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Intro

Hi there, my name is Alex Hui and I want to personally thank you for taking your time in checking out my eBook.

Throughout the years of my working experience in the corporate world, I have discovered that many good hardworking employees has begun to lose interest in their chosen careers and soon fizzle out. They even ask themselves “How did I even ended up in this situation?”

With the similar questions above, I start to analyse the human behaviours and interactions of my social and working life, particularly of myself. At times I even wonder, can all these be “fixed”?

By reflecting and understanding the dynamics with some of the personal development coaches and mentors, I begin to “see” the scientific issues of what has gone wrong with myself and other people. In fact, by understanding and begin to accept some of the responsibilities that these issues stem from me and not others, now, I have managed a better interaction with my staffs and managers.

They say that experience is the best teacher in life. I could not agree more. Instead it would even be better if there is someone that is able to share all these with me much earlier in my life so that my career and life development would be so much smoother.

By incorporating and practicing manifestation, I realize that I managed to produce and yield better results in my life, be it in my career, relationships and overall happiness.

Thus, by writing this guide, it is an indirect invitation to you to try and venture out of your comfort zone. If what you are doing in life have not been working out perfectly, it is time to STOP and evaluate and spice things up a little differently.

I also hope that this guide serves as a yardstick on how you can navigate through your life if you feel like you are at a loss and begin to challenge yourself to venture into the unknown.

To your personal success!
Alex Hui

(A) I'M NOT RELIGIOUS – I'M SPIRITUAL!**(1) SHED YOUR DOGMATISM AND LEGALISM IN ORDER TO LIVE MEANINGFUL AND PASSIONATELY****The argument is there a God?**

The philosophy of religion is one of the most captivating areas of philosophy. It addresses not only the repeated question is there a God, but also the questions if there is, then what is he like? The most important question of all is what does that mean for us?

These are questions that everyone should ask themselves at some point. This book attempts to demystify the philosophy of religion, and help people to reach answer and from their own views on these questions.

Is there a God? Or is just being spiritual enough?

The debate concerning God's existence has, naturally, has a question most have asked since anyone can remember. That doesn't mean that no progress has been made. Some of the classic arguments for God's existence have been largely deserted, other people have been refined, and new arguments regularly appear.

The search for an answer to the question of God's existence shouldn't be written off as futile merely because the question is an old one.

If there's a God, then what is he like?

If they're successful, then none of the classic arguments for God's existence proves exactly the same thing. One argument, for example, aims to prove the existence of a perfect being. Another argument aims to prove the existence of a Creator concerned with humanity. Each of these arguments bears not only on the question of God's existence, but also on the question of his nature.

The same can be said of many of the arguments for atheism or spirituality. Most of these arguments seek to exploit a perceived notion that God does exist. This raises the question as to how those doctrines were formulated. The challenge if God is just, then how can he also be forgiving? The challenge if God is all-knowing, then how can our choices be free?

The arguments for atheism and spirituality are the same as the questions raised for organized religion. These questions are very similar and no one really knows the answer. Does God truly exist? Its up to you to educate yourself and from your own opinion, and that is what this book aims to do.

What Does that Mean for Us?

The third question, what does that mean for us, is asked less often than the previous two. What follows is admittedly over simplified.

If God exists then we were created for a purpose; we're valued and loved.

If God exists then we also have an incentive, not to mention a moral duty, to fulfill this purpose; our eternal fate hangs in the balance. Whether we follow God, as we were created to, or rebel against his authority is up to us.

Atheism exerts pressure in the opposite direction: it affirms our freedom but it's often thought that it threatens our value. As a whole, those who have lacked belief in a next life have thought that this makes our choices in this life all the more important. Some believe that if there is no God, there is no God-given human nature, and so each of us is, in a sense, his own Creator.

We're free to be who we want to be. Atheism has also been associated with a pessimistic view of human value. If we weren't placed here on purpose, and if we came from the dust and will return to it, then in what sense are we important?

There are two ways to respond to this question. Atheists and spiritualists can, on the one hand, argue that value is about what we are, instead of why or how we got here. They can thus affirm that we're special despite our adverse origins. Or they can accept that we have no special value. Whatever conclusions we reach about these questions, the time spent answering them is time well spent. Religion, atheism, or spirituality underpins the way that we live our lives. The more clarity and confidence we have in our beliefs on these issues, the better.

(2) BEING SPIRITUAL

Spirituality is one word that puts an individual on the highest pedestal in life.

The goal of Spirituality is attaining salvation! From the start of the first manifestation to the end last manifestation. The goal of every individual remains the same.

Accomplishing the stage of enlightenment is the main purpose of Spirituality.

Spirituality

Spirituality is one word that puts an individual on the highest pedestal in life. The goal of Spirituality is attaining salvation! From the start of the first manifestation to the end last manifestation. The goal of every individual remains the same. Accomplishing the stage of enlightenment is the main purpose of Spirituality.

Spirituality is living life as it was meant to be... not as we desire or want it to be. Living a life of choice isn't the forte of all people. Those on the path of pure Spirituality... the true seekers of Spirituality are occasionally able to manifest destiny by establishing absolute control over it.

It's a true fact that only the true seekers of Spirituality become the masters of their destiny. Knowingly or unknowingly many individuals who have a materialistic goal in life travel the path of Spirituality and become successful in life. It isn't a happening by chance... all was the result of a law. These highly acclaimed people unknowingly tread the path of pure Spirituality and accomplish their goals in their life.

Spirituality in other terms means that before we ask God the Almighty for material riches to be bestowed upon us... we need to compensate by giving something equivalent or more back to the community. This is the path undertaken by most successful entrepreneurs.

In terms of Spirituality we're not supposed to get anything unless we promise to do something in return... in the system of God there's fair play all throughout. As we desire. So, shall be the corresponding karma we would be required to perform.

Spirituality definitely helps one take control of destiny. As we proceed on the path of pure Spirituality, we tend to develop a positive approach towards life. Reeling all the time under a positive attitude of mind. One is able to fine-tune those critical aspects of life, which are an absolute must if one needs to become the master of his own destiny.

Spirituality makes a perfect man out of a negative thinker. In the field of Spirituality, there is no place for any negative thinking. One who has fixed a goal in life and always indulges in positive oriented thinking cannot be a loser in life. It can never happen!

Spirituality makes you feel all the time that there is something higher than the mere existence as a human being. Spirituality spells out that God exists within every living being as our soul. It is God within us, which guides us on the right path whenever we tend to go wrong.

Spirituality inculcates in every human being a feeling of positive ness all throughout. Floating on the positive mental plane brings one closer to our goal of life.

It's Spirituality and spirituality alone which prompts and guides one in the right direction whenever we feel cheated by the senses prevailing upon us. To be able to come out of the clutches of the five senses is what Spirituality is all about.

If we desire to know God truly then we need to follow the path of pure Spirituality. It's only as a true spiritual seeker shall we realize God one-day. It's a Spirituality which cuts short the path and makes the whole world look like a family. In the spiritual domain, there is no space for different religions, dogmas or creeds. Our wanton desires cease to exist... the moment Spirituality takes complete control over us!

Spirituality truly is the essence of life. However materialistic we may be on the earthly plane there shall come a day when Spirituality would completely wipe us clean of all the impurities within us.

Without Spirituality the life of an individual is like a rudderless boat going round and round in the unfathomable sea of life. It's Spirituality, which teaches every individual the real value of life. Being spiritual isn't being religious alone. Spirituality teaches us the core values of life. It teaches the real essence of us!

It's only through the medium of Spirituality that God is able to guide the mankind towards its destined goal. Many individuals have different beliefs and spiritual paths.

Spirituality has no relationship whatsoever with religion. Following a religion means following the dictates of a successful spiritual master. One who has already covered the journey and has become capable of mankind to its logical end.

Religion is meant for living a single span of earthly life. On the contrary, Spirituality guides every living being to its logical end in the unending cosmic journey undertaken by the soul. It's Spirituality alone which removes the fear of death from those who have released the pinnacle of spiritual life. Spirituality gives you a commanding position in life. This is not only possible but can be observed by watching the topmost rung of spiritual masters.

The presence of Spirituality in our lives cannot be done away with for it forms the inner core of our manifested physical life. Behind every success lies the core of Spirituality, which guides one inherently all throughout the cosmic journey.

Spirituality isn't to be practiced merely in theory. Spirituality isn't contained in the sacred textbooks alone. We simultaneously need to practice pure Spirituality and try reaching the end of the cosmic life. Achieving salvation in the present life would be something every human being would desire.

Why not all of us practice pure Spirituality all the time!

(3) SPIRITUALITY VS RELIGION

More than ever, I think that it's crucial during these confusing chaotic times that we're going through, and to see some clarity through deception on every level, that we're bombarded with. So with this chapter I would like to shed some light about religions and spirituality. As I see it, being a religious person is more often than not confused with being a spiritual person. Some individuals are of the opinion that anybody who's religious is automatically a very spiritual person. Another misconception is a God-fearing individual can do and say no wrong at all. Regrettably, there's nothing that can be farther from the truth.

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It is essential to understand and to remember that all that life is spiritual. Spirit, a Divine energy, penetrates everything that lives. Spirit penetrates and lives in all and everything. Earth is spiritual, nature is spiritual, plants are spiritual, animals are spiritual and all humans both good and evil are spiritual. Spirit lives in each person, regardless what race, size or colour; rich or poor; black, white, red, brown or yellow; man, woman or child.

It makes absolutely no difference to the Spirit. If you are a Jew or a Moslem, a Christian, a Hindu, a Buddhist, or an atheist for that matter who never prays spirit is in you. The Spirit is still there, it does not care if you know it, recognize it or ignore it. Spirit just is. Where there's life there's spirit.

Regrettably, that doesn't mean that everybody is aware of this fact or that everybody lives a spiritual life. Some individuals are more mindful and in touch with the Spirit within than other people are. When you're aware, conscious of and in tune with the Spirit in everybody and everything you're incapable of doing wrong or harm to anyone.

Why is that so? Because when you're in touch with your spirit, you know and are aware of the fact that you're connected with everything that you are a part of the whole, and thus, if you harm others, you're harming yourself also. The level of awareness of the Spirit depends upon how evolved the persons soul is and the awareness level of the human being on the physical plane.

Why are some aware of what's out there and other people are not? Well, for instance, there are some obstacles that keep the person on a lower level of awareness the expression of Spirit through that person.

For example, a chronic negative attitude about life, a closed mind that refuses to learn and grow, pre-occupation with the daily mundane details and problems of the physical world, stress, anger, worry and tension, depression and fear, harbouring resentments, envy, jealousy, revenge, or then being too busy having fun like chasing money, sex, fun, power, alcohol or drugs. All these obstacles leave little or no room for your spirituality to find expression through you.

With this, I'm not advocating that you turn away from your religion whatever that may be. There's no need to do that. Stay where you are and just change your perspective and attitude about your belief system. Believe in yourself and listen to your own common sense. You must reject anybody or anything that tells you otherwise. Believe that the good will prevail always over the evil. Believe that all humans are one and the same, all life is one and the same. Be a free-thinker and decide your own destiny, make up your own mind what is right and what is wrong and refrain from all wrongdoing. The way you dress, the hairstyle you have, whether your head is covered or not, believe me, makes no difference whatsoever to the Divine Spirit, to God.

God wants nothing more than to have you be a joyful person, doing good, spreading unconditional love, respecting yourself, your family, your friends and everyone else. Your thoughts are your own, no one can enter your mind and make you think anything if you do not allow them to do that. You are the one who controls your mind. Don't allow anyone to influence or hypnotize you into believing anything else.

Knowledge of the spiritual world, knowledge of the Divine, doesn't belong to any specific people, it has been known throughout the ages to both eastern and western hemispheres. When you're in tune with the Spirit within consciously, you feel inner peace, inner stability, you have an air of serenity and unshakable inner strength and determination.

You feel safe and protected, free of fear and it naturally follows that you gain in self-esteem. The more your spirit within you is developed the stronger these characteristics will be. Awaken the Spirit within doesn't happen through aggressive pursuit. We do not have to work hard on being spiritual, it's a state of being not of attaining. You don't have to kill or to pray in certain postures x times a day to be spiritual.

All you need to do is to think about it, be conscious of it, and integrate it in your daily life, with every breath you take. Think about it consciously, it's the intent that's important. Rather than putting all your energy and mental powers into chasing money or fighting with someone, give a little of that energy to be in tune with your soul and the Spirit within.

The difference between religion and spirituality is this. Religion separates, excludes, condemns, criticizes, punishes, limits, causes friction, demands obedience, without giving plausible explanations other than reciting versus from holy books that have no relevance to life today; whereas spirituality, means harmony, peace, unity, freedom, spreading love, compassion, goodwill, joy and service to other people.

The first is imposed by men who give themselves the power to rule of others, claiming it to be God's will forcing the people to give up their own God-given freedom of thought and will. Being in tune with the Spirit on the other hand makes you feel whole and protected. I am not saying that Holy books are wrong, but you have to be smart to read through the pages to read the real true meaning of the messages.

Thanks to modern technology, the collective intelligence of humanity is evolving fast and we're moving towards unknown territories, one cycle of a great age is ending and another is beginning. This means new paradigms on a grand scale for everybody on this planet. What those paradigms are no one knows exactly.

A lot of information about this is available on the web at your fingertips, be conscientious to weed through the mess to find the real thing, the real jewels. Ignore the garbage.

The cosmic energies are changing and we can't carry on living in the same rhythm and way of the past, tune in and feel the new energies, your life will flow much easier. This is a wakeup call. The sooner you wake up to what is really going on here all around us the easier the transition will be for you.

The only way that we can fight the violence is by focusing on the good all around us. There is a lot of good being done by many good people. Join the armies of good people, make it your mission to spread happiness and joy around you and life will give you back double-fold.

Remember a show of genuine affection, a kind word, a phone call, a hug, a kiss, a little gift, or helping a needy person works wonders to make someone happy and to spread goodwill in our world. We all need to spread as much goodwill as possible around us to counteract all the misery in the world.

(4) TECHNIQUES OF SPIRITUALITY

Imagery and poetic expression are particularly effective in conveying the mixture of knowledge and ignorance that is faith. Stories give pleasure because they are free of the worry about being correct in every detail. They allow us to consider unresolved issues rather than solidify our reflection. Images we foster wander rather than draw conclusions and make for individual wisdom instead of opinion.

Imagery and poetic expression are particularly effective in conveying the mixture of knowledge and ignorance that is faith. Stories give pleasure because they are free of the worry about being correct in every detail. They allow us to consider irresolvable issues rather than solidify our reflection. Images we foster wander rather than draw conclusions and make for individual wisdom instead of opinion.

Poetical expression always has a hollow at its core, which the critics try to fill by explaining rationally that there is a higher power.

Individuals often think that their emotional insecurity is due to a failure in their upbringing, and they translate that into anxiety in psychological terms. Insecurity can also derive from a failure of religion or spirituality. Everyone needs a philosophy of life and a religious or spiritual position that's worth the risk of one's life. A religious or spiritual imagery that satisfies intelligence and inspires individuals with honesty can give someone confidence and stability, but only if a degree of mystery is allowed.

Anxiety stems from a weakness in imagination. Rather than living bravely at the edge of understanding, knowing that they do not know everything, most latch onto a system of belief that answers any and all questions. These answers then become a protective fence around a skittish core. But this illusory edifice creates false certainty.

Recognizing basic ignorance offers a measure of security. You are able to be comfortable in your honesty, admitting that you do not know much about the most significant things. Pretending that you know more than you do may make you feel superior, but the price is deep anxiety.

Keep your feelers up while you are reading religious or spiritual books and articles; if a good affirmation leaps out at you, add it to your collection. If you allow yourself to get into a rut by repeating the same old affirmations again and again day in and day out, you will bit by bit lose interest and desert the practice altogether.

Using imagery, poetic expression, and affirmations are all instruments used for you to allow spiritual emptiness. Keep your list of affirmations new and meaningful by rewriting it as often as it requires you to do so. If one affirmation particularly seems to lose its power, toss it; perhaps you will think of a better one to take its place. As you start using them more systematically, you will find that excellent

affirmations relevant to your current circumstances will just pop into your head from time to time. Here are some to get you started!

DAILY AFFIRMATIONS:

- Thank you, God, for bringing so much money into my life.
- All the money I spend brings me joy.
- My wealth allows me to serve God more deeply and completely than I ever dreamed possible
- I am not my body. I am not my mind. I am spirit.
- I am a drop of God in a sea of God.
- I see the beauty and presence of God in every soul who crosses my path.
- I take great joy in hearing about the good fortune of others.
- I see everyone experiencing the happiness that I have been blessed with.
- Thank you, God, for blessing me with every moment of this sweet life.

(5) AFFIRMATIONS AND SPIRITUALITY

Prayer, chanting, repeating a word to concentrate, or meditation can lower blood pressure, decrease heart disease, cure infertility, and decrease AIDS symptoms. Relaxation and meditation reduces the number of doctors' visits a person needs to make by up to 36%. As many as 40-50% of infertility patients conceived after starting the practice. Pain and surgical healing time are lessened with this approach. Meditation can de-stress your life and allow the negative impact of stress on the body to dissolve. While many people have known and believed for years that meditation, visualizations and positive affirmations can keep your mind, body and spirit healthy, it wasn't taken seriously by the established medical community. Then a Harvard medical professor published findings of his study using these techniques. Finally, scientific proof had shown that Spirituality heals.

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Whatever the reason, progressively more and more individuals are now understanding that the way to mental, emotional, spiritual and physical health is through the mind. Just as our spirit is what we are so is our health what we are. Being healthy is normal and natural; being ill is not. We all have the power to take control of our lives and manifest our own destiny. A healthy destiny, not the one that the world looks upon today. That normal is pain, suffering and disease.

The initial step on the road to health is to believe that you do have control. This does not mean that medications or medical intervention is never necessary. What it does mean is that you are able to reduce the use of both and in some instances, such as high blood pressure, even eliminate it. To learn

to believe, you must visualize it. Visualization is an easy yet very powerful tool. Close your eyes and see yourself as a healthy, vibrant person.

See the fit way you do things. Life is a joy because you have the energy and vitality to do all the things you wish to do. See it in your mind. See yourself doing favourite things. See yourself going for a medical check-up and the doctor telling you everything is normal and you are healthy. See these pictures. Take yourself through the scenes just as though you're watching a movie. The difference is, this movie will play over and over again - until you believe it's real. Then you will make it become real.

The next step is to affirm the visualizations. Many of us are so used to viewing our health through a negative scene that this may be difficult. We may be around people who think negatively. Affirmations are statements of acceptance that one uses to allow the manifestation of your destiny. They're powerful and positive thoughts and statements sent out to the universe.

To do positive affirmations, you need to eliminate the negativity around you. If that means going to a different room, going for a walk, or finding a quiet space that's all yours. You must get away from negative thoughts and energies around you so that all your positive thoughts remain positive. As you say them out loud and to yourself, the affirmations are becoming a part of your conscious, then subconscious mind.

Repetition will drive them deeper into your being so that they become a vital part of you. You must affirm every day that there's one more powerful than you, be this the Universe. Whatever your belief system, it all still fits. Next, you need to know that healthy is normal. Third, to know that your spirit, which is you, is connected to the all-powerful being in your life. You will repeat everyday: *"I am a valuable person. I deserve to be valued. I am a healthy being. It is normal to be healthy and vital. My health is part of my being and my being is connected to the higher self."* Soon, this will be the normal way you approach your health. Not the negative way the world has made it.

Visualizations and affirmations are important, but how do we bring it all together and de-stress. The answer is very simple - meditation. During meditation, you will re-play the movie you have set up. During meditation, you'll repeat your affirmations. Meditation will de-stress you. Several people don't have any idea how to meditate.

Meditation is easy, yet requires concentration, preparation and some items to make your thoughts clear and positive. The preparation is both psychological and physical. The psychological means that you must talk to yourself and give yourself permission to have 30-60 minutes of time where only you are the concern; that all other activities may cease; that all other thoughts can be left until after your time with yourself.

Once all the preparations are in place and you're relaxed, sit and concentrate on your object while slowly breathing in - and - out. Empty all thoughts from your mind so that all you can see or think of is your object and you're breathing. With each breath in tell yourself that you are breathing in the energy of the Universe. Breathe out the stress and relax each muscle of your body beginning at your feet and moving up. Do this until your entire body is deeply relaxed. Then begin the movie in your mind, repeating your affirmations as it plays. Allow yourself to **SEE** and **BELIEVE**. At the end of your meditation session, you will be surprised at how refreshed and invigorated you feel.

By practicing these techniques 30-60 minutes a day, you will soon notice that you're feeling happier and healthier than you've ever felt. You'll also find a peace within yourself you have not known before. This is because the realization that you manifest your destiny gives you a power that you have never

known. Once the method is very familiar to you and you're ready, you will be able to move on to other visualizations and affirmations for your life.

(6) FINDING WHAT'S RIGHT FOR YOU – INNER GUIDANCE

Form the habit of accomplishment. With every step you take and every decision you make, bring yourself closer to your goals. Walk through your life with this sense of direction and they will come to you.

Develop self-confidence and esteem. Assert yourself and acquire all the excellent qualities and traits you admire most. What is your ultimate goal? How do you see yourself?

Inner Guidance

Everybody is overcome by all kinds of messages each day. Who knows what's right for you but you? By following your own inner guidance, you'll always be able to cut through the confusion and make the right decisions. No one can make them for you. You're your true source of inspiration. Your spiritual guidance is there to back you up. They never make a decision for you. Only you are able to do that for yourself. They'll always give you a "*second opinion*" and open doors for you to walk through. All you need to do is decide what you want. Confusion is caused by not knowing exactly what we want. If you follow your emotions, you'll always end up in the wrong place at the wrong time.

When you listen to your true feelings (the real you), you'll be able to enjoy life and be the person you've always wanted to be. We didn't come here to suffer or be lonely. You have all the help you need to succeed in life. If you always strive for material things and leave out the spiritual side, you'll miss the boat. If you indulge in only the spiritual side, but leave out the fact that you live in two worlds at once the material and the spiritual – then you will miss much of the abundance that's available to you.

The true balance is to be involved in life to the fullest and enjoy everything that planet Earth has to offer you. By following your own "*inner guidance*", you'll always have what you want...and do what's right for you. When we start to feel lost or confused about various aspects of our lives, our first instinct is to search for direction. We feel sure that the answers we need are out there somewhere, and finding them will help us to know the right way to turn. While seeking advice and guidance from other people can be helpful at times, it is not always the best way to help ourselves. Instead of relying on somebody else to tell us our truth, we can instead choose to look within and find the answers inside ourselves. Each of us has been given the gift of an inner advisor that will never steer us wrong.

This inner advisor isn't pushy. He or she won't speak up unless we ask for help. When we finally open our hearts and minds to hear what our inner advisor has to say, the wisdom will start to flow freely and our lives will start to change for the better. At all times, strive to be your own master. There's nothing wrong with seeking knowledge and insight from other people, but you aren't bound to mindlessly follow where they lead, either. You have the power to find your own way and decide what's best for you. In your quest for knowledge, you'll come across information that feels right to you, and information that does not seem to make sense. Use discernment and understand that there are many truths. You just have to find yours.

(B) HEALING: INSIDE OUT AND OUTSIDE IN

(1) FINDING ZEN THROUGH SPIRITUAL HEALING

It's crucial to listen to the silence on a regular basis. The outside world is filled with too much discombobulating. You have to learn to pay attention to the Divine Voice inside and learn to trust it. It's likewise useful to practice being in the here and now. The practice of mindfulness may bring a lot of advantages to your emotional and physical health, as well as to the relationships in your life.

Mindfulness is an astounding tool for stress management and overall wellness as it may be used at virtually any time and may quickly bring lasting results. The following mindfulness exercises are easy and convenient, and may lead you to a deeper experience of mindfulness in your daily life.

1) Meditation

Meditation brings a lot of advantages in its own right, and has been one of the most popular and traditional ways to accomplish mindfulness for centuries, so it tops the list of mindfulness exercises. Meditation gets to be easier with practice, but it need not be hard for beginners. Simply discover a comfortable place, free of distractions, and calm your mind.

2) Deep Breathing

That's correct: mindfulness may be as easy as breathing! Seriously, though, among the most uncomplicated ways to experience mindfulness, which may be done as you go about your day-to-day activities (convenient for those who feel they don't have time to meditate), is to center on your breathing.

Breathe from your belly instead of from your chest, and try to inhale through your nose and out through your mouth. Centering on the sound and rhythm of your breath, particularly when you are upset, may have a calming effect and help you stay grounded in the here and now.

3) Listening to Music

Listening to music has a lot of advantages — so many, as a matter of fact, that music is being utilized therapeutically in a fresh branch of complementary medicine known as music therapy. That's part of why listening to music makes an excellent mindfulness exercise.

You are able to play soothing new-age music, classical music, or a different type of slow-tempo music to feel calming effects, and make it an exercise in mindfulness by truly centering on the sound and vibration of every note, the feelings that the music brings up inside you, and additional sensations that are happening "*right now*" as you listen. If additional thoughts creep into your brain, congratulate yourself for noticing, and gently bring your attention back to the present moment and the music you're hearing.

4) Housecleaning

The term "*housecleaning*" has a literal meaning (cleaning up your actual house) as well as a non-literal one (doing away with "*emotional baggage*", letting go of things that non longer serve you), and both may be great stress relievers! Because clutter has several hidden costs and may be a subtle but significant stressor, housecleaning and de-cluttering as a mindfulness exercise may bring lasting benefits.

To bring mindfulness to cleaning, you first have to view it as a positive event, a drill in self-understanding and stress relief, instead of merely as a chore. Then, as you clean, center on what you're doing as you're doing it — and nothing else.

Feel the warm, soapy water on your hands as you rinse dishes; experience the vibrations of the vacuum as you cover the area of the floor; enjoy the warmth of the laundry as you fold it; feel the freedom of relinquishing unneeded objects as you put them in the donations bag. It might sound a bit silly as you read it here, but if you approach cleaning as a drill in mindfulness, it may become one.

5) Honouring Your Thoughts

A lot of stressed and busy individuals find it hard to stop centering on the rapid stream of thoughts consuming their mind, and the idea of sitting in meditation and holding off the onslaught of thought may really cause more stress! If this sounds like you, the mindfulness drill of observing your thoughts may be for you. Instead of working against the voice in your head, you sit back and "*honour*" your thoughts, instead of becoming involved in them. As you notice them, you may find your mind calming, and the thoughts becoming less stressful.

6) Make Your Own!

You're likely now getting the idea that virtually any activity may be a mindfulness exercise, and in a way, you're correct. It helps to practice meditation or a different exercise that truly centers on mindfulness, but you are able to bring mindfulness to anything you do, and find yourself less stressed and more grounded in the procedure.

(2) WORDS OF SPIRITUAL ENCOURAGEMENT

Studying and listening to spiritual sayings from enlightened people may help you keep your focus steady and your belief strong. They're wonderful companions that you are able to take with you wherever you go. You are able to utilize them on a daily basis.

Spiritual development may often be a hard and rocky road. At those times, words of spiritual encouragement may be the perfect thing to help you feel better.

The Gift Of Words

Wherever you're on your journey, uplifting quotes may make it easier for you to continue on your path. I've been on a spiritual path for over 20 years. I can't count the number of times that I've turned to spiritual sayings to help me restore my faith. They're powerful tools that I turn to over and over again.

I'm honoured to share some of the wisdom quotes from some of my favourite spiritual teachers. Read these inspirational expressions, savour them, and let them fill your heart with hope.

Spiritual Encouragement About Wellness

Spiritually, you have always been healthy, only there have been lapses in your knowledge of this.

We must forever rid ourselves of the idea that it's the personal man who does the healing. We have to know that it is not I but the Father that dwelleth in me, He doeth the works.

Man is not a body bearing a mind; he's a mind operating through a body.

Spiritual Encouragement About Personal Might

No individual, no place, and nothing has any power over us, for “we” are the only thinkers in our brain. We produce our experiences, our reality and everybody in it.

The Law of Pure Potentiality... is centered on the fact that we're, in our essential state, pure consciousness. Pure consciousness is pure capability; it's the field of all possibilities and infinite creative thinking.

You are Life – and life is bigger than the way it conveys itself. This means what you are exceeds the way you're living as a human being, what you've achieved and what you intend to achieve.

God has given you everything. All is yours, and you know that all you have to do is to reach out your mental hand and take it.

Spiritual Encouragement About Abundance

You determine your financial flow. Your cash represents your thinking – conscious and subconscious mind. You're your own paymaster, the only paymaster.

There's a Divine Mind counterpart for each human need. There's an answer for each issue, substance for each financial requirement, a job for every willing worker.

We weren't born to suffer. We were born to live life lovingly, gleefully and to multiply our good.

Spiritual Encouragement About Faith

God forever works with you when you ask Him to and when you've faith that He is doing so. Then your prayer can't fail. It is God who's changing things and not you.

Regardless what the condition, how hard or how impossible you feel it might be, God will see you through.

Remember this: want in the heart for anything is God's sure promise sent in advance to indicate that it's yours already in the limitless realm of supply, and whatever you wish you may have for the taking.

Spiritual Encouragement About Love

I'm sustained by the Love of God.

Love isn't a payoff we get when we become good. Love is the essence of our being, regardless how we're acting. It's the power of goodness that's always in us, ready to let us make something more out of it.

Love is the equalizing, harmonizing, balancing, adjusting force that's ever at work throughout the universe. Working in these ways, love may do for you what you can't humanly do for yourself.

I sincerely hope you've enjoyed these spiritual sayings and I invite you to read them frequently.

(3) DAY-TO-DAY AFFIRMATION

Saying a day-to-day affirmation is an excellent way to stay in a state of spiritual wellness. You and I are so bombed with negativity day-after-day. Positive and healing affirmations may help you feel better about your life and more optimistic about your future.

Use Affirmations

A lot of individuals ask me if saying a daily affirmation on a consistent basis may make a positive difference in their lives. The answer is decidedly **YES**.

What is a day-to-day affirmation? It's a positive idea of something you would like to believe about yourself which you don't believe today. For example, if you would like to trust that you're confident about your ability to handle yourself in any state of affairs but you don't believe that today, a great daily affirmation may be – *"I'm now confident that I may successfully handle all states of affairs in my life."*

We all talk to ourselves each day. A lot of the things we tell ourselves are damaging and limiting. They prevent us from executing things and having things that we truly want in our lives.

A positive affirmation begins to get you to alter your ideas about yourself and what is possible in your life. It's essentially a form of positive self-talk that you're utilizing on a steady basis. You're training your mind to think differently about yourself.

Affirmation rules of thumb. It is positive - An affirmation has to be positive. If you're shy, you would not say that you are no longer shy. You wish to affirm what do wish, not what you don't wish. Utilizing healing affirmations like, *"I am really comfortable when I am with individuals,"* or *"I may easily talk to new individuals"*, are good example* of affirmations that you may utilize.

It is utilized in the present tense – Words of affirmation have to be said in the present tense. You're affirming in the present tense what you would like to believe about yourself in the future. Your subconscious mind takes what you state about yourself literally. If you continually tell yourself *"I'm smart and I learn new things easily"*, eventually you'll discover that you're able to comprehend fresh ideas easily and without conflict.

It ought to be done on a steady basis – You are attempting to change your unconscious thoughts about yourself with favourable self-talk. This isn't going to occur overnight. You have to say your positive affirmation on a steady basis for it to have any affect. It is really an excellent idea to pick out a daily affirmation and say it to yourself a lot of times throughout the day so it starts to seep down into your subconscious thinking.

Ways to discover ideas for words of affirmation – you are able to utilize words of spiritual encouragement or inspirational sayings to help you develop a day-to-day affirmation. For example, the idea that the higher power loves all of its creations may be turned into *"I'm lovingly supported by Spirit in each aspect of my life."*

The inspirational idea that there is no limit to what the mind may conceive and accomplish may be turned into *"I am able to easily and successfully accomplish anything I set my mind to."*

Assortment is fine, but take it slowly – you are able to utilize a different one for assorted aspects of your life. You are able to say one for health, one for your job, one for your relationships, one for your finances, or any additional things that are significant to you. Just be heedful to take it slowly and not

overpower yourself. Your thoughts about yourself are the result of a lot of years of thinking a particular way. It is going to time to alter your thinking.

Pick out a few that you wish to work with and stick to them till you feel they are working for you. Then you are able to let those go and work with others.

It's an Ongoing Process

Stating a daily affirmation isn't something that you do for a week, a month, or a couple of months -- at least not if you're serious about altering your life for the better. It's a tool that you ought to continue to use on a regular basis.

Your life is an expression of your thoughts. Utilize healing affirmations to alter your negative thoughts so you are able to make your life a whole lot better.

(4) COMMUNITIES

Being with other spiritual individuals is among the best things you are able to do to maintain an attitude of spiritual wellness. A lot of individuals are so centered on the material aspects of life. They believe spirituality is something you only do one day a week.

Seek out like-minded individuals so you feel comfortable with your spirituality.

The Right People

Today while I was working and chatting with some acquaintances, I brought up some ideas. Turns out that one acquaintance had the same idea and had in reality started acting on it. We began talking about it and now a fresh project is now in the works. It made me think just how crucial it is that you have to have the correct individuals beside you.

Now don't go thinking that you ought to surround yourself with just "Yes Men" as you'll certainly fail when somebody tells you it's a great idea to do something really stupid!

Having individuals who think differently and individuals who think alike are equally as crucial to getting a decision made. If the individuals are in a team with you, you need to make certain they're there for your success as well as their own.

I have a few individuals in my life who take a valued interest in my success. And there are on both sides of the coin as far as thought procedure goes. There's obviously my loved ones, wife and youngsters, who want me to do well.

And then a few close acquaintances of mine believe very differently from me, but still wish me to genuinely succeed. My wife will be the first one to stand up and tell me how dull my ideas are! She thinks different than I do when it comes to some of my ideas. Yet her view is really significant to my goals and me. I count on her opposing earnest opinion to help guide me to a better decision in the end.

My acquaintances I hang out with have a similar thought processes like mine. We like the same things. When we get together to plan out something we hear this phrase: "Man, I was just thinking the same thing!" This comes in handy as we attempt and move ideas along. Being able to see someone else's vision as your own counts a lot.

To sum it all up you have to have like-minded individuals on both sides of you. The like-minded part comes in mind when we talk about moving you forward in accomplishing your goal and spiritual wellness. If you align yourself with people, make certain that there is a goal to accomplish success and that every person wants to see the other succeed as well!

One last key is that the individuals around you ought to always motivate you to do what is right and move ahead! What types of individuals do you want in your team and how does it impact what you do?

(5) SPIRITUAL THINKINGS

When you're able to have positive thoughts regardless what is going on – when you are able to see the higher power in all individuals and in all situations – you are well on your way to spiritual health.

Notions

A lot of times we spend hours and hours dwelling and ruminating on the damaging and fearful things in our lives. Rather, our focus and attention needs to be on the favourable, the good, and on thoughts that will move us in the right direction. Read one of these statements to yourself each day -- and dwell on it.

If you pay attention to the dark, you'll never find the light.

If you study and relive your past experiences, dissecting them, and "*getting in touch with your feelings*" you'll only reinforce those feelings. If you want to get away from an issue, you shouldn't focus on it. Center on the good, the positive, the beautiful, the nice.

A happy individual is totally caught up in the moment --and isn't thinking about the past or the future.

Too much thinking and dissecting just makes any issue worse. Today is a fantastic day – live it in the here and now.

Why do little youngsters think ghosts, goblins, and monsters are real? As grownups, we know they aren't. Your thoughts aren't "*real*" in either the sense that you "*produce*" and reinforce them -- and the emotions that go along with them. Your thoughts are only what you decide to trust in and continually reinforce in your brain.

For instance, you're sitting alone in the dark in your home. You're down, depressed and thinking damaging thoughts. All of a sudden the phone rings and it's an acquaintance you haven't talked to in 6 years. You become alert, your mood picks up, and you've a nice conversation. Then, after you've hung up, you get depressed again and fall back into a blue mood. How come?

Hint: Even though we don't feel it – we have more might over our thoughts than we believe. We may decide to stay "*up*" after the phone call by doing everything we can to keep from dropping off back into the quicksand of contemplation and despair.

If your thoughts start to change, you'll feel better.

If you act in spite of your feelings, your beliefs and emotions will follow behind.

There is so much in life I can't control. However, this is my life and I've decided to be happy. I may choose to be happy regardless of my other conditions. It's not "*when I receive a promotion, I'll be*

happy... or *"when I may speak in front of a small group of individuals, I'll be happy..."* The focus ought to be on learning to be happy straightaway. Tap into your inner peace and contentment in the way that works best for you.

Happiness is a result of a choice to be happy.

Your emotions and feelings are produced by your thoughts.

Unhappiness can't exist on its own. It happens because of thoughts, which may be altered.

Your past thoughts are about issues that are no longer true. That bad experience occurred yesterday (in the past) and is over. It's at peace and exists solely in your brain. Now is a fresh day, a better day, and fretting about the past simply dooms us in the here and now. It's how you process it now that makes a difference.

You are a thought-producing machine. When you recognize this, you are able to start to slow your thoughts down and let your anxieties and fears rest.

Your automatic damaging thoughts are only thoughts: they're not real.

Our inclination is to think a bit much and to paralyze ourselves with our contemplations. We have a choice: recognize what we're doing to ourselves, get up, find a distraction, and do something interesting (favourable).

Happy individuals understand that to enjoy life you live it -- you don't think about it.

Watch a roomful of preschool youngsters. They're enjoying life as they're centered on the moment and are not thinking of it. They're immersed and engaged in living.

Analysis produces paralysis.

Anxiety killing you? Quit thinking about it, take that step, and simply do it.

Thoughts grow with attention. If you center on damaging thoughts, they'll grow and grow and get bigger. If you center on your progress and the fresh thoughts you're learning, they'll grow stronger and take *"automatic"* control.

Even if you understand and know why you've a problem, this won't help you in solving it. Going over and over the reasons for your issue is like pouring salt in an open sore.

The only factor making you distressed is your own thoughts. Relax, eject them, and let them go.

When you observe self-limiting and self-defeating thoughts playing again and again in your mind, state, *"STOP! I will not give you any more power over me! I have greater things to accomplish!"*

Forgiving Other People

When you comprehend how the power of forgiveness may release you from negative states of affairs, it will become one of your most potent ongoing practices.

This includes forgiving other people, situations, and likewise yourself.

Let Go

Forgiveness is a gift you give to yourself. It is not something you do for somebody else. It is not complicated. It's simple. Merely identify the situation to be forgiven and ask yourself: "*Am I willing to squander my energy further on this issue?*" If the answer is "No", then that's it! All is forgiven.

Forgiveness is an act of the imagination. It dares you to envisage a greater future, one that's based on the blessed possibility that your anguish won't be the final word on the issue. It challenges you to forfeit your destructive thoughts about the situation and to trust in the possibility of a greater future. It builds up confidence that you may survive the pain and develop from it.

Telling somebody is a bonus! It is not essential for forgiveness to start the process that heals the harm. Forgiveness has little or nothing to do with a different individual because forgiveness is an inner matter.

Choice is forever present in forgiveness. You don't have to forgive **AND** there are consequences. Refusing to forgive by holding on to the anger, bitterness and a sense of betrayal may make your own life deplorable. A vindictive mentality produces bitterness and lets the betrayer claim one more victim. There's nothing so bad that can't be forgiven. Nothing!

"The weak may never forgive. Forgiveness is the attribute of the strong." Mahatma Gandhi

The biggest misconception about forgiveness is the belief that forgiving the offense, like an affair, means that you excuse it. Not true. As a matter of fact, we may only forgive what we understand to be wrong. Forgiveness doesn't mean that you have to reconcile with somebody who poorly treated you.

Another misconception is that it depends upon whether the individual who did you wrong apologizes, wants you back, or alters his or her ways. If another person's miserable behaviour were the primary determinant for your healing then the cruel and selfish individuals in your life would retain power over you indefinitely. Forgiveness is the experience of discovering peace inside and may neither be compelled nor stopped by another. I trust that to withhold forgiveness is to decide to continue to remain the victim. Remember, you forever have choice.

When you forgive, you do it for you, not for the other. The individual you've never forgiven... owns you! How about an affair? Simply because you choose to forgive, doesn't mean you have to stay in the relationship. That's only and always your choice. The choice to forgive is only and forever yours.

When you feel that forgiveness is essential, don't forgive for "*their*" sake. Do it for yourself! It would be great if they'd come to you and ask forgiveness but you have to accept the fact that some individuals will never do that. That's their choice. They don't have to be forgiven. They did what they did and that is it - except for the aftermaths, which **THEY** have to live with.

The hurts won't heal until you forgive! Recovery from wrongful conduct that produces genuine forgiveness takes time. For a few, it might take years. Don't rush it. Constantly reliving your hurt feelings gives the individual who caused you pain power over you. Rather than mentally replaying your hurt, it helps to center your energy on the healing, not the hurt!

Compassion is among the key ingredients of forgiveness. Learn to seek and appreciate the love, beauty and kindness around you. It's there, and you might have to alter your thinking and behavior to discover it. To have compassion for other people, you have to first have compassion for yourself.

Fit relationships are not possible without forgiveness! You can't have a loving and rewarding relationship with anybody else, much less yourself, if you continue to hold on to things that occurred in the past. Regardless of the situation, making peace with past love partners, your parents, youngsters, your boss or anybody who you think might have *"done you wrong"* is the only way to better your chances of a *"healthy"* relationship with yourself or anybody else for that matter! It isn't possible to truly be present and available to a fresh relationship till you heal the hurt and upsets of the past.

Forgiving somebody else is to agree inside yourself to overlook the wrong they've committed against you and to move on with your life. It's the only way. It entails cutting them some slack. *"What?"* you say! *"Cut them some slack after what **THEY** did to me? Never!"* Let go! March on!

Non-forgiveness keeps you in the battle. Being willing to forgive may bring a sense of peace and well-being. It lifts anxiousness and delivers you from depression. It may enhance your self-regard and give you hope.

Forgiveness is a journey. You might never forget **AND** you may decide to forgive. You may forgive and tomorrow you might feel the pain all over once again. As life goes on and you decide to remember and feel the pain, then is the time to over again remember that you've already forgiven. Mentally forgive again if necessary, then move onward. When we allow it, time may dull the vividness of the memory of the hurt; the memory will finally fade. Always remember that you're human. Occasionally individuals do and say hurtful things. It's crucial to center on what you've done to learn from the experience.

Forgiveness is a creative act that changes us from captives of the past to liberated individuals at peace with our memories. It isn't forgetfulness, but it demands accepting the promise that the future may be more than dwelling on memories of past harm. There's no future in the past. You may never live in the present and produce a new and exciting future for yourself if you always stay stuck in the past.

Start again! It's truly impossible to begin new and to make clear, healthy, life giving choices till we have let go of past injuries, confusion and resentments. Old injuries have a drawing power and pull our attention to them over and over, claiming energy and hope from us, preventing us from beginning again. Old wounds raise awful spectres of the same thing occurring again in the future. For this reason, it is so crucial to spend time understanding the true nature of forgiveness, and what it truly entails.

To forgive means to *"give up"*, to release. It likewise means to restore oneself to basic goodness and health. Once we forgive, we're willing to forfeit resentment, revenge and obsession. We're willing to reconstruct faith not only in ourselves, but in life itself. The inability or unwillingness to do this, causes damage in the one who's holding onto the anger.

If you're at war with other people, you can't be at peace with yourself. You may let go... and forgive! It takes no strength to release... only courage. Life either expands or contracts in direct proportion to your bravery to forgive. Your decision to forgive or not to forgive either moves you closer to what you want or further away from it. There's no middle ground. Change is constant.

Want peacefulness? Forgive. The same power you utilize to hold on (to not forgive), is the same power you need to produce a fresh and exciting life. Forgiveness is the most crucial single process that brings peace to our soul and harmony to our life. All of us, at some point in our lives, have been injured and wounded by the actions or words of another. Occasionally the grievances have been so capital we thought, *"no way, this I can't forgive!"* Resentment and hostility may run so deep that forgiveness becomes really hard. We believe we have a right to our outrage!

But, living from resentment takes such effort. It produces an enormous void in and around us. All the toxic feelings of hate and bitterness remain suppressed inside and eventually seep into all the areas of our life with the result that we get bitter, angry, distressed and frustrated. And so, living from forgiveness becomes an essential. Not that this is simple; it isn't. But we can't keep ourselves in the flow of good if we hold some other in un-forgiveness.

Forgiveness isn't something we have to do, but something we must leave flow through us. When we step away from the awareness of our human nature, and allow the divine or the higher powers grace to express through us, to forgive through us, we may at that point, feel the beaming and warm rays of the flow of divine love breaking up all hurt, all resentment, all sense of injustice. We get aware that we're free and we may project that love outward into our world.

Forgiveness helps you move ahead. No one benefits from forgiveness more than the one who forgives! Afford yourself the gift of forgiveness. The very word forgiveness is built upon the root word give. Forgiveness frees people from your criticism and likewise frees you from being imprisoned by your own damaging judgments. It isn't surrender, but a witting decision to cease to harbour bitterness. In affect, it takes the poison out of your body. It cleans your system of the poison that will certainly fester and induce illness and continued misery if not released. You can't take the poison and expect somebody else to die. They'll go on with their life and you'll be the only one to continue to suffer.

Forgiveness is the key to your own happiness. Forgiving somebody else takes moral bravery. Its power may change misery into happiness in a moment. Forgiveness means deciding to release, move on, and favour the positive.

Forgiveness is a sort of love inside the context of a personal crisis. To forgive is, in a way, to love one's enemy. When forgiveness is afforded because you think you ought to, it no longer is forgiveness but an act of self-concern.

The act of forgiveness constitutes a mental bath, releasing something that may only poison us inside. It produces the freedom to create a fresh future beginning today!

(6) ATTITUDE OF APPRECIATION

This is an enormously powerful spiritual wellness drill. Say prayers of thanksgiving on a steady basis. When you're grateful for the good that you already have it paves the way for more good to flow into your life.

What do you have to be glad about? Getting to this gratitude, all the same, isn't always so simple. Being able to authentically express appreciation requires you to shift your focus away from the things that are damaging and toward those things that you feel grateful for.

And as you already know, it's really simple to forget to be thankful for all the astonishing things we experience on a daily basis.

Appreciation

Many of us living in western society tend to center on what we don't have. We believe we don't have adequate money, we don't have adequate time, we don't have the mate we're seeking etc. And in this exercise -- which may frankly dominate our daily thinking if we're not careful -- we tend to disregard those astonishing things we do have. So the more we may step back and have a look at what we already

experience that's valuable to us, the more we may center on gratitude and the more we may accelerate our own inside healing as a result.

Here's a list of a few of the things for which you might find plenty of appreciation:

- Your wellness. Even if it isn't perfect, you might be grateful for the health you have.
- Your loved ones.
- Your freedoms (freedom of speech, and so forth.)
- Your intelligence, awareness and consciousness.
- Your memories! (Life without memories would be freaky...)
- Sunshine and nature -- the great outdoors.
- Food and seeds, a few of the many remarkable presents from Mother Nature.
- Your occupation, business or job which supplies the revenue you require.
- Your curiousness and want to learn new things.
- A spiritual awakening, or realization or philosophy that you abide by.
- Your pets / creature companions.

In fact, if you consider it, there are likely a great many things for which you may feel great gratitude -- the little plants in your windowsill, the knowledge about wellness that you've accumulated through studying, and even the fact that the sun will indeed arise tomorrow.

Take a couple of minutes and consider what you're grateful for. You might even wish to take a couple of moments to jot some notes for yourself. With your list of those matters you're grateful for, I'd like to invite you to allow just one minute per day (or more, if you wish) to recap that list, to verbalize your gratitude and to very take in your gratefulness for those things that you do have.

Literally say it aloud: *"I'm grateful for the garden in my back yard and the chance to grow a little portion of my own food"* for instance. In just sixty seconds per day, if used daily, you'll produce an attitude of appreciation, which will lighten your mood and uplift your daily experience of life as it lets you refocus your attention on those matters you appreciate instead of those things you may despise.

Each type of energy that you express to somebody else is reflected in your own interior experience. So if you express hate toward another individual or subject, there's an element of that energy that's likewise expressed internally in that instant. To detest somebody else is to subject yourself to some reflection of that own hatred, put differently.

At the same time, to love something else -- or to express gratefulness toward it -- causes a reflection of that favourable energy to be felt inside yourself, too. So the mere act of conveying appreciation is a sort of self-healing.

As an individual who's written both favourable and negative stories for a lot of years, I'm acutely aware of this dynamic. When I compose negative stories, the energy that's reflected back is frequently negative in its tone, particularly from the parties being criticized. But when I compose favourable stories, the energy that's reflected back to me is really positive.

What's intriguing about all this is something the Buddhists will tell you: In terms of self-healing, it doesn't truly matter what you express appreciation towards -- the positive feedback and forces on your own healing are still present.

You may find a rock on a dirt path and convey appreciation toward the rock and you'd still get a measurable benefit from it. You may, in fact, convey appreciation towards anything or any individual in the world -- even if such appreciation isn't necessarily justified -- and yet experience the benefits of that

appreciation in your own mental and physical healing. This even works if you convey appreciation towards larger concepts like *"life"*, the higher power, or *"The universe"*.

Anger is a destructive emotion as it induces stress, adrenal depletion and tension throughout the body. But you may learn to replace anger (or other damaging emotions) with appreciation, and anger can't coexist with appreciation. In that way, appreciation may begin to nudge out the other damaging emotions you may be experiencing. This doesn't mean you have to run around blindly grateful for everything without discerning times when critique or anger may be called for, but the more you may find the appreciation in daily things, the more you'll set off and support your body's inner healing procedures.

(B) CONQUERING FEAR IN THE 21ST CENTURY

(1) PERSONAL FEARS

Have you ever felt like dread was preventing you from accomplishing your full potential in life? If so, you're certainly not alone as fear is among the greatest obstacles that a lot of individuals confront when attempting to produce better life conditions.

Below are a few of the most common ways that fear may hold you back: Fear may prevent you from making favourable changes.

Occasionally fear may make even the littlest changes seem exceedingly uncomfortable. For instance, you might be deeply disgruntled with your job, but feel nervous or unsure about finding and applying for a more beneficial one.

Or you might have always dreamed of purchasing your own home but worry that the responsibility would be too much to deal with.

Fear may prevent you from breaking destructive habits.

What Do You Fear?

We all know that smoking, poor dietetic choices, excessive alcohol and a sedentary life-style are a recipe for ill health, but we frequently gravitate towards these habits as they help numb our anxious or awful feelings.

If you've ever tried to break a bad habit like this, you know how nerve-racking it may be because suddenly you're filled with anxiety and you don't recognize how to handle it.

Fear may prevent you from taking risks. A lot of us shy away from risk, as we fear negative outcomes. For instance, you might hesitate to invest your cash, as you fear losing it, or avoid beginning a fresh relationship as you were so hurt by the last one.

Most of us fail to recognize is that risk may likewise bring excellent rewards. Avoiding risk might help us avoid damaging possibilities but we likewise miss the excitement and joy that come from favourable outcomes.

Fear may prevent you from going after your goals.

Have you ever dreamed of doing something great but were never able to push yourself to accomplish it? Maybe you dreamed of being a stand-up comedian but feared the thought of oral presentation, or you desperately needed to be a bestselling writer but were too afraid to pen that novel loitering inside of you.

Fear may prevent you from amplifying your life. Social anxiety is a different common way that fear may limit your potential. It might prevent you from attending networking affairs so your career or business can't grow decently, or you might avoid taking that much needed holiday to unwind and explore other cultures as you fear flying or being on a cruise liner.

It's crucial to note that all of these fears are most often baseless. They're simply a perception that things may go wrong – but that doesn't mean they will. Instead of attempting to force your way through the

fear, you might find it simpler to explore a lot of ways that fear may be effectively released from your brain, emotions, and body.

When you recognize how to release the fear, you merely handle it as you would any minor obstacle and then continue on your way to producing the best life you possibly may.

Probably most people's number 1 fear is dying ...so here's something to consider...

This self (your ego)... Has some terrifying data. It knows that if it's lucky, it's destined to grow old, get ill, and lose everything that it's grown to love. Then it will die. This is a shortened version of what the world has provided you, which likely leaves you perplexed and flabbergasted at the silliness of this thing we call life.

Into this barren picture, which motivates fear and even terror, I'd like to introduce an idea that will eliminate the terror. I wish you to know that you needn't subscribe to the idea that you're only this collection of bones and tissues, fated to be annihilated in an aging process.

You've come forth from a universal field of Creation that I been call intent. Life itself is eternal, and you spring from this infinite no thing called life.

Consequently, we must conclude that life, in terms of our body and all its accomplishments and possessions, which without exception begins and ends in dust, isn't life itself. Seizing life's real essence may radically alter your life for the better.

This shift towards seeing yourself as an infinite spiritual being having a human experience, instead of the reverse - that is, a human having an occasional spiritual experience, is loaded with fear for most individuals.

I urge you to view those fears and face them directly today; the result will be a permanent association to the abundance and receptivity of the universal source that intends all of Creation into impermanent form.

If you've ever held back on a goal or avoided taking action that would lead to a favourable outcome, you might have been fearful that you may fail. Fear of failure may be subtle because our brains can come up with endless excuses why it's not a great time to take a risk right now, or how the odds don't appear to be in our favour, etc..

It's difficult to believe that anybody may be afraid of success (isn't success usually a good thing?) but it's far more common than you mightiness believe. Most often it's not the success itself that individuals fear, but rather all of the duties and uncertainties that come along with success.

If you worry that you won't be able to manage these things, you'll resist putting yourself in a spot where you'd have to face them.

Fear of rejection is commonly related to low self-regard, but might show up in subtle ways. You might attack others when a possible rejection is imminent; sabotage relationships so you may be the one who rejects the other individual rather than them rejecting you; or you might merely withdraw from social interaction to avoid the possibility of becoming rejected at all.

This is another fear that's connected to self-regard, and it frequently affects everything you do in life. You might prevent making changes to better your life; settle for a dissatisfying job that pays less cash

than you're capable of bringing in; or continuously sabotage your goals. If you don't trust you deserve to have better life circumstances you won't let yourself produce them.

(2) COLLECTIVE CONCERNS

Many of us have a set of unequalled fears that relate to our own lives, like concerns about family, financial worries and so on; but there are likewise a lot of universal. Fears – or maybe you might call them collective fears – that are communicated to us through our surroundings.

These fears frequently relate to spots and events that leave us feeling vulnerable and defenceless, like worldwide '*pandemics*' (...and '*vaccines*'), '*terrorist*' attacks, economic and financial crises, etc.

What Is Out There

Not only do we see and discover constant references to these awful scenarios in the media and from the individuals around us... ...the energy of collective concerns likewise seeps into the very fabric of our truth (the quantum field) and continues to vibrate around and inside us.

As we're all connected to the collective consciousness, we may actually absorb this fear energy as we approach our daily lives - even if we don't pay attention to the media hype and epidemic hysteria. Put differently, if society's want was to manipulate and control individuals by keeping them crushed in a low vibratory state of fear ...this may bear upon everybody.

Have you ever felt anxious, edgy, tense, or vulnerable for no evident reason? Even when everything in your own life was going all right, you might still have been influenced by these collective concerns and felt uncomfortable as a result... And to make it sorrier, the moment you set out centering on these fearful feelings, the more you start to magnify the collective fear energy without even recognizing it.

It's not simple to avoid assimilating these fearful messages, particularly when you appear to be surrounded by endless instances of them daily. But, there are a few things you are able to do to minimize the affect they have on your life.

An obvious opening move is to limit your exposure to news program broadcasts; particularly when they always appear to pertain to frightening events that are on the far side of your control. Centering on this force-fed fear programming simply makes you feel more vulnerable and adds to the energy of the collective concern. For sure, you are able to remain informed about world events but it's advisable to look for independent, unbiased news program sources on the net, and then immediately begin shifting your focus to something less dreadful.

Empower yourself by recalling that most of the things you dread will never come to pass. As a matter of fact, when you remember that giving your attention to anything only makes it appear bigger and more daunting, you may surely see the wisdom in being more discerning about the things you consider.

Deliberately centering more on positive matters will help override the damaging input you receive daily too. When you take greater command of your focus and place it decisively on the creation of a joyous and positive truth, you contribute that same energy to the quantum field. This helps downplay some of the fearsome energy being contributed by other people around the world.

It's true that there are a lot of atrocious, scary things to worry about – but there are equally as many fantastic, joyous things to ponder. Spend time daily thinking of the individuals you love, glad memories, and the great experiences that might be waiting just around the corner for you. It might not make the

scary possibilities disappear totally but it will lighten your mood, leave you feeling more pleased and less frightened.

(3) AWARENESS AND FEAR

When the fear of death is transcended, life becomes a transformed experience as that particular fear underlies all others, few individuals know what it is to live without concern - but beyond fear lies joyfulness, as the meaning and purpose of existence becomes transparent. Fear runs much of the world.

Fear runs much of the world, goading on endless activity. Dread of enemies, of old age or death, of rejection, and a multitude of social fears are the basic motivators in most people's lives. From the vantage point of this level, the world looks risky, full of traps and threats. Dread is the favored official tool for control by oppressive totalitarian agencies.

The proliferation of fears is as boundless as the human imagination; once concern is one's centering, the endless distressful events of the world feed it. Fearful thinking may balloon into paranoia or generate neurotic defensive structures and, as it's contagious, become a dominant social trend.

Our Awareness

In his book *'Power vs. Force'*, David Hawkins fine-tunes people's emotions from levels twenty up to a thousand. Twenty being Shame, which is perilously proximate to death. It's destructive to emotional and psychological health, and makes us prone to physical sickness.

At the other end of the scale at 700- 1000 is Nirvana. This is the level of the Great Ones like Krishna, Buddha and Christ. It's the peak of the evolutionary consciousness in the mortal realm.

All levels (which could be classed as vibration levels) below two hundred are said to be energy draining, and below integrity. These vary from guilt feelings (30), sorrow (75), concern (100) want (125), and rage (150), up to pridefulness (175).

Individuals feel positive as they reach pridefulness level. However, pridefulness feels great only in contrast to the lower levels. Pride is defensive and vulnerable as it's dependent upon outside conditions, without which it may abruptly revert to a lower level.

At the two hundred level of consciousness, power first comes out. Bravery (200) is the zone of exploration, achievement, fortitude, and determination. Individuals at this level put back into the world as much energy as they acquire; at the lower levels, populations as well as people drain energy from society without reciprocating.

Further levels include neutrality (250), willingness (310), acceptance (350), reason (400) and love (500).

This level is qualified by the development of a Love that's unconditional, unchanging, and permanent. It doesn't waver – its source isn't depending on external factors. Loving is a state of being. It's a nurturing, and supportive way of relating to the world. This is the level of real happiness.

The concept and theories behind these experiments were conducted over a twenty-year period applying a variety of Kinesiology tests and examinations.

Kinesiology has an almost certain 100% accuracy reading each time. It will always reveal Yes, No, True, and False answers. . Collective awareness: These experiments expose that there's a higher power that connects everything and everybody.

Everything calibrates at particular levels from weak to high including books, food, water, clothes, individuals, creatures, buildings, automobiles, movies, sports, music and so forth 85% of the humans calibrates below the critical level of integrity at 200. The overall average level of human awareness stands at 207.

Human awareness was dangling at below the 200 level (190) for many centuries before it abruptly rose up to its current level sometime in the mid-1980s. Therefore Nostradamus' end of the world predictions might have been avoided (he made his predictions at a time when human awareness was at below the 200 level). For the world to remain at levels below 200 over a prolonged time period would cause a great instability that would undoubtedly lead to the destruction of all humanity.

- The power of the few individuals at the top counterbalances the weakness of the masses.
- 1 person at level 300 compensates for 90,000 people below level 200
- 1 person at level 500 compensates for 750,000 mortals below level 200
- 1 person at level 700 compensates for 70 million people below level 200

Put differently, as a co-creator of the world, once you step out of the low vibratory level of concern and vibrate at the level of bravery (and above), not only will you be transforming your own personal life into an unbelievable experience, you'll likewise be helping to raise the awareness of mankind, and will become a part in co-creating a less fearful world for everybody.

Ready to be the change you want to see in the world...?

(4) EMOTIONAL FREEDOM TECHNIQUES

There's a technique that combines EFT with Ho'oponopono and an inter-dimensional contract release affirmation that frees up many issues on various levels. This combination method is one of the most powerfully effective processes to date.

EFT is becoming more and more well-known (and respected) in a lot of fields related to alternative health and wellness. Not only is it demonstrating to be exceedingly effective on an increasing array of afflictions (including fears and phobias) – it's so easy that even youngsters may do it once they learn the basic principle.

EFT is frequently described as a needle-free version of acupuncture as it clears energy blockages along the body's meridian tracts and proposes that most (if not all) sicknesses are caused by unresolved emotional trouble. Whether you believe this or not, it's hard to deny the effectiveness of EFT when you see it in action – frequently clearing long-standing mental, emotional and physical ailments inside minutes. Performing EFT involves light tapping with 2 fingers on particular points on your body:

Tapping

The "*Karate Chop*" point is on the outer edge of either hand, halfway between the little finger and wrist – right about where you'd hit if you gave a karate chop. This point is tapped ceaselessly while reciting a Setup statement 3 times. This statement is designed to reverse something called Psychological Reversal, which is interior resistance to the tapping that will be done subsequently.

Besides, the Karate Chop point, there are seven main tapping points on the body:

- Eyebrow point: On the inner edge of either eyebrow, directly on the bony ridge of the eye socket.
- Side of Eye: At the outer corner of either eye, likewise on the bony ridge of the eye socket.
- Under Eye: Directly below either eye, still on the bony ridge of the eye socket.
- Under Nose: halfway between the nose and upper lip.
- Chin: In the line between the lower lip and chin.
- Collarbone: Slightly below and to either side of the U-shaped notch where the collarbones meet.
- Under the Arm: About 4 inches below the armpit, on the side of the body (right about bra strap level for ladies).

Alternative points: a few practitioners likewise tap on the top of the head, four of the fingers on either hand or additional locations, but even sticking with the main ones described above works well for many individuals.

To do a round of EFT to ease fear, you'd begin by lightly tapping on the Karate Chop point on the side of the hand ceaselessly with 2 fingers while reciting the Setup statement 3 times: *"Even though I feel afraid right now, I deeply and entirely love and accept myself"*.

Being really specific about the details may often help you get even more beneficial results, so you might wish to say, *"Even though I'm afraid I won't get this promotion, I deeply and totally love and accept myself"*.

Then you'd begin tapping lightly 5 to 7 times on each of the primary tapping points, beginning at the Eyebrow point and working your way down your body. As you tap every point, tune into the frightening feelings and say one statement regarding the fear: *"This fear. This fear of failure. This fear of being disappointed. What if I don't get this promotion? What if I'm stuck in a standstill job forever? I feel so uneasy. I don't wish to be afraid of this outcome any longer."*

Once you've finished one round of tapping, you may keep going and tap through more rounds (if you still feel uneasy), or you may switch to more favourable, empowering statements and tap on those.

Positive statements like these commonly work well: *"I don't have to feel uneasy about this. I trust that it will all work out. I choose to feel confident about my success. I prefer to believe that I'll get this promotion. Or something even better will materialize for me. All is well. I know that all is well."*

As you tap on the negative statements while tuning into your feelings of fear, you'll be cleaning out blockages in your body's energy field. Following through with positive statements has demonstrated to be effective for a lot of individuals as they help reinforce a positive outlook after cleaning out the negative emotions.

The more consistently you do EFT, the better it appears to work. A few individuals begin with a half-hearted round or two of tapping and conclude that it doesn't work, but a few issues may be stubborn and call for numerous rounds of tapping – even over a period of days, weeks and months.

The same will likely hold true for fear; if you're addressing very long-standing, acute fears, they might take some time to totally clear. Minor bouts of anxiousness or nervousness ought to be easier to clear, often inside minutes.

Reminder: Be as particular as possible about the issues you're tapping on. Instead of tapping for I'm afraid, try including the reasons you're afraid, what you most fear occurring, and why. This will help you to truly connect with the limiting beliefs and strong emotions that are fueling the fear in the beginning place.

(5) AFFIRMATIONS

Something that aids me several times is this affirmation: *"There's no fear, there's only God"*, but you have to be a believer to utilize this technique, if not in *"God"*, in Divine Order and Wisdom.

It's really powerful as it puts you in touch with that greater order and wisdom that regulates the universe, in which there's no fear. It feels really soothing and helps you feel peaceful, steady and grounded inside.

I utilize positive affirmations on a daily basis (I'm programmed for success) When an individual understands what fear truly is they may overcome fear easily. It's like a monkey wrench thrown into your pet project.

You've the unlimited power of your brain to correct anything damaging and do anything you wish in life. Fear may only exist if you allow it get out of your comfort zone and push right through whatever mountain it is in your life.

Stating It

Affirmations are similar to affirmative prayers, except you're not directing them to the universe, but merely reciting positive statements with the intent to switch your focus from fear to love, peace, joy, confidence, or any additional empowering feeling.

For affirmations to be really effective, they have to be repeated often throughout the day – or even better, on an ongoing basis for longer periods of time.

You are able to utilize affirmations written by others or write your own. Authoring your own affirmations is simpler than you might think. Merely consider the feeling you wish the affirmation to trigger inside you and word the statement so that it is in present tense.

For instance, if you feel nervous about an upcoming meeting, you may produce an affirmation that states: *"I feel calm, confident and focused"*. State this affirmation again and again till you truly do begin to feel calm, confident and focused.

One basic issue with this approach: your subconscious might feel resistant and keep returning to the reasons why you're afraid. Therefore, you'll engage in a sort of tug of war with your subconscious where you continue saying how calm and confident you feel, and your subconscious keeps replying, *"You are so full of it! You know you're truly frightened!"*

If this does occur, you'll be able to feel it because the affirmation will feel like a lie each time you recite it. If you continue saying it anyhow, you'll likely feel progressively more nervous as you go along.

One effective solution is to turn your affirmation into a statement of witting choice. Instead of saying, *"I feel calm, confident and focused,"* you may say, *"I choose to feel calm and centered."* This helps bypass your subconscious objections, as you're not denying your awful feelings; you're merely acknowledging that you choose to feel otherwise.

A different solution is to relieve the pressure you feel by centering on a gradual process of transformation, instead of stating the affirmation as fact. Illustration: "With each passing moment I'm feeling calmer and more in control." Or, *"I'm beginning to feel a little less agitated now"*.

If you find that you're still struggling to make affirmations work for you, there's still a different option that may be effective when the others have failed. Try saying what you **WANT**, instead of worrying about what you don't want.

For instance, *"I want to go into that meeting feeling really self-confident, really centered and very resourceful. I wish to know instinctively how to address the questions I'll be asked, and I wish to leave the meeting feeling like I made a strong favourable impression."*

As you state these words, attempt to tune into the feelings of what you're saying. Imagine feeling proud of yourself, positive in your abilities, and knowing that the meeting went well. This method ought to have a positive effect on your frame of mind as you'll have reinforced your vision of the outcome you wish, instead of continuing to perpetuate the fear.

An excellent way to accelerate your success with affirmations is to capitalize on modern technology.

You can use audio that contains an affirmation sequence that when heard while being guided into a deep meditative state, will aid in the re-programming of your non conscious brain to block uninvited thought and behavior patterns. As you let the audio work, you'll be encouraging the ongoing acceptance of new and positive ways of thinking, acting and living.

(6) POSITIVE ENERGY AND THE HERE AND NOW

Among the most relaxing ways to dissolve fear and reconnect with your inside self is by spending time in the presence of pure positive energy: nature, youngsters, or creatures. Natural scenes like parks, forests, beaches, gardens, or even your own back yard are virtual troves of positive power.

Sitting quiet or strolling slowly as you gaze around at all of the beauty and abundance of nature may have a powerful revitalizing effect on your brain, body and spirit – and it takes very little time to truly feel a difference!

Remain Positive

Begin by consciously letting go of scattered or fearful cerebrations and attuning to the sights and sounds around you. Take a breath deeply, enjoy the feeling of sunlight warming your face and gentle breezes touching your hair, and allow yourself a couple of minutes to totally relax.

Hear the birds singing, watch small critters scrounging for food, and inside minutes you'll feel your stress levels set out to drop spontaneously. Even better, shut your eyes and try to feel the favourable energy flowing from your surroundings into each cell of your body. With each breath, imagine that you're breathing in positive energy, which then spreads throughout your total body.

If you don't have any natural settings to enjoy near your house, you may purchase an audio CD of natural sounds like bird calls, rain forest sounds, thunderstorms, babbling brooks, or wind chimes to enjoy whenever you wish. Simply shut your eyes and pretend you're there, sopping up positive energy.

Spending time with youngsters is a different great way to reconnect with positive energy, merely because they're so carefree and happy most of the time. They haven't yet learned how to limit their

thinking and consequently have vibrant, active imaginations. If you've youngsters of your own, spend an hour or two building a blanket tent in your front room and make believe you're camping in the wilderness. Or gather some art supplies and make something fun. Or take the children to the park and run around to purge anxious energy from your system.

If you don't have youngsters of your own, merely visit a nearby park and observe them on the playground for half-hour or so. Notice how enthusiastic, joyful and fun-loving they are, and feel those same qualities coming alive inside you.

Creatures are likewise an excellent source of positive energy. Spend half-hour gently petting your cat or playing fetch with your dog, or you are able to take your dog outside for a brisk walk – and watch how rapidly your tension dissolves. If you don't have pets of your own, you may offer to walk a neighbour's dog or volunteer at an animal shelter for a couple of hours a week. However, you choose to do it, basking in these easy sources of pure positive energy for just a couple of moments a day may help minimize fear and boost your mood.

Among the most challenging aspects of fear is that it may frequently twist your perspective so dramatically that you can't keep a balanced view of the state of affairs that triggered your fear. Your fear response is commonly deeply connected to your limiting beliefs, which produces a sort of filter through which you'll see most of your life experiences. This filter will assign meaning to everything that occurs, even where no such meaning truly exists.

Here's an instance: Imagine that you recently went for a promotion at work, and part of the application process called for writing and submitting a detailed report to your boss. Many days after you submitted your report, your boss approached you with a grave expression on his face and asked to speak privately with you at the end of the day. What would your first reaction be? Would your boss's grim expression trigger feelings of fear and anxiousness? Would you jump to the conclusion that he must not have liked your report? Or would you think about unrelated possibilities, like the perhaps he's deep in thought or concerned about an unrelated situation? Would you stay optimistic that your report was high quality and you still stand an excellent chance at getting the promotion?

Your fundamental beliefs will make all the difference in whether you feel fear or assurance in that type of situation. If you've a strong belief that you're not good enough (or the quality of your work is lacking in some way), you'll by nature jump to negative conclusions. If you feel positive about yourself and your work, you'll likely not feel worried. When you feel that your beliefs might be producing fearful emotions as in the instance above, there's a simple method you may utilize to diffuse them and center yourself again.

In the first moment when you observe your fear and anxiety beginning to rise, quit what you're doing and take a couple of minutes to tune into your bodily sensations. Notice that your shoulder muscles might begin to feel tense, your breathing might become rapid and shallow, and your pulse might speed up, and so forth.

Begin first tuning into these feelings, and admitting that they're happening. You may even say to yourself, *"I can feel my shoulders becoming tight and tense. My hands are becoming clammy. I'm truly feeling nervous right now."* Then, begin deliberately calming these reactions by breathing slowly and deeply, relaxing your muscles and mentally staying in the here and now.

Resist the enticement to let your thoughts race ahead and worry about what might occur, what it may mean for you. All of those are simply perceptions – not inevitably what's truly occurring. Stay in the moment for as long as it takes to feel calm again.

(7) CHOOSING DIFFERENT THOUGHTS

You may also actually rewrite your fears into something much more favourable. Remember that fear is your body's natural reaction to what you trust is a threatening situation. On the other hand, if you may choose to believe that there's nothing to fear, your body will have no reason to respond.

Turn It Around

If you've tried to relax your body and mentally stay in the here and now but can't seem to shake the feelings of fear and anxiousness, you may try deliberately rewriting your experience so that it has another outcome than the one you fear. Continuing with the displeased boss illustration, you may change your belief about what his grim expression means. Instead of assuming it's related to you and leaping to negative conclusions about your promotion, you may state to yourself, *"He's likely simply stressed about a deadline or other issue. Perhaps he just had an argument with somebody. Perhaps he doesn't feel well today. Perhaps . . ."* Keep going till you've explored as many alternatives as you may come up with.

A different approach is to kick it up a notch and turn your thoughts in a more empowering direction. As soon as you notice that you're beginning to veer into negative thinking about your promotion, stop yourself at once and engage in some empowering self-talk like this: *"I recognize he can't be upset about my report as I put a lot of effort into it. I recognize I did a truly great job! I'm proud of myself for that. I'm certain he's just strained or preoccupied about something else. Regardless what occurs regarding this promotion, I'm sure it will be fantastic"*

Or you may strengthen your belief that you are able to handle any outcome at all: *"Even if he's not pleased with my report, I feel like I gave it my best shot. Even if this promotion doesn't pull through for me, something fantastic will still come my way soon I'm certain."*

Finally, you may create a game in which you muster up the very best result you may imagine – regardless how outlandish it might be. *"He's probably so dazzled by my report that he's speechless! He's likely worried that I'll wind up being promoted to his job! Perhaps he recognizes now that he can't afford to pay me the millions of dollars a year that I'm worth. Regardless what happens, I decide to expect the very best!"*

Produce the most outlandish, funny, or inspiring outcomes you may imagine, and in no time at all you'll feel the fear passing off and your heart lifting (and perhaps a few laughs bubbling up too). The most crucial part of utilizing these variations is to shake free from the illusion of fearful theories and remind yourself that fear is just an emotional reaction triggered by your own thoughts. Altering your thoughts will likewise change the emotional reaction.

There's a life-changing technique that is simple to use regardless your level of development. You begin from where you are right now and then deliberately pick a thought that makes you feel just a little bit better.

Let's utilize an illustration so you can see the method in action. Imagine that you're in the middle of serious financial hassles. You lie awake at night wondering how you're going to pay your bills; your income isn't enough to cover everything so you're falling further and further behind, and your anxiety and fear keep going.

When you're stuck in a spot like that, your dominant thoughts will likely be something like this: *"I don't know what I'm going to do. I feel so weak. I feel so scared about my financial future. I have to come up*

with more cash but I don't understand how. Terrible things may happen if I don't get this situation cleaned up fast!" Obviously these sorts of thoughts are disempowering, which will only keep you feeling baffled.

Using the process would involve picking out a thought that makes you feel a bit better than those other thoughts do. A great thought may be: *"I wish to trust that everything will work out sooner or later."*

Keep repeating that thought for several minutes, and you'll find that you do start to feel a bit more hopeful and less frightened. Then you'd choose a different thought that makes you feel even better, like this one: *"I've made it through hard times before, so I'm certain I can do it now too."* Again, stay with this thought for numerous minutes till you notice that you're beginning to feel stronger. Then pick still a different thought that makes you feel even better: *"I do trust that things are going to work out for me, even if it takes a bit more time."* Continue like this till your fear has been totally replaced by optimism, hope and bravery.

This process commonly works extremely well because you're not attempting to force yourself to leap straight from damaging thoughts to favourable thoughts, but rather taking a more gradual approach.

This may help you avoid feeling like you're lying to yourself, as we covered in the section on Affirmations. Simply take your time and transition really gradually. The best part about this method is that consistent practice will give you more control over your thoughts than you'd believe possible – dramatically furthering your confidence and sense of command.

(8) MEDITATE

Meditation is a practice of consciously centering your attention for a time period. While there are a lot of keys to effective meditation, the essence of the practice is learning to center your attention as you decide.

How does this relate to fear? You might have heard it said that each moment in life offers you a choice: you are able to come from love or fear. There are a lot of ways of stating the contrasting choice that every moment offers, but the basic idea is the same: you are able to live from a positive life-affirming place or in a mode of negativeness and protection.

Breathe Through It

Choice is a skill. It means that you are able to see alternatives and center on one versus the other. Put differently, you are able to consciously center your attention according to how you choose to be. This is where meditation comes in. Meditation trains your awareness and your skills of attention.

For instance, one way to meditate is to center on your breathing. You keep your attention centered in your breathe. You find a comfy, upright, seated position in a calm, private space, relax your body, and center on following the natural rhythm of breathing in and breathing out.

The skill comes in when something enters your brain that's other than paying attention to your breathing, say a thought of other things you have to do, a memory, or some feeling or sensation in your body. In meditation, you deal with your drifting thought, feeling, or sensation in 3 steps:

- 1) *You recognize the thought, feeling, or sensation that's other than your point of centering (in that case your breathing). You become cognizant that your attention has roamed. You accept whatever has seized your attention. You welcome it into your awareness.*

- 2) *You gently release the thought, feeling, or sensation that's seized your attention. You're aware of it, but you let it go, without giving it any more time, energy, or care.*
- 3) *You return to your meditative centering (again, in that case, you're breathing). As many times as your brain wanders to additional thoughts, feelings, or sensations, you repeat these 3 steps. Recognize, release, and return.*

The more you meditate the better you become at keeping your focus and the easier it becomes to let go of anything that pulls you away from your centering. This is a skill that you are able to apply to anything that you do in life.

For instance, you may desire to build a better relationship with somebody. That's a conscious focus for you. As you get close, fears may arise as a result of painful relationship experiences in your past. You are able to treat these fears as you'd treat any thought, feeling, or sensation that springs up in meditation.

First, recognize your fear, observe it, and welcome it into your awareness. Fear has its highest power when it lurks in your subconscious. Become cognizant of your fear and accept it. Don't be afraid of it. Note it without reacting to it. This starts to take the emotional edge off of it.

Second, consciously release your fear. Make a decision that you will not give it any more time, energy, or care.

Third, return to centering on your conscious intent to establish an intimate relationship. Center on the feeling of open, honest communication that you want and bring that into the moment. Be that. Act in that way.

Most individuals find that progress in meditation, as well as progress in keeping focus in life, conforms to stages over time. As you practice consistently, you might find that, initially, you become more witting of your thoughts and feelings than ever before. You might not have been so aware of your fears till you began to pay attention to your inner life. It's O.K. That's natural.

Second, you'll start to relate to your thoughts, feelings, and fears differently. You'll discover that they come and go. You'll learn that as you become witting of them and accept them, they start to lose their hold on your attention. You'll be able to expel them more and more easily over time.

Finally, you'll be able to focus yourself in your chosen point of centre, whether it's in deepening a meditative experience or any additional experience that you want in life. Whatever you center on increases. Therefore, your power to consciously focus your attention is the most crucial skill you may master. Meditation is the best way that I know to gain this skill.

(C) ANGER MANAGEMENT

(1) TAKE A BREAK AND CHILL OUT MATE

Life certainly is unpredictable. You never know what may happen to you with each fresh day, for better or for worse. We cope with all sorts of individuals and with all sorts of states of affairs. Nevertheless, one thing is for certain in life – we do face individuals and states of affairs that annoy or anger us. Therefore, it is better to face the fact that we do get angry at times and do we begin dealing with it for our own benefit.

Frequently in situations, we let people in life to get the better of us. Make sure you evaluate if someone is purposefully attempting to make you angry. If that is the case, then there's all the more reason for you not to allow them to get the gratification of driving you to your breaking point. Maintain your calm! On the other hand, if somebody gets on your nerves without meaning to do so, you need to control this sort of anger as well, or you might wind up injuring someone for no apparent fault of theirs. Whenever this is the case, a friendly chat might be the solution.

Once anger appears as a consequence of direct provocation, anger will have an aim to get you into some kind of trouble. Don't let that occur! As an alternative, inhale and exhale calmly, and you'll clear your mind by doing so. The moment you fly into unrestrained rage, you've already lost the fight.

If you're the object of another person's anger, do attempt and get yourself together with him under composure, by speaking in a gentle tone. It's definitely the natural feeling to shout at the other person, but try to quash that; you might resolve the state of affairs in a matter of seconds this way.

If you discover yourself in a trying state of affairs where you can't really display your anger, you may vent it into something innocuous like scrawling on a piece of paper. This works well particularly in places like formal encounters and business discussions. Physical exertion is a different good way to let off some anger and get something constructive out of it in the deal.

Get in command of your anger and release it in doses when and if called for. If you're in charge, you need to let the individual in question recognize that he's angered you. This may be done in a number of ways, and different individuals need to be spoken to differently. Shouting is seldom ever the correct path, it only demolishes relationships.

Lastly, when you've done something inappropriate yourself, do be truthful enough to admit the fact and to apologize where required – this far and away is the most crucial anger management technique.

(2) RECOMMENDED THINGS TO DO FOR ADULTS AND KIDS

A lot of individuals suffer fits of rage and anger and though most adolescents are the exception, at times teenagers might be susceptible to feeling uncontrollably mad and lost too. Those that may identify with this issue of untamed anger are in a better situation to be helped as realizing the state of affairs is the first proactive step one may take towards joining up for anger management classes and utilizing ways learnt there to their everyday lives.

Methods

Aside from acquiring the chance to learn anger management processes at assorted stages in the due courses, individuals get to learn ways to deal with confrontational spots under adept guidance of counsellors and medical health specialists. Taking part in an assortment of anger management activities

helps people that have trouble checking their temper and those disposed toward violent or rude behaviour to give vent to their opinions in a less adverse and more favourable and ordered manner.

One of the diverse activities taught to people at anger management courses is to verbalize, and not venting their angry feelings while still a different effective strategy is to free the angry emotions with exercise. This is the most favourable form of anger management technique as it has a positive mood heightening effect on the person, lessens the negativity and is easy to follow; from walking or running in the park to working out or playing a sport, there's no shortage of choices for relieving steam - positively.

Additional healthy ways to re-direct the energy consumed by being angry include proceeding on a hike, communing with nature, being in surroundings that bode peace and beauty so as to enable the lowering of tension and worry that go hand in hand with surplus anger. The stress release furnished by exercise that's pleasurable lets an individual clear their head, particularly those that call for any form of physical activity outdoors in the calm, regenerating beauty of nature.

In addition to the above methods to manage anger, individuals suffering from severe and unmanageable bouts of anger may likewise avail the services of a support group, attend a camp or a retreat to defeat the difficulties they're having with grappling with their tempers. Benefits of doing so include getting the job out in the open, knowing there are other people like them and this in itself helps them recognize they're not alone in dealing with anger management, which is a true issue. Merely uttering their problem helps some individuals feel better and presents them hope to plough through a hard stage in life while for other people, the group support presents them encouragement and mental potency to deal with diverse issues and basal themes that agitate them.

If teenagers get uncontrollably angry and defiant, anger management methods may be necessary to enforce to help them deal with a situation that's overpowering for them: but as youngsters are impatient with counselling on one-to-one basis and group support, the most beneficial way for them to deal with angry spots is to involve them in fun and games. From colouring books to keep them gainfully absorbed to finding them fun-trips to go on and sports hobbies to adopt that will burn the extra energy **THE RIGHT WAY**. There are a lot of anger management methods beyond taking them to the therapist's chair that are feasible.

Therefore, anger management for grownups and that for teenagers are **TWO** really different attacks to take in order to show good and positive results that are long-term in dealing with unreasonable anger; no measure of intimidation or force may help bring these matters to the right conclusion as much as patient listening and reason can.

(3) DEALING WITH STRESS

Being and remaining infuriated isn't a mature response and anger management helps individuals faced with acute anger to deal with an overpowering emotion in a favorable manner.

Therefore, while professionals involved with contriving and instructing anger management specify it to be a technique of addressing, describing and solving a tense state of affairs by getting down to the primary cause of anger, they likewise help people recognize how to downplay stress during nerve-racking conditions.

Addressing Tension

This is most feasible when individuals faced with anger issues recognize there is little to be derived by being angry and a lot more to be accomplished by being tranquil. Even when anger lessens, the issue remains and individuals with long-standing anger-issues need to comprehend this in order to realize and work on the matters that make them angry and learn how to curb their responses to situations and harsh individuals that endanger their mental welfare.

The beginning and most elementary way to avail anger management help is to open up and express angry emotions and feelings that bring anguish, tension and anxiety in an individual with a sympathizing acquaintance or loved ones as most angry individuals require a kind ear when dealing with hard situations.

A mature listener will help the angry individual comprehend the other individual's viewpoint without wounding their feelings and smooth over rough spots in a calm manner, but sharing the issue is crucial to getting the correct help.

Putting down angry sentiments or maintaining a journal is a different effective anger management tip that minimizes stress as rather than speaking angry emotions, one has put them to paper; at times, this technique is more beneficial than confrontation, which may bring conflict and rifts to further the problem if the individual involved is also hot-headed.

Writing down angry feelings likewise has the advantage of being a strategy that helps one make conclusions about trigger-factors that contributed to the person getting angry.

Upon contemplation at a later stage one is able to re-read the notes made and this supplies insightful information on reasons for anger and maybe a clue into the true cause of the disruptive situation. Discovering a solution is easier then, as well.

Staying away from a tense state of affairs or going off on a vacation or even a walk is a different way to cope with anger that cuts down stress and keeps an individual away from possibly detrimental (for mental health) spots in addition to giving them time to contemplate their actions and the incident.

Spiritual study, prayer, meditation, and stillness are additional processes to deal with anger that bring down tension levels and wash off the pressures of life; individuals may take these up who are at ease with being solitary and want to cause a positive change in their lives. They're also regarded as being a balm for broken spirits and corrective power for world-weary souls.

Remaining healthy and in shape, studying breathing and exercises, getting enough rest and communing with nature in addition to looking on the brighter side of life are a few other good ways to cope with

anger and a lot of individuals find the answer in music as well as opposed to confrontational techniques. Choose the one that fits you!

(4) ACCEPTANCE

Angry individuals live with elevated levels of frustration, but great anger management methods let them learn to keep their irritation in check, by accepting their disposition, and accepting the responsibility of coping with it, by studying anger management methods to deal with the prompts and triggers that may rapidly turn to anger.

The most crucial step in anger management is recognizing if you're easily aggravated and have an angry personality, and finding out how to take responsibility for your reactions to anger and aggravation.

Angry individuals live with elevated levels of frustration, but great anger management methods let them learn to keep their irritation in check, by accepting their disposition, and accepting the responsibility of coping with it, by studying anger management methods to deal with the prompts and triggers that may rapidly turn to anger.

Admit

By exercising stress management methods on a regular basis, and utilizing physical exertion to work off their aggravation, they are able to realize the first signs of anger, and take a time out to calm down, minimizing the likelihood of discharging their anger on other people.

Mature individuals attempt to exercise positive ways to deal with their anger in a controversy. One favourable way to cope with anger against family is to make a contract that they may leave during a riff, whenever they feel that they may lose control. Just go to a private spot for break. Privately they perform damage control processes like waiting out the initial surge of the anger, and attempting to think from the other individual's point of view, to bring their anger level downward and then return to cope with the issue.

Admitting that you've an anger prone personality and realizing the need to actively work towards anger management in order to live a more pleased life, makes the difference in dealing with anger successfully.

A dedication to discipline and taking parenting classes to seek more efficient means of disciplining their youngsters, taking anger management classes, and taking part in couples counseling, helps angry people to learn more beneficial ways of being with the individuals they work and live with.

A few individuals with high degrees of frustration monitor themselves and work at bringing down their anger reactions, through positive anger management techniques; as their moral sense tells them that their flare-ups harm other people. A few individuals realize that they're acting out angry reactions they learned from their own parents, and sending that legacy down to their own youngsters. A few get assistance as their partner gives them the ultimatum of threatening to leave them if they don't get assistance.

Some get assistance only after they lose their mate and loved ones, but unhappily, a few never learn anger management techniques that may save their relationships, if not their own lives.

(5) USING YOGA

Anger is among those powerful emotions that tend to colour everything in an individual's experience - it's like viewing the world through anything but rosy glasses.

A Good Technique

Speaking from my personal experience, I was catching up with an acquaintance that I haven't seen in a while. She'd been experiencing a harsh time for the past year. Her frustration over her marriage and her business life had been expanding in a negativity for well over a year.

As she jabbered about what was occurring in her life and why everybody in it was causing her frustration, I took heed, worried that one day all this rage would damage her health. She was already suffering from an assortment of physical symptoms that I'd bet was due to her emotional tension.

We were joined by an acquaintance who shared a story about a different individual being taken advantage of by a friend who ended up on the bad end of the karma caravan. My really angry acquaintance hurried to condemn the individual in the story -- who she doesn't know -- who committed the unfairness.

I was shocked by the hate in her voice, particularly considering she didn't even know the individual in the story. It made me really sorry to see how the anger spilling over in my acquaintance was morphing her into someone that I didn't even recognize. Not only was she harming herself, but also she was harming those around her, including her three children.

Fortunately, there are more constructive ways to deal with rage -- yoga and breathing for instance. Here are a few drills to help you diffuse anger and prevent yourself from winding up overpowered by it:

Anger doesn't have to consume you from the inside. Instead of suppressing it; try working it out with these exercises. Yoga includes physical postures, meditation and breath work or pranayama. Any of these factors may be utilized for controlling anger management.

We will centre on breath work. Pranayama is a common term to describe all yoga breathing drills. Prana stands for life force and yama means to direct it. Below are two different sorts of yoga breathing exercises that have been simplified to make them simpler and more practical to accomplish. Each pranayama may help you handle anger effectively.

Attempt this simple yoga breathing exercise to help you chase away anger. Breathe in through the nose and making a "ha" sound, breathe out the mouth and stick out your tongue. Duplicate two to three times. This lets your breathing get deeper and help release physical stress in the lungs and chest. This is a version of "*lion's breath*." It will just release the anger without the drama or trauma.

Then restart the normal breathing by breathing in and breathing out through the nose. Without being forceful, take a couple of breaths where you pause somewhat at the top of the inhale and then exhale. If you feel dizzy or faint, stop the breath work and merely return to normal breathing.

Now, attempt to do several more rounds of the pausing breath work with somewhat longer breaks between the breathing in and breathing out. Inhale for a count of four, hesitate for a count of two and exhale for a count of four. Duplicate two more times. Stop the breath work if you get dizzy or you feel

you're working beyond your lung's capacity. If you experience any physical irritation, merely return to normal breathing.

Congratulations! You've completed the breath work for day one. For the following thirty days, repeat the lion's breath and a simple three rounds of pausing breath work. As long as you're able to do the pausing breath work with no discomfort, persist in your routine.

Once you've comfortably practiced this breath work for at least a couple of days, put it to the test: the next time you sense you're going to lose your temper, take a lion's breath. Then, do the pausing breath work: breathe in for four, hesitate for two, breathe out for four.

You might be surprised that even doing this for one round will help you dislodge your anger long enough to intensify your breathing. Rehearsing this breathing exercise will help you learn to hesitate. When you're able to pause in a confrontational situation, you'll be more likely to be responsive, not reactive.

(6) USING MEDITATION

Meditation is more than a technique for relaxing the body, as some individuals think. It's a way for gaining freedom from ceaseless, nagging thoughts and cares, quieting the chatter of the brain, and attaining inner peace and happiness. In its greater levels, it leads to spiritual awakening, Nirvana, and to realizing who and what you are.

De-Stress

Though it plays a crucial role in assorted religions and spiritual practices, it's really a practice that's free from all religious intensions, and has forever been practiced everywhere, from ancient times until the current day.

There's always been the desire to go inside, to discover what is beyond the physical form, and to discover the true spirit and the relation between mankind, the world and the creator.

There are a lot of forms, techniques and traditions of meditation, which are rehearsed and followed for assorted reasons and aims, for relaxation and health, for mental mastery and inner peace, and naturally for arriving at spiritual awakening – **NIRVANA**, and for discovering who you truly are.

Meditation calms the body and the brain, cuts back stress and anxiety, normalizes the blood pressure and has a curative effect on the body. It betters the power of concentration, focuses the brain and strengthens the intuition. Its steady practice reduces the number of uneasy thoughts in the brain and brings inner peace, felicity and bliss.

In order to get results it has to be practiced daily, at least once a day, twice a day is more beneficial. A beginner might start with simply ten minutes and gradually increment the time.

Basically, there are 2 sorts of meditation. One that calls for centering the brain on a particular activity, like on the breathing process, or on a concrete object, mental image, a word, idea or a quality of character. The other sort requires that you don't center on any concrete object, thought or mental image, but to void the mind of thoughts, and blend into the inner silence within you, into your true, inner self. This sort may only be practiced after one is well trained with the first sort.

Below you'll find things you are able to do to better your ability to meditate, mitigate the inner resistance of the brain, and better your chances of success. Read them with attention, and apply them to any strategy that you practice.

Begin with an easy meditation strategy. Here are 2 examples:

Centre your attention on your entering and outgoing breath.

For a couple of moments, center your attention on your breath. Breathe normally, while centering on the act of breathing in and breathing out. Be heedful not to strain your breath and your body.

Centering on a motivating quote.

Don't worry about failures, worry about the chances you miss when you don't even try

- **Jack Canfield**

It's never too late – never too late to start over, never too late to be happy

- **Jane Fonda**

Success is going from failure to failure without losing your enthusiasm

- **Winston Churchill**

Have the courage to follow your heart and intuition. They somehow know what you truly want to become

- **Steve Jobs**

Try not to become a man of success, but rather try to become a man of value

- **Albert Einstein**

If you are always trying to be normal you will never know how amazing you can be

- **Maya Angelou**

Don't worry about being successful but work toward being significant and the success will naturally follow

- **Oprah Winfrey**

Do not judge me by my successes, judge me by how many times I fell down and got back up again

- **Nelson Mandela**

I've failed over and over and over again in my life. And that is why I succeed.

- **Michael Jordan**

Laugh as much as you breathe and love as long as you live

- **Johnny Depp**

(7) TALKING TO AN ANGRY PERSON

When we talk to an angry individual, our verbal and nonverbal language helps to direct whether they intensify and get angrier or de-escalate and chill out. We hear too frequently in the news about individuals who were out of control and a crisis developed where individuals were hurt. We can't give ourselves any guarantees, however, we may put the odds in our favour and ensure that everybody is safe. I'm going to give you the research based steps that are demonstrated to help when you speak to an angry individual.

Calm The Situation

When you speak to an angry individual, remember how their brain and body will react. As anger intensifies, individuals tend to go into a "fight or flight mode". When that occurs, their thought processes decelerate, but their sensory acuity step-ups.

They tend to perceive matters as closer, louder, larger and more menacing. They likewise simply really wish to vent and to be heard, it's crucial that we keep these things in mind and utilize this knowledge to guide our own actions.

Be a great judge of when to acquire help. If you've the last bit of concern, make certain you're not alone and that you've an escape route. Individuals may sometimes intensify very fast. Don't try to handle an angry individual all alone.

If you speak to an angry person, it's always best to err on the side of care. These steps are not intended to imply that you may always talk somebody down and they're also not the only interventions. Utilize your own good judgment.

Mind gestural language. Remember the saying that "actions speak louder than words?" If you speak to an angry individual, give them the extra physical space. Desist from talking with your hands. Don't lean towards them. Somebody being too close or hands moving may be sensed as threatening as this is an individual who's upset and is perhaps not thinking rationally.

Talk in a quiet, calm, pleasant tone and at a slower rate of speed. It's natural to mirror the emotions of the individuals we speak to. However, if we mirror their emotion by elevating our voice or becoming upset then we have simply helped to step up a potentially dangerous situation. Lower your voice and mouth in a calmer, quieter tone and they'll be more apt to mirror you. Likewise, when individuals are upset, their comprehension tends to diminish. Talking slightly slower will help them to listen to what you're saying.

Hear them and validate their feelings. Frequently, individuals who are upset simply wish to be heard. The more they feel like individuals are not truly hearing them and addressing their needs, the louder they'll shout. Regrettably, there are times when they escalate to weapons or additional violence to be heard. Regardless what they're saying, listen. **Giving them your undivided attention. Recognize their concerns. However, don't be judgmental!**

React by verbally "disarming" them when you speak to an angry individual. Be amenable. What they truly wish is for somebody to hear them and to validate their feelings and make everything right once more. Say something that you're comfortable with that is a favourable response. This may be "I agree" or "you've a right to want to exchange/get treatment..." whatever they wish. If you see an individual escalating, let them know that you're going to try to get them the help they want.

(D) PROCRASTINATING YOUR PROCRASTINATION

(1) MATTERS THAT THROW US OFF OUR COURSE

Let's suppose you planned to be at your PC, working at a project, at 10 a.m. on a Monday morning, but you're not. How come? The answer may be one or more of the accompanying.

The enemies

- Woke up late.
- Scrapped with your lover last night, and continue reliving the quarrel in your brain.
- Are too sapped – the coffee hasn't set in yet.
- Are overly hyper – drank too much coffee and can't sit motionless.
- Are disquieted by the weather – it's amazing out and you'd love to take a walk or bike ride.
- Are disquieted by the weather – it's atrocious and depressing.
- Got a telephone call (or e-mail or instant message) from a friend, who's depressed (though not in crisis) and asked to talk.
- Got a telephone call from a friend (or e-mail or instant message) that's happy and wished to share great news.
- Are reading the paper – every last word of it.
- Are net surfing or net shopping.
- Are playing Solitaire.
- Simply realized that it's highly crucial to work on another project.
- Or, if you work in a home office:
 - Switched on the television set for "a minute" and saw that one of your favorite actors was being interviewed, so you decide to view the interview.
 - Simply realized that the laundry urgently needs to get done!

These are common things that may throw you off your course. It's only a partial list; naturally, you may likely add many other entries to it. There are likely 100s of potential "bumps" that may knock you off your course.

One crucial thing to point out is that, while a few of these bumps appear "good" or "worthwhile" (like commiserating with your unhappy acquaintance or doing the laundry), and some seem "foul" or "frivolous" (like playing Solitaire), they're all equally unacceptable from the viewpoint of beating your procrastination habit.

You'll need to learn to resist the urge to get absorbed into activities not on your schedule, regardless how crucial or virtuous they appear at the moment. The one exception, naturally, is emergencies, by which I mean actions that can't be put off without significant harm to yourself or other people. However even with an emergency, after you've handled it, ask yourself whether it may have been prevented by finer planning, or whether somebody else could have handled it. If you've got a challenging goal, it's really crucial to learn to minimize the number of preventable emergencies in your life, and to learn to delegate as much as conceivable.

If it appears like I'm taking a hard line, I am. I have to, as procrastinators are frequently adept at rationalizing their diversions. Obviously, if somebody is ill or otherwise incapacitated, we ought to help them, but to what degree? It's not always clear, and a lot of procrastinators misjudge, sacrificing too much of their own time to assist other people, even when those other people aren't particularly needy or when somebody else is available to help. This issue may be hard to identify, much less solve, as the (deservedly) good feeling one gets from assisting frequently offsets the guilt that the procrastination commonly spawns.

(2) VIEW YOUR COMMITMENTS DIFFERENTLY

When you begin viewing your commitments from the viewpoint of somebody who's determined to succeed at their challenging dream – meaning, somebody who must utilize their time optimally, fresh solutions to formerly “unresolvable” quandaries frequently present themselves. So, for example:

What's Crucial?

- Your aged parents may likely find somebody else to mow their lawn and pick up the groceries like a different family member, or the high school youngster down the block who requires a few extra bucks. Or,
- Your mate and kids may likely survive on takeout (or cook their own food!) A couple of nights a week. Or,
- Your acquaintance who needs a lot of support may find other people or even professionals, like a therapist to help furnish it.

If you didn't have a challenging dream that you were following on top of life's average demands, then perhaps you could get away with mowing the lawn, fixing all the meals, and talking for hours daily with your friend.

However when you own up to your challenging dream, you're basically declaring that you'll be really particular and self-directed in how you spend your time, as you have to reserve as much time as possible for your aspiration. This is in direct contrast to most individuals, who let other people including family, friends, neighbours, colleagues and corporations control their time for them.

Nearly all ambitious dreamers, for example, have to reduce the time they spend on ho-hum household chores to as close as possible to zilch, so that they may utilize the reclaimed time and energy to work at their aspiration.

All right, if you like gardening and it feeds your soul, then don't quit. But washing? Yard work? Wiping up floors? Standing in line at the market? To the extent you're able to find somebody else to do it. Send your wash out to be done, hire somebody to maintain the lawn (or get your mate or children to do it), purchase a floor mopping robot, and have your foodstuffs delivered.

If you feel peculiar doing any of that, get over it: cutting down your housework burden is an investment in yourself. Likewise, it's unrealistic to believe that you may spend your time the same way non-ambitious dreamers do and yet achieve your challenging dream.

None of this ought to be taken to mean that you desert your loved ones or friends. It simply implies you invest your time judiciously. Even though you're not cutting your parents' lawn, for example, you may still be taking them to check-up appointments: that's a much higher value activity that's likely a far better utilization of your time.

And even though you're not fixing home cooked dinners nightly, you may still do it a few times a week. And even if you're not going to be able to speak to your friend for hours daily, you may still be available to her in times of true need.

It may be scary to alter the terms of our interaction with somebody, particularly if we've been interacting with them a particular way for years. (Double particularly if we've been taught to subordinate our needs to other people, as many women particularly are.)

Individuals frequently respond badly when we tell them we can't do as much for them, or spend as much time with them, as we have been. Frequently, however, if we take the time to share our state of affairs, aspirations and needs, they're surprisingly empathic and eager to help. So don't simply tell individuals you'll be less available tell them why, and invite their support and help.

If, after you share your story, a few individuals still aren't empathic, or are actively unfriendly, that's a sorry issue to have, but a typical one. That's why successful individuals learn to say "no", and also to distance themselves from unsupportive or toxic individuals, even if they happen to be related to them.

Whatever time you choose to spend helping other people you ought to build into your weekly or monthly schedule. You ought to likewise build in time both for your own relaxation and for unintentional events and emergencies.

Many individuals think time management is about attempting to stuff as much as possible into one's schedule, but it's not; it's regarding clearing as much as conceivable off your schedule so you may work, at a comfortable, non-stressful pace, on your crucial goals.

To summarize: whatever bumps you off your course that isn't an unpreventable emergency is procrastination, regardless how crucial it might seem at the time.

(3) DESPERATION AND PROMISE

Many procrastinators tell themselves stuff like: *"I'm lazy. I'm undisciplined. I'm a failure. I'm hopeless. I've got no self-control. I'll never win at anything."*

Many creative persons, activists, and other ambitious dreamers take the self-abuse a step farther, framing their procrastination as a moral defect: *"I'm a sellout, unattached, shallow"*.

A lot of procrastinators lead a double life, acting happy and productive while truly feeling hemmed in. Their boasts about their big workloads, power to work under pressure, and steady need to pull all-nighters are frequently just a cover for shame and despair; and frequently, when matters get really hot when they're about to miss a serious deadline, thereby showing their real, *"shameful"* nature they cut and run, deserting a project, class, job, relationship or other commitment.

Frequently, procrastinators become depressed almost as soon as they wake as they recognize they're destined to procrastinate that day. Procrastination may also feel really confusing.

The Feeling

At bedtime, you retrospect on the day and can't figure out where your time went. You remember reading the headlines, drinking a cup of java with your officemates, watching some TV, and surfing the net, but those random activities couldn't possibly have filled the whole day, could they? But, naturally, they did. Procrastination is, *"the thief of time"*. To a procrastinator, it truly does feel as if his or her time were somehow stolen.

If a procrastination issue is severe enough, and lasts long enough, it's often called a *"block"*, as in *"writer's block"*. Anybody may be blocked, and many individuals, maybe most, are. Occasionally, blocks last for weeks or months, but oftentimes, tragically, they last for years, decades or even entire life spans. Being blocked is among the riskiest feelings in the world; it drives some individuals to absolute desperation.

But wait there's no need to feel ashamed or desperate! When someone confesses to a procrastination issue, I congratulate her. Yes, congratulate! Here's how come: **Procrastination is an affliction of ambitious individuals.** If you don't trust me, do a net search on procrastination: you'll acquire links to 100s of pages advising you on how not to procrastinate while writing your novel or thesis, following a fitness program, or seeking a new career. These are all challenging endeavours, and individuals who follow them ought to be admired even if they do procrastinate.

All procrastinators, regardless how baffled, may boast at least one accomplishment: they haven't quit on their dream. If they had, they wouldn't be concerned about procrastinating on it.

To hang onto a challenging dream despite one's fears, and likewise (frequently) despite disheartenment and disapproval from those around us and society itself, requires vision, dedication and bravery. So, rather than seeing your procrastination issue as a shameful defect, attempt viewing it instead as a symbol of something enceinte inside you. Yeah, you've got a little work to do to recognize your full potential like who hasn't. But at least you continue showing up and fighting the great fight.

A different reason not to feel bad about your procrastination issue is that pretty much everybody procrastinates.

Let's likewise not forget that ambitious dreamers choose to follow exceptionally hard goals otherwise, they'd be ambitionless dreamers, right? Average life is pretty complex stuff, but in addition to the complexities of average life, ambitious dreamers may expect to face financial risk if not likely impoverishment; emotional risk and rejection; lack of support from loved ones and/or society; and nerve-wracking working conditions. And that doesn't even count the underlying difficulties of the goal itself i.e., the need of the person to perfect her craft and sell her work, or to finish a product.

A lot of individuals flee from these sorts of stresses, and I, for one, can't blame them. The issue, however, is that in doing so they likewise flee from their aspirations. Whenever I teach, I remind my pupils who are frequently deeply ashamed of their procrastination issue of the many individuals who have given up on their aspirations. We all share a minute of sadness for those individuals, and then I softly congratulate my pupils for persevering in their own aspirations despite all the difficulties and barriers.

(4) RECOGNIZING THE ISSUE

Look, you're a smart individual. A creative individual. A dedicated individual. I'm pretty certain about all of that, or you wouldn't be an ambitious dreamer, or reading this eBook. So, how come you can't resolve a little procrastination issue?

If you're like a lot of people, that question has haunted you for a long time. Among the most frustrating things about procrastination is that it appears like it would be the simplest issue in the world to resolve. Actually, it's among the hardest. Really, that's not quite true. Any issue is difficult to solve, if you're not truly solving it.

I mean it: the only way to resolve an issue is to resolve it. If you attempt to resolve an issue utilizing actions designed to resolve some other issue, or actions designed to resolve no issue at all, but rather to maintain the status quo, then you're bound to bomb. You may try from here to the moon, reining in all the mental capacity, creativity and passion you may muster, and you'll still never resolve the issue.

The Problem

You likely believe the root issue causing your procrastination is laziness, lack of discipline, lack of self-control, immaturity, lack of commitment, or some similar character defect. But guess what? It's probably none of those.

Firstly, most procrastinators are not I repeat, not lazy, undisciplined, etc. As a matter of fact, most tend to be dynamos in areas other than the one they're procrastinating in. Among the peculiar agonies of procrastination is that we're frequently productive in areas of our lives other than the one closest to our heart.

Secondly applying damaging labels like *"lazy"* or *"undisciplined"* to yourself is, from a problem-solving standpoint, worse than worthless. Not only do those labels misidentify the issue, they really make the situation worse by sabotaging your self-assurance and predisposing you to failure.

Moreover, people frequently live up or down to the labels; so that if somebody repeatedly calls you, or you repeatedly call yourself, lazy or uncommitted, you're likely to live "down" to that label.

More often than not, solving, or resolving, an issue is a rather trivial exercise when we understand what the problem is. Treating procrastination as a symptom of laziness or a lack of discipline doesn't work, as those are not the causes of procrastination. Instead, they're symptoms, just like procrastination itself is a symptom, of a deeper issue. That issue is commonly either:

You were never taught the habits of productive work. As we live in a vacuum, this likely means you've rather learned the *"default"* habits of low productivity or non-productivity.

This results in what I call Behaviour Based Procrastination.

Or,

Fear: of change, success, failure, etc.

This results in what I call **Dread Based Procrastination**.

Frequently, individuals suffer from both.

Behaviour Based Procrastination is a comparatively easy issue to define and solve.

Dread Based Procrastination is more complex. Unlike Behaviour Based Procrastination, which is commonly caused by a lack of data or training, dread Based Procrastination is caused by, as its name implies, concern.

Dread is unfortunately a major force in a lot of people's lives: it's frequently a rational, if not optimal, reaction to the troubles and stresses of life and an ambitious path.

(5) SUCCESS OBSTACLES

Dread Based Procrastination's disguises itself by mimicking productivity. It does this, commonly, by generating one of four characteristic anti-productive behaviours: perfectionism, negativity, hypersensitivity and panic. Most procrastinators are prone to at least one of them, and most are prone to all 4.

Panic deserves a special mention. It's not truly an obstacle in and of itself, but acts as an obstacle "amplifier", blowing your fears out of symmetry and increasing the odds that you'll move back into one of the anti-productive behaviours. The job of defeating dread based procrastination is basically the job of overcoming panic, so that when you experience an instance of dread, doubt or discomfort, you don't become overwhelmed by it and get bumped off your course."

What Holds You Back

There are likewise 2 other categories of obstacles that are not in themselves dread based, but that are frequently present:

The first are Logistic Obstacles, which are commonly caused by simple ignorance. For instance:

- Deficiency of a clearly outlined mission and/or path to success
- Deficiency of time management
- Deficiency of planning, skills, resources and/or facilities
- Deficiency of mentors or other support

Put differently, you either don't know what you're supposed to be doing, or lack the skills or resources to do it. A typical individual suffering from a logistic obstacle would be a business owner who doesn't recognize she ought to be spending at least half her time promoting and selling, and thus spends her time on more insignificant jobs.

Basic resolutions to logistic obstacles include: doing mission management and time management, organizing your office, purchasing some new equipment, taking a course, and setting up regular consultations with mentors.

When you commit to overcoming a logistic obstacle, it's frequently not hard to do so. If you do have trouble overcoming yours if you appear to lack the "self-control" to make the resolution work, or can't even find the time to consider the issue then you likely also suffer from dread based procrastination. You'll likely have to deal with the dread first, before you may move on to the more superficial logistical fix.

There are likewise what I call Situation Obstacles, which involve others or additional conditions outside your full control. A hard day job, heavy family responsibilities, and an unsupportive mate are situation obstacles. So are a disability and serious ill health.

Situation obstacles are frequently the hardest to overcome. Their resolutions frequently involve major life changes like changing jobs, leaving relationships, changing life-styles, compromising on one's treasured goals, or committing to person or couple's therapy.

Like logistic obstacles, situation obstacles commonly occur alongside dread based procrastination, and so you'll first have to deal at least partly with your dreads before you may effectively begin changing

your situation. But even once you work past the dread, you're still left having to deal with some really hard circumstances.

The most crucial thing you have to know about your obstacles is that all of them may be overpowered. It doesn't matter who you are, how you were raised, what race, religion, nationality or sex you are, or how much cash you have. All of your obstacles may be overpowered.

Overpowering an obstacle might not be simple. It might not be fun. It could take months, years or even decades. It might take time and cash. But it may be accomplished. By "overcome," I mean annihilated, minimized or compensated for.

You might have a disability that you have to live with, or have experienced an awful loss from which the hurt will never entirely disappear. But you may still work to at least minimize the damaging effect of your ill luck on your future success.

Did I state that all of your obstacles may be overpowered? What I truly meant to state is that all of your obstacles have to be overpowered. As what other choice, truly, do you have? Failure to overcome your obstacles leads to a life of bitterness and diminished potential.

The procedure of overcoming your obstacles is the really essence of the human journey. If you've been procrastinating a while, you're likely demoralized and have lost sight of your strengths, gifts and virtues.

Once you quit running from your obstacles and begin working to overpower them, you'll reclaim those favorable qualities and likewise probably discover a few wonderful new ones. This procedure of reclamation and growth is among life's most amazing and joyful experiences.

(6) 3 PRODUCTIVITY ACTIONS

All productive work may be broken down into these 3 actions:

- 1) Arriving to work exactly when you're supposed to.
- 2) Directly beginning the work you're supposed to be doing.
- 3) Remaining centered on the work for 20 minutes or more.

These actions are the essence of productive work. They're likewise the points at which procrastination occurs, and, consequently, the points at which it may be attacked.

A Plan

In action #1, the word "*exactly*" means precisely. 8:00 a.m., not 8:01, 8:05, or even 8:00:10. You have to train yourself to be precisely where you're supposed to be not thinking of it, not on the way, not pouring a cup of coffee at the precise moment you're supposed to be there.

In action #2, the word "*directly*" means that, about a minute after your butt hits the chair, you start your work. "The work you're supposed to be doing" ought to be self-explanatory by now, but let's be extra heedful and remind ourselves that ad lib unscheduled calls (even "*urgent*" ones), coffee sipping, paper reading, net surfing, and additional activities are all procrastination, pure and simple.

So is doing other work even crucial, good feeling work that wasn't scheduled for this period. You may spend your complete life immersed in these activities, and make little or no progress on your most crucial goals.

In action #3, the word "*centered*" means that you're flirting with your task, and only your task. Put differently, you're not thinking of other work you may be doing, or your worries regarding your task, or philosophical issues related to your task. And, naturally, you're not thinking of your personal life, last night's TV program, or the birds cheeping enticingly outside your window.

"*20 minutes or more.*" The amount of time one may, or should, remain centered on work differs from person to person. Most individuals, however, may train themselves to work in a centered manner for at least 20 minutes before having to get up and take a break.

After your break and your breaks ought to be as long as you need them to be, particularly when you're 1st tackling your procrastination issue you may return to work for another 20 minutes.

At first, however, working for 20 minutes might seem as unrealistic as flying to the moon. So begin with 10 minutes, or 5, or 2 if you have to. Then, take as long a break as you require, praise yourself for your accomplishment, and repeat.

As you become more and more comfortable with your work, you may build up to 10 minutes of sustained work, then 15, 20, 30, etc. The key is to be patient and not push it.

(7) USING PRODUCTIVITY ACTIONS

Now that you comprehend the 3 productivity actions more fully, you may start practicing them. There are 5 keys to success:

- 1) Begin little, and aspire for tiny advances
- 2) Extravagantly reinforce each tiny success
- 3) Dismiss "*failures*" except to acquire knowledge out of them
- 4) Expect plateaus and lapsing
- 5) Stay at it!

Utilize It

"*Begin little*" stands for practicing the 3 productivity actions (a.k.a., "*not procrastinating*") on no more than 2 or 3 tasks at a time and the tasks you practice on ought to be simple ones. Beginning with that novel you've been blocked on for 10 years is likely an unsound idea.

Household chores are an excellent thing to at the start practice on as we tend to procrastinate on them not out of dread, but merely because they're ho-hum. So practice not procrastinating on washing up the dishes or laundry (or mowing the lawn, or taking the automobile in for an oil change, and so forth.), if those are jobs you routinely procrastinate on. (Practice actions #1 and #2 only, obviously you don't wish to spend a lot of time doing chores.) Easy personal care tasks like flossing and taking vitamins are additional great candidates for practice.

If the tasks you're practicing on appear embarrassingly little or trivial, you're doing it precisely right! The key is to get used to the feeling of not procrastinating, and you'll only have the chance to do so if you at first practice on activities that offer a high chance of success. Likewise, pay attention to the (likely

numerous) areas of your life where you don't procrastinate, and observe the feeling of sedate self-command you have while approaching those tasks.

It's that same feeling you're aiming to arouse around the tasks you're presently procrastinating on and are well on your way to resolving the issue. (Yes, you're aiming to produce particular feelings inside yourself. Successful individuals consciously work to accomplish particular moods, as opposed to passively accepting whatever emotions happen to grab them. A lot of unsuccessful individuals, in contrast, don't even recognize that that's even possible to accomplish.)

Go on practicing the 3 productivity actions on easy stuff, and you'll by nature get better at not procrastinating. You'll then go less afraid, ambivalent and conflicted, and begin to make the essential shift from viewing procrastination as an inherent character defect to seeing it as a behavioural issue you may resolve. In the meantime, getting the dishes done, flossing regularly, and so forth, will themselves have a beneficent outcome on your mood, and likewise empower you to arrive at more changes.

Only after you've gotten good at not procrastinating on the trivial junk should you start practicing it on your other ambitious endeavour. Now, it's doubly crucial for you to begin small. If you're a writer, don't set out to put down an entire chapter, but only a page or paragraph. Or, if you're an entrepreneur, don't aim to spend the whole morning doing sales calls, but only 10 minutes.

Put differently, when operating in the scary realm, begin very small. And merely after you've gotten great at not procrastinating at tiny tasks, do you take on the greater ones. And only after you've gotten great at doing the actions for 10 minutes (or 5, or 2, or whatever works for you at first), do you begin practicing action #3 slowly working up your endurance so that you may do your scary work for 15, 20, 30, etc., minutes at a time.

If you abide by my advice to "*begin little*", you'll have many successes, by which I mean cases when you were able to reject procrastinating and get right to work. It's crucial, in those cases, to celebrate your accomplishment! Pat yourself on the back, indulge in a treat, and broadly make a fuss over yourself. This sort of positive reinforcement not only advances your confidence and betters your mood, but helps imprint your accomplishment in your memory so that you may call on it when required. It doesn't matter how little the accomplishment is. Even if it's something as easy as taking your vitamins precisely when planned or taking them at all, if you often neglect to give yourself at least a mental pat on the back. For greater accomplishments, make certain to make a huge fuss and give yourself some sort of tangible reward.

When a youngster fails to meet a goal, the mean parent tends to criticize and blame, while the good, effective parent provides compassion and understanding. The good parent likewise helps the youngster keep the failure in perspective, reminding him that the "*failure*" likely isn't as dreadful as he thinks it is, and that there are plenty of other things he has succeeded at. With the good parent's help, the youngster grows up to be a resilient grownup that is not so afraid of failure that he procrastinates.

You have to be your own good parent, which means that whenever you bomb at not procrastinating or another goal, you shouldn't criticize or blame yourself, but rather respond with compassionate objectivity. Critique, depletes your self-regard, sabotages your self-assurance, mischaracterizes the issue, and only makes things worse. Rather, be a compassionate observer and analyst of your situation, holding in mind that there are frequently perfectly great reasons behind procrastination, even if the procrastination reaction itself isn't optimal. The proper reaction to failure is to ponder it just long enough to come up with a resolution so that the same thing doesn't occur again:

A plateau is when you stay stuck at a level of accomplishment in spite of repeated attempts to move ahead. Lapsing is when you really lose ground and get less effective. Both are discouraging, and yet both are an inevitable piece of any personal growth process. If you've an "off" day, week, month or year, don't pick apart, or shame or blame yourself: simply accept it for what it is, and hope to do better shortly.

Plateaus and lapsing frequently indicate that you're setting too ambitious goals. If that's indeed the case, the resolution is to go back to a prior level of achievement you're comfortable with and remain there for a while till you find your confidence. Then, remember to set humbler and attainable goals in the future.

Plateaus and lapsing may likewise indicate that you're experiencing personal or other issues that are interfering with your ability to do your work. Most of us may tackle only one major issue at a time and, let's face it, a lot of issues, including sickness or a financial crisis, may take precedence even over making progress on our earnest dream. If something does pull you away from your aspiration, just do what you have to do without shame or remorse or regret. Finally, you'll be able to return to your work quite possibly bringing to it a richer perspective as a result of your "sabbatical".

Those who succeed are forever those who hang in. Occasionally, they have to temporarily put their challenging dream aside while they work at other priorities. But they forever come back to it. They never quit and neither should you.

(8) 5 SUCCESS HINTS

Tips to get you moving down the road to beat procrastination.

Follow This

1) Forever start Your Day with a Schedule

Scheduling is crucial as vagueness opens the door to the sorts of fears and doubts that may lead to procrastination.

Ideally, you'll know how to produce a manageable schedule that reflects your core values. If not, at least come up with an easy schedule that states specifically what you're going to be doing or working on each hour of the day. Attempt to produce your schedule the night before so that the act of scheduling itself doesn't itself become a sort of procrastination.

2) Be Prepared

The Boy Scouts got this one right. For the same reason as #1, above to prevent confusion that may throw you off your course you have to start your day with all the data, tools, and materials required to achieve your work right out there in front of you.

That signifies everything: books, paper files, PC files, phone numbers, writing implements, even paper clips. It ought to all be available, organized and in perfect working order. (Cellular phone charged? Pencils sharpened?)

Note: If, despite repeated tries, you're unable to show up for work scheduled and prepared, that might be a sign that you've a high level of dread that's causing you to procrastinate.

3) Approach Your Work Without Hesitation

Remember how productivity action #1 is showing up to work on time, and productivity action #2 is getting right to work on the right stuff? While practicing those actions, attempt not to hesitate. Hesitation gives your thoughts time to wander, and if you've got a procrastination habit, they'll frequently wander directly towards your dreads. (Now you comprehend the meaning of the proverb *"he who hesitates is lost."*)

Rehearse gliding over to your desk and beginning your work with no hesitation.

4) Remain Calm

Strong emotions, ricochet you off your course. They likewise make it harder for you to stay centered on the present so that you are able to practice the 3 productivity actions. Work, therefore, to stay calm as the clock ticks towards your start time. If you catch yourself feeling dread, anxiety or uncertainty, gently reassure yourself. (E.g., *"I'm just going to write for 10 minutes – that's all. Then I may take a break."*)

If necessary, put yourself in a little *"trance"* simply long enough for you to glide over to your desk and begin working, as our dreads are frequently strongest before we actually begin our work and disappear if we just persist for a couple of minutes.

5) Don't Make Your Work Harder Than It Is

Don't fall into the trap of presuming that procrastination is inevitable. Popular culture likes to portray the act of production as a sort of epic battle because it makes great drama, but that's the inappropriate model to follow. Rather, you ought to approach your work with a light touch, and the experience ought to be like play: simple, safe and fun.

If your project appears scarily huge or crucial, attempt breaking it down into small no, tiny chunks and working on those one at a time, while brushing off, for the time being, the big picture. This sounds like petty advice, but it's essential, and many successful ambitious dreamers have learned to do this mechanically. (And don't forget to have fun!)

Frequently, all the same, when our work isn't fun, it's because we're fearful or panicked, either about the work itself or something else in our life. As you now know, attempting to work past that dread is frequently futile, particularly if the effort is accompanied by self-criticism. Our only true course is to bravely face down and explore our dreads, and the conditions surrounding them.

Conclusion

After reading through this guide, I believe you have gained an insight on how you can further improve or view things from a different perspective.

Since the human interaction is an ever changing dynamic, fortunately by incorporating all of the above, you should be better well equipped to handle life's adversity.

If you have read this guide, I recommend you to challenge yourself and step out of your comfort zone and do things in a slightly different manner to yield positive results.

The willingness to learn and let go what does not work are the right steps towards making yourself a better you. Change does not happen overnight or in a day, but persistency and determination do!

Thanks for reading, may you by then improve your interactions in life, upgrading yourself to the next level and ultimately able to become a better, caring and helpful person.

To your personal success!

Alex Hui