness and putting yourself last as you provide for others? You are teaching them to do the same. You are telling them by modeling it, if not in words, that this is what it means to be an adult. Do you want your children to be miserable adults ignoring their own very important, valid and life-giving needs for the sake of others?

Be the person you want your loved ones to become. Modeling is the most powerful form of teaching so make sure that your model of adulthood is one you can be proud of. Teach others how to treat you and themselves, be all that you can be, reach for joy with both hands as if it was your God given right....it is!

Focusing on yourself means not looking outside yourself for happiness or fulfillment. So many people I see spend most of their time worrying about others, attempting to make everyone else happy believing that if those around them would just change their lives would be better. It doesn't work that way. Others cannot

make you happy. You cannot create in someone else's reality and they can't create in yours. Your life is just about you, not them. Their lives are about them. You have to learn to be happy no matter what others are doing around you, that is real freedom, real self-empowerment. No-one can create your reality for you because you are creating it with the energy vibration that you emit that is determined by your thoughts, emotions and actions. When you are focusing your attention on others you are not noticing what you are doing, you aren't noticing what your vibration is saying to the universe. If you are constantly emitting an energy of anxiety and worry about others how are you helping them? You are actually making them and yourself feel worse. Whether they do it consciously or not others pick up on the energy that we are sending out. Your children, friends and loved ones know what is going on with you in some way whether you tell them or not. They know it because they are unconsciously picking up on your energy.

Being loving and supporting is great thing but being intrusive and rescuing doesn't help anyone and definitely is not going to make you feel any better in the long run. When the person you are rescuing is back on their feet you are still going to be inside you and feeling the way you do because of what you are thinking and believing and doing.

For the next week focus just on you. Tune into yourself at various times throughout the day and feel what is inside. What are you thinking and feeling. Every time you catch the focus of your attention on someone outside of yourself just notice that you are doing it and remind yourself that this week is for you. Gently bring your focus back to you. What are you doing? What do you need right now? What are you feeling? What do you want? What will it take to make you feel a little better right now?

Your life and your happiness starts and ends with you.

AFTERWORD

Resistance

Changing ourselves is scary. When we change we are not quite sure where we are going to end up and sometimes it's less scary to stay where we are, misery and all.

Most of us are resistant to change. Changing takes commitment, time and belief in ourselves and therein lies the problem. If you are struggling with depression it is likely you are also struggling with self-esteem and the very thing that caused the problem in the first place is the thing that keeps you stuck there. If you were the parent of a child with a depression issue you would be constantly saying loving and uplifting things to them and when they faltered or started to doubt themselves you would be there to egg them on and help propel them towards their goal. Who does that for you? If you have a good friend, family member or partner who can play that role for you that's excellent but you also have to do it for yourself. When those thoughts of doubt start popping into your head "This is stupid, I'm never going to get better" you have to be there for yourself countering those fears with every positive thought you can muster.

If you are prepared for these 'fear and doubt thoughts' before they arise you will be better prepared for them and then you can say to yourself:

"Ah there they are...I know these thoughts are the ones that are keeping me stuck and I'm ready for them, I don't have to listen to them, they are just the thoughts of my issue."

It can often be a good idea to commit yourself to coaching and therapy by paying for your visits in advance so that you can't come up with an excuse to not go. The fitness and weight loss industry know that this strategy is effective and that's why it is common practice in those industries. If you know you have to go and talk to

someone about your progress and what you have been doing to help yourself you will be more inclined to put in an effort. You are feeling bad precisely because you have been talking yourself out of feeling good for months or years. If you want to get better you have to make a commitment and find someone, preferably someone with the wonderful power to heal and uplift others, to support and help you through the process.

Some common resistant thoughts that keep people stuck are:

I don't have the time to do anything about this

I can't afford to get coaching or help

I'm too busy right now I'll do it later

I can handle this by myself

Depression runs in my family there's nothing I can do about it

I have a chemical imbalance, it's an illness, no therapy can change that

I don't believe in all that psycho-babble

Have you ever picked up a book or article and started to read it and then felt an overwhelming negative response to what you are reading? Perhaps you threw the book down and said something to yourself like "that's a crock!". Beware of these kinds of strong responses because this is usually an indicator that this is exactly what you need to hear and you are in denial. If you were just bored with what you were reading you wouldn't get the strong emotional response. The strong response is an indicator from your Unconscious Mind. We often resist the exact thing it's in our best interests to pay attention to because it's easier to keep our 'stuff' out of our conscious awareness and keep the status quo. Keeping things as they are and always have been, feels safe and comfortable...going into uncharted waters and taking a close look at ourselves can be scary.

Often people have what we call in the business 'secondary gain'. That means that your depression and unhappiness are actually meeting some need that you have. It could be that your depression gives you an excuse not to be social or to work less or to spend more time resting. Perhaps your depression gets you out of having

to have relationships or is the cop out you use for not fulfilling the potential you know deep down you have. There can be many reasons why we hang on to our stuff. If you really want to get better and you aren't you need to explore this issue.

Love and believe in yourself enough to get the help you deserve. No-one has to feel bad. We all have the capacity to feel joyful, excited and passionate about life and it's our birthright. When you have spent a long time feeling bad you don't know any better, it becomes your natural state of being and feeling great feels like an impossible dream or perhaps you think it's just not who you are. Don't let irrational beliefs that you have picked up along life's path hold you back. Believe in yourself enough to let go of your resistance and dare to believe that you can change.

Dear Reader

I hope that you have enjoyed “Get Back Your Mojo”. It is my deepest desire to help you to live a happy life, feeling empowered, at peace with yourself.

If you feel that you have learnt something new, gained some inspiration or insight or expanded your self-awareness I would love to hear from you so drop me a line at info@Reea.com.au.

I would be deeply grateful if you could take a few moments to write a review of this book on Amazon, all feedback helps!

My deepest gratitude
Reea Pawley



Reea lives in Newcastle, Australia where she works as an Intuitive Coach, Hypnotherapist and Psychic Empath. Her personal passion is supporting women's emotional, psychological and spiritual well-being and being of service in the Awakening of Human Consciousness. She does one on one Intuitive Coaching as well as Soul Readings.

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