

An Easy Handbook for Life

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Introduction

On a journey of self-discovery, I was told to write a book of life's answers for everyone. Why do self-help books always have to be so complicated? Doctors or people with PhDs, and years of experience in the psychology industry seem to write them. Why can't *anyone* be told to write, not only to help themselves in life, but to let others know how. You don't have to be a doctor, or anyone special, to find the unique path you can follow, leading to your own life meaning.

Where are all these life answers now? Hidden in complicated literature and open to many different interpretations. Why? And why didn't the planner (God, Creator, Spirit or Source – whichever you choose to use) ever make things simple and talk to us as was the case in ancient times? Surely we weren't always to be kept in the dark until we died? Well, my answer came. Not as a burning bush, but as a still small voice that came into my mind with a book called “An Easy Handbook for Life”.

Why are we so separate from this planner? Nobody seemed to ever converse and if they did, (such as Neale Donald Walsch, “Conversations with God” in the 1990s), the response by most people was, “What drugs are you on?” This is what I was confronted with

when I tried to tell people that I had been told to write a simple book that all people could relate to. Just laying out basic questions and from there giving straightforward answers. “Help them to reconnect with Me as we are one anyway”.

This connection came from sitting on a beach, staring out to sea. The waves relax the body and free your mind. Suddenly the words, ‘Why don't you write a book?’ came into my mind. All I thought was how could I do that? I was an English teacher yes, but hadn't spent years imagining and constructing the perfect novel, painstakingly examining every word and after ten or so years, to be rejected by a publisher. This seemed to be the typical writer. I couldn't relate to that at all.

Why would I put myself on the line and my life on hold to write a novel that would only draw criticism? I just thought derisively, “No I'm not interested. I couldn't do it anyway and what's the point, I want an easy life.”

Months went by, and always “An Easy Handbook for Life” was there in the back of my mind. The thought, “It won't be difficult and when it's ready a publisher will be there”, was always paramount. I couldn't tell anyone this as I would be considered as totally mad. I always saw the novel published and sitting in bookshops from the start.

I realized God speaks all the time to everyone. It's just that most are closed, and few are willing to listen. This openness would lead to

cries of blasphemy from religion and naivety from the rest. But I didn't care. If we're not here to stretch and discover ourselves, what is the point of life anyway?

Okay, so this was the crossroads of my life. Sit back, do nothing and let it all pass you by as most do, or grab the bull by the horns and move decisively forward. It took a long time to think about this. In the end there was no choice – I just started by typing “An Easy Handbook for Life” on the front page and there it was. On days the link came through (when I was “in the zone”), the words just flowed. On other days, trying to write was useless.

“When I work, it's as if I was supremely helped by someone” - Matisse.

That quote made me understand any human undertaking, whether it be an invention, a painting, a bridge or a novel, if it comes together and works properly, always comes from that ultimate link. Most people wouldn't acknowledge this and just say, “I just thought of it suddenly”, or “I pulled it out of thin air”. Even these expressions concede that great ideas come from our knowledge, but that little extra comes from outside ourselves.

But why would anyone believe me? I've always known in this life that I was not alone – I have always felt a presence with me. Sometimes for years, I'd ignored that presence and did exactly what

I'd wanted to do.

Then I realized the presence was still with me. I suddenly knew that I wouldn't be alone writing "An Easy Handbook for Life". No one would believe me of course, as I was no 'authority' in any way on anything. Only that I met the basic criteria of being here and being a seeker. We all are this and we're all searching for how to live.

Still the voice guided me on and answered all the questions I was inspired to write. The answers are often different to what many would expect. If you have started reading this book, you are ready for the next step on your spiritual journey. I am only an instrument, a messenger. Read this book with an open heart and mind.

Open your mind to the presence as it's always with you – even if you've forgotten.

Enjoy.

Chapter 1

Who Am I?

What would be the point of an all-powerful energy source never creating anything?

What is the most powerful creation – a mind and body that includes a spirit. A physical, as well as an ethereal, experience.

So here you are – A tiny presence amongst billions of others. But know you are all special, unique and individual. The power of one is thought not to exist. The power of one is the only power. You are all-powerful. What you want, I want. You have total free will. Nothing is pre-ordained, except by you. You decided on the setting for your life. You chose your birthplace, parents and circumstances long before you entered this life. Your soul has chosen this in order to experience itself physically.

From these early basic choices, once you are in a physical form, where your life now goes depends on you.

You have had many lives and have chosen different circumstances for each. Each choice was perfect for your soul at that

time.

Ultimately, you return from whence you came – to pure energy, pure peace. This state continues until you again choose to experience a physical life.

So often we flounder around in this life, never really making any decisions beyond allowing life to just happen haphazardly. If our parents want us to get a job or study at university, that's the way to go. We meet someone there who we like and get along with – why not get married? The relationship is as good as any other. Children come along and the cycle continues. Events and accidents happen along the way, “Well, it must be what's meant to happen. I can't control it.” And so it persists and then finally, there you are at the end of your life wondering what happened. “That passed very quickly, but what actually happened?” Is this to be the normal pattern of our lives - just doing the best we can with whatever comes up?

This is the time you ask, “Was I really happy and if so when? Did I give and receive as much love as I could have, or did I cut myself off? Should I, to receive that illusive feeling of inner peace, have done something extra?”

How do you answer those questions? Can there ever be an answer or are you all destined to never know these answers?

There can be an answer and there is. The truth will finally be revealed and your questions answered. Your world, you will finally

realise, is not determined by outward circumstances, but by your choices. Learn who you are, that you can make these life-altering choices. If you have read this far, you are a seeker and will choose to read on. All will be revealed.

The power of one is the only power. You are all-powerful.

You are much more than the person you think you are. So you define yourself as Brad Barnes, entrepreneur, or Sally Donaldson, mother of two and a student. Are you just this? What happens when you retire and your kids and job are gone, how do you define yourself then?

You are pure energy. A three-in-one being (mind, body and spirit/soul) in a physical body. You are Me in a physical form. I am the creator, but so are you. You have chosen to experience life in a physical body. You are a perfect vehicle for Me to experience myself physically. Know this:

YOU AND I ARE ONE

YOU ARE ME CREATED IN A PHYSICAL FORM

YOU ARE MY BODY

I have always told you this through all religions, but you would never

believe Me. You always thought only a special messenger could connect you to Me such as Krishna, Jesus, Buddha and Mohammed. Know that you need no connection, as we are the same with the same power. Know this and you will know everything and your life will change overnight.

As a form of pure energy, you could have chosen to stay this way but instead needed the opportunity of growth, provided by experiencing yourself in a physical body, to expand your knowledge. Whatever you choose to happen in this life, always adds to your soul's ultimate growth. No experience is useless. It all adds up to the total life encounter.

So here you all are – a tiny presence amongst billions of others, but know you are all perfect and special. If a snowflake is so intricate, imagine how much more you are, when you are Me. You are truly miraculous beings, created by choice to be perfectly adapted to this world.

Nothing is preordained. You decided on the setting for your life, long before you entered the world. Your parents, where you live and your gender were all decided by you, before you arrived here. You have had many lives, and taken many forms. How your life progresses from these early choices totally depends on you. Each lifetime you acquire more knowledge. This collected knowledge does not come randomly, as each choice is perfect for your soul at that time. It's

ultimately all up to you. As I have given you total free will, I have no preference.

Mostly you have chosen to forget this knowledge of who you are. Why would you want to face this fact, when it's much easier to live life totally in the dark?

Along the path of life you go! Pretending this is all there is and being blithely unaware. You're always so busy. There's school and parents – I'm off to a party with my first date, how could I possibly need to know anything else at the moment.

On you go! Then it's off for further education and to work. Wow! It's all such a busy and mind-blowing life, that there's no time to even scratch myself, let alone think about who I am or why I'm here?

Now I've got a life partner – it should last as we're totally suited and blissfully happy. It only takes a child to give my life total meaning and fulfillment. Life is good!

A baby, awesome stuff! I'm up helping all day and all night. My life is now devoted totally to this new life. We need more time – twenty-four hours in a day is not enough for everything. I need to provide a stable, caring environment and enough money to continue this lifestyle.

Suddenly, you're in your forties and fifties. It's impossible! Where did all those years go? I'm still at work, even though the kids have all left home, as I need to help them and myself as I'm getting

older. I can keep up this relentless pace, even as I get older. I get better with age.

You're retiring next week. That'll be nice. Plenty of time to relax and take it easy. I can see old friends and do all those things I've always wanted to do. Help with the grandkids and renovate the house. It'll be great just not having to get up at six every morning.

You're in your sixties and seventies. It can't be, but I'm still fit and healthy. I've got plenty of good years in me yet. No need to ever feel sorry for me – I'm enjoying myself and I'll be around for a long time to come. Thank you very much.

What's happened? Suddenly in the midst of one of these life scenarios, a stilled voice rises, “Have you lived up to your potential? Is this what the meaning of life is? It must be, as everyone else is going through basically the same scenario.”

Do you believe that? Is the above all there is? You'll have to face this question sooner or later. Everyone does. Some end up with depression, the feeling that life has been useless and they feel lost.

This is when you must give yourself a silent moment, and finally see who you are. Be a seeker, and don't live in a fool's paradise which no one can sustain forever. Remember Me – God, that's who you are. I have told you many times through all religions that you are a being of light and energy. You are God in the flesh. Realise it and appreciate it. This is not religion, it is simply fact. The truth can be faced now or at

your death – which do you choose?

Choose now. All people on their deathbed, at the moment when they breathe their last breath, instantly know, the full truth of life is revealed. Why else would they always die, with peace on their faces and a smile on their lips? Even if they have lived the most horrible lives, in death none of that matters. What you have looked for always in life, is never elusive in death. It is just there – the peace that surpasses all understanding. That is what you are always in search of, and always have been throughout life. Suddenly you realise the truth and know it instantly.

Why hadn't you realised before what it was that was always missing in life? You thought it was a more fulfilling job, more money that was needed to create a better lifestyle, better relationships that were necessary. When all along it was peace that you needed.

Peace was the necessary ingredient to create the missing link. Peace would have created more contentment, which would have lead to more love and greater happiness. If you never know peace in life, everyone knows it in death. But now you know it's missing, why wait all your life to know it and find it? Start looking and choose it now, rather than at the end. Acquire it consciously, not subconsciously.

Know this fact and your life will change. Get in touch with your spiritual self as you have limitless potential. There's no need any

longer to feel limited – take off and soar!

Remember Me – God, that's who you are.

Suffering

If suffering isn't necessary, why did all the great messengers suffer in this life?

The great messengers who came before - Krishna, Jesus, Mohammed, Confucius, Buddha, all chose a certain path that would best lead you to recognise who they were and follow their example. This was the path of suffering.

You think these messengers all died thousands of years outside your lifetimes, but messengers still live today and are chosen to show the path. Why would I suddenly stop sending messengers? Do you think I have forgotten you? This age is one of skepticism and no one would believe any message. The religious leaders all would think it was impossible, as humans all should be humble and any messengers must be from their own ranks. The political leaders feel only they can change the world. Surely ordinary people couldn't allow themselves to be so easily duped and naïve as to believe an ordinary person from among their ranks.

Know my messengers are still amongst you and my message is still the same, “You are my body.”

The messenger delivering this is always hounded to death. It's too simple a message to be believed.

What am I?

Where do I come from and ultimately where do I go?

You are made of pure energy, which has become matter. You could have stayed in a pure energy form, but instead you chose to come to Earth and experience yourself in bodily form. In the form of pure light, you could not experience yourself physically and this is what you have chosen to do, as only in this way could you experience your acquired knowledge. Your soul needs this to grow.

YOU have chosen your circumstances in this life (parents, nationality, gender, etc). But, know this – You have many lives and you take many different forms in these lives. Each lifetime you collect more and more knowledge. The only way to grow and collect more knowledge is by choosing a bodily form. Don't ever think you didn't choose your life. How your life progresses from these early basic choices depends on you. As you have total free will, I have no

preference.

After this life, you return as a soul from whence you came. This you call heaven, and it is where just energy, and no matter, exists. This is a resting place where you are reunited with other souls who have chosen the same journey as yourself. Here you will be reunited with those who have already left the physical plane. Know you are never permanently parted from those you are linked to and love. You are always choosing your life. Never think you are not.

So after that bombshell where do I go from here?

Know that what you want, I want. You have total free will. So, you can decide what your life is to be like. I never preordain it for you. Why would I do that? It would negate the gift of free will. If you are to decide what your life is to be like, you'd better decide what you really want and then take responsibility for that decision. Once you decide on the changes to be made and realise what's been missing from your life, then your life can start to move forward.

Make your decisions using your new information base. Remember, you decided on the setting for yourself in this lifetime, long before this point. Even though you might hate your family now, you chose this family, long before you entered this life, as the perfect vehicle from which to experience what your soul needs. Some people have chosen a harder life than others. But know this. No one but

yourself is responsible for your present circumstances.

Want to change this background setting? Only you can do it. Stop blaming your circumstances and start to take responsibility for your own life, as this is the only way forward.

Chapter 2

Choosing Your Life

Why are you always ignoring your true self in this life?

But I'm not. You are. If you weren't always skimming the surface of life why would your lives be in such a mess. Look at yourselves. The same wars are fought now as happened four thousand years ago. Doesn't that seem strange? The people then were called the Assyrians, but it's their same descendants today. Nothing is ever learnt, or changes made. Stumbling along, something bad always happens and you think, "I'll change my ways and it won't happen again." But it usually does. A rare person can actually implement change.

"Here I am, fifty-eight and I'm still living from week to week in a rented flat. Why haven't I ever saved? I'll make a resolution and start this year. If I work until sixty-five, I'll at least have something as well as the pension." Laughter all round. If you haven't saved before this, it's nearly impossible now, and the pension won't exist by the time you reach sixty-five, unless you've contributed to it yourself.

World War I. You said after millions were killed that it was the war to

end all wars. Never again would countries allow such slaughter to occur, especially for such a nil outcome. Laughter all round. World War II happened only twenty-one years later and the saga continues. If you can't stop road-rage, domestic abuse, drive-by shootings within your own country, do you really think a message of peace will be heeded by anyone globally?

A culture of violence has been allowed to breed, and often encouraged. The dominating thought is, "Survival of the Fittest". Either be aggressively fit, prove this strength perpetually, or you don't deserve to be here. Remember only the strong survive. The rest must live in fear that this dominant group will at some time decide they don't deserve to be here. An older person will have their bag snatched. People will sense you're a victim and you become their prey. The only way to handle this situation is be prepared to attack first.

Is this an accurate picture of your world at present or not? You might be young and fit at present and not think so, but will this always be the case?

How can you live under this much pressure? Why are so many people having panic attacks, suffering depression and in need of some drug, even just a cigarette or a drink, to make them forget. "Ah, all's right in my world again. Forget the rest. I'm ok."

How short-sighted and pathetic you all are. You limit yourselves until you hardly exist as individuals. You dream-walk through life

rather than actively live it. You're always on the 7.58am train except Sunday. The shopping is always done on Saturday afternoon. The kids always play sport Saturday morning. The security routine continues. Maybe the activities change as you go through life, but the routine never changes. Without order, life becomes chaos.

You've forgotten the basic principle of life. You are a perfect and limitless being. You have total control of life and complete choice. You are God in a body form. You can move mountains. Your life can alter overnight if you choose it to. Drop the small mind and stinking thinking of the negatives. Resolve to know yourself today, and in knowing yourself, you will be connected to the total universe. You're all there is, as you and I are one. Here you are living such a small life, when you could choose for your life to be limitless.

Others need help as well, where are you all? Hiding your true self because of fear. The only way things can change is by knowing the truth, and living that truth. Different religions have never changed your world, but if enough individuals opt for peace in their lives, and consequently live lives of love and happiness, things will change. No matter what you look like, this is only a camouflage. Underneath there is only the one, and that's what you are. Resolve to bring change into your life.

Chapter 3

Loneliness

What a terrible state for any person to find themselves in! Everyone has ties and attachments and need to be seen as having these. Wrong.

People need love and are always searching for it. From birth a child clings to it's mother and family. When leaving home, people cling to a best friend or partner. The only way for true happiness to occur now is to have a family so you will never be alone again. Even if something happens to your partner and you split up, having children always gives you a friend and meaning to life. You'll always have someone in your older age who you are connected to and can call on. After finishing your career you'll always have someone in this life who is yours, to keep clinging to. Wrong.

The truth is that everyone comes into this life alone, and leaves alone. Cling as much as you like to someone, but ultimately this is the case. You are physically alone, but never really alone. I am always with you. Even alone and in your darkest hour, when you feel abandoned by everyone, I am always here. You can never be alone as there is only the one. You and I are that one, so ultimately we are all

one. So the word alone just becomes what it was meant to be “all one”.

“That's all very well to say, but I am sitting here night after night, day after day on my own, with no friends or family ties nearby. I feel very lonely and no one would know, or care, if I lived or died. I feel and am alone. I am a victim of fate.”

Know firstly that you have chosen this situation. You might see yourself as a victim of fate, but you have made this choice either consciously or subconsciously. This is what your soul needs at this moment and has chosen. But you can make another choice. You can decide that this is not who you really are and make a different choice. You decide who you want to be as I have no preference. If you want to sit in a darkened room night and day and feel sorry for yourself, that is your choice. Let self-indulgence reign!

You might not be sitting in a darkened room but clinging to a partner or child for company. Anything or anyone is preferable to being alone and there are some good times. I have to work two jobs to have this lay-about with me but I'd rather that, than end up on my own again. There's really nothing there now, but what's preferable? Being separated on my own without much money, or putting up with a person who really doesn't bother me now? I couldn't end up alone at my time of life, after never being on my own my whole life.

There's really only two reactions to life. Fear or love. Think about on which of these is the relationship base and you can then make your decision. To live in fear is ultimately to live in the dark. You are in a darkened room just not physically. To live in love, is to choose the light. To choose the positive. You have total power to make and live by that choice.

But know that when you're ready to decide to step from that darkened room and start heading towards the light I will be there. You will be all powerful in this new decision to change your life. When you finally decide on the positives, rather than the negatives you will become unstoppable. You will now know you are never alone, but “all one”.

Fear or life. Decide.

Chapter 4

Change

How do I change? I often feel real change is impossible.

Real change is possible – you have to be prepared to work on it and it will happen.

You have built up way of seeing the world since birth. Your parents and childhood have all contributed to this. How you cope with life now and your expectations depend on this. Everyone has chosen their childhood, and no matter how hard it was, change will only happen when you realize you can't change the past, and must consciously accept that you created it in order for your soul to expand in this lifetime.

Your way of seeing the world creates your reality. If you believe that you are not worthwhile as a person, this will become reality. You will automatically attract people who can't love you, and all your attempts at happiness will end negatively. This will lead to you reacting negatively to people and they will react the same way to you. You're

treated badly and how do you react? You fly off the handle a lot and treat others badly. This leads to one failed relationship after another. In addition, you'll always be struggling financially, as how can you work always in this negative environment? This in turn will lead to persistent health problems that are often inexplicable. Many people end up accepting this state as their life reality. "Well all life is suffering and I can't change anything. I just have to realize that this is going to happen, and more so as I get older."

Look at your reality and the outcomes that you are creating from this reality. Think to yourself, "Do I want to be poor, lonely and often sick. My children will always help me but how dependent can I be on them? How do I want to end up as I age?"

Is this what you want?

"No it's not. But how can I change? My world is as it is."

You have just made the first step towards change. You have just faced the reality of your life, and can accept finally that this isn't what you want. Now you have to decide what you do want. But that is easy. Surely everyone wants the same thing – happiness, love and peace. All of life's contentment comes from this. Step back and realise the new car, the new baby, the new house all provide happiness initially, but not necessarily in the long term. Children cannot fill that blankness forever. You do not own your children, and the happy children are the ones that can be set free to lead their own life. The

discontented ones are the children that parents cling to, to provide their own happiness. This leads to endless demands and seemingly unsolvable problems.

So, you finally decide this is what you want. You accept children, friends and family cannot provide this for you. Only you can do that for yourself.

Decide to work on making yourself happier, more loving and peaceful, and your relationships will change. Suddenly people will begin to notice something. Comments will be, “You seem well. You look great. What's your new secret?” So, let's work towards getting these comments.

Don't be attached to the drama of life. Know you are creating these situations. How can a negative mindset create this chosen positive life? Stop focusing on what you don't want and concentrate on what you do want. Concentrate on being poor and you always will be poor. Concentrate on past problems with family and friends, and the problems will always reoccur. Thinking about problems creates more problems. Become conscious of why these problems are always happening to you. Suddenly you'll be aware of yourself creating them. People are reacting badly to you because of how you react to them. You are creating this misery.

Why do you want to create this situation? You are Me in a physical

form, creating your world through your own choice. You are the one with total power to create what you want. Why do you always make the worst possible choices? What choices would a happy person make? Happiness is not based on blame, but responsibility for your decisions. I want you to be happy, loved and peaceful. Know that always when making a choice. I have given you the perfect environment in which to create your perfect world. You chose the drama and unhappiness. But know the power of one is the only power. You are all one, and if enough opt for change, and this change is to be positive, imagine the outcome for the world you live in as well as yourself. The power would be limitless.

Calm your troubled mind and focus on what you want. This will generate solutions to your problems and always drop positive thoughts into your mind. Instead of, "I can't find a partner" think, "I am a loving person capable of giving and receiving love." Someone will turn up if you focus your thoughts on this continually. "I'm always broke. No matter how hard I work I'll always be poor," think "I am worthy of receiving everything that will contribute to my happiness." I know that you need material things and money in this life so why would I withhold them? It's your choice. "My life's so hectic. How would I ever have the time to concentrate on changing anything?" think, "Mind space generates objectivity and consequently solutions to problems. An overcrowded mind will just lead to worry and more stress." Then allow yourself to have that space.

How can a negative mindset create a positive life? Focus on the positives.

Sleep

Insomnia is surely the curse of modern life. Millions of people end up taking sleeping tablets. These lead to a masking of the problem. A sleep of sorts occurs but not a restful sleep. A dependency develops. Fear takes over. "If I don't take a sleeping pill, I probably won't get any sleep. I need sleep. I've got to stay on them." Long-term use then creates a hangover effect. A person has slept, but still doesn't feel rested. This continues over a period of time and a persistent depression takes over. "I've got to take sleeping tablets to function but I'm starting to feel depressed from them. It's a continuing spiral that's leading me into feeling that my life is getting out of control."

The depression continues until the person mentions it to the doctor when next getting sleeping tablets. The only course open leads to anti-depressants. So then the person becomes a patient. Anxiety has led to high-blood pressure, which has to be constantly monitored. This then leads to depression and abandonment of good eating habits. "I just can't think straight anymore. I can barely function. I'm on anti-depressants and constantly in need of medical help. I'm trying to cope

but it's getting harder and harder. I just eat on the run now as I'm too tired to shop and eat properly. I suppose everyone is the same. Life is meant to be difficult.”

Of course, the next step from here will be more health problems, including obesity and diabetes, until life becomes a total nightmare. Trying to bring some order back into your life from here becomes more and more impossible. It's becoming just a constant treadmill of doctors, tablets and trying to escape your ever-darkening thoughts. Work and coping with children and/or a partner are nearly a thing of the past. HELP.

Does one of these scenarios sound like you? Or do you fear it could be you not far down the track? Step back now. Say to yourself, “I have to do something about this now.” STOP. “But what can I do? Things have already gone too far. I can't deal with all of this on my own. I need help.”

You CAN do something about it.

Realise who you are. Who else could you be but Me? I'm all there is and you are part of that. Therefore, you are never alone as you are part of Me. You and I are one. You will never be on your own to face anything bleak again.

I have chosen for you great happiness, love and peace. Why are

you choosing depression and so much unhappiness? You think it's not you, it's just circumstances and so it's out of your hands. No, it's not. You are making this choice. Look at yourself and ask why? Contemplate the why. You might need professional help to solve it. Maybe it's some longstanding frustration. An unresolved childhood problem, or allowing anxiety and tensions to build up at work and home.

You have allowed these longstanding problems to fester. Resolve now to make moves to solve them. These might start as tiny steps. Just stepping outside into the fresh air during the day, and allowing your mind this small respite could be the tiny first step that's needed.

Know the only way to help yourself will involve both mind and body. Helping yourself in both areas will refresh your spirit. Renewing all these areas is vital if problems are to be resolved. I am here. I am your unseen partner, and the only way you will have the strength to set your whole life force back on track. This is faith. Faith is all you have to overcome fear. Without faith you cannot even get up in the morning or go outside the house. Life is faith.

This is where you must change your life energy from negative to positive. Start to deliberately check yourself for twenty-four hours. Instead of speaking negatively about yourself, family, partner, work and the future think of the best possible scenario for all aspects of your life. Try speaking with love about people just for a day, and

restrain your anger directed at those close to you for just this short time. This will be difficult to start with, as being negative and the resulting feelings related to that have become a habit. Just tell yourself it's a short term experiment and restrain these thoughts.

After speaking positively for twenty-four hours, keep going for a week. If you revert to being 'realistic' during this period, allow it to happen. Then be objective. Isn't being 'realistic' another way of saying you're being negative? People delude themselves by allowing negativity to mask as realism. Continue to feed your mind with these healthy, positive thoughts, and you'll gradually realise that things are working out better for you than they were before. Yes, you're still not sleeping well and taking the tablets, but you now want to eat better and you are feeling generally a little better within yourself.

Continue working on the mind with a constant inflow of positivity, and this constant inflow of help for the mind and body must be ongoing. It will take effort and practice to overcome a lifetime pattern of pessimism. The mind and body must be de-stressed and rebalanced through time and effort. This will happen using the following simple lifestyle additions.

I have chosen for you an abundant life – full of happiness, love and peace. What are you choosing?

How can that inner soul become the outer person?

Decide what you want by giving yourself time and space. How do you give yourself more time and space?

Take your endeavors towards your goals seriously. Work towards de-cluttering your mind first by de-cluttering your life. Reorganise your life-space at home and your space at work. Start to allocate tasks. Assign jobs to children, partners and workmates. Realise you don't always have to prove yourself continually. You need space. Throw away what's not necessary – do you really need those extra clothes and books that you've kept 'just in case' you might use them? You'll find this jettisoning very liberating.

Know the goals you're working towards. Just as when you're losing weight, you know what you want to finally look and feel like. Working towards a feeling of peace, you have to know what you want to look like and feel like. Don't delude yourself here, that elusive peaceful feeling will affect you ultimately in every way. You'll feel healthier, you'll look better, your skin will glow. People will continually comment, “You look well. What's your secret?” and secretly, you'll smile and know that this is how you always want to feel, for the rest of your life.

From an inner feeling of peace all else flows. You'll feel happier and more contented. Problems won't seem as monumental. You know now that you can solve them. You have the inner strength to overcome

anything.

You'll stop needing and feeding on the perpetual drama of life as soon as you realize that you are creating this drama in order to make your life exciting and interesting. Only then can your life becoming smoother and quieter.

YOU have to decide that you want peace. In modern society peace can be attained anywhere, but people are always encouraged to lead 'larger than life' lives. Only the busy life is interesting where everyone needs to rush, rush, rush. Speed provides the thrill and is the elixir of life. Noise is necessary to enjoy life. Turn up the volume on the new surround sound digital television or sound system. Then people will know that you're really living and enjoying yourself. You have to decide whether this provides the contentment and happiness you crave. Is there a gap between what you are told you want, and what you really need?

After trying the fast-paced lifestyle, everyone in the end always comes to the fateful question, "Is this all there is?" It might happen at any stage of life, or not until you are faced with death – but it will happen. Then you'll know that peace is what your life has been missing, and you'll be seeking it. When you realise this, then you can take steps to achieve it and from here all other areas of your life will be changed. Happiness and love automatically flow from a peaceful and positively charged mind space.

When you have decided this, then you can take the following steps to change your life and take the path to fulfillment and self-knowledge.

Chapter 5

Stress

What methods do you have to relieve stress and rebalance your lives?

Going outside in order to have a change of scenery is a good start. This allows you to be more objective and breathe in some fresh air. It is important to do this to unclog your mind, and be able to view any problems from a different perspective. This should help but often the problems come back with no solutions as soon as you return.

Drinking and drugs.

Often the only way to forget your problems for a time is taking something to numb your thoughts. “What a night! We tried everything and it did work for a while but all the problems are back, still without a solution. I obviously need more of the same constantly, and that’s the only thing that might work. I might end up as an addict, but at least the constant worries and voices will stop.”

Asking for advice

Everyone needs a bit of help sometimes, and talking to someone

hopefully helps. Your mind ought to be clearer after this and some direction decided on. “But the stress and indecision is still there. Everyone tells me something different, and often it only makes things worse.”

Deciding yourself

Finally making some decision, even if it's the wrong one, and sticking to it. “At least it will bring things to a conclusion and relieve some stress.” Often though, it will only make things worse and add to the problem.

So what do you do?

“Stress and the consequent anxiety are making increasing inroads into my daily life, leaving me less and less able to function.” HELP.

Recreate harmony within yourself.

Stress and anxiety are making your life less and less balanced and this makes it harder to function day by day. You already have family and work commitments and you're often studying as well. Plus you're expected to be productive each day, as well as coping with increasing health problems, more time restraints and more pressure.

What can you do to increase your ability to still function and cope?

Change your mindset.

You are handling this totally on your own. No wonder you can't cope. Lift the heavy burden from your shoulders. Allow your unseen partner to come onboard to help you. Why do all of this alone?

Life has been made increasingly complex. You have all decided on this. Increasing technology was supposed to ease your burden. It has given you mobile phones to keep in touch twenty-four hours a day. Fax, email, electronic organisers, dairies. A person never has to be far from the action. Your life can be planned perfectly, with every minute accounted for. Does all of this really give you more leisure time, or make you feel more driven?

Know that *you* decide on what you want in this life. You have all decided on a faster-paced lifestyle. Know you have ultimate responsibility for this. Do you want it or not? It's your choice. I have no preference. If you want it, I'm there and conversely if you don't want it I'm there as well. We are one, so even if you don't yet know it, you are Me and I'm your unseen partner in this.

Accept this and unburden yourself. Faith is everything. Give yourself some time and space to unburden yourself. Allow faith to become involved.

Accept who you are. You created where you are now.

You created where you've come from and where you've ended up. There is only you. Stop blaming others for this being that stares at you in the mirror every day. Maybe your childhood was full of violence and hate, but your soul chose this as necessary for it to develop long before you arrived here in your body. Next time, don't choose the drama and negative lifestyle. You've been through the negative. Now your existence is devoted to realising this and creating the positive. Only by knowing the negative for what it is – destructive and ultimately leading nowhere but hell within yourself, can a new positive equilibrium be achieved.

Want to change?

Look around you. Maybe at present you can't go and sit in a blackened room. But envisage life outside and inside. Look at yourself. You have a body that can function perfectly itself. A heartbeat that creates life. Breath provides necessary oxygen to the body and waste is eliminated. Allow it to function properly and it does everything unconsciously. That's perfection. Look at a leaf and the same unconscious perfection applies. It's all one and perfection exists. Only mindlessness destroys that perfection.

Become conscious of your actions – it affects yourself and everything

around you. CONSCIOUSNESS LEADS TO CHANGE.

There are more things in heaven and earth... We are just remembering this through string theory. How many dimensions are there really? One? String theory has already verified the existence of twenty-six as a minimum. OPEN UP YOUR MIND TO THE POSSIBILITIES OF DISCOVERY.

Only fear limits the discovery of many possibilities. Fear is the reverse of love. Fear is the negative side.

The older you become the more you are limited by fear. Fear is constantly generated on the television, through newspapers and word of mouth. You always hear, "It's unsafe today to even catch the train to work". "Anything could happen to any one of us or our loved ones at anytime". "Don't travel overseas as you're leaving a safe environment and you'll be in danger". Many people become so weighed down by these pronouncements of doom that they are unable to leave the house. The only place to feel safe is at home. You are constantly told that this is the real picture and anything else is just airy-fairy hippieisms.

Begin NOW to talk hopefully about the world and your life. Begin to assess realism. Talk hopefully today about life. Check your negative reactions to everything. Think about your "realistic" reactions to life

and assess them. Do this after thinking ‘hopefully’ for one day. You will realize that your realism suddenly becomes less pessimistic. There is a small light at the end of the life tunnel.

Be objective

Is there less or more danger today than there was in the twentieth century? During this time there was a constant threat of world war, nuclear catastrophe and share market crashes and all of these threats actually happened. Are our times better or worse than this? How would you cope with the above? During these times most of the world was bombed or nuked into oblivion. The world recovered.

Ask yourself now – Can a better world be created and how?

The first step is to change yourself. Create a better space for your mind which leads onto your soul, and you will suddenly know there is not just you. There is Me, which is you, which is Me.

The first step towards a better world is to change yourself.

Chapter 6

Peace

The other great curse of modern life is surely lack of peace.

Many people believe they don't even want peace. "This place is so peaceful that I am totally bored. I'm looking for action and a faster pace."

Off they go looking for this faster pace. Into the heart of a city. They're now living in the inner-city. Their new group of friends are fast. On the phone all the time, arrangements are made to fill in every hour with something. Otherwise how do you ward off boredom? Drink more, party more and of course during this drugs can become involved. "To keep this up, I need speed/ice. On that I can live life to the full, 24/7. That's what I want."

On life goes. The inevitability of burnout occurs. What else could happen? No sleep for days, no inner peace. Constant demands, stresses on the body. Months go by, leading into years but the inevitable happens. Collapse or suicide. The voices start in your head. You can't get rid of them in the end. Conflicting emotions. A shower will help, more drugs, a drink after work – it goes on and on. "I can't

go on like this. I feel as though I have lost my inner core – my spirit.”

What happened to the peace that was despised? If you only had five minutes of that, you might be able to get your head together enough to overcome these problems. “Why can't I remember what it was like, and how can I regain it? I'm losing it totally.” HELP.

“I thought I loved this person. I wanted this child so badly, but the screaming and constant demands are getting on my nerves. What's wrong with me!”

“I took this job and really was looking forward to it, but now!”

“I could hardly wait to retire, but what's happened to my direction. I've lost it!” HELP.

Lack of sleep and lack of peace go hand in hand. If you have no peace within yourself, how can you expect a good night's sleep? Your mind is constantly in turmoil. How can this lead to a restful night? Masking this lack of peace with tablets only leads to more and more problems.

Life in this world is one of little peace. People have chosen a faster paced lifestyle. People have to contend with their own lack of peace, which includes family problems, children, spouses, parents and demanding friends. As well as lack of peace externally. This includes other inconsiderate people who affect that person such as bosses and noisy neighbors.

The list goes on to include highway noise, aircraft noise and

general city noise. Not to forget constant phone calls that now never stop, emails, faxes for work and personal demands. How can peace ever be achieved with all these?

Look into yourself. Can you really be the perfect person? Realise many of these demands are placed on you by yourself. Who ever said you had to be perfect? You did. Who ever said you had to carry around other people's burdens as well as your own? You did.

A crisis has developed where you're called in to reassess what you can do and still be a balanced person. You want to restore peace within yourself. You're falling under with these burdens.

You need to become “self-ish”. If you collapse under the weight and have a breakdown, you won't be able to help anyone anyway. You need breathing space now before that happens. Concentrate on how you need to do this. Prioritise. Scale back the workload, cut back the commitments, turn off the phone at a certain hour. Take on an unseen partner here. Me. I am you anyway, so why not take on My help? My priority is for you to be peaceful. Why wouldn't I want to help you work towards that end? Finally admit who you are and peace will be yours!

Does peace equal boredom?

If I choose to become a centered, peaceful person will I be choosing a life where nothing ever happens? That's what I'm afraid of? I don't

want to be living in the country, gazing at my navel all day?

STOP. Even though you don't realize it, you can have both. A peaceful, balanced mind can go with an exciting, ambitious life. Why do they have to be the opposites?

What you're not taking into account is that a balanced mind can see the bigger picture of life. It can make that tricky decision safely, after weighing up all the pros and cons. It can step into an empty breach, when all else are panicking, and take control of the situation. This situation will then be tipped in the right direction. An overburdened mind that panics will rarely make the best choice. Later, after the heat is off, under objective reflection this will become all too apparent. Unfortunately, the responsibility must be taken, and the results can be disastrous for all parties involved.

Being seen as a steady guiding hand, in business and at home, will always lead to more and more responsibility and the corresponding increase in rewards. This then results in a more exciting life, and more satisfaction in all that you then undertake.

Just a warning. Keep that mind peaceful and centered, so you can continue to be able to delegate tasks, and differentiate between the more and less important in life's tasks. All peaceful minds must know when enough is enough, and when the brakes need to be applied. If you continue to be a superhero and not allow time for peaceful respite, all minds will collapse eventually under the pressure. Balance

throughout the whole of life is what's important.

The peaceful spirit becomes the lone beacon on the shore. The floundering ships will head for that beacon. Instead of people being attracted to your new hairdo, new clothes or spendthrift ways, a balanced mind needs no advertisements. People will automatically come to you for a right decision, a bit of respite after a busy day, a guiding hand along the path of life.

Be careful, as a peaceful spirit will attract all that you seek. People will notice a gradual change in your demeanor. A new light will be in your face, and you will appear more carefree. You'll be taking control, rather than being the pawn that gets constantly moved to where you don't want to be. You will become the person who decides where you want to be.

People will automatically seek you out and ask advice. They'll look for your company and you'll definitely appear as the lucky one. Don't let the lone beacon be swamped, and use your new confidence to distinguish between the right and wrong way for you.

Trust your intuition and continue to follow that path. Continue in your search for peace, and allow peaceful scenes and thoughts to enter your mind throughout the day and night. This will lead to a peaceful haven within you, even amongst the busiest scenes of life.

That haven leads to restful sleep and a peaceful mindset that can be returned to at anytime as needed.

Go forward in the way of peace that leads to lasting happiness – you deserve it!

Peace is the missing ingredient in your life.

Chapter 7

God

Why have you never believed in Me before?

Firstly, let's make the distinction between spirituality and religion. You say you're Roman Catholic, Methodist, Jewish, Buddhist, Hindu or Muslim on the censor forms. Nominally, you were bought up to belong to some organized religion, but do you take part in that religion now? Or do you feel it doesn't express who you are as a person? Sometimes you attend family weddings and funerals in a religious place, but can you really believe all that religion says?

In other centuries, religion and state were intertwined and so people lived in fear of offending these leaders. Fear of hellfire and perpetual burning for all eternity lead to a nominal outward show of religion. If you didn't believe, you would be always separated from your family, so there was no choice. God was a figure on high that was all-powerful and would strike you down with a thunderbolt if you disobeyed him. Fear and trembling resulted!

How could you get it so wrong! I am you, as you are Me, as we are all together. Why would I want to live in a space based on fear

when we're not even separated anyway. I/We are all-powerful yes, but all-loving as well. As you're never alone, I've heard every word you've ever said. Why would you want to get down on your bended knees and go through all this complicated ritual to speak to Me? I know it all anyway.

You believe that we're separate and that I judge you on every word. I only answer prayer, based on a decision about whether it's the best thing for you? Bullshit! Why would I judge you? You judge yourselves very harshly without needing me to do it as well. I have no preference for you on anything. Why would I care if you're a teacher or a gardener, rich or poor, black, purple or white? It's you who care, and consequently decide on what your life is to be, where it's to be spent and how. You need this to further your soul's journey. You decide.

You've always wondered if I existed. Your only proof are holy books. But you wrote these books and censored them at the time, in order to only include that which would suit church and state. Religion feels that these writings are the basis for any spiritual life and can never be added to. That's why religions have lost touch with modern society. How can people base their whole lives around scripts from thousands of years ago? Yes, many of the writings are great philosophical insights into life, but if God was still in contact with mankind surely more insights would have been revealed through the last centuries?

But why haven't they? Or have they, and people have closed their hearts and minds against it? Anything else that was revealed later has been called a heresy. God stopped talking a long time ago. This leads to people thinking that God isn't relevant or in touch with today's world.

Who invented the computer? Where did the thought of the internet come from? Where did television, microwaves and nuclear power originate? Yes, it was Me. Me working through one of you. I'm still well and truly here and don't you forget it! I couldn't allow you to fumble around in the dark forever. You wanted your lives to be more comfortable and easier – well I knew how. You decided on it, I just told you how to do it. Easy. How you use these inventions now is up to you.

The galaxy

New planets are continually discovered by training the telescope on a patch of sky far across the galaxy.

Planets have been found that can orbit their stars' in only ten hours. This means the orbits are so close to their stars they are heated to more than sixteen-hundred degrees. If their home stars were any bigger, the planets would evaporate.

As yet, scientists can only marvel at this information and what it means. But more and more they realize many marvels can exist for whatever reason. And exist they do; they have achieved their own balance which prevents evaporation.

The results, astronomers said, confirm planets occur across the galaxy with the same frequency that they do in the neighborhood around the sun. Potential planets will now be found in ever-increasing numbers. In fact, there are literally billions of planets in our galaxy. Think now, of what is a galaxy, and whether it is possible to have more than one of them. Is everything really finite or infinite?

Are humans within these infinite possibilities really alone? Are these 'new planets' constantly being found always uninhabited? Surely all of this didn't occur randomly and on it's own? Why is there always an equal and opposite reaction – a return to balance?

Balance is the key to life

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

Run, but you can't hide. Remember there is only Me anyway. You cannot forget Me, as I am your every breath. So there!

Every religion admits that everything in life emanates from Me and is given by Me. That includes you and your world.

As it all comes from Me, it's perfect. It couldn't be anything else. The only imperfection is your choice. How could you experience life if there was no imperfection? Okay, you chose imperfection and now you live with that choice. The power of one allows you to change your choices, remember? How do you want the world to be? You decide.

So everyone is pigeonholed into an organized religion. Every religion is different! Wrong. How can it be when it's all supposed to lead directly to Me? No one could get it that wrong. Why then is the world so mixed up if I'm in control and religion is organizing things?

Firstly, you're in control of your own life. Therefore, if everyone is in control of their lives, and choices are being made perpetually about what people want their life to be, you're in control of what happens to you. The bigger picture is that *you* ultimately control this world, as you have free choice. Individually or collectively, you're all making the choices as to how your world is to be. Collective consciousness comes into play here. Better quickly decide how you want things to 'be', as this ultimately decides how things 'become'.

I am you, as you are me, as we are all together.

The only way for change to occur collectively is for it to happen individually. People need to be selfish and work on themselves and what they want their choices to be. If enough look within, changes can occur without. If few look within, the wrong choices will be made time and time again. Things will never change and people will believe that they cannot either. Can the world change? Only if enough people see there is a need for change, and are prepared to change themselves. Don't be ashamed of selfishness. Work on yourself first. Then people will start to notice a difference.

Secondly, there is a difference between religion and spirituality. Religion is organized by a group of people, whereas spirituality is within the individual. You can decide to be spiritual without necessarily being religious. Don't allow yourself to believe you are separated from Me. Always remember who you are. Spirituality is never separate. Religion can be.

Spirituality comes from within. You have always known the truth. You just have to remember it. People need to work on their spiritual life now. Only by being selfish and working on yourself spiritually can you ultimately be less selfish within your life and the world. At your core there is always a loving, happy and peaceful soul.

Only from within can change come from without. Want it, you've got it!

Chapter 8

Practical Methods of Self Help

Let's firstly look at what you really want your life to be like. How do you achieve a secure mind base from which to successfully function within this life? Yes, there are certain things you want to achieve at each age level and to be able to do this the inner turmoil and feelings of inadequacy must be overcome.

Today, everybody seems to be living on nervous energy. From the moment the alarm goes at 6.30am in the morning, stress starts to accumulate. Your body tenses at the sound of the alarm. Straight to the shower and into some clothes. Then food and drink is necessary to kick- start the body, so these are hurriedly consumed. Often others need to be helped to start their day as well.

Into some type of transport along with everyone else and the day begins. If you allow it to, the day often gets worse from there. Tension gradually creeps more and more into your body as the day progresses. Coffee and a cigarette are often taken to relieve that knotted feeling and keep up the energy levels that are needed.

A drink after work with friends sometimes helps, but then it's

back home, often to even more stressful situations. Turn the television on to settle things back down! Put on music to calm down! You need a nice relaxing beer or wine to accompany the meal to really feel settled.

It's now off to bed for yet another fitful sleep, where you're going to wake up feeling wrung out and tired tomorrow before you even start.

And so life continues with more of the same. Is this how you choose your life to be or is there another choice you can make?

You've tried everything to overcome these feelings and so far haven't been able to do so. Having money, a stable partner, children and a fulfilling job isn't necessarily going to give you a positive and peaceful mind. How many people, who appear to have it all, suddenly display cracks in their armor and suddenly all the old problems again come flooding through? Just when you thought they had been plastered up and would be hidden for life, you suddenly realise cement can't conceal problems forever. Seepage will always occur. So how do you stop the flood?

Do you want to continue with this only half-functioning mind and body? Life can continue interminably with your same mindset and stressed body. Eventually your mind and body will suffer illness. But you have to go on! Everyone is depending on you and there is no other way. You have no choice but to continue.

You do have a choice! You can continue, but feeling totally differently. The situation that was once a slog is now enjoyable. The body that was becoming dis-eased is healthy again, and the mind is feeling relaxed and able to cope with anything. How is this possible? It's not just possible but it can start to happen from today onward. Is this what you want? If so find out how to let the changes begin.

How do you increase your effectiveness as an individual, while achieving happiness and positivity at the same time? How do you de-stress your body and calm your continually racing mind? How much more effective will you become within your whole life experience, with a relaxed mind and body? The change will alter relationships within your family, within the wider world and most importantly within yourself. Begin to accept all aspects of 'you' first and then the changes 'without' will automatically take place.

Know there are definite ways to go about this and by using and applying these workable techniques, you will change and get along with yourself and others much better.

If you want to become fit, you're prepared for a bit of effort and to set aside some time during the week. As with your body, the same applies to your mind – and then your spirit.

Set aside ten to fifteen minutes a day for the next month. Be serious and realise nobody is so busy they don't have, or can't make, ten

minutes a day for themselves. Get up ten minutes early, or go to bed ten minutes later, after the children are asleep.

Yes, you do need sleep and sleep is vital to your well-being, but these techniques will only improve and enhance your sleep. More restful sleep is needed, rather than fitful sleep which is your usual sleep pattern.

This ten to fifteen minutes a day will change your life in that you will begin to finally take control. This will result in more contentment everywhere in your life – at home, at work, with friends. You will be happier and healthier in every aspect of life. You will not just have a more positive attitude to yourself, it will overflow into all aspects of your life.

Are you prepared to take a chance that will repay you for the rest of your life? Then read on and set aside ten minutes – starting today!

Chapter 9

Take Action

To achieve the result you are looking for a few things need to be set in place to get your body and mind underway...

1. Relax your body
2. De-stress your mind
3. Increase feelings of self confidence
4. Let go of the past and practice forgiveness
5. Take responsibility and make decisions
6. Take control

1. Relax your Body

Start with your body. Every day you spend time feeding your body, cleaning it and exercising it. People seem to concentrate more on one of these, but a balance needs to be achieved. The body houses the

mind and temporarily your soul, therefore just as you feed, clean and exercise, you need to *relax* the body daily as well. Only from a relaxed body can a de-stressed mind occur.

A relaxed body will help you sleep better, function better and ultimately result in a more dynamic you. Surely such a small investment is worth it!

Remind yourself before you start, that this body needs to keep functioning in good condition for an average of eighty years. If you don't want a life of continual ill health, you have to function from a positive body and mind base. This means relaxation and rest as well as work and play. Relax the body and restorative sleep will return.

Once a day, before retiring for the night is a good place to start. This can be increased to morning as well as at night if you want to increase your ability to cope with stress. Start small and big things will begin to happen.

Alter your routine a fraction – put the children to bed a little earlier. Turn off the television for half an hour to give you time to clear your mind and relax before bed. Turn the unmindful chaos of the evening into a time to give yourself more space and consequent peace. Just a few minutes are all that is necessary.

Your body takes a battering every day in this fast-paced modern lifestyle, but spending that few minutes during the day it can make a huge difference. Any spare moment you can find – sitting on the train,

in bed before you fall asleep or when you wake in the morning, watching television, take that few moments and give yourself a few minutes break. It will reap huge rewards.

The Exercise

While sitting down, imagine that your body is entirely limp. Let it all go. Your feet and legs are so light you could float away, drifting in space – weightless.

1. Start with your feet. Make sure they are on the ground, with your hands gently beside you. Take three deep breaths and breathe out again each time slowly. Make sure you empty your lungs fully with each breath. You can feel the lightness spreading to your legs.
2. Then lift your left ankle and circle it, letting it fall back gently to the floor. Do the same to your right ankle. Easy does it.
3. Now you're ready. Raise your left arm and let it fall limply on your knee. Do the same to your right arm. They've both fallen limply on your knees. Your body is slowly relaxing and the tension leaving.
4. Allow your head to circle around your body to the right and

then to the left. Then let it hang gently limply down.

5. Take three deep breaths, exhaling each slowly, totally emptying the lungs each time. Feel as though you are gradually getting rid of the problems and frustrations of the day.

6. How is your face feeling? Is it still taut or screwed up? Gently relax those face muscles along with your eye muscles. Let your eyes open and shut three times. You are feeling relaxed. Every taut muscle is slowly easing.

7. Remember who you are. You are Me in a bodily form. I am now showing you how to relax and be at peace. Slowly repeat those words, "Peace. Be still." You are now feeling the healing touch of this peace throughout your body. Every part of your body, throughout every muscle, there is a peaceful renewal of energy and total relaxation.

8. You are now renewed and feeling totally relaxed. Enjoy this feeling as you know that this will increase your energy levels and positivity. You will arise feeling rested and renewed.

9. Give yourself a few minutes holding this thought. Then arise slowly feeling full of energy and refreshed.

This prescription can be filled night and morning. Feel the peace and healing power of this peace throughout your whole body.

2. De-stressing your mind

After the body, the mind needs to be looked at. After all, how can your body feel at peace when your mind is a seething turmoil of fears and frustrations? Unresolved conflicts swim around in your brain, along with thoughts of anger and powerlessness. Your body displays unconscious restless movements, such as feet and hand tapping. So how can you possibly be at peace in any way when this is constantly happening?

Your mind carries a swollen mass of thoughts and emotions – Learned habits, predictable outcomes, masses of swirling daydreams and thoughts. Why is it that the outcomes of your actions end up in the same place? It's so predictable. At the outset happiness reigns – this time it will all work out well and there will be a happy ending. This time. Looking back that's what you always think, and here you are once again looking at the final results. It's unhappy and not what you want. You can't believe this has happened again. What can you do?

Let's work on de-stressing your mind. This exercise goes with relaxing your body. Both need to be practiced for a balanced technique which will lead to total relaxation of body and soul.

1. You are back in the chair with your feet touching the ground and your arms hanging limply on your knees.
2. You are breathing again in and out. Three deep breaths will as before. Hold these breaths to a count of five, and then make sure you totally empty your lungs when you breathe out.
3. Focus on your thoughts. They are rushing through your brain at a million miles an hour. Consciously calm that raging sea. Feel them subsiding until the waters are now placid and peaceful. They've become a quiet lake, not a sea. Or mentally sit on top of a mountain and watch them all race by below you, deliberately not 'thinking' about anything, just letting it all go and have no effect on you. Just watch, and those thoughts will gradually slow and your mind becomes empty.
4. Now think of the most beautiful places you have ever seen. They can be next door, or half way around the world. Here the waters are still, the trees swaying and the birds chirping. The desert could be singing its lonely song, or the oasis radiating its calm air of plenty and security. This is the place for you, where you can return at any time throughout your busy day for strength and renewal. From this scene know that you are meant to be, and can

be, a peaceful being. Keep this scene in a place in your mind to pull out any time you need to settle, quiet your thoughts, and focus.

5. Realize who you are. You are no longer a helpless and lonely person. You are God's body in the flesh. You can control your life now. Let go of the drama and unhappiness. This you created as you felt you needed excitement in your life. It's only bought you pain and unhappiness. This angry, complex existence can be replaced by a simple, happy life if you choose for it to be so. Choose peace and you will have it.

6. Whenever you feel stressed throughout the day, remind yourself of who you are, and return to that peaceful place you created. This place will renew your energy levels and recharge your battery. By choosing peace instead of stress, the dramatic situations will become less and less, and you will be able to cope more and more. The feelings of helplessness will be gradually replaced by feelings of control. Just close your eyes for a second and remember who you are, and where you choose to be.

7. Peace be with you.

You are now ready to move on – ready to move forward. Ready to do what it takes to turn your life around. You want your life to become

positive so you can interact more lovingly with your family, have more friends and get on better with people socially and at work. You want to go from being a “bad” person (a taker) to being one of life’s “good” people (a giver). As you have chosen your life, being “good” or “bad” is totally subjective. But being a person who always takes what is offered and never gives anything back is the definition of positivity and negativity. Your goal becomes what you want to be – one of life’s givers. When you can start to give back, happiness automatically follows.

You’ve finally realised that you need peace in your life. Some sort of feeling of contentment within yourself. Some way that you can feel solid enough within yourself to springboard into life. To realise what you actually ‘need’ is the first major step.

Even if you only have a minute sitting in a chair, you are just consciously loosening the knots within your body, from letting your head hang loosely for a moment, to resting your legs and arms and heading to that peaceful place that you created, cherish, and remember so well. Peace. Be still.

As you practice these exercises, you will gradually start to feel more rested, not as stressed and more refreshed. With being more relaxed you will cope easier, focus better, so at the end of the day you don’t have to take piles of ‘unfinished’ to-do lists home with you.

You have made your first important steps towards a better life for yourself and all those around you.

3. Increasing feelings of self confidence

To become a giver means putting yourself first. This sounds like the ultimate selfish act, but is necessary for change. If you always focus on what others need and want, ultimately this leads to thoughts of powerlessness and resentment.

Between you and those you love, a pattern has been established over many years. Power has started with parents over children. Hopefully, this power has not been wrongfully used and clung to as the child grows towards adulthood. By this time, some sort of balance ought to have been achieved. The child should be able to move into their adult life unencumbered by feelings of guilt, and a new neutral, balanced base established within the family.

Often that child grows up with feelings of deep unresolved conflict towards that period of their lives. If these feelings are not resolved, that person will have a distorted map of reality. This dysfunction will lessen the person's ability to cope with reality and stress levels.

A flexible and safe childhood leads to a greater ability to cope with change, and adjust to the changing circumstances of life. Resisting life's reality due to unresolved childhood problems leads to

suffering and needless grief. This resistance will eventually lead to behavioral problems within that person. At one end of the scale these problems appear as addiction, while at the other end they appear as apparently milder personality problems. Both have the same root cause. The result depends on how each individual reacts to a certain trigger.

Why does God want me to be ill?

I don't. Know this. I want you to have nothing but joy, love and peace in your life. Exactly what you want for yourself. But do you want this? You think you do, but you have chosen illness over health. Think about this. How could it be so? How could you choose to die from cancer? Dig deep into your soul for this answer.

Why does your soul need this suffering to overcome?

Know you can choose to be healed. Healing takes place every day, but it's only when the soul chooses to live and be positive that it can take place. The further you progress in your learning, the more you realise that suffering in your life is not necessary. You can ask to be healed. When you believe, and use gratitude with a true heart and positive spirit, the healing will happen. Your whole attitude *has* to be positive for this to happen.

Human beings allow illness to take place in their lifestyle choices. City dwellers live in a lead-polluted environment. They drink

water containing poisons and eat food containing the same thing. This is your choice and of course, you suffer for this. You smoke cigarettes and live in high stress situations. That is why so many people are sick.

Make different choices and move on with positive thoughts towards yourself and others. Choose healing and allow it to take place.

But I am a terrible person full of anger and hatred

Know your real nature. Why do all humans when asked what they want reply with a car, house, partner, better job etc. This is what you *think* you want, but all you really want is happiness and love. Why do you all want the same thing worldwide? Because this is your true nature, though you don't always remember. That's it. All these ideas you only need to remember. They are already tucked away inside you, ready, willing, and able to come out. With contentment and knowledge, comes peace from within.

Remember you are a being of light and energy. You are God in the flesh. Appreciate yourself. Remember you are unique as an individual. Your real nature is one of inner beauty. You have forgotten to appreciate yourself and have lost all love for yourself. Nothing happens to you, or through you, that is not your choice. Learn to forgive yourself for the past and choose a positive future – move forward.

As you are pure energy, you must choose to be either high energy

or low energy. Of course you want to run on high energy which creates positivity and contentment. If you choose to function on low energy levels, you choose negative qualities such as anger, hatred, and pride. If these factors are predominant in your life, grief will always overtake you.

Only through functioning on high energy levels will happiness and the true ability to take control of your life happen. Life is not random as most people believe – you just allow it be so. You can choose to run on high energy and take control. Remember you are not alone and are Me in a bodily form, so don't limit yourself – take control.

What pushes your buttons?

An uneven power base has probably developed over many years – this could be caused by someone within your family from childhood. The unresolved problem then spills over into negative frustrations, and the same situation develops within all your subsequent relationships.

You have learned to be a victim

Here you must realise that no matter how many times you relax each day with the learned exercise, this situation will not change on its own. The power base has manifested itself over such a long period that only a selfish, conscious step on your part can change it.

It is totally selfish on your part to allow the negative ‘victim’

situation to continue. If you allow bullying, it is bad for both you and the aggressor. That person will receive the message what they have always done is all right. Love of yourself and others demands that you stop them and make them realise that it is not all right. To allow them to continually hurt others and inflict damage is not the most loving thing to do. That abuser if allowed to continue can develop into a ruthless and cruel character. You develop feelings of hate towards them and they become the unbending thug. Never allow this 'victim' situation to continue. Highest love requires a forceful, positive response.

You can't change others, but you can allow them to glimpse the true situation. When you know that you're creating your reality continually, you will realise that you can change how you react to the situation. It will take time for both of you, but from now on let them know how you feel then step away from that situation.

Most people's grief and frustration stems from trying to change their situation by changing others. You can explain to someone why they need to change, but ultimately you cannot make them change. If they decide to change themselves that is a different matter. A learned situation that has come about through many years of 'conditioning' takes a lot of positive changes. You have to step back and monitor your reactions. When you see the constant way you react to that behaviour, only then can you decide to react another way.

The ringing of alarm bells should arise when you feel discomfort, pain or suffering because of a certain situation. Then you know you are resisting that situation for whatever reason. What can you do to rectify the problem?

1. If you are involved with that person, allow them to know your thoughts on the situation for their own benefit. Feelings of love cannot be allowed to turn into frustration and hatred without a fight.
2. You cannot change that person, so you either have to stop resisting them and allow whatever happens, or walk away. As you are creating your own reality constantly, you can change yourself and your own reaction to that situation. This then allows the situation to be alright as you have let it go. If you don't, you are creating constant suffering for yourself.
3. If you can't get rid of the trigger then you must change your reaction. By lowering your stress levels through relaxation of your mind and body you will be better able to cope with the situation, and maybe come up with a solution.
4. By constantly reminding yourself of who you are, you will know that you choose your past and who you spend your life with.

Nothing is random. You are Me in a bodily form and you are in the life that you have chosen. Accept this, but realize you can always make another choice if this one is no longer right for you.

4. Letting go of the past and practicing forgiveness

Think of your life scenario. Look into yourself and assess the situation. What problems do you carry with you from childhood? Think about it carefully and honestly. These unresolved childhood situations will come back again and again to haunt you.

Look at yourself objectively now, and assess how flexible you are. If you're fluid in your life and in most situations, you are not carrying too much baggage with you now. But if you feel sensitive in your reactions, and have a low tolerance level to life, it means you're carrying unresolved problems around with you.

How do you react to small annoyances? If you're feeling you are over-reacting and flying off the handle to everything, you have a problem. Your threshold levels to stress show how you're coping with life.

.Depending on how low your coping mechanism is will show how little you've resolved your problems. The lowest threshold and you will be an addict, mentally ill and deeply into self-destruct mode. How much you're into destroying your life and the lives of those around you will show how little you've faced your problems. You might think you've covered up everything nicely, but they'll always

resurface, usually when you least expect it.

High stress threshold levels show you are able to resolve your problems. You're de-stressing your mind and body and going forward in life. Keep up the good work and continue to de-stress, and your life can continue fluidly

You have a choice. Either step forward and try to resolve things or spiral downwards, often taking along those who you are closest to. Ultimately, this will often lead to suicidal thoughts and actions. Or, change to positive behaviour and create your life how you want it to be. Decide which way you are heading now and a course of action before it is too late.

Forgiving others and yourself

Guilt. That's the keyword. You've learned to feel guilty about everything. You've always been told that you are “bad” from the start. If you've ever done something that a person with power over you at that time didn't like, you were branded “bad and unmanageable”. Whatever you did was always wrong from that power base perspective. You have been taught to feel shame for being born less than perfect.

God will punish you for being imperfect you are told. That punishment can take the form of smacking or abuse as a child, to mental and physical abuse as an adult. The parent and tormentor have taken on the role of God in deciding what you are to be punished for.

But you eventually think you deserve it.

Know that you are Me in physical form. Therefore you were born perfect and have nothing to forgive yourself for. All the rest is a learned response to a victim situation. Why would I ever create anything less than perfect? If you look at the tiniest snowflake or flower, you know that everything always starts perfectly. The snowflake and flower have short spans of existence, but even when they wilt and melt, they are in tune with the laws of nature. Nothing ever happens out of rhythm.

You have allowed this initial perfection to become unbalanced. Your mind has become poisoned with negativity and guilt, and this has translated into a diseased body.

The only way forward from here is to start to move towards that initial balance of mind and body. This will bring positivity once more into your life, and you can again seek happiness.

5. Taking responsibility and making decisions

I can't get over a death in my family. I could have contributed more to their welfare when they were alive and even prevented it. I'll always live with the guilt.

I've always lived in an abusive environment. From early childhood onwards until now, everyone who feels they have some power over

me has used me as a punching bag. No wonder I'm an addict.

Look at these problems squarely.

1. Blame. You're blaming yourself or others for all the woes that have occurred in your life. Wrong.
2. Know that you have chosen your life situation. You chose your parents and family. How they affected you even as a child was your choosing. But how can a child choose anything? You appear as a child, but that child is an old soul. You have been here before in many different life situations, and even though physically you are young and vulnerable, the old soul has chosen this as a learning situation. You might have to go through a similar situation many times in many lives, until you finally feel as though you have learnt what you need, and can resolve the situation.
3. You can choose to overcome this situation now. Remember you are never alone. You are Me and I am always with you to help you overcome anything you choose to do. You'll have to work through this life scenario at some stage in your physical lifetimes. If you don't do it now you'll have to face it again until you can do it.

4. When you realise that whatever happens in each person's lifetime is their choice, only then can you forgive yourself. Only then can guilt pass as you finally understand now that your loved one chose their death – in that way and at that time. You couldn't have changed a thing. Any guilt or blame is a wasted emotion from your and their perspective.

5. You were born a perfect being. I never create in any other way. You were born in the manner and place of your choosing. You can head back to that perfection whenever you finish with the drama. Look at yourself, you're addicted to the drama of life. The excitement and rush of the continual ebb and flow of life, that's what you love. Until you choose peace above pace, you'll never move. Your life will continue in the same negative way. You have to realise that the only way you can live in harmony with yourself and consequently others, is with a peaceful and balanced mind and soul.

6. I forgive you for everything as really there's nothing to forgive. Both you and the victim decided on whatever you did. You both needed that act from which to grow. Know that this growth is negative, but still requires no forgiveness. You are in your chosen place. But know you can choose another place.

7. You cannot change anyone else, only yourself. By changing yourself, the other person hopefully by example will want to change as well. Lead on toward the light and others will follow.

8. Don't judge another as each soul is in their chosen place at the right time. Their time to move forward mightn't be the same as yours. They can be encouraged, but not forced to do so. Help but don't judge them.

9. Walk on with Me into the light.

6. How do I take control of my life?

Remember *you* decide what happens to yourself. You will take a long time to realise this fact and digest the implications. Once you do, your life will immediately change. Before your life usually evolved randomly and unconsciously on your part – “Whatever will be will be.” You stumbled along without conscious thought, and life went on however miserably.

Decide from today onward that this stops. Take control. Realise fate doesn't exist and you will move forward to a much happier future. Know you are part of Me and as such you can decide on whatever is necessary for your soul to evolve. “You can move mountains.”

Begin with a new attitude. Stop the past dictating your future. Know you can create your own destiny. Stop the addiction to drama

that you all crave. When you don't need the drama anymore, you can finally plant a new seed to a happy future. This can be achieved through practical methods whereby peace is brought back into your life and you can realise that you are never alone.

How could you be, when you are part of Me and I am always with you?

Chapter 10

Overcoming the Problems

1. Anger and hatred towards someone
2. Worry and fear
3. Money problems
4. Work
5. Relationship troubles
6. Feeling of inadequacy and inferiority
7. Ill health
8. Loneliness
9. Boredom
10. Stress and inability to find peace

1. Anger and Hatred Towards Someone

Let's first of all look at the reasons behind so many people's response to a situation being anger. A baby feels frustration when it isn't responded to immediately and reacts with tears. But this isn't anger.

A child feels delayed gratification and consequently frustration, which does turn to anger. This is the start of those anger feelings, and depending on the parent's reaction at this time, life-long patterns will emerge. If the child feels love and the consequent feeling of safety, they will then develop a higher tolerance to situations that trigger anger. Their life from this early start will be more flexible and they will have a higher stress tolerance. Otherwise they will cope less and react more explosively. If they have a lower tolerance to anger and stress, this will lead to destructive coping mechanisms such as addiction to drugs/alcohol or other excesses such as food, exercise, dieting or spending money. This inability to cope with stress leads to illness, both physically and mentally.

When examining yourself and your behaviour, know this is how you got to where you are today. These problems have manifested themselves in your feeling of anger, frustration and being overwhelmed with life, to a greater or lesser extent.

Stop and think – do you like the person you have allowed yourself to become? Are you enjoying the drama? The feeling that you're not responsible – the person you hate is that person is to blame. That person needs to suffer the same way you have. “An eye for an eye”. You're continually fuelling the flame, “I hate them. They ruined my life. I'm spiralling downwards due to them”. How consoling it is to know that it's not your fault.

Well it is your fault!! You have allowed yourself to become this way, but this is not your true nature. This is your learned nature. Your real nature is not this fearful, frustrated, angry animal – but that of what you could be. A loving, de-stressed and peaceful individual. Remember who you are here. You and I are one. You have the total power of choice. You have created this reality over a lifetime – when you decide to change that created picture, you know you can.

Remember that you chose your childhood setting. You always thought it was random, but it wasn't. No matter how bad that childhood home was – whether it included adoption, being molested, physical violence – your soul needed to experience this setting, and eventually realise that this experience could be overcome. You will keep choosing this setting until you learn how to overcome it. There is no escape, until finally you know that to resist the past is pointless. Past circumstances can never be changed, or present people from that past, but you can choose how you react to them.

Allow these past triggers to always chaff and you will never move on. You'll turn to an obsession to try to blot it out from your memory. This can take the form of drugs, alcohol, gambling and eventual illness – anything that will blot out and ease that memory.

Unfortunately, the past cannot be erased, and unless you let it go, it will only hurt you in the end. Resisting it only increases the anger and hatred. Accepting it stops the pain and suffering and allows for

the letting go. The trigger may still be there, in the form of childhood figures, but as soon as you realise you both chose to be in that situation, and ultimately when you leave here you will thank that soul for allowing you to experience that reaction. Only then do you know it's useless to resist the past, and the suffering then can finally end for both the victim and abuser. Allow whatever happened to be, it will lose its power and dissolve.

How do you forgive yourself?

What's happened to you in your life? Is it something that unforgivable? Has someone died in your life?

My child/sister/brother/father/mother/partner has died. I wasn't caring enough of their welfare and blame myself. I didn't notice them enough and could have helped them. They committed suicide without me seeing the signs and I could have prevented it. I accidentally killed someone and now feel as though I have a life to make up for... I am mentally ill because of this and can't function because my life is black. I can't see any positive aspects these days.

Are you are an addict?

I am a drug addict/alcoholic. I have made my life and others lives hell, for a long time. I can't fulfill my potential because of this and have to be looked after by others.

Are you physically ill?

I have been ill for a very long time and could die of cancer/heart attack/tumour at any time. I'm really just waiting for it to happen and will be pleased when it's all finally over. If only I had been well enough to contribute to other's welfare and fulfill my life's true potential.

Every one of the life scenarios that is mentioned all carries with it massive guilt for the individual. "I'm useless just living in a park/on the streets drinking/shooting up all day. But I was raped by my father."

"I'm responsible for my child's death. If only I hadn't accidentally murdered my girlfriend in a wild fit of rage. My temper should be more under control."

"I should have visited my mother more often and checked on her."

"If only my teenager had told me about the problem they were having. I could have stopped their suicide. But I didn't know."

"I wish I wasn't dying of cancer and could see my children grow up. But I can't and they just have to learn to get along without me."

Know that each soul has lived these situations. You might feel your life is together now, but do you know what happened to your soul before this lifetime? If you did know, you would view life very differently now and wouldn't be so judgmental. Your mind doesn't remember these past experiences, but your soul does.

“There but for the grace of God go I” means you do remember dimly that you have had similar experiences, but just can't realise now anything specific. You all could have had any of these happen to you previously and you have had many of them occur. Remember you have been male, female, rich, poor, powerful, and powerless before, according to the realizations you needed to achieve.

Every soul has had very difficult lives. Only by experiencing difficulty and eventually working through it, can you grow and learn the knowledge needed to survive and ultimately overcome this physical life.

Know you aren't alone. Know that:

- ❖ Every person you meet has been through a similar situation to you at some stage in their physical lifetimes.

- ❖ You have to work through that situation at some stage. Even if

you can't do it this time you'll have to do it next lifetime. All situations you will ultimately have to face.

❖ You are Me in a physical form. I allow you, and want you to forgive yourself and move on to more positive learning experiences. It might take many lifetimes but it's your choice.

❖ It is your choice. Know we are one and realise you no longer need the drama. Truly know this and you will be set free.

❖ Realise this ultimate truth and you will no longer feel judgmental to others. You also have passed through this same life stage. You have moved on, so encourage that soul to do the same. Remember, might be too soon for that person to move forward. Give them time. Empathize with that person as much as possible and try not to judge.

You cannot change others. You can ultimately only change yourself. Others can be shown a different way. Know that all people are evolving and moving forward gradually in their own way and time. You might not see this now and think that your way is better – each person has their own path and journey to fulfill. Rather than try to change them, help them move forward in their own chosen way.

“But my son/daughter is a hopeless drug addict and thief. They live in a squat. How can that way ever be a learning experience?”

Know that it is. After meeting a man who was once very rich and handsome, but is now reduced to living on the beach and picking up cigarette butts because of his drug habit, I finally realised this. He had embezzled funds from the company he worked for; he had kidnapped his mother for a ransom from his family to fuel the habit. He had also sold his house, apartment, and sports car. He had nothing left. He had no teeth, nowhere to live, his clothes were from the Salvation Army. Everything was gone. His family still loved him but he had no contact with them. He was on the disability pension. He had chosen to punish himself totally in this lifetime. He was enjoying the drama of the situation.

I initially judged him as a total loser. I tried to change him through reasoning with him. He had no qualms borrowing money from anyone.

In the end, I realised only he could choose to make his life more positive. Only he could end the love of drama and the need of punishment.

Then one day he said, “I now am totally free. I no longer need anything material. I live on the beach and eat in the soup kitchen. What else do I need? I’m still looking for a high through drugs but that won’t change. Don’t try and change me.”

So there can be learning in any life. Try to guide and help each person but don't try to judge and change that person.

How do I stop myself from getting angry and stop anger in others?

As soon as you feel the heat of anger arising, do something about it. Cool the feelings in some way. Stop the reaction. Lower your voice, unclench your fist, reason with yourself. Know that you are a peaceful soul. Reason will eventually prevail anyway, with or without this unnecessary anger. Don't allow frustration to build up. Do something about these minor frustrations before they reach this boiling-over level. Start relaxation techniques and realise you are a peaceful soul. Deal with these out of control frustrations – one by one.

See things in a wider perspective. This is only one of your many lifetimes, which is very short anyway. Okay, so a driver cut in front of me, but I survived it and so did they. Stop dwelling on it. Allow the anger to go.

Every time you feel the surge of anger realise you can take control. Train yourself not to make a fool of yourself. Allow yourself to heal, rather than to fester with inward anger.

Even though you now have anger under control, never allow yourself to be a victim. You are only a victim if you allow yourself to be one. An abuser cannot be allowed to continue because that is bad for you and bad for them. If they find abuse acceptable their personality will change into a ruthless and cruel character. The school

bully will become the organized crime leader. The wife basher will become the murderer. Loving someone does not mean allowing them to do anything they want to you and others. Love of yourself and others demands that you stop them. To allow a person to continually hurt others and inflict damage is not the most loving thing to do. Highest love requires a forceful response.

Take control of your self and your life. See yourself for what you are and know you can change. You will eventually have to anyway. If you don't do it now, at some stage you will have to see yourself for what you have become. You won't like this image and have to do something about it. Why wait?

How do I choose not to be a victim and martyr?

The great martyrs such as Jesus choose this state through free choice. It was never inflicted on them and Jesus always knew he could stop his crucifixion at any time. He chose this state, as He knew that humans would only heed the message after He was dead. He overcame death by rising again on the third day. Then you knew the truth and followed the message. But the message has become distorted over time and each religious group feels their message is the right way. So people think suffering is necessary in life to follow the religious path.

If you choose the path of suffering, recognise it and decide how you want to react to it. You can continue to be the victim, or decide

that you no longer want to react in the same way. It is bad for the torturer and the victim. Eventually the torturer will hate themselves, and you, if you allow the victim mentality to continue you will be despised.

Remember there are only two human emotions – love and fear. If love isn't ruling your life, then fear is. Decide what you want to experience in life (love, peace and happiness) and head towards that experience. When you start to move away from fear and feel hope, you are finally heading toward the light.

Nothing plagues humans more than having an inferiority complex. This is why you allow yourself to become a victim in the first place. It's easier to allow a do-nothing situation than to start a change. Your feelings of inferiority have probably existed for as long as you have. Why let that continue?

Never see yourself as failing again. Control your mind. Practice finding peace and this will automatically induce success in your life. Whenever a negative thought enters your mind, cancel it immediately with a positive thought. Of course you can do it – surely you're as good as anyone else, and you are becoming a peaceful soul at the same time.

Depression leads to building up negative thoughts and imaginary obstacles. Why are you worried about what might happen? “Well the worst always happens.” Now that you are a peaceful soul, only the

best will start to happen. If a few difficulties arise on your path, minimise them. You are not alone. Remember you have Me. You are my body. Why would I let you flounder alone? You can overcome them now.

Look at your positive aspects and realise your abilities so you can develop a wholesome self-respect. Everyone is good at something. Know we all have much to contribute in this life, even if it's only something you think is small, like talking to a friend in need. Don't let yourself down again. Make the move – learn to become positive today!

I can never overcome feelings of inferiority until I learn how to forgive myself. Feelings of guilt forever plague me.

Most people experience guilt feelings for a large percentage of their lives. Guilt directed towards them by their parents. Blame pointed at them usually by people who cannot accept the blame themselves. How many parents blame their partner, or their children for problems that arise in their own lives? They should accept the guilt themselves, but it's much easier to put the blame on someone else than take it yourself. Who is easier to blame than the person closest to you? How often do we hear, "I would have been/could have done something with my life except for you."

Realise that guilt, and the resulting feelings of inadequacy, are very normal aspects of life. Some people cover these up by being

over-confident and aggressive. Underneath it's still the same feelings of inferiority. It just manifests itself in different ways. Check yourself throughout life to make sure you're not doing exactly the same things that others have done to you. Don't allow guilt and blame to enter your relationships. Try taking the responsibility yourself.

But if I take the responsibility myself then I'll feel guilty and won't be able to forgive myself. How do I achieve a forgiving attitude towards myself?

Remember you are changing deep-seated feelings here and these require a lot of shifting. Whenever someone dies, the people closest to that person often feel they are partly responsible for their death. They feel this often as keenly as if they had actually murdered them. How can you be forgiven, and forgive yourself for this death? You think you could have done something about it, you could have saved them, and you could have made their life happier and more comfortable.

Know that each person chooses their own fate. This is often hard to accept as you feel your destiny is in my hands alone. It is not. You have free will, and you use that free will to live your life, even if you don't realise it yet. It is not possible to change another person's decision as to their fate.

Everything that happens to you, or through you, is your own choice. You choose your own path. You can help others along that path and try to guide them, but that is as much as you can do. This

realisation will change your life. Take responsibility for yourself and alter your own life, but you cannot change another's life without them choosing another path. This path may not be the one you were directing them to, but this is their choice therefore you must respect it.

Guilt on another person's behalf is wasted emotion. You could have made a slight difference to their welfare, but know that they chose their ultimate destiny.

Remember the harm hanging onto resentment can do, not to the other person but to yourself. Hatred means fear, and stress will ultimately make you ill.

From now on, let go any resentment and sadistic pleasure you derive from feeling guilt, you can choose another reality for yourself. When you stop resisting the past, and know that you and that person you feel guilt about, or anger towards, chose that past, then the guilt and anger can finally melt away. Guilt and anger cannot exist with choice, they only exist in a non-responsible environment. When you realise you choose your reality any guilt fades away

Start rebalancing your life. You are never alone and I always know exactly what happened. In your mind seek peace rather than storing up old hurts. Start to de-stress your body and relax your mind. Allow peaceful thoughts of past scenes that created happiness to fill your mind - you will find there is no room left for any hatred, only love. Calm yourself over a period of time, use your infinite source of strength and you too can finally be set free.

The way to alter and change human destiny is to make a different choice. Only then can lives alter and forgiveness occurs. Forgiveness brings blessing, love and joy rushing towards you. Knowing you are ultimately only responsible for your own fate you can help and try to guide others, particularly children. We are all old souls and at some stage of our existence we must take responsibility into our own hands. You are worthy of forgiveness and you, and only you, can turn your life around. Start to feel kind and peaceful feelings about yourself.

2. Worry and fear

Mounting frustration with the way modern life is heading has led many people back into their homes, which is the only place they feel safe. Their home is the only place left where they feel they can control the environment, and where they don't have to worry about the constant pressures of everyday life. It's where their family and friends are – it is becoming more and more, by choice, the center of their universe.

'Home' has become a refuge from what people increasingly perceive is an out-of-control world. A world where time and energy is constantly eroded, which leads to a sense of loss of control. A post 9/11 world where public utilities and recreational areas can at anytime become targets to terrorist groups seeking publicity, regardless of the dangers to themselves or the population at large.

This has resulted in a general malaise among the population, with many people less optimistic about the direction the world is heading and their own position within that world. The increasing problem of loss of job security; doubts about the economic climate, which in turn results in less confidence about taking on a mortgage and a family. The increasing need of instant gratification that leads to debt and more spiralling fears. The downward turn that many people feel their life is taking, have led to emptiness and more worry.

A more modern, more affluent world promised to deliver increasing confidence and less fear. But this hasn't been the case. Increasing affluence has been chosen above love and happiness. What can be done about it? Can action be taken now before it's too late?

The feeling of life being out of control has led to many people thinking that God has abandoned them. "God is only a delusion" writes Richard Dawkins, "believing in God is a backward belief system". Religion only leads to the foolishness and primitivism that is the world today. Religions justify belief in suicide bombings, subjugating women, and can be used to fuel any mania. Religions keep the population living in fear and hatred of each other.

The other side of the coin is the religious right. Whatever the bible says is 'written in concrete' and is the only belief system. The religious creationists claim the world is only six thousand years old,

and that the earth was created in seven days doesn't answer the questions either, or lead to a more tolerant and forward thinking society.

All these extremes create is more hatred and fear. People are left floundering, clinging to the only rock of routine and family. They want to understand and emerge from their walled castles, but how can they when each message is so conflicting, and even if that message was heeded where's the hope for the future and the answers in them anyway?

The answer is that belief in religion has created hatred and fear. It has made you feel separate to Me, and live life in the fear of constantly being judged, and coming out badly. It has made you feel like separate beings, who can only relate to family and friends who are usually of the same ethnic group and nationality. Even within “democratic” societies, people cling to who and what they feel they know. This leads to envy and suspicion. People can be singled out at any time due to dress, skin colour or even hairstyle and made to suffer for being different. It all creates the feeling of separation from each other, and hatred of what you don't know. Fear results.

The truth is that I never judge. You are Me and have total free will within this life, to decide how your life is to be lived. Maybe you're making the wrong decision now, but when you realise that choice isn't

creating any happiness, you'll make another. Your harshest judge ultimately is yourself. I have no preference. That choice was obviously right for you at that time, but you'll learn how to make changes when they are necessary.

You are not powerless as you have been taught. The power of one is all that there is. The one is the all. When you realise that by hurting another you are only hurting yourself, by lying to another you are lying to yourself and by giving happiness to another you give it to yourself, only then can you leave your castle, and affect your world for the better. Knowing you are having a positive effect on the world will lead you towards losing your fear and back into a position of responsibility and the power of one.

If worry is a habit, so must be happiness. Your mind thinks in well-worn grooves that are learned from childhood upward. You learn from an early age how to please people to receive love, and how to spend money to feel happy. So can you learn how to stop worrying (fear) and how to start living (happiness)? How often does it happen, that you'll fuss and fret for days about making a right decision, and later look back and realise that it wasn't as difficult as you made it, and it worked out. Worrying, fussing and fretting does not help make a right decision. In fact, all they contribute to is cloudy decision making and exhaustion. Of course, what you really need to remember is who you are and to trust your instincts.

Look at people, particularly as they age, and they fall into two distinct personality types. The worriers who have deep lines etched between their eyebrows, and their more easy-going counterparts with smoother brows. Look at yourself in the mirror now and mentally assess how much of a worrier are you. You'll know.

Even if these lines are just developing, you need to stop them in their tracks. By admitting yourself to be a worrier, means that for you worry has become a habit. A bad habit. You have been 'practicing' worry.

What are you worried about? Look now within yourself. Your mind is probably saturated with negative thoughts. You are full of gloom and apprehension when you worry. Look at the situation you are creating through worry. "I'm worried about making a wrong decision". The message you're giving out here is, "Decision – wrong". By worrying, you are bringing about just the opposite of what you want. Rather than trusting your instincts and remembering who you are, you're renouncing your whole life purpose. You are proving to have no faith.

Faith is necessary to all of life. You have to have faith to get out of bed in the morning, to catch the train to work, to function at all. To be positive you must have faith. Faith that you can pass an exam. Faith that you can love others. Faith that you can do the job. Without some sort of faith you'd be dead. You would not even be able to wake

up in the morning.

Building up this faith will overcome the worry habit and restore hope for you and all that depend on you. Hope is put into motion through faith. Everyone must have some measure of faith to function – work on building it up and you will reap the rewards.

Why am I always worried about everything?

Think. You were not born a worrier. As mentioned above, it is learned the habit, a mental attitude taken from others. You have learned this bad habit over a lifetime. You can also learn to rid yourself of this habit, along with every other habit if you choose to. You can cast worry from your mind. Why waste so much of your energy and mind-power worrying?

Worry is useless. If it's worry about the past, how can you change it now? The past is gone. If it's about the future, worry won't solve it either – because it hasn't happened yet. You can change your future, not through worrying about it, but by action. The rest of the time you're worrying about present matters. These will be sorted out, not through worry. but by taking responsibility and a positive attitude towards them. Stop dramatizing and enjoying this drama of life. Its time to change – now.

Worry is just a mindset, a habit that most humans seem enjoy. What greater drama is there than, “I'm worried to death about”, “I'm sick with worry about....”. Oh the drama from actually being sick

and dying from it! Allowing worry to take total control of your life to the point where you feel you are powerless. Get a grip. What are you – people or mice? You are My body remember! Allow Me to help you to this realisation. Lean on Me initially in order to finally take control. You are Me. It's your choice.

How do I become an attractive personality?

Everyone is affected by moods. Sometimes you are fearful and worried, at other times angry and resentful. How could a person ever have more happiness than trouble with this mindset?

To turn your life around from here, remember that your life is in your own hands. You alone control your own destiny and you can either sit in a corner feeling negative, bitter and sad or decide it is your time for some happiness. Why add the world's negativity – decide to spread positive thoughts and happiness.

Start to train your mind into cultivating joy. Why do you always have to be caught in the habit of fear and sadness? Make the change.

Think of the happy times you've allowed yourself to have and realise that if you were happy once you can be again I am God's body and underneath a loving, peaceful soul. Do not allow yourself to be a fearful, miserable person. Make another choice.

Always remind yourself of who you are. Practice relaxing your mind

and body. Being at peace will allow your real personality to emerge.

Remember what's it's like to feel happiness. Most people have forgotten. They don't have the time. They're either at work, cooking dinner, looking after the kids or watching television. Get your peaceful mind back. Turn off the television for an hour. Walk out the door humming a song, do something for someone and bathe in their thanks, or just walk along a beach or in a park and watch a sunset. Feel what it's like to give yourself peace for a few minutes.

Know I am with you, as you are part of Me.

How do you finally break the worry habit, build up faith and hope in yourself and the future?

- ❖ Accept that worry is a habit. A learned habit. Do you now choose the worry habit or the happiness habit?

- ❖ The worry habit can become a sickness. The negativity of worry can only send your life downwards and out of control until sickness and listlessness is the result.

- ❖ By worrying you're creating the very situation that you dread - "I worry about my child becoming a drug addict". Thinking those thoughts, you are sending out that message. "My child – drug addict" You can instead create a nurturing environment for that

child; just remember their destiny is up to them. Instead, think positively. Think “My child – happiness”. Whenever that recurring worry arises, replace the word “drug addict” with “happiness”. For example, with exams or work replace, “I’m worried I’ll fail in my exams/job” with “exams/job – succeed”. Every time the worry habit arises replace the negative word with the positive one. Thereby contribute to life's happiness not failure!!!

- ❖ Tidy up your act. Clean up and throw out your rubbish – literally. Have a clean and uncluttered environment in which to live. You will feel a huge burden lifted off your shoulders by doing this. Space gives you freedom. You will finally feel as though you can breathe and start again in a positive frame. Look at the reason behind your clutter and its link to past insecurity. Move on from here.
- ❖ Think of what you are worried about. According to case studies 40% of worries are about the past, 50% about the future and the remaining 10% are about now.
- ❖ The past you can't change – it's over. Why lock yourself physically and mentally into this wasted emotion. You need to practice letting it go. The realisation that you chose your past will

go a long way towards overcoming it.

- ❖ The future. How much different will a future be where everyone reaffirms faith in this world. Where each takes responsibility and knows that what is done to one is done to all. To know you're only hurting yourself when you hurt another and that you are all one. Everything is connected. This is choosing calm and peace.

- ❖ The present. Know who you really are. You have control over your body and environment. Take that authority and practice emptying your mind. Say to yourself, "I am now emptying my mind of all insecurity, fear and doubt". In the place of this anxiety, fill your mind with peace and calm assurance, "I am allowed to be happy and secure." You are part of the spiritual presence, so trust your instincts and eliminate fear and worry permanently. Remember we are One.

Meditate on peace. "I forget those things that are behind and reach forward to those things ahead. I take control." Repeat that while concentrating on peaceful thoughts.

Reach into your mind and one by one remove all the anxieties and fears that have built up. *Believe* you can do it. Affirm, "I am now emptying my mind of all insecurity and doubt and filling it with total calm, peace and hope". Know you are no longer alone making this

decision and with this new-found power you will succeed.

Whatever the stress, whenever you feel you cannot cope reaffirm, “I choose to be calm and peaceful”. A peaceful mind is a mind that can make quick decisions. It's a mind that knows the right way to go and will not be driven to anger quickly. Only a worried and frustrated mind has a short fuse that needs anger management.

You will begin to know what to overlook. Why stress on something you cannot change? Accept that which you cannot alter and realise the bigger picture. Know that life is short and that only love, happiness and peace matter in the end. What do small irritabilities matter anyway? Most things quickly pass if allowed to.

Affirm faith in the future. Despite all troubles and difficulties, you are still alive, the world is still here, and you all would choose for that to be so. You are a powerful being and can make a difference.

3. Money problems

Of course everyone wants a comfortable life, but how does making money fit in with a spiritual life? You have long been told that money is “the root of all evil”, that “money can't buy you love”. So how can you have money and be happy too? Or is this not possible?

Yes, of course it's possible! This ambivalence that money leads to all the problems that arise is not quite correct. Yes, you want it and resent not getting it, but partly you are rejecting it, as you think it's not going

to lead to happiness. Wow, you are confused. What can you do about it? You have to solve these mixed messages, or you'll always have money problems.

Here you are sitting around thinking, “What am I going to do? This seems like a constant habit. I'm always broke. We just scrape by constantly.” You are feeling sorry for yourself. Thinking that way has become a habit so in the end you say, “I'm sick of trying. What's the use anyway? I give up.”

So, are you going to sit around despondently forever? Or change it? Change can always take place at any time throughout life. If you choose change it will happen to you. Expect the worst and that is what you will get. The drama will continue. Expect the best and that is what will happen too. Expect positive change and your problems can be overcome. You just have to decide you want this to happen.

Stop and remember who you are. You are creating your reality. As you are Me in a physical form how can you fail in life, unless you choose to? I want you to have the best from life and great happiness. What else would I want for myself? Why are you choosing a life of lack? That's lack of joy, lack of money, lack of peace. Altogether, a lack of any success in life. Don't be in doubt about your choice here. Choose lack, expect lack. But choose abundance and what else could happen but abundance.

Affirm that you want money and success. Think continual

positive thoughts about it and work towards it. Remember to always keep things in perspective though – balance in life is all important. Learn when you have reached that comfortable stage, and when to slow down your forward motion. You'll know this upon reflection, and just remember your ultimate goals of love, joy and peace which the money is only contributing towards. Money is only a tool, another form of energy, to be used thoughtfully. Don't be surprised if in the end, as you cross the comfort threshold, that money becomes gradually less important.

Always have faith in yourself. According to your faith will you achieve your goals. Be grateful in advance for your success as now it's assured. Being grateful works positively and helps bring about what you want. This will produce the miracle results you are working towards, and finally achieving the successful fulfillment of an abundant life.

Put your whole force into it; concentrate totally on removing any problems and they will just melt away. Power creates an irresistible force. Give it your all. After that, it's impossible to fail with positive thinking – only success can follow.

Change your thinking now. Every day say to yourself, “I expect the best” and you'll get it. You will become more positive with each new day and your life will start to change.

4. Work

Let's look at five basic thoughts about work, and how these can be changed or added to, in order for work to become a happier part of life. Of course, work is a necessary part of this life; how can it become not only necessary but more pleasant and fulfilling.

1. You need to work to earn money in order to support yourself and your family.

You might feel you're being forced onto the work rollercoaster here, but you have to remember that no one does anything they don't want to do. You've made the choice to work, in order to support yourself and your family. Even if you work in a job you hate, realise it's you who has chosen this situation. This is your present self. Eventually you can choose another definition of yourself. But remember this job is, at present, a statement of who you are. So after realising you've chosen it, learn to give/get, the most from it you can. From here you can learn to really like your job.

2. This work to provide money, should be fulfilling and make you happy.

So how do you give/get the most from your job, and how can you

become more contented doing it?

The primary thing to remember here is that you are a three-in-one being – you are mind, body and soul/spirit. Your mind and body are both doing the work. But your soul doesn't care what you do for a living, and after your life is over, neither will you. Grasp this concept, and you now realise that your job may still be necessary, but not the most important thing in your life. Your priorities will shift. Become aware that your family, friends and leisure time are the reward for doing this job. Enjoy the reward more, and work towards the balance needed for enjoyment to occur.

How can you achieve the balance that leads to increased enjoyment, when you're tired and stressed to the max?

Tiredness seems to be a bi-product of living in the twenty-first century, where everything is 'packed in', multi-tasking all day, and many people stay up most of the night. TATT (tired all the time) syndrome inevitably occurs, and is the most common reason for seeing a doctor.

Stress and tiredness go hand-in-hand. How can twelve-hour days create anything else? Even the weekends become one long to-do list. You end up too tired to sleep. Your body is exhausted, but your mind is whirring at a hundred miles an hour.

Researchers estimate the average person slept around ten hours a

night in the 1800's. Today the figure is seven and a half hours. Even work life has changed dramatically in the last ten years. A decade ago, customers didn't expect an immediate response. Now everyone wants everything immediately. If an email isn't answered within an hour, people think you've forgotten them. Work calls are expected to be answered at home, the laptop is taken on holiday and people work on buses and planes. Where do the modern demands of work end?

You have to stop and seek to repair the balance of life. Nobody works well when under constant strain. Happiness, as a bi-product of work cannot occur under these conditions. You need to allow yourself time for the rewards of your work and slow your life down, then allow yourself to enjoy life. Remember that on your death bed, you will never think, “I should have attended that meeting”, or “I should have worked longer hours”. What will you think about? Focus on this question, and act accordingly.

3. Only work provides a sense of purpose and direction to life. The more successful you are the more fulfilled you'll become. Work is the new religion.

Let's look how success is defined. Often it's glorification of the entrepreneurial spirit, where people are solely motivated by profit. Is it how much money you've got, how prestigious your job is, or how contented you feel within yourself and in your life? Look objectively

at many famous and successful people. They often have great wealth, children and partners, rewarding careers. What could be missing then? Why do they often feel empty inside? Is it wrong to want money and the resulting rewards?

No, it's not wrong, as I do want you to have a comfortable life. Knowing you've chosen your job, and enjoying the consequent rewards from this job is important. That can't be it. There has to be more. This new work religion has to provide more than this. The mind and body are being rewarded but what about your soul?

Real contentment can only come from feeding not just the mind and body, but working on the soul. Know you will not be alone in achieving this total balance, and start to act on who you really are. Success is whole life success, and only this can then lead to fulfillment.

4. Work is meant to be difficult and tiring. That's why it's called work. If it was easy it wouldn't be work.

So how can you make work less difficult then? Let's look at attitudes to work.

Many people think they are indispensable. If they didn't keep contributing their all and working twelve-hour days the results would show. What a huge burden to carry around! The weight of the world is

on your shoulders. Don't kid yourself. If you left tomorrow, there would be someone else to replace you. You're just enjoying the drama of being irreplaceable. What greater ego boost than that is there?

At some stage in life everyone has battled on the work front. Either they have come up against some kind of opposition, or they've pushed themselves so hard in order to prove their capability that often the opposite has happened. In either case, a battle between your inner forces has taken place and exhaustion due to this conflict has occurred.

Twelve-hour days. Can you really keep these up indefinitely? Try cutting down and see how much less work is done. Here we're looking at quality of work, rather than quantity. Plan your work more, delegate. Use time-management. Don't assume that only you can do it. Lack of system produces that "I'm swamped" feeling. Don't let your work build up to this point. Discipline yourself not to put off until tomorrow what you could do today. Allow the work to accumulate and it will only become harder. Make a list of what you can do today and this week. Write everything down; this will leave you more mind-space by not having to keep remembering things. It will relieve your mind and that swamped feeling. This feeling produces tired thoughts. Consequently, your energy levels will rise the more organized you become.

Use this new organization to give yourself more downtime. At home, switch off your mobile, ignore your emails, put the report aside

and go for a twenty-minute walk. When you come back, you'll feel your mind is clearer.

Take on an unseen partner in your job. Someone who costs nothing; it will help with ideas, giving added energy to get the job done faster and easier. Take on Me. You know I'm always here and we are one anyway. You're not alone, so why act like you are. I'll lighten your load and ease your burden.

Realise work leads to your reward. Work itself is not the reward. Change your attitude. When you lighten your workload, and you accept that you've chosen to do this job, then you'll resist it less. Only then can you relax more, and actually learn to enjoy the job and not continually fight against it.

As you relax more in your mind and body, and become a happier and more peaceful person, don't be surprised if this overflows into your work life. You'll feel more confident, open and friendlier, and people will start to respond to you differently. You'll find it becomes difficult to avoid success. Think about your plan carefully, then put it into action. Balance creates happiness.

5. Time needs to be filled. Don't allow yourself any thinking time as this leads to brooding and depression. A busy person is a happy person.

When your life becomes one long to-do list (a constant stream of engagements, seminars and events), and you're too busy to see friends, overload kicks in and you need to stop. An over-busy person quickly becomes a stressed and overtired person, whose life can spin out of control very fast. Life has become a stressful and a madcap existence.

If this happens, it's time to stop, realise you have a choice, and start to hold down the control button. Life can easily become a mindless series of events. On it will go, with pressure arising from work, children, parents, study and partners. The treadmill will continue in this mindless way, until the body can no longer keep up the pace.

Stop! Know an over-busy person can very quickly become an exhausted and ill person. You need to think about, and reassess, your life. Who you are, what you need and where you're heading. You have to start to prioritise. You need to choose to slow down and bring balance back into life. Write down what changes need to be made, and start to make them. Either you choose the balance or your body will choose it for you. Your body yearns for more peace and rest, and you've got to think of ways to achieve this. You don't need to give up your life to get a life, you just need to rethink and rebalance it.

How do you cope in this conflict situation?

Realise firstly that nobody can give their best when they're straining

and stressing every day. The person who works in the easiest and most relaxed manner will ultimately win the work war. That person gets the work done in the shortest time and the work will show the mark of skill. Bring peace into this situation. You only need to spend five minutes in the morning and afternoon reminding yourself who you are. “I am a peaceful soul who can control any situation. Easy does it.”

You do not need to press and strain. Take it all in your stride. You can handle the job. You know the work well and are competent to deal with it, therefore have no fear or nervousness about it. You are My body and I am with you, so how could you fail anyway? This will give you a secure feeling of peace and confidence to go about your business. You now have extra help in all areas of your life.

Don't take yourself so seriously. Lighten up! Everything and everyone is not totally dependent on you, even though you've convinced yourself that this is true. Stop taking the weight of the world upon your shoulders. Everything will go on without you even though you might not believe this now. If you died tomorrow would your company collapse? Forget it!

Be positive about your job. Stop fighting it and go with the flow. See the bright side of the work. Talk yourself into liking it and seeing it as a pleasure, rather than a drudge that you have to do. Eventually you might not even have to change your job if you can change your

attitude.

Don't let yourself become swamped. This happens when you put off things. Decide to do each thing one at a time, in an orderly way, and eventually all of it will be done. Don't try do it all at once; no one can. Take it at a steady pace, prioritize each job and your efficiency will increase. I'm there to help as well.

Change your mental attitude. Think it is hard and it will be. Think it will be easy for you and you'll easily do it. Don't strain the brain! Think just about the work at hand, rather than adding to your brain load with stress and worry. Just go forward one job at a time now and you'll kick yourself for being so negative before.

Look closely for easier ways of doing things. Don't take worries home with you. Do the job the right way the first time and they'll be less problems further on. The right way is the easiest! Remember it's easier for you to keep everything up to date than carrying it around with you. Accumulated work makes you tired before you start and will affect your energy level. Don't drag old work around with you in your mind. Prioritise with lists for the week and stick to this schedule. You'll feel relieved, lighter, and things will go well with you at home and at work from now on.

How do I make important decisions?

The small decision today maybe the one that comes back to haunt you tomorrow. Historical careers are often based on these seemingly small

decisions. You perpetually worry about this and question how will it affect my life.

At least you are accepting now that you make the decisions that affect your life. You have free will to choose. Be quiet and still. How can you make a good decision without a peaceful and orderly mind? You are going to need all your deductive powers and for your mind to be at maximum efficiency. Relax your body and know that you are a peaceful soul. You're now ready.

You see things as so bewildering and confusing, how is a wise decision possible in this world? Know it is. When you're making the choice from a peaceful mindset the right choice will come – and clearly. Remember you are no longer just a powerless individual alone to face it all. You are together to make these decisions. A decision made from a peaceful mind, done in a loving way can never be the wrong decision.

Don't rush each decision as everyone tends to do. You don't have to choose straight away. Never force it. Weigh up the pros and cons and give your mind a chance to make the right choice.

Trust yourself that the decision is the correct one. If you do it in this way it will be. Don't keep looking back and pondering it. Accept it as the right choice and that you can move forward from here.

5. Relationship Troubles

Who am I and why are relationships necessary? These are the vital questions of life.

As you already know, you are pure energy in a physical form. You and I are one.

But why have you chosen to experience a physical body? Because a physical form is the only way for you to experience objectively who you really are. Objective experience requires others to relate to you. This leads to the need for relationships.

Relationships happen at the beginning of your life due to your choice. You decided on the setting for your life long before you entered it. You chose your family as the perfect vehicle, from which to experience what your soul needed. How you react to that family throughout life is then up to you. Even if you begin to hate that family, and blame them for all your problems, you will ultimately understand that you chose that family and why.

The safer you feel within that family, the greater will be your coping mechanism throughout your life. The more stress you felt within your early family environment, it is more likely you might be attracted to addiction in order to blot out that beginning. This of

course, will lead to relationship problems and avoidance issues throughout life.

How can you change and look at your past differently?

The past has already happened, and therefore unchangeable. But, 'how' the past affects you now can be changed. How you look at it may need to be altered for you to move on and experience happiness. The people from the past that haunt you now can't be erased. They can be constant triggers that still affect you. Your reaction to these triggers is what can be amended, so you can learn how to stop them effectively. Until they are addressed, they will keep coming back time and again.

As the past is a fact, realising you chose it and accepting this will go a long way towards overcoming it. You now know you needed that past tolerance, and the pain, discomfort and suffering it caused is really a waste of time and energy. The hatred you feel is only stopping you from moving forward. At the end of your life, you'll see the life scenario that you now view as impossible to overcome as a loving agreement, entered into by your souls' in order for you, and all those involved, to grow. So allow it to be all right, stop resisting, then can you eliminate the suffering.

The triggers that caused this suffering might still be there, but you have to work on yourself in order to cope with, and finally overcome them. The only way to increase your resistance levels is by:

❖ Realising who you are. This will lead you to the surprising fact that you can cope in any situation.

❖ You chose your life setting. It didn't just happen due to a “vengeful God”. How could it when we are one, and you are choosing all your life scenarios from birth onwards?

❖ Accept your choices and stop resisting them. The triggers you felt caused all your problems may still be there, but now you are choosing to move forward into a life of peace rather than turmoil. To help you, read the pages on relaxation of your mind and body.

❖ Finally, awoken from your lifelong sleep and start to move forward. Your soul yearns to find love, peace and happiness for you to become who you want to be. Angelina Jolie helped Brad Pitt do this. He has become not just Brad Pitt, movie star, but Brad Pitt, a compassionate and giving person. A man who, like you, can make a difference to this world. You might see your contributions as being small compared to his, but to your soul they will be earth shattering.

You might see human relationships as being based on trying to give the other person what you think they want. That can lead to all sorts of

problems. How do you decide what they want? This then becomes a Venus and Mars scenario as you're madly trying to do what they want in order to get what you want, leading to frustration and resentment as neither of you are getting what you really want or need from each other. Many people are looking for a person "to complete them". This puts a lot of pressure on the other person to become what is expected. They often try very hard to do this, but eventually their true self has to re-emerge and then the other person says, "You've changed". Resentment and bitterness develops, and separation usually results.

A good relationship needs to complement and build upon who you are. It cannot make up for any lack within yourself. To have good relationships, you have to first work on yourself. Only by being 'self-ish' can a relationship grow for you to become unselfish within it.

You have to decide the person you want to be. Is it a loving, giving and happy person? If so, work on overcoming your problems, and help the other person to contribute all they can towards the relationship. The greatest help you can ever give another is to empower them to help themselves, and start them moving forward on their life journey as you have done. Don't disempower anyone by offering them help in such a way that it creates continued dependence. When you allow another, in the name of compassion, to begin to rely on you, this then becomes not empowerment for them, but a power-trip for you. The goal is to help the weaker so they can grow strong,

not to make them grow weaker.

With this in mind, do not see another as disadvantaged in relation to you. They have chosen this path even though you might recognize it as wrong or weaker for them. Accept that they have chosen it and it's up to them to choose something else. They might not, in their whole lifetime, ever choose anything else but you cannot change this. It is ultimately their decision.

You get something out of every relationship you choose to experience, whether it's happy or sad, good or not so good. Always remember, you need to put into any relationship what you can contribute, and this will in turn increase your growth. Whether that person is at present able to take this positive contribution from you is up to them.

To have a good relationship means coming from a base of love of self. Only if you value yourself and have high self worth can you love another. If you truly love yourself, only then can you sincerely love another as yourself. If you hate yourself, you'll be very needy in a relationship, and try and use that other person to fulfill yourself. This will lead to a clinging need for each other and ultimately destroy the relationship.

Don't think of doing what is best for the other, as this leads to self-sacrifice and ultimately resentment. Self-sacrifice leads to continued abuse by the other. You will be seen as a victim, and attract

a person who enjoys you cringing under their power. The abuse cannot be allowed to continue as a situation of fear develops, which of course is the opposite of love. To do what is for the highest good for that other, you have to stop the abuse continuing for both your sakes. Doing what is best for you, in turn becomes what is best for them.

Develop your true self and come together in a loving situation. Give the greatest gift - self-realisation. This will set you both free.

6. Feelings of inadequacy and inferiority

Our deepest fear is not that we are inadequate
It's that we are powerful beyond measure

Inspiring words for people to live by. Notice I haven't said words for people to aspire to. Always a life of “aspiring to” parental pressure, partner pressure, work and other life pressures is what creates feelings of inadequacy and inferiority. You always feel you're not quite able to live up to what's expected. Comparing yourself to others shows how you're not able to cope as well as you ought. You may be trying your hardest. You've always tried your hardest, but it was never quite good enough. Those people over there, sleeping in the park felt the same way. They gave up. What are you going to do? How are you going to cope in life?

You've always been told, and felt, that you had a definite weakness in your personality. You are never ruthless enough in business, never able to say “no” in friendships and you even let the kids walk all over you. Outwardly you appear to be coping, you often appear over-assertive to the point of aggression. “This will show everyone who's boss”, your thoughts scream. Underneath you're really a total wimp and feelings of inadequacy cannot help but creep in. “Am I up to the job?”, “Am I good enough...?” always lingers in your mind. “My boss always reacts perfectly to every situation, if only I was more like that...”

The perfect reaction is often the most dangerous one. The pressure on yourself to continue reacting perfectly is immense. Outwardly, everything and every reaction appears perfect. But can you keep it up? Surely you'll crack under the strain eventually? How are you going to cope? Particularly now, in modern life the stress caused by keeping up appearances becomes greater all the time. “You have to keep this job to pay the mortgage”, “Living expenses are increasing each year”, “Life's cracking at the edges but I'll wait it out until things get better”. No wonder so many feel inadequate at times.

You might still be carrying your feelings of self-doubt around from your childhood. Your parents first said them, and school reinforced them. If your parents questioned your self-worth, how can they possibly be wrong? After all, as a child you felt they had all the answers to life. But did they?

Inadequacy can easily come to rule life. It can lead to living on a park bench, substance abuse and safety fears, which can lead to a person never being able to leave the house. Feelings of inferiority often manifest themselves in illness. An inferior person thinks they deserve punishment and to suffer. If you want and ask for suffering, of course you'll get it. No doubt about it.

Do you ever feel the things you want flow away from you, rather than towards you? This happens to many people; it hampers their lives, making them miserable. You are leading a life of lack. But your biggest lack is lack of faith in yourself. You don't deserve abundance do you? Well, with this mindset don't worry, you're never going to get it anyway. Lack be yours.

Stop the abuse. Please. Why do you always have to feel inferior? Why do you always have an excuse for not fulfilling your true potential? Yes, it's an excuse. How easy is it to grovel and say, "I couldn't live a better life because I didn't have the personality for it, the social skills to cope, the right background and start in life". Cop out! Your soul and you both know, now, that no matter how many excuses you can think of, it is your doing – not your parents, not your family, not your partner, not your work.

So you'd prefer abundance? Examine yourself here. You have a body to get you around and you've got incredible help in anything you choose as you are not alone. You are all powerful and you and I are

one. How can you fail when you believe this. At present, your mind is choosing lack, but your soul wants abundance. You are seeing many obstacles in your way due to fear. Fear keeps telling you you're inadequate, you're not up to the job. It's ruling your life. You're using all your strength towards being up to the job. How can you fail now? Estimate your abilities and up them. Don't become egotistical now, but develop a healthy self-respect.

If you become fearful and frustrated, retreat to your private sanctuary. We all have one within ourselves. Even if only for five minutes, relax your body through deep breathing and then work on your mind. Let your fears and frustrations drop one by one and drain your mind. This will instantly stop all your feverish activity and thoughts. While breathing, allow yourself to picture the most peaceful place you remember. You might never have even been there, but everyone has one. Such beauty always calms and rests the mind. After this, you'll feel refreshed and ready to continue on your way. You will have given yourself the short space you needed.

Life ultimately is totally up to you. Everyone is given the perfect tools to achieve anything. Look at a tiny spider. They are perfect in every way to live in their environment. Look at you. You chose your physical body and environment as well, and you have been giving everything in a perfect proportion to live and fulfill yourself in this life.

You are powerful beyond measure. You are Me in a physical form.
Take the challenge and begin to live up to it.

7. Ill health

Watch your thoughts

They become your words

Watch your words

They become your actions

Watch your actions

They become your habits

Watch your habits

They become your character

Watch your character

It becomes your destiny!

Most people sleepwalk through life, their character and attitudes created by them, starting purely with a simple thought. How powerful is a thought! What pure energy is created through each thought! You have ended up in the situation you are in just with a simple thought. Wow! It just shows that you are powerful beyond measure in shaping your world.

In order to shape that world, you need to become aware of what you are actually doing to yourself. Look into your character now, and ask yourself, “Do I like what I see?” Be objective; take into account how others see you as well. Have you become what you always wanted, or fallen way short? How do you like what you see?

Most people don't like what they see very much. They've become their mother or father, without even realizing it was happening. It started with that simple thought and now it's their character. This becomes particularly true the older people get. Youth can overcome illness and character flaws, but age can't. They always come back to haunt you.

Why does God want me to be so ill? I'm dying from cancer/a brain tumour

Know that doctors are there to help if you need them, but they are not there to take responsibility for you. You must do that yourself and decide what is best for you and what you need. They cannot save you from yourself.

Certain things are self-destructive. Doctors might advise you to stop drinking and smoking, to stop eating junk food and to exercise more, but if you cannot heed these warnings you are being self-destructive.

Look into your mind and ask yourself why you don't want to save

yourself from becoming ill due to excess. Why are you choosing to risk your life in order to draw attention to your suffering? Why do you always need something to make yourself noticed and feel important? Why do you need suffering and drama in your life?

The whole of humanity chooses to inflict some kind of suffering on each other. Throughout history due to greed, lack of love and neglect of each other, you have always chosen suffering. People choose martyrdom as the supreme form of sacrifice. Perpetual war somewhere in the world and our worship of martyrs is testament to love of suffering.

Knowing how powerful thoughts are will help you understand that beside determining your character, these thoughts are also affecting your body. Carrying negative thoughts around for years will inflict damage on your body. Feelings of hatred and anger, often carried from childhood onward, leads to explosive thoughts and feelings within your body every day. These will translate into a character flaw, which often does manifest as an addictive personality. This addiction then flows into all areas of life. Into drugs, drink, abuse, overeating and others too numerous to even list. The malicious, sadistic pleasure of self-abuse flows on:

“You don't deserve a happy life, do you?”

“You're always doing something wrong, well suffer for it”.

“I've got to smoke, I couldn't relax otherwise”, here comes breathing problems, lung disease and cancer.

“I love fatty foods, nothing beats fried food”, next stop heart disease and clogged arteries.

“I love my job. I'm there early and need to stay late and don't give myself much downtime. But beside the enjoyment, I need the money”. Move on in early heart attack, diabetes from eating on the run and lack of exercise.

“I feel resentful all the time. I try not to, but everyone expects too much of me. They all want more, more, more and debt just seems to be mounting. I'll never repay it all, and fear I'll go to the wall. Life's become an endless treadmill”. No one can continually defuse mounting pressure. Pressure always has to escape. Steam has to be let off somewhere. Where's it going to go?

“I'm always worried. I end up not even knowing why. I just feel fretful of some nameless fear”.

These fears will be internalised. You try to overcome these fears by indulging yourself. You have a new home, home entertainment center,

a lovely new car – they must go away now. Life is so good. But they're still simmering away in the background. You become just a little more edgy, you try to enjoy the new things but can't totally. How long can your body live with this fear before suddenly, you've got a mystery virus or a strange pain in your stomach. Everything has to come out somehow.

Try not to let things get out of control from the start. Take action for your health mentally by realising you're in control of your life, and physically by eating well, and taking preventative steps before health issues get out of hand.

Nothing occurs in life that hasn't started as a thought. Thoughts become actions, and the effects are drawn to you like a magnet. Unfortunately, things start to get out of control quickly, and the simple thought has created a mountain of health problems. You're suddenly feeling like you're a victim being punished. Now examine yourself, who started the punishment process originally?

From examining yourself, and realizing that you started this chain of events, only then will you be able to do something about it. You need spiritual healing as well as purely physical healing.

You want wholeness – add an “I” to this word and it becomes holiness, so that's your first key to health.

Add a “t” to medication and you'll get meditation as well. That's your

second health key.

These two health keys reveal exactly the balm you need to cure illness. Realising the power within you and the search through faith towards wholeness will unlock the first key. The second is unlocked through relaxation of the mind and body, which will act as medication for your body and soul.

Faith is the key to making you whole and complete. You started as a perfect being, and your soul still yearns for that original purity and peace. Believe in yourself and the fact that positivity translates as health. Negative thoughts consume most people and these lead to negative consequences. Understand how these link to your health. A well person cannot be a fearful person. Work on yourself and your thoughts now you know how powerful they are. You are not alone in doing this, just ask for the extra strength needed and it's yours.

Be thankful for the healing when it comes and always remember how powerful you are.

8. Loneliness

Earlier in the book, we looked at loneliness and the human need to give and receive love.

Loneliness can take many forms. People can choose to live alone. They often feel life is simpler alone than in a relationship. This conscious choice is felt to be the most satisfying lifestyle choice at that time. Many great people have made that choice, even rich, beautiful and intelligent women, such as Florence Nightingale. The one-person household is becoming more common, as the lifestyle choice for the work-rich, time-poor career person.

Some people choose a relationship as the way of living “the normal life”, and a way to stop parental pressures. Children often follow this and it wards off any feelings of loneliness. You're just too busy to think about it. But loneliness can creep back in, bringing with it a feeling of dissatisfaction. Allowed to fester, divorce usually follows and thereafter, often greater loneliness.

In older age, when children and partners have left, more soul searching results. You try to keep busy, but you feel unwanted as everyone seems to have their own lives.

All you are asking for is some sort of a change to come into your life – a change that will stop that lonely feeling and lead to a more fulfilling life.

Let's look at the two changes necessary for this to happen.

The first change has to come from within yourself. It has to be about taking steps to make yourself more lovable, in order to get people to

like you. Start with just acquaintances. Just that kind word, that happy face when you greet someone, can change the day for both of you. Everyone appreciates a smile as you pass by, even on a busy day.

Open yourself up to this friendliness and understand you're opening up their life, as well as your own. Notice how people react, just to a simple smile or a kind word, and you'll be pleasantly surprised. "Can I help you?" sincerely said, will draw a response. "How are you today?" It's often said today as a rhetorical question, but what a great opener. The response from a simple question, can be life changing.

You may feel shy when you meet new people, but it will start to add to your confidence. Learn to remember names, as a way of showing a person you have a genuine interest in them. Greeting a person by name always contributes to a friendly and relaxed atmosphere.

Start to read books and newspapers to help yourself in contributing to a conversation. Don't monopolize the conversation with your new knowledge, just use it to boost your confidence level. Show an interest in the other person and include them in the conversation. By feeling more confident, this will make you more relaxed, and add to you being a more comfortable person. A more comfortable person to be around is a positive person who people will choose to befriend.

Work on yourself, by genuinely seeking to solve your own

problems along with any issues of anger or hatred. Along these same lines, practice liking people, even the ones that previously you would have resented. Try to see their good points, along with your own good points. You'll begin to realize that nobody can be all bad.

Encourage the other person, and contribute to their feelings of well-being by congratulating them on a success, or condoling with them on a problem. Don't compare them to yourself, just be happy with, and for them.

Choose to make a genuine effort with people, and they will respond.

The second change in your attitude must be to remember who you are. You are Me in a physical form. From this, know that you're meant to give and receive love constantly throughout your life. You will know this when you accept that we are all one, and so you can never be alone again. This can only add to your smile and cause you to radiate happiness.

Build up a storehouse of these happy thoughts, from which you can reach into your mind and grab a little happiness at any time as needed. Happy thoughts can be built up from places visited, happy occasions or any memories and ideas you treasure. Drop them into your mind, when you feel alone and rather than being blue, you'll begin to radiate a new warmth.

You're no longer alone as I am you, always with you. This new awareness will begin to draw others to you. Spiritual friendship and knowledge will act like a magnet.

This spiritual experience means you can give something to others, now you know what you have yourself. You can help them on their own life journey, which will earn their affection and friendship.

Cultivating the art of friendship through these two methods will help you understand what you have to offer. What you have to offer means that you will never feel lonely again, and always feel “all one” rather than “alone”.

9. Boredom

Meaningless, meaningless, all is meaningless

What does man gain by all the work at which he toils under the sun?

All things are full of such weariness

That a man cannot utter it.

What has been, is what will be

And what has been done, is what will be done

and there is nothing new under the sun.

To prove nothing is new under the sun, this was written thousands of years ago in Ecclesiastes (The Quest for Wisdom), but is still as true

today. Without knowledge, life can appear as meaningless, and therefore it would be useless to try anything. It's all been done before anyway.

How can life become meaningful?

1. Tips for youth: acquire knowledge and become spiritual youth.
Don't blow your talents on drugs.

Youth is the time of living life to the full, through a totally physical existence. Everything is based on appearance. Looking good leads to love, and life revolves around your outer self. As possibilities appear endless, the inner self is forgotten. Sometimes there are hassles at school, with parents and lovers, but with your energy and power, any thing is possible. Life is a continual process of discovery.

The deepest secret of youth is that on a spiritual level you are not young. You are an old soul, for a short time inside a young body. The key here is to remember this. Your mind is continually expanded with education and discovery throughout youth, but your soul is already expanded. Start listening to your inner voice to find out who you really are, and I will be there to guide you. Many distractions will take you away from this quest, but even amongst the noise and mayhem, give yourself time to go within, otherwise you'll end up going without.

Why limit your life? You are constantly creating your life now,

and it's possibilities are endless. It's up to you to decide who you want to be in this life. I have no preference. At this stage you can choose any path. Choose the highest and most expansive for your soul.

Work-wise I have no preference, and neither will you when you leave here. You can realise your power and energy, to create a life of abundance from any platform. You just have to choose to follow that path. With the expansion of a spiritual life, comes a life of inner peace. This leads to a life of happiness, and love. Automatically, abundance in every life aspect follows. I choose for you an expansive life full of power and love. What you choose for yourself is up to you.

Do you choose to let your past rule you, and become an addictive personality whose life is full of drama, a life victim? Unfortunately, a life of drama tends to get out of control. It quickly descends into psychiatric problems and a lifetime of hospitals, which is the time when you totally lose your mind's ability to take control.

Or do you choose a life of abundance, where you create a base of love and happiness, from a core of self-esteem and peace?

When you do choose your life path and not let it choose you, then you really have used your inner power and taken control.

2. Tips for boomers: Be spiritual elders, and don't blow your talents on golf.

Baby boomers need to see the possibilities of retirement. It's not just a time for golf, travel and coffee. It's a time of contribution not just to work, but to life.

Your constructive life does not need to end when you retire. Now is when you are needed, more than ever. Your talents and skills are required to increase not just your inner soul, but to become a mentor in helping others.

What will be the contribution that outlasts your physical body? When you look back over your life, it won't be how many years you've worked, or how many games of golf you've played. The time treasured will be time spent with family and friends, and your inner spiritual pursuit.

Ageing should not be about killing time until death, but accepting mortality, putting life right and cultivating the soul.

Death has to be faced eventually. Do it now or from behind a hospital door. If you cling to life without extended awareness, you're just dying longer, not living longer. Start with a life review, clean up your ego and examine your conscience.

All people look peaceful in death. Why is this? It's because you

are a three in one being – mind, body and soul. At the point of death the body loses twenty-one grams. This is when your soul leaves your body, now you have no more use for it. But you live on within that soul, as eternal energy. This knowledge, at your moment of death, leads to that smile.

You should be concentrating on your soul, now that your body is ageing. Why wait to discover that feeling of peace?

Still maintain a fit and healthy body. As for the mind, your contribution as an elder can live on after your death. With your experience and expertise, there are many opportunities for putting something back. These also will lead you to where you want to be.

But don't forget to have a lot of fun and happiness in your life. When you don't have the constant pressures of work, you can contribute yes, but leave yourself plenty of time to create the peace you're looking for. Fish, swim, travel and walk. These will all help your body and mind to enjoy your older age. Yes, even enjoy your golf and through it all, know that you're setting yourself free.

10. Stressed and unable to find peace

“Time slowed down. I suddenly felt an inner sense of calm. I felt no fear.”

These are the words of a person who has had a near-death experience.

The intruder held the gun.

I was being washed down the river after a car accident

“Fear not, for I am with you”

In your moment of greatest tragedy, you will always know you are not alone. You and I are one. You will be able to reach deep within your soul, and feel this inner calm. Maybe you've never felt calm in your life before, but there is a deep well of peace always within you, waiting to be tapped. It's there, whether you know it or not.

In your darkest hour, within the shadow of death, you'll never walk alone. Life requires faith. Faith overcomes fear.

You have no choice. In your hour of tragedy, just when you feel death is about to strike, you will feel total calm. You won't feel any fear, you'll be struck by faith. Even if previously you had none. This faith will appear, and will overcome the fear.

Fear seems to have become a by-product of living in the twenty-first century. People feel strung up, tighter than a rubber band. They live in a noisy environment. The constant noise of traffic, sirens, aircraft, phones and more, all combine to fray the nerves. Add to this, real or perceived, pressures from work, family, friends, money problems, and

it becomes a deadly combination. Stir in television and newspaper stories of possible increasing interest rates, falling job security, terrorism, and fear strikes at the core of a person.

Fear drains you of energy. It makes you constantly jittery and pessimistic. It is the opposite of love, and leads to conflict and turmoil within your life.

The only way to beat fear is to decide on inner peace. This inner sense of calm can be yours, without a tragedy having to bring it out. If you know you do have it within you anyway, why not live by it and strive to bring it out.

External forces of noise and conflict are stopping your external peace, but you are stopping your internal peace. Your mind needs to be renewed, and from there, your energy can be revitalized.

Negative thoughts keep running through your mind by day and night. By day, they lead you to wrong thinking and constant stress. By night, they lead you to lack of sleep. All combine into frustration and anger. You come to the conclusion that really there's nothing wrong with you physically, but mentally that's a different story. Unfortunately, if left to fester, these stressful thoughts start to attack the body as well as the mind.

Does hell exist?

Yes, hell exists in your own life when you allow it to exist. It is the worst possible outcome of your choices and decisions. It is denying

Me and consequently who you really are.

Don't deny Me and realise you are a peaceful soul and hell will no longer exist for you. It can only exist through ignorance and lack of knowledge.

Why would I create a place where you are burned forever because you made the wrong choice? I gave you free will to make mistakes and finally after many lifetimes realise who you are. Your mistakes are often made out of fear and ignorance and are just wrong choices. But you will torture yourselves enough for these mistakes without eternal damnation.

Only by a conscious choice can you set yourself free from your own choice of hell. I won't take revenge as you will choose to punish yourself in a far harder way than I would. Go easy on yourself and make a conscious effort to change and allow yourself to escape the hell of your choosing. If you do this, you will finally escape fear forever. Lead yourself from the darkness to the light. The light within and without is always burning.

How can life be less stressful?

Modern life. There must be something wrong when young people are in danger of committing suicide, middle-aged people are often in crisis and older people are so often isolated and depressed. Yes, doctors have tablets for all these situations but there must be

something wrong when these situations can exist. What's the problem and how can it be remedied?

The motto here is that even if the situation can only be gradually altered, your thought pattern in relation to your life can be changed. Intend to change your life from the bottom upwards. Start small but always think big. The journey of a thousand miles started with one small step...

- ❖ Allow yourself to plan another hour of sleep a night. You mightn't think this is possible but it is. Try putting the children to sleep just half an hour earlier. Then you need your breathing space. But does this have to be mindlessly in front of the television or can it be in bed? You need to do extra office work at home – but couldn't you work towards a little extra sleep instead? By organizing yourself better at the office with an aim of doing less work at home, it will make the later evening a time of peace. In a busy lifestyle, sleep has become less and less. It seems now be a feeling of luxury to allow yourself more sleep, rather than necessity. But know that sleep relaxes and renews energy levels. It reconnects your body back to your source, which is Me. It's a necessity for your well-being to have more rather than less.

- ❖ Use your other form of relaxation beside sleep, that of meditation. Focus on relaxing your body, stilling your mind for five to ten

minutes during the day, at night or in a morning. This can be done anywhere – on the bus, train or ferry, at work for a few minutes, while watching television with the sound down. Use the techniques in this book to relax your body while thinking of the most tranquil and peaceful scenes you remember from your life. Focus on these whenever you can throughout your day and by doing this you are allowing your life to change.

- ❖ Use My body wisely. Remember who you are and that you have free choice. There's no longer any need to live in fear. Realise you can take responsibility and make the choices you need for a peaceful life today.
- ❖ Don't pollute My body. Rather than constantly poison it, love it. Take steps toward a healthier and consequently happier lifestyle.
- ❖ Reconnect with Me. Know you are never alone and if you need extra help in any area of your life, you can make the decision to change and I'll be with you. To change, affirm with gratitude and appreciation that the change has already happened. Instead of asking for change, affirm the change has happened and be thankful. Know that changes are not just statements of what you want to be (wishful thinking). They are positive decisions on your part, that have happened and you are grateful for. People-power is

so strong that it can change the world. Use that positive energy to change your world today.

- ❖ Know that with every thought of peace on your part, you make a contribution towards peace in the world. Your world and the wider world can change if enough people choose this to happen.
- ❖ Choose to renew and revitalize yourself today and reap the rewards individually and collectively.

So how do you stop these mindless thoughts?

1. Give your mind a break. You take breaks, so why not your mind? Just give yourself some quiet time, even in your busiest day. Set a few minutes here, a few minutes there aside. During these minutes, take a few deep breaths – in and then release slowly. Before blood pressure is taken, a patient is required to sit quietly for five minutes. Bring your blood pressure, and stress levels down by giving yourself that requisite few minutes of space.
2. At some time during the day allow your body to totally relax. Not in front of the television, it's too stimulating. Also you need to take the phone off the hook. Just sit down, somewhere comfortable, with your feet on the ground. Let your body go loose, like a rag

doll. From your feet upwards, gradually allow each part of your body to relax. Spread the relaxation to your legs and then arms. Allow your head to hang loosely, and relax each muscle within your body. Your whole body is flopping. Just allow it to rest.

It's resting now, but your mind is still racing at a hundred miles and hour! Well that needs to be rested next. Decide to empty your mind gradually. Start first with those thoughts of the day. Voice each one, and drain it out of your mind. Second, you've got to look at those built-up thoughts. Those ones from the back of your mind, full of fear, frustration, anger, regret and guilt. You know the ones very well, you've allowed to build-up over a lifetime. These are festering within you. They are draining you of energy and optimism. No wonder you feel so stressed. You've never dealt with these problems, and they'll continue to seep until you apply the healing balm.

Start to deal with these grievances. Resentment and consequent anger have obviously hardened over many years. Become fully aware of the harm this resentment is doing to you. It's a constant burden to carry, and is making you ill. Try unburdening yourself to a trusted friend. If this fails, write a letter to the person you resent and tear it up. After doing this, allow forgiveness to enter your heart. Remember, you're the one suffering from this.

Choose to drop each one and drain it. They'll keep returning for a time, but less and less. Think, "I'm now emptying my mind of ...". Of

course, no one can have an empty mind, so you'll need to refill it.

The refills you use are going to be positive thoughts, and will replace the previously negative ones. These positive thoughts will stop the negatives ones returning. Refill your mind with the thoughts you cherish the most. That wonderful holiday you just took. That happy childhood day. The encouragement from your boss about your progress on the job. That beautiful beach or mountain scene you saw in a picture. When your children were born. Everyone has a happy remembrance within themselves.

This happiness will gradually begin to replace the sadness and fear. Every time your mind flows back to the guilt and frustration, check it. No longer be a sleepwalker through your life, and allow your mind to fill up with unchecked thoughts. Become a deliberate creator of your life and consequent thoughts. Stop your mind drifting towards unchecked negativity, and use the power of deliberate refilling that will flow towards positivity. You will start to feel a lot more relaxed day by day.

Face those fears, and the reasons that led to your anger and that guilt. Yes, take responsibility for the consequences of your actions, but also realise that each person is making a choice at each moment in their life. You contributed to the problem, but not without the other person subconsciously making that choice and allowing it to happen. Now you know you're not the only one responsible, you can finally

truly forgive yourself. Within their soul, they have.

3. Allow yourself to accept the peace that is buried within you. Bring it more and more to the surface, and allow that peace to start to shine through you. The more you become at peace within yourself, the more those around you will be touched by it, and the happier you will become. You'll end up being able to “go placidly amidst the noise and haste”, and it will finally not be able to touch you.

Give your life permission to shine.

Chapter 11

A New Life

This all leads to the question,

a. How do I change my life?

Know you're going to need a lot of help to do this. You are entrenched in your pattern of life and to change needs many directed steps down the new path you have chosen.

1. Decide you want to. There can be no change without a conscious effort on your part. Change because you want to realise an accurate picture of yourself.
2. You will have help. Realise you are no longer alone. I am with you. You are my body. Through a peaceful mind, guidance will come to you. I will never leave you directionless. The answer you seek is always there. "Seek and you will find." Change can happen if you look at the wider picture. Your body is yours only for a short

time. Any actions you commit in that body you are responsible for and will have to account for now or in some later life. So be responsible for them now and move forward faster. You have the force within you to change yourself.

3. Mentally become stronger. Create positivity in your life. Change your thought patterns. From negative thinking change to positive. When a negative thought enters your headspace, check it. Change it to positive. You can do it. A small effort of responsibility and the results will be astounding. Change from – to + today.
4. To change your headspace, try relaxation techniques (see earlier chapters). Relax the body and check the maddening, endless thought patterns that you have allowed your mind to settle into. Change the groove pattern that you have established. Remember that you are originally a peaceful soul. Allow yourself five minutes night and morning to remember this and rebalance your life. Re-centre yourself through this and your life will head back to health and high energy levels. Through peace comes knowledge and happiness.
5. After changing your thought patterns you'll want to work on your physical being as well. Your body will alter too. You'll no longer want to destroy your body through negative habits. You will want

your body to become as healthy as your mind has become. Continue to work on your body and mind and you'll quickly see results.

6. The more you procrastinate in this life over who you are, the more times you will need to return here to sort yourself out. Only through realisation can the constant birth and death cycle become unnecessary.
7. When you finally accept that you are my body, you will know you are a soul that needs peace. Change can only occur when you allow peace to occur within that soul. Choosing to be a peaceful soul allows changes to take place. You can react to all situations differently, within your personal and working life, without guilt. Know it is important for you to develop into a peaceful soul. You will still look after and help others within this time. Being a peaceful soul will create a different environment for all within your life to function from. People will be drawn to you and take strength to alter themselves through your peace.
8. People will still try to dump their negativity on you even though you are trying to be positive. This is what creates sorrow. Step back from these negative people even if they are your partner, parents, or friends. Talk positively to them. Old patterns will

persist for a time. Realise these patterns exist so try to change them in some way with a more detached attitude.

You cannot change that other soul, but you can change your response to them. Know your new found peace and realise that you are a soul and that cannot be jeopardized. Let Me take all the rubbish they dish up. Don't react in the old way. They love this reaction of guilt whereby they realise how much power they have over you. Leave it to Me. I'll soften their hearts and things will change for the better.

You cannot allow yourself to be perpetually guilt ridden through your relationship with this person. Take temporary steps to make your relationship more detached and positive and allow Me to gradually change things. But you must take the first step and give a positive affirmation that you want things to change.

If you get easily upset and angry circumstances quickly overwhelm you, then you feel on the precipice and can't cope.

Positive affirmations of change only work when you know what you want. Do not merely ask for change to occur. Change will only occur when you can give thanks for results that have already been produced.

Decide on what you want to be. More peaceful, happier, more loving. Change anything that doesn't reflect this in your attitude.

If you have read this far in the book, you will be gradually realising

that things do make sense. You just have always overlooked the simple meaning and assumed everything is so complicated.

If you have got yourself into this mess that you call your life, who can get you either out of it or get it under control? You. That's the only force that can do it. And what an energy source you are. Change your stinking thinking from “I am a powerless person being sucked along in life without ever taking stock of the situation” to:

I AM POWERFUL ENERGY. I CAN
TAKE CHARGE OF MY LIFE
YOU ARE MY BODY BELIEVE THIS
TAKE CHARGE

You have created your life – only you can change it. Life only overwhelms you when you let it. Do you enjoy the drama and pain of life? If this negative side keeps coming up in your life, you'll know that you do enjoy it. Take responsibility, work through your problems and change today.

b. The life process

You are finally starting to work through your problems and understanding that the only way forward rests totally with you. You started life with a blank canvas, and have been splashing on the paint.

From childhood onwards, learned habits have arisen that have subconsciously become your life pattern. The childhood that you felt was inflicted on you, you suddenly realise was chosen by you all the time. Your adulthood reactions and expectations stem from a dysfunctional beginning. This you felt was necessary, in order for your soul to develop in this life.

Let's look into how the life experience works.

CONCEIVE CREATE EXPERIENCE

Your soul conceives (gives birth to the life of your choosing)

Your mind creates (gives thought to the life of your choosing)

Your body experiences (that life is now lived)

As you are a three-in-one being (body, mind and soul/spirit), all three parts of you must be involved in the life process. This is important to know when you make choices within your life. Remember I am not involved in your choices. You are a being of free will, so you are totally free to choose the path you want. You are free to choose the path of light or destruction.

❖ Conceive

Your soul gives birth to the life of your choosing. Your life has been chosen by you, before you even came here. It is never in doubt, no matter how random you may think it is. Ultimately you will have peace, even if it's only when you close your eyes for the last time.

You choose your body type, nationality and setting. May be you think you made a terrible choice. But remember, your soul obviously needed this choice in order to make the most of the life experience. Even if you're living on the streets now, lonely and in pain, you are living your choice, and therefore in the perfect space for yourself right now.

❖ Create

Your mind is creating the life of your choosing. This is happening constantly, at every moment of every day. What type of thoughts are coming from your mind? Many people have totally cluttered thoughts from a lifetime of bad habits. Constant negative thoughts create the drama in your life. Be careful, thinking constant negative thoughts will make that happen. Positive thinking will bring good results. Whatever you choose comes to pass. Remember you are Me in a human form. How all-powerful your thoughts really are.

Create what you want, not what you don't want.

❖ Experience

Your body now experiences what your mind has created and that life is now lived.

Examine your life. You started as a perfect being, full of light and love. How could I create anything else? So what have you become? How have you used your free choice?

Nobody in a human body can live a perfect life. If you were living a perfect life, you wouldn't now be in a body. You need to decide what you do want to experience in life. What are your choices going to be?

Everyone's main life choice would be happiness. What does happiness involve? Is happiness a new car, a better house or a good job?

The main secret of happiness is balance. The body strives for balance. If there is too much acid in the system, problems result. The body strives for a balance of acid and alkali. Fruit, vegetables and roughage aid in the balance. If the body is striving for balance, so must be the soul. But is it as easy to balance the soul as it is the body?

Balancing the soul requires peace and positivity. It is more challenging than just eating a balanced diet, but necessary if life is to

be lived in harmony. All kinds of thoughts and situations arise every day to unbalance the soul. The frustration of balancing work and job, relationships, constant noise and pollution, all seek to unbalance. But, you have chosen all of this, and you must seek the balance within that choice. It's hard sometimes, but a powerful being such as yourself can do it.

But if I think my life into being why is it always negative? Why don't the good things happen to me?

You have chosen the circumstances of your life. From who your parents are, to who you become. Only if you accept this basic premise can you then be prepared for change.

But how could I chose my own parents?

Know this isn't your first lifetime. You have been here many times before. Hundreds in fact. You choose the necessary setting for the next learning experience that is life. Maybe this time you have chosen a hard road of foster homes or parents that you have no empathy for. Once you realise you have decided on this, your attitude will change towards them. No longer will you feel you are a random victim of fate. You can then become the master of your own fate.

Your early childhood might not have been perfect. When you see it as a learning experience, that is in the past and the future doesn't have to follow the same pattern, then you can start to master the

situation. Why do you always have to choose the low energy, negative way? Choose the high energy, positive way.

Why is the world so imperfect?

The world started in total balance. All things were beautiful and in harmony. At that stage even if humans wanted more food, more land, the balance could still be maintained. There was enough food and land to fulfill all desires. You had everything you needed for life. You and nature were in balance.

But things were about to change. You had free will and chose to create a more challenging environment for yourself. How could you experience the physical when it was so much like the ethereal? Things had to change and imperfections came into being.

Firstly you chose death. If the physical plane was to be so different and challenging you would need a rest, which meant returning to Me. Knowing this lifetime is limited brings out wisdom and a more compassionate side. Only then could you remember who you really are and be able to return for another lifetime refreshed. Your life cannot be solely based on the physical or the build-up of possessions, as eventually all these must be lost. No one can hold onto money or good looks forever. This is one of life's greatest lessons. All things must be lost for other knowledge to be found. In the end there's just Me. The challenge is to remember who you are in the physical as well

as the ethereal.

Secondly you chose war and suffering. This was to be your greatest challenge. You chose dictators and allowed them to exist by fostering conditions that were conducive to them. There are enough resources for all, but only the rich are given access to them. Know that the world's population cannot rise unchecked or else this will not be the case. Pollution cannot go unchecked as large uninhabitable areas will arise. You are choosing a slow but sure death for your planet. Overcoming aggression, hatred and greed on the physical plane can halt this eventuality. If you remember who you are you can overcome these, but it would take many lifetimes of pain and suffering for you to do this. Choose to change to soul consciousness before it is too late.

Finally, you chose to base your life around the negatives. Greed was chosen instead of happiness. You tell yourselves money is the root of all evil. But in order to lead a happy and comfortable life in your society, some money is necessary. Money is not inherently evil. It can be used to help people and change lives for the better. Enjoy your work and enjoy the rewards from this work. But remember to share the rewards and keep your life in balance. It's joyful to have abundance and be able to give to others in need.

Though remember, too much abundance creates imbalances, whereby half the world is on a diet and the other half is starving. How good do you feel when you help someone in need? If a person asks for assistance they need it, and you are helping them on their soul's

journey. Remember your soul doesn't care what you do for a living, and when your life is over, neither will you.

Money in this world has become all important, being the substitute for love and happiness. If you can't achieve them on your own, you try and buy them. You always equate the most expensive item (the double quilted, layered inner spring mattress worth \$4000 is perceived as better than the simple mattress worth \$500) as giving you more happiness and therefore greater love over the lifetime of the item. The extra love from your family for this purchase means greater happiness. You base the world's economies on this premise.

Is life ever random? Do accidents happen?

No, nothing happens accidentally. Your soul chooses all you want to experience necessary for its continual growth – A phone call, bumping into a friend – you call these coincidences but all are necessary for your continual expansion.

Never imagine a person encounters life's challenges by accident. A person on the street in dirty clothes, homeless, and on drugs/alcohol. It would be impossible to make that choice surely? Remember you could have made the same choice in another lifetime. When that person is ready to make another choice, they will. It mightn't happen in this lifetime, but when they're no longer expanding from this choice, then they will be ready to change and can once again take control of their life.

A person who you call handicapped (old, infirm, paraplegic, autistic for example), may be in the process of reaching, or have reached, their full potential without your knowledge. All things are seen from a worldly perspective of power/non-power that is a false judgment tool within the soul's overall journey.

You select the people, places and events, obstacles and opportunities as the base from which to fulfill your unlimited potential.

So bless every condition and experience because all is perfect for you now and chosen by you.

How can happiness be achieved?

Happiness is something that people actively pursue. In fact, “the pursuit of happiness” was written by Thomas Jefferson, into the US Bill of Rights as “life, liberty and the pursuit of happiness”. Okay, if it needs to be pursued, how do I actually do this?

Look to simple cultures and young children. How do they go about this pursuit? They have none of the multi-layered issues a more sophisticated society builds up, so what does happiness mean to them? The word “happiness” to them equates to peace and contentment. Provided the sun comes up in the morning, and they are not hungry or in pain, there's always joy and contentment. You never doubt you are one with Me, and one with each other. There is no meaning of life to

be sought, or pursuing of happiness. Happiness just is.

As children age, and simple cultures become more complex, the base of knowing becomes lost. People start to forget who they really are, and begin to question their existence. After all, the pursuit of happiness is really only the remembering of the one. Separation leads to the need for a pursuit. But realisation ends it.

Happiness and modern culture create conflict. The happiness that people pursue is instant, shallow and individual. People tend to become obsessed with what they've got, rather than who they are. To them, happiness will come with success, through drugs, through materialistic toys such as a new car, or through a family life. "Capitalism can make you well off. But it leaves you to be as unhappy as you choose. To ask more would be too much", declares The Economist, in examining world economic growth. The conclusion being that the feeling of well-being is not linked to increasing economic standards.

How is this problem to be solved? Education is the key. The only way to real happiness lies in more education, through examining yourself and your life. In you delve, going over every minute aspect of your life and asking the deep questions such as, "Who am I and what do I want out of life?" Is education really the key?

The real key is choice. The act of wanting happiness pushes it away from you, but choosing happiness brings it to you. You first

have to know what it is and what it involves. Is it love? Is it companionship? Is it a peaceful confidence within yourself? Yes, a combination of these that leads to balance and through that balance, peace is achieved. A peaceful soul is a contented soul and a loved soul. This is the secret of life.

Well what is peace? Staring at your navel for hours? Sitting down and watching television? Staying at home when there's things to do?

Peace is the missing ingredient in modern life. It can be found in the noisiest room or sitting beside a quiet lake. It can be part of the busiest life if you choose it to be. It calms the soul and quietens the waves of life. It will start from within and gradually come out. Don't go without it!

How is long-lasting happiness possible in this world?

Lasting happiness can only start on an individual level. You cannot change others or the outside world. Seek to change yourself and your reactions to things and situations outside yourself.

To have a happy life choose a peaceful mind that will lead to a relaxed body and peaceful soul. Allow yourself moments of peace in your life. Escape from the constant distractions and noise and take those five minutes night and morning for yourself. The family will soon join in when they realise how your life is changing. Relax your body and allow your mind to focus on scenes of tranquility and

thoughts of yourself as a peaceful heavenly soul. Realise you can be the loving person you always wanted to be and what greater joy can there be in life than this?

Know that you are always in the process of creating. You create all events, circumstances, and conditions of your life. Being My body you are all powerful to create the life you want. There are no victims in this life, only people who choose to be so. If you don't like the choices you are making and it's no longer who you are, choose to make a different choice. Accept responsibility for this choice, realise it's now wrong for you and choose another road. If you think something or someone is controlling your life (fate, destiny) you will never change. When you can say "I did this", only then is change possible. Know there is only one reason to do anything in this life and that is to reflect who you are and who you want to be. If your life doesn't reflect this, alter things now.

I want you to lead a comfortable life but asking for fame and money, which is what we all think we want in this life, may not be what your soul has chosen your body to have. Make higher choices, of lives without drama that exude peace and all else will follow. This is happiness.

As soon as you realise happiness and love come from within and not without, you can break the constant greed cycle. You can enjoy having money, but not basing your whole life on the thirst for money

and power. Money can be used to create happiness and joy, but not by constant spending on self and obsessing about it. Know you already are a fulfilled soul and that you are My body. Therefore, you deserve happiness and love. Only then will things change. You can still lead a comfortable life for yourself and your children but not a greedy life. Money can be earned peacefully and fulfillingly.

Remember who you are – you are a peaceful soul. When you give your body plenty of rest and allow yourself to be peaceful, all else will follow. Introduce the recommended relaxation techniques into your life and your mind and body will start to change. From there your life will alter. Things will start to go from strength to strength.

Only by viewing life from a peaceful perspective, will power be able to enter your life. Remember, power doesn't come from a stressed mind but from a relaxed mind. You will feel added power to take control of your life. This will cause you to have a more attractive personality and have more love in your life.

Allow peace to change your life. It will give you happiness and love. It will calm the waves of anger and frustration. It will quiet resentment, along with feelings of anxiety and mounting pressure. It's what you need to combat stress. It's necessary, in order for you to choose the abundant life that you can have.

Give yourself those five to ten minutes each day, for the body first.

Then the mind. These are both the outer casings for the soul. It's necessary to allow both mind and body true rest.

After these moments of calmness, your busy life will return. Initially you may resent the reinvasion of your life by a busy world. But in the end, by controlling your mind and relaxing your body, you will start to take the resulting peace and tranquility with you. It will reside within you, if you choose for it to be so.

Happiness is always there. Unhappiness comes and goes. Let the happiness become permanent.

“Be the change you want to see in the world” - Ghandi

The power of one is the base from which change will occur. Change yourself and you will change the world. There can be no real change unless it comes from grass roots level, which ultimately is just you.

You have to decide now who you want to be, and where you want this world to be heading. Happiness within is the only way to create happiness without and allow a new value system shift to occur. If enough people create the ground swell, nothing can stop the shift. You are never alone. Remember I am always with you when you decide to start the process of change, after this nothing can stop you.

The world is deciding to come together on issues of repressive

regimes and global warming. You are not alone in this world and separate from others. We are all one. There can be no victims unless you allow yourself to be that victim. Head towards the positive aspects of life and you'll move away from being an inert watcher of life, to being a positive seeker and changer of life. And when you change, you'll contribute to making the world a better place for all.

Lead the way towards change. Radiate some light and lead to Happiness, Love and Peace for all. This HELP is what the world needs now more than anything. You and I are one and may the divine light be with you.

CONCLUSION

Most of the world considers life a trial, a time of testing and suffering. Religions teach us that the experience is to be endured until the real joy starts after death. Most people see joy and fun as wicked rather than a gift to be enjoyed. Small wonder that people abuse and misuse any pleasure. They use it to increase their power rather than as a vehicle of giving and receiving love.

Decide who you want to be. I have told you who you are; the next step is yours. Always remember who you really are – My Body experiencing a physical life.

Which life do you want to have? The one you're having now full of fear, anxiety, anger and tragedy, or the one you could be having full of happiness, love and peace.

Your life can be turned around if you make a new decision about who you are and want to be. Only you have ultimate responsibility for this.

You will need help to change but know I'm here. Listen to Me in the quiet of your mind and in the depth of your soul. The truth is there. My answers are everywhere in your daily life. From the small thought, to the overheard conversation, to a television show. It doesn't have to

be heard in church as I am you and you are Me. Know I am there when you hear the rain on the roof, ride the waves, see the sun rise and smell a rose.

You are a small speck, on a small planet at the outer end of your galaxy but know that you are My creation and My self.

I will always be there with Peace and Light and Love.