

An Analogue....

As a boy I often tackled a task full of enthusiasm, only to become discouraged quickly. One bright summer day my father showed me an experiment with a magnifying glass and a newspaper. When he moved the glass over the paper from one place to another, nothing happened. But when he held it motionless in one spot for a while, focusing the sun's rays, a hole appeared. The boy was fascinated, but didn't grasp the significance of the procedure, so the Father explained that the same principle applied in everything we do: that to make a success of our lives we must learn to concentrate all our efforts on the undertaking in hand until it is finished. Jon Louis Feliciello.

How to create a strong focus of change? Affirmations and laser like belief that what you are working towards is possible.

An affirmation is a statement made with emotional intensity. Just as negative statements leave an imprint on the subconscious mind, so do the positive affirmations to create healthy, positive self-images. Affirmations support the desired changes you declare on the premise the subconscious doesn't know if what is being said is real or not. Therefore, we can 'fake it until you make it'.

Louise Hay is one pioneer in the area of creating life changes. The relationships between thoughts and medical diseases are accurately described in her book *You Can Heal Your Life*. Hay also includes an entire

section on positive affirmations to support the subconscious mind in making positive changes to the body's health and healing.

The way to make the most effective affirmations is to think about the mental cause of the situation and analyse how it could be your pattern or programming that has attracted the situation to mirror your belief. Ask yourself, 'What are the thoughts in me that have created this?' Continue asking quality questions until you feel confident you know the root cause of the situation. Then state: "I am willing to release the pattern in my subconscious that has created this condition."

Explore the silver lining of the experience – what are the good parts of what is happening, then create the affirmation that focuses on the silver lining and what you aim to create, change, choose to have more of, or work towards.

Repeat the affirmation to yourself several times, preferably out loud or in front of a mirror. Assume that healing of your thoughts and body has commenced, and then continue. Repeat the affirmation each time the situation is thought of.

Some useful affirmations to start making the changes could include the following:

I am blessed with an abundance of energy!

Love, joy, and happiness flow through me with every heartbeat. I am thankful to God for all of my good fortune.

YES, I CAN!

Louise has an entire affirmations book *Heart Thoughts*, which highlights on almost every aspect of life. This may be worth investing in to support you during change and to create a positive space from which you can draw strength.

Simple affirmations guidelines:

It is important to have fun with them! If you are struggling to create a positive affirmation because of negative self-talk or resistance to creating a positive affirmation on a point, the resistance is bringing your attention to an issue that would be best addressed with clearing/ processing work. Tap it out and/or complete the forgiveness exercise. Allow the feelings to transform into a much lighter version and let yourself be freer to get on with what you love to be and do.

Generally, positive affirmations can help make you feel really good if you follow these guidelines:

1. Always phrase an affirmation in the present tense.

Imagine that it has already come to pass.

2. Always phrase the affirmation as a positive statement.

Avoid using the words 'not' and 'never'.

3. Do your best to totally associate with the positive feeling that is generated by the affirmation.

Create a movie packed with as many sensations as possible. At first you might find it challenging to 'know' how it feels the feeling you want to have associated with the statements. I can only suggest watching movies and getting a sense of what the feelings are and then replicating these in the movie statement.

4. Keep the affirmation short and simple, but full of feeling. Be creative.

The affirmation doesn't have long or complicated, it is about affirming the 'point' of the affirmation

5. Imagine yourself really experiencing what you are affirming.

Create the end product movie showing you walking around and doing what you are affirming.

For instance, let's work with the affirmation I am performing the job of my choice. This for myself is writing. I love the process of getting my ideas gleaned from other's research and presentations and putting it into everyday operation. I also love reading. So, my movie goes something like this.

I see myself at the computer in a space that is aspiring and comfortable. I see the words being written on the computer screen, and I feel excited, enthusiastic, buzzing with excitement as I see the transformation happening. I then move forward to seeing the material being read by others, on their computer, in books that look absolutely fabulous with their covers, their colour, and the feel of the book in their hands. The reader is experiencing 'ahhhh' moments of comprehension. They are making choices and working out how they need to make changes that suit them.

The next scene is me presenting the material onstage, and people love the way I present, relate, and talk with them. They get that I have struggled and crawled with fingernails at times to get to where I am at the time, just like they have too. The feeling at this stage is awe and gratitude, amazement, wonder at how amazing I am (not in a crazy way) but acknowledging myself as I would another who has gone through similar experiences. I then have the blessing of coming back to my space and sitting in the space of thankfulness, gratitude, and awe that I had it in me to begin with and that I had the courage to allow it out.

We all have greatness in us, but it is our own perceived limitations that keep us small, just as Marianne Williamson wrote about earlier in her speech on being small. How about you, what do you visualise when you give yourself permission to dream however small or big it is for you?

6. Make the affirmation personal to you and full of meaning.

Using these guidelines and examples, write down five affirmations that apply to you. Write out what it is you are grateful for and what it is you are working towards creating. State these affirmations aloud while you are taking your shower, driving, or doing daily chores.

Pretty much business development books focusing on mindset or frame of mind for business success includes this activity. If it works in the business world to help create goals and beliefs and change one's perception at the cognitive level, then it will work in any other area of your life. It is also in line with the principles of the law of attraction advocated by Norman Vincent Peale and Dale Carnegie in the early parts of the last century.

The universal law of what you focus on you attract is also written in the Bible: 'Seek and you shall find. Ask and you will receive.' Naturally, there is a bit more to it, but the premise is still there. Be careful what you wish for, the amount of time you focus on something, and be sure you are super clear as to what you are putting out there.

The subconscious doesn't know what is real or fiction. It only sees, feels, and knows what you are projecting onto its field of operation. 'OK, this is what she/he is asking for – oh, it has a lot of attention to detail and has lots of emotion in it. *Better give it in spades.* It is what they are really concentrating on.' From my own experience, it is true what you focus on is what you get, even the really, really bad stuff, and who could I 'blame'? Me for worrying about things that I couldn't influence and not looking at the brighter side of the situation and what I have and what I am asking for more good stuff in.

Now it is your time to become laser focused on what you would like to create. You may be a way off, but you may also be closer than you think. Remember too, internal changes may create external dis-chord and challenges, it is part of the shuffling effect when we become different. Hang in there, it will get easier. The time frame is pre-ordained, your role is to do complete your side of the agreement – to be the best you can be at any given moment with the resources you have at the time!

Now, you are coming into the home stretch, the last 30 days of this program, and it is time to really start thinking what you would like to follow through with and continue to work on and towards. You have achieved a lot since you began the journey, two months ago. It may not seem as there is a lot of difference between now and then, so keep in

mind, that all plants start to spread their roots first, under the soil, before the leaves and flowers evidence of growth emerge.

If you think of your life being a beautiful tree, something solid from which much fruit can feed your family and friend, and possibly provide shelter and protection from the environment of life. Describe this tree in as much detail as possible... How tall does it become, and how wide? What characteristics do the branches and leaves represent for you? How far reaching does this tree go? Does your life touch the life of the locals, or would you like to reach out to others in other countries? If there were to be a plaque made in your honor, what would you like it to read?

You have been working on these ideas, one way or the other since or maybe even before beginning this journal, so let yourself be in the creative zone, and begin to really describe, feel, hear and see what it is like to create your ideal world which can positively affect so many different parts of your, and others' life.



Preparation for the coming week

What self-care are you committing to this week? _____

How many times and for you long? _____

Describe how it will feel to do this self care activity. _____

What is your commitment for focused change this week? _____

What do you need to do, or plan to bring it together? Some ideas could be

meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.

How will you know you are achieving your commitment? _____

How will it feel to complete your committed to activity? _____

What might it mean in the bigger picture of what you are working towards?

Who do you need to contact to ask for help to action this commitment?

What is the real cost if you don't follow through? _____

What is the cost benefit of following through? _____

Week's Focus

Tasks to complete this week towards your goals

1. _____
2. _____
3. _____
4. _____
5. _____

Important activities to include in this week's planning

1. _____
2. _____
3. _____
4. _____
5. _____

Self Care, reward activity Ideas

- Read for pleasure and inspiration
- Looking a short study course of interest of what you are learning about here.
- Try a new recipe for a different cuisine or flavour
- Plan your next holiday or short stay
- Speak with strangers and make their day
- Give to charity
- Buy essential or personal items, place them in a pretty bag and give to a women's refuge or shelter
- Volunteer at a charity
- Offer your services to those who are struggling with a skill or understanding
- Join Positive Face book, or other social media groups that only post positive, uplifting messages.
- Right yourself a forgiveness letter for the things that could have different and post it.

Affirmations to inspire you

Shopping List

Weekly Planning

From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit

<u>Day/Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Before 7am							
7am – 9am							
9am – 12noon							
12pm – 3pm							
3pm – 6pm							
6am – 9pm							

"Spiritual practice is really about weaving a network of good relationships."
Dhyani Ywahoo

Day 64

Breakfast _____

Morning tea _____

Lunch _____

Afternoon Tea _____

Dinner _____

Snacks _____

Self-Care for the day _____

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What Am I most happy about in my life right now? _____

How does that make me feel, what other emotions are showing up?

What am I most excited about my life right now?

Why does this excite me? What else does this make me feel?

What memories do you recall that have these feelings in them? _____

While reflecting on your day, what memories arise?

Are there similarities to the current event and past events?

Do today's events show a pattern or recurring feeling, events or people?

What theme, or common emotions, if any were there between the experiences? _____

Tap it all out and forgive to all that is needed

Who or which professional modality could help you resolve the deeper aspects faster

What is your positive intent and affirmation to focus on?

To be truly happy in this world is a revolutionary act because true happiness depends upon a revolution in ourselves. It is a radical change of view that liberates us so that we know who we are most deeply and can acknowledge our enormous ability to love."

Sharon Salzberg

"There is a time in the life of every problem when it is big enough to see, yet small enough to solve"
Mike Leavitt

Day 65

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self-Care for the day

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What Am I most happy about in my life right now? _____

How does that make me feel, what other emotions are showing up?

What am I most excited about my life right now?

Why does this excite me? What else does this make me feel?

What memories do you recall that have these feelings in them? _____

While reflecting on your day, what memories arise?

Are there similarities to the current event and past events?

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What is your positive intent and affirmation to focus on?

You are responsible for your reality!

Decide what you want of the world and go make it happen.

No Clarity, no change; No Goals, no growth

Brendon Burchard

"We know finite disappointment, but we know infinite hope."
Rev. Martin Luther King Jr.

Day 66

Breakfast _____

Morning tea _____

Lunch _____

Afternoon Tea _____

Dinner _____

Snacks _____

Self-Care for the day _____

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What Am I most happy about in my life right now? _____

How does that make me feel, what other emotions are showing up?

What am I most excited about my life right now?

Why does this excite me? What else does this make me feel?

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What is your positive intent and affirmation to focus on?

Inner work is important for virtually any career; so if you feel stuck, you have to do the work to overcome it.

Denise Duffield Thomas

"Our truest life is when we are in our dreams awake!"
Henry David Thoreau

Day 67

Breakfast _____

Morning tea _____

Lunch _____

Afternoon Tea _____

Dinner _____

Snacks _____

Self-Care for the day _____

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What Am I most happy about in my life right now? _____

How does that make me feel, what other emotions are showing up?

What am I most excited about my life right now?

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What is your positive intent and affirmation to focus on?

Change takes time. After all, you are beginning to do the very activities you've been avoiding for years. If you were avoiding being yourself, you will start by being truthful to yourself.

Barbara Sher

"The heart has its reasons which reason knows not."

Blaise Pascal

Day 68

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self-Care for the day

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What Am I most happy about in my life right now? _____

How does that make me feel, what other emotions are showing up?

What am I most excited about my life right now?

Why does this excite me? What else does this make me feel?

What memories do you recall that have these feelings in them? _____

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Tap it all out and forgive to all that is needed

Who or which professional modality could help you resolve the deeper aspects faster

What is your positive intent and affirmation to focus on?

Unless we are aflame with passion's madness will we ever reach for our dreams with half-remembered wings, and fly like Icarus - and perhaps reach the sun?

Gill Edwards

The cure for sorrow is to learn something
Barbara Sher

Day 69

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self-Care for the day

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What Am I most happy about in my life right now? _____

How does that make me feel, what other emotions are showing up?

What am I most excited about my life right now?

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Tap it all out and forgive to all that is needed

Who or which professional modality could help you resolve the deeper aspects faster

What is your positive intent and affirmation to focus on?

"Until you make peace with who you are, you'll never be content with what you have.

Doris Mortman