

Think Yourself Phenomenal

A Step by Step Guide
to using the
Power of Thought

Joyce Louison



THINK YOURSELF PHENOMENAL

Think Yourself Phenomenal

**A step by step guide to using the
Power of Thought**

Joyce Louison

JOYCE LOUISON

Copyright © 2017 JOYCE
All rights reserved.

ISBN : 979-8663870245

THINK YOURSELF PHENOMENAL

DEDICATION

For you.

Because it is time for change, and change begins with you.

JOYCE LOUISON

CONTENTS

| | |
|--|-----|
| Think Yourself Phenomenal - The System | 9 |
| My Story - The day my book of life opened | 13 |
| Part I - Think Yourself into | |
| Phenomenal Wealth and success | 45 |
| Career verses Life Purpose | 49 |
| Changing Sponsoring Thoughts | 91 |
| Creating your Dream Life – the process | 117 |
| Part II - Think Yourself into | |
| Phenomenal Health and Wellness | 153 |
| Naturally Heal through New Thoughts | 157 |
| Natural Healing Therapies | 195 |
| Naturally Preventing Diseases | 207 |
| Part III - Think Yourself into | |
| Phenomenal Relationships | 229 |
| Being a Phenomenal Parent | 233 |
| Being a Phenomenal Partner | 253 |
| Being a Phenomenal You | 289 |
| Your Story - Impact the World Phenomenally | 317 |

JOYCE LOUISON

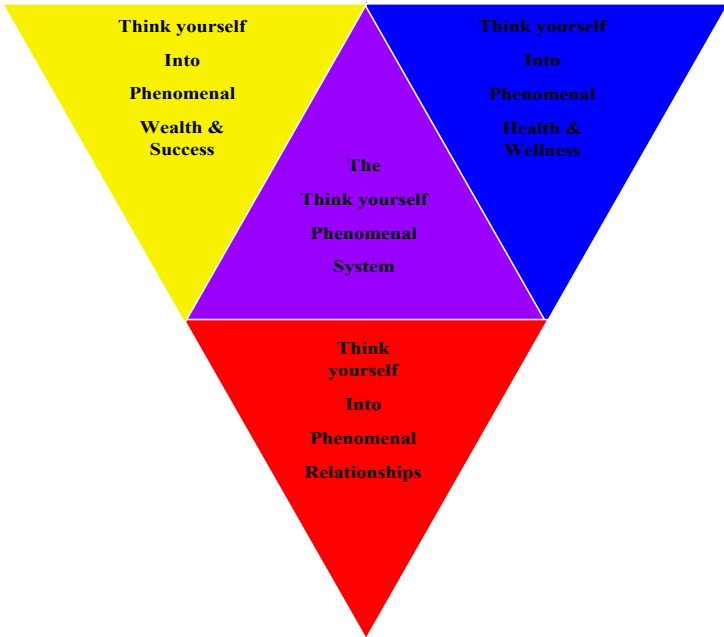
THINK YOURSELF PHENOMENAL

ACKNOWLEDGMENTS

I am grateful to the creator, for showing up in so many ways.

Think Yourself Phenomenal

The System



From the beginning of time we as human beings have suffered from the consequences of our thoughts. We have been victimised, oppressed, and endured all forms of racial and social inequality. We have been terrorised by our own kind. We have made ourselves refugees in another man's country, while our countries suffer from our wrong thinking. We have made ourselves the tail and not the head. We have placed ourselves at the bottom of a pyramid while placing others at the top. We have disempowered ourselves, and given our power to

governments, organisations, and those we think are more capable than us. We have abused our God given resources, let others bleed our world dry, until it has reached catastrophic proportions, all because we do not believe in ourselves.

We do not believe in our ability to create change, so we seek change from outside. Rather than seeking to change our thoughts, we have sort to change the consequences of the thoughts. Rather than seeking to be the change, we have handed the control of our lives and our world over to others.

This disempowerment was initiated in Genesis, in the beginning, when the serpent said unto you, the woman, "for God doth know, that in the day ye eat thereof, your eyes shall be opened, you shall be as Goddesses, and you shall know good and evil."

So we ate, because the fruit was good, it was pleasant to the eye, it made us wise, our eyes were opened, we were as Goddesses. We did not keep it to ourselves, we shared it with our husbands.

Therein begun our troubles. Therein begun the disempowerment of the woman. Therein begun the destruction of the earth.

The Think Yourself Phenomenal system is the beginning of the end to this world as we know it, as we have allowed it to be created. The Think Yourself Phenomenal system heralds the creation of a new world.

A new world, where as women, we no longer stay in the shadows, we no longer walk through this life with our

eyes closed, denying our wisdom. We no longer go through life experiencing lack, frustration, failure, and unfulfillment. No longer will we be victims, with feelings of inadequacy or inferiority, living lives filled with pain, loneliness, and unhappiness. We will begin to take our rightful place as the mothers of tomorrows leaders, the caretakers of our families, and the gatekeepers of our world. Knowing that we have all the power we need to change things, and to create our future as we truly desire it to be.

In this new world, every woman who truly desires, can use the tools and the step by step processes outlined within the pages of the Think Yourself Phenomenal System, to take her life from where it is, to where she wishes it to be. Unlike other systems, this system has not held back anything to be sold in a seminar, an online webinar or a coaching package, but has given you all you will ever need to be able to think yourself into phenomenal wealth and success.

In this new world every woman will know how to heal herself from any illness, any disease or any condition which inhibits her health and wellness. She will know how illnesses are created and have at her disposal all the tools to create phenomenal health and wellness. This system has not been designed to create followers, but to create leaders, who will teach others, who will then teach others, who will create the ripple effect that is desperately needed in our world.

In this new world, women will no longer move from relationship to relationship, hoping that the next one will be better than the last. She will no longer keep having

children, one upon the other, in the hope of recreating the unconditional love she felt at the first sight of her child. She will know the reason and the purpose behind all her relationships, and she will know how to use them to benefit her, and so, will always think herself into phenomenal relationships.

This system is designed to change the world, by turning you inwards, making you focus on yourself so that you can recreate yourself in the highest and best version you ever imagined. It is designed for the many, for the masses, not for the few. It is designed for you. It is designed to flip the Maslow's hierarchy of needs theory on its head. It is designed to put you back on top, to remind you that you have and always had the power, and that you were always in control. It is designed to show you how to think yourself phenomenal, proclaim it, and live it. As you live from a phenomenal space, you then create phenomenal impact, and change the world. You become the light house, the beacon that signals the way for the rest of the world. You become the change, because,

"It is time for change, and change begins with you."



*"The best self-help book written since Napoleon Hill's
Think and Grow Rich."*

Andy Harrington - Jet Set Speaker

*"After going through this system, you will never need
another self-help book."*

Tony Vee – Master Coach

My Story

The day my book of life opened

People often talk about having a dream, working towards it and finally achieving it. I never had a dream. I never had a plan which I could work towards. As Napoleon Hill said in his book *"Outwitting the devil,"* I drifted through life. But whether we have a dream or not, there are certain moments which occurs in our lives which creates an indelible impression in our minds, and if seen as pieces of a whole puzzle, can create a treasure map for who we are and what we came here to do.

It is Saturday the 8th of March 2014. I drive my daughter to the Lagan Side courthouse where she is to take part in the finals of her school's mock trial competition. I am so proud of her. She is wearing my best black skirt and a black and white long sleeve shirt, with a black blazer, one size two small over it. I am even more proud as she exits the car and

goes over to her fellow student who is in her mom's car and coaxes her out. That is her way, leadership comes to her naturally. Within minutes she rounds up the whole gang and they proceed to get coffee.

As I drive off, I had a sudden realisation that this is it. This is it and there is nothing more I need to teach my daughter. She is on her way, and nothing will stop her achieving her dreams. Her new dream which was born after she reads Constance Briscoe's book *Ugly*, is to be a magistrate. At that moment, I am certain she will get there. I feel there is nothing left for me to do, I was done raising her. All that I need to do now, is taxi her to and throw and provide her with spending money. As I sat in the car under the traffic lights, I think, if this is all I have left to do, I will do it to the best of my ability.

It was as if God, or the universe, breathed a sigh of relief, as if saying finally, finally she gets it. Finally, our work has not been in vain. For on that day, I woke up from the dream that had been my life. It was as if my genie had been let out of its lamp and it could not be put back in. I knew with utter certainty that there was something going on, of which I was an integral part. Something was happening and had been happening all my life and I was not even aware of it.

The topsy-turvy finale begins late December 2013. It starts with our pre-Christmas trip to visit my friend in Peter's Borough. She was my best friend on the army camp and had moved to Peter's Borough when her husband had received his new posting. As we drive around the roundabout that would lead us into Peter's Borough, I find myself fighting back tears and plastering the best smile I could muster on my face. We have just ended one of our numerous arguments about everything, but nothing particularly. I try

to maintain even a trace of a smile so that when I meet my friend it would not show that I had been crying. My daughter is in the back seat and the most embarrassing thing for me is for her to see us fight. But lately, it's become harder and harder to avoid. We get there and if she noticed anything, my friend did not say. The entire weekend goes by with us barely able to be civil to each other.

While booking the trip I came to the realisation that once again, my husband is gambling. It is Christmas and after getting paid his last salary before Christmas he is unable to contribute even a few pounds to the trip. I had promised my friend that we would visit and so in order to save face, I pay all the expenses for the trip, from travel down to giving my husband money to purchase alcohol when we arrive in Peter's Borough.

I became aware of the problem a few months before. The problem had been there for a while, but I did not know. I did not know because I had spent all my life taking care of myself and made sure to let my husband handle his own finances. The cost of the house rent was deducted from his pay and after taking care of the car insurance, electricity, and his child maintenance, I felt he would save the rest of his money. With my meagre wages, I take care of our food and all my other expenses which include a mortgage back home which I am wholly unable to keep up with. Still, I refuse to get involved with his finances. So when the gambling started it went on for a while before I knew.

We fight about it over the phone while he is away on an army exercise, and I threaten to leave. He takes emergency leave and comes home with a bottle of Mac Daisey perfume. I relent, I call a debt management service and get all his debts

consolidated into one manageable monthly payment and think, okay, we can breathe now, after a few years he will be able to pay off this six-thousand-pound debt. Now I find out, not only has he stopped the payments, but he has also started gambling again and now the debt has climbed to ten thousand pounds. This Christmas, he cannot even look me in the eye because his entire pay cheque had gone up in paying back payday loans.

Returning from Peter's Borough, things get even worse. During one of our numerous fights my husband brings up the fact that our attempts to have a baby had ended in failure. He compares that to him having slept with his old flame once and impregnating her that same night. When I hear these words that day, it was as if something inside me snaps. I feel completely defeated. I had tried so hard all my life, and this is where I end up.

On the floor of my living room, crying and singing at the top of my voice, *What now* by Rihanna. What now? After trying everything and failing every time, what now? After marrying a man ten years younger than me and being the best wife I thought I could be, that too had failed. What now? After getting good grades in school, working to try to make something of myself, now I was on the verge of losing it all. I had unpaid rent that my sister seemed unable to collect. I had been playing an impossible catch up game with my mortgage and I could not see a way to avoid losing my house. What now? I had no papers in this country as yet. I could not go back home, again, with nothing. What now? I had not sent money for my mother in months, because I had none. What now? I had a daughter in secondary school, and she only had me, and I had no one. So what now? I hated my

job, it was unfulfilling and underpaying. I had not completed my accounting studies which I began on the day I walked out of college over fifteen years ago and which should have just taken me three years. Neither had I any recent accounting experience as every place I applied to told me. So what now? No matter how I looked at it, everything I had done in my life added up to zero. I was a failure, a complete wreck, I had no future, and I could not see a way out. What now?

I felt as if God was just sitting there laughing at me. I had been going through the motions for so long that I could not even get the emotions to come out. There was no one to help me. I had no real friends even though I was surrounded by women. I told no one about my affairs. I just kept everything to myself and smiled my way through life if I could muster it. I envied people who had best friends they could tell secrets too because I had none. I never did. Even in school I kept my best friends to a minimum. And no one, not even I, knew my pain. I kept it all inside and just kept on going. I wanted to scream but I did not even know how. I did not know how to feel, how to really cry or where to go and I certainly did not know why my life had turned out this way. So what now?

I cry and sing until the next-door neighbour comes over and says nicely, "please, turn the music down, the baby is trying to sleep." I wiped my tears away and turned off the music and resolved to fix this. I was going to fix my husband. Obviously, he was the source of all my problems.



On New Year's Day 2014, I completely stop speaking to my husband. I prepare meals and hand him his meals but apart from that there is no communication between us. He is about to get the Joyce-fixer-upper. When he sleeps in the same bed with me, there is no physical contact, in fact, he does not exist for me. I was good at that, I had done it with the first man I had loved. I had not spoken to him for four years after meeting him in town with his girlfriend. I knew a thing or two about pretending people did not exist. I had done it before, I was good at it.

To fill my time, I turn to the internet. YouTube to be specific. I find out that Oprah Winfrey has her OWN show on YouTube. She has "Soul to Soul" and "Super Soul Sunday" and "Iyana Fix my life." And boy did my life, no, my husband's life, need fixing. Thankfully, I have a job where I have Wi-Fi and can keep my headphones on all day. I listen to everything. I cry tears I never knew I had. I learn things I never knew existed. I hear about the secret and about the law of attraction. At the end of twenty-one days of not speaking to my husband I realise two things, one, you cannot fix people and two, the only person that needed to be fixed was me. And boy was I fixed.



Forty-six days later, on that beautiful Saturday in March, I realise my entire life had been a journey leading up to this frightful topsy-turvy path and culminating in this moment. I arrive home and using what I had learnt in the past few months, I quickly write up a Facebook and WhatsApp post, in which I go ten years into the future and congratulate my daughter on becoming one of the most influential Judges in the commonwealth.

I begin to clean my house. In a few hours, I must return to pick up my daughter from Belfast, so I clean. Suddenly it was as if my book of life opened. A voice is in my head, and it would not stop. It keeps going on and on. There are so many words in my mind, but they are all about me, about my life, about my thoughts about my words and about my actions. It is as if I can see clearly for the first time in my life. As if I can look through my book of life and read the record up till then. And I have not died and gone to heaven, it is all in my mind. A broken record that will not stop. Everything clicks. The world makes sense. I know something, and it seems like I had always known it, as if I was just remembering it for the first time.

I feel in that moment, I should record this, I should get some paper and I should write this down. But then I think, it is Saturday, I should clean the house. As soon as I have this thought everything stops. I feel OMG did I just miss my chance? Did God give me a gift and I let it go because I had to clean? I feel bereaved as if a great gift had been taken from me. I went to bed that night confused and a little disappointed.

I wake up early the next morning and realise, an entire plane, Malaysia Airlines Flight 370, has just disappeared off the face of the earth, and I cannot see past my window. The fog is so dense, it is like a blanket over the house. I had been in Northern Ireland for four years and never experienced fog like this. I think, "those ladies have fogged me out." I had sent my message out yesterday and I was sure not many people understood it. Many of my friends had said congratulations and some had left the group, which I inadvertently created to send the WhatsApp message. I think, "their confusion must have fogged me out." Now, why I have this thought, I have no idea, because at that time I did not yet realised how connected we were to all things.

Then it starts again. The words from yesterday begin to play in my head again. I don't think I am crazy, but I think OMG, I can be a writer, or I can be a poet, in fact, I thought I could be anything I wanted to be, but these two thoughts stick out in my mind because I have so many words in my mind. I decide okay, today I will write. I do not get paper, but I take out my phone and send out a message to the same WhatsApp group I have created. I think, this is very interesting, this can help someone. It was only women in the group, and someone in the group comments "happy International Women's Day." So I call the group Phenomenal Women. To commemorate the naming, I send out Maya' Angelou's *Phenomenal Women* poem, which I listened to over and over the previous day.

Remembering how the words stopped when I thought I was too busy to write them down, I resolve to never make that mistake again. Every time the words come, I send them out

in a message. Until I did, they did not stop replaying in my head.



I remind my group that it was never too late to start or to finish accomplishing their dreams. I encouraged them to dust off ideas and projects that had been shelved and start again, because that was what I was doing. I reminded them of the remarkable story of the children of Israel who took forty years to complete a journey which in a worst-case scenario, should only take a maximum of a few months. I reminded them of the many who said, "we cannot take the land, our issues are too big, we are too old, we don't have enough money, it's too hard, you don't know what I have been through, I must raise my children, I should take care of my husband, it's too late, what would people think of me," and the list of endless excuses we use to keep ourselves from trying again. I remind them that when the entire world says, "it's impossible," that was the time to do it. Because it was during the impossibilities that the whole universe begins to conspire in our favour. It was time for me to get out of the desert that had been my life and get into my promise land. I thought I was encouraging my group to do something great and important with their lives, but I was encouraging myself, for now, I was certain there was something great and important that I was meant to do.

I tell them about thoughts and how my thoughts created my life experiences, because that is what I saw when I looked in my book of life. I encourage them to not be afraid, but I was encouraging myself, because I was afraid. I had been afraid all my life. People began to leave the group, that did not stop me. I had found something, and I was not about to let go. I

was open, I hid nothing, I told everything. I no longer had a private life, I was an open book. I could not decide what to refer to God as, because God to me was no longer a man in the sky with a white beard, the image I grew up with. God now represented everything to me, and I did not know how to call God, so I call it everything; he, she, it, creator. My friends ask, "have you lost it Joyce?" and I answer "yes, I may have lost my mind, but I had finally found my soul." I was a new being. I had been baptised in a church before where I was told I was born again but had felt the exact same way. But now I know, I am born again. I am fully awake, and I have never felt so alive in my life.

I begin to see and feel my connection to all things in the universe, how when my emotions shifted, everything, from the weather to people's reaction to me, shifted. Every event took on new meaning and gained new significance. I was not learning, I was remembering and thankfully, my group gave me the opportunity to share my new-found knowledge. I shared everything. I held nothing back, I did not water it down, I gave it all out.

I thought I was helping women, but I was helping myself. I thought we were on a journey, but I, was on a journey. I thought they had to say yes, they had to willingly decide to go on this journey with me, but it was I who had to take the journey. I had to decide, I had to choose to be phenomenal. I had to choose to stop sabotaging myself. I had to choose to stop failing. I thought I was writing a manifesto for the group, but I was writing my manifesto.

That summer of 2014, Northern Ireland records its warmest year on record since 1910, and England records its longest stretch of sunny days since 1659.

On the 28th of May 2014 Maya Angelou, American poet and writer leaves the planet. Something inside me clicks, eureka, this could be a book, I can put these messages into a book. Instantly, I make the connection; three months after thinking "I can be a writer, I can be a poet," I who had never thought of writing a book or thought there was anything particularly interesting about me, had written and published a book. I who came from a country where writers are few and far between, had written a book. I had become a writer.

I thought this was the end of my journey, in fact, it had barely begun. Sometimes we think we are done with our limiting thoughts, we think we are done making the wrong decisions, but it is what we do when faced with those decisions a second, a third, sometimes even a fourth time, that really determines who we are. If our soul is not convinced, then it keeps bringing us to that place over and over to make that same decision, with different people, in diverse ways. Until our soul is convinced, it does not move on.



While my book of life is open, I see clearly, that every one of my attempts to create success in my life, had ended in failure because of deep-seated fears, that until then, I did not realise I had. I was unconsciously sabotaging myself every time.

My first attempt at success came in secondary school. I started a juice business with my two best friends. It lasted one day, because I could not understand why they did not want to take the journey with me, how could they not see my vision, why did they not support me, why did they not believe in me?

My second attempt was in the height of the credit card fraud era. I decided to open the first dollar store in my country. I Spent many hours placing my first order and it did not come through. I could have tried again, but I never did. Even after I was fired from my job and handed enough money to place the order legally, I never did. A few weeks later the first dollar store in my country opened its doors as if to slap me in the face.

But I did not give up, I took that money and travelled to America to purchase computers to open an internet café and computer school. My partner had used his credit card opportunity to open a successful electronic store and I was certain I could do better. I landed at JFK, I felt on top of the world, I had money in my pocket and a dream in my heart. My first day was amazing, I found an admirer who took me touring New York all night, even offering to take me to city hall to marry me. I slept in a beautiful hotel in queens and the next morning went to purchase my stock. It was not what I expected. Suddenly, I descended into fear and the fear grew to panic. The money in my pocket felt like nothing, I immediately felt poor, I joined the line with the hungry on the streets of New York, I went to the homeless shelter, I spent the next five days huddled on the floor of a Bronx apartment and went back home with all the money, a used laptop, and a heart full of disappointment.

But something in me, made me keep trying. At the airport I purchased *The Principles of Success* by Jack Canfield. I began reading it and thought, this is it, if I follow this, I will be rich. I highlighted the main points, did the few exercises, finished the book, placed it on the shelf never to be opened again.

But that did not stop me. I decided to open a restaurant. I started by doing some catering. I never forgot the feeling of getting that first check. It was like a drug. I followed it up by selling some of my famous chicken and beef roti at a cricket game. I stood outside with the other vendors not making a sale. I began to panic and then cry. I remembered the time years ago when I had to take my juice back home and drink it all. I thought, I can't take this food back home, God help me! Before the words were out of my mouth, one of my friend's brother stood in front of me. Tears streamed down my face in relief. I said, "Thank you God." I bought a ticket and entered the stands and within one hour, with his help, I was sold out. I got the venue for my restaurant, got it painted, I purchased the tables and chairs and all the equipment. I knew what I would sell, and how exciting it would be to have the footballers from the field opposite, in my restaurant and bar. I could see it all coming together. It was December and my then boyfriend said, "you can't open now, you have to wait till January". Those few words again sent me into fear and instant panic. I got angry and said, "I am not doing this anymore." I had to give up the place, return the furniture and the equipment. The store refused to give me back the full sum of my money, I lost my rent deposit, but that did not put a dent in my fear. I found myself passing the building daily and looking at it with longing, and a deep sense of failure.

But that was not the end of Joyce. I decided I would become a real estate agent. I had never done that before, but somehow, I knew everything there was to know about real estate. I set out listing neighbourhood by neighbourhood. At that time, there were no real estate agents in the south of

the island. I never did anything on a small scale. So, as with my restaurant I formed a fully registered company. I made signs and had a logo and letterhead and an office right next to my favourite thing in the world, the beach! I was in love with this new career. I loved the sun and sometimes when I felt I had done enough work I would simply go to the beach and enjoy myself. I enjoyed meeting and speaking to new people. I was very friendly so many people signed up with me. I remember the first time I rented a client's property. I rented it to a Canadian lady named Barbara, whom I keep in touch with so many years later. I remember the feeling of getting a check for renting someone's property. This was even better than the catering money. I had all my plans laid out in my mind, I would develop an MLS listing for the whole country, I would, I would, I would...

Then one day I met a nurse. I went to get her to list her property with me and we began to chat. Then she says, "what's a nice girl like you doing walking around in the hot sun? You could be a nurse. Nurses always have a job, and they make good money." Once again, the fear and panic gripped me and everything about me changed. I should have told her and told myself, then and there, that I did not want to be a nurse. I should have explained that I was passionate about the sun and loved talking and meeting new people. But I did not. I kept thinking, oh my God, why wasn't I a nurse? Nurses get jobs all the time. Look at me walking around in the hot sun doing real estate? The sun became too hot, and I was now afraid to talk to people.

I shut myself in that office and I cried and fasted for thirty days. Every day I would leave home, drop my daughter at school and instead of working, I would cry and pray all day

in the dark office. If someone knocked the door, I did not answer. I never went out to do my business. I never even tried. I remember the day I said so clearly "God, just give me a job, I can't do this business thing." Within a week, I had a job a few yards away from the place I had my office. I passed the office every day and looked away in pain, trying not to imagine what might have been.



Now as I look through my book of life, I see clearly that my successes and failures do not come as rewards or punishment from God, but as a direct result of my thoughts, my words, and my actions. There was no way I could fail this time, plus, I had written a book!

I now know I am part of a living organism in a thought system, which had existed from the beginning of time. I am now aware that I operated under a universal law of thought, that governed every aspect of my life and that of every person in existence. I see clearly that I was having the thoughts, then, going straight into action without a definite plan or purpose. Without a definite expressed purpose my thoughts remained low vibrational thoughts. I never express my thoughts in words. I never made my thoughts visible, neither to myself nor to others. So I did not have something tangible to fall back on for encouragement. I did not share my dreams with the universe and therefore it did not conspire with me. I found it easy to move from one thought to the next, from one action to the next, without fulfilment because I had nothing and no one to hold me accountable. I daydreamed but never visualised, I wrote no affirmations, never gave thanks, so even though I always begin, I never finished. The only difference was, now I knew there was a

system, I knew there was a law that governed every single thought on the planet. I knew there was a process and if I followed it, success was inevitable.

But how I wish I had also known about my sponsoring thoughts and their impact on my life. How I wish I had known that it was the thought, behind the thought, behind the thought, that produced the results of my life.

Now my book of life is open, I can see every sponsoring thought and the results it produced.

At seventeen I visit my father whom I had not seen since I was four. A not so secret admirer gives me an exotic drink which I detest. As I secretly pour my exotic drink down the drain, my father sees me and ask, "who gave you that?" When I nervously answer, he says, "here, take this money and pay for it." In that moment, I am so proud to be his daughter, the daughter of a man who does not want his daughter to take things from a man for free. I determine in that instant, *"I will never allow a man to give me things for free and I will always be able to take care of myself."* That sponsoring thought plagues every relationship I have with the opposite sex. Unconsciously I attract partners who are in no position to take care of me. When they try to take care of me or buy me things, I move on to the next, until I meet my husband, whom I cannot simply move on from. Back in my country, I can take care of myself, I was a single mother who lived with my daughter, but now, I am in a foreign country, as my husband's dependant. I cannot simply move to the next. I must face my sponsoring thought head on. My sponsoring thought wins, it completely changes my husband into what I need him to be. A man who cannot give me things for free, and so I am forced to take care of myself.

There is always a villain to every hero. I find my villain on the camp where I live. I love her, but I just cannot seem to get along with her. We have arguments after arguments. In our final ditch attempt to lay things to rest she invites me to one of our mutual friend's home for lunch. Halfway through lunch, the friction begins to show its ugly head. She asks, *"Joyce, do you think that every time people meet in their houses they talk about you?"* My answer is a resounding "yes." Because that is my truth at that time. But it seemed as if I had set the whole universe in motion, and everywhere I turned it was as if people were talking about me. It becomes so bad that finally one day a friend came to my home and says, *"Joyce, do you know that when these women meet in their houses, they talk about you?"* I instantly remember the day I created that sponsoring thought, put it into words, and now my sponsoring thought had become my reality.

By now, I have seen into my book of life, I have written a book, I am preparing myself to teach the power of thought. I am careful of the things I think about and the words I express. So when I created another sponsoring thought, from the depths of fear, it takes some time for me to connect the dots. Sometimes our limiting thoughts can go back generations, until we begin to believe them as truths. I sit down and I think, to do this, I need to sort out my hair. I write in my dairy *"1. sort out hair,"* giving it added energy. Then, I take action. I drive eight miles to a hairdresser and get my hair done in some beautiful long silky braids. As I paid the hairdresser, I think, this is it, this is the image I want to show the world. As I drive home, I instantly know something is wrong. I blamed the feeling on the fact that I was charged forty pounds, instead of the sixty pounds I expected to pay.

I think, maybe I should have insisted and given her all the money, maybe I will invite her for coffee, tell her how much I appreciate this and give her the other twenty. I get home, I stand at the sink, in front of the mirror admiring my braids. As I looked closer, I see at the front of my hair is a dry patch. I moisturise it and it seemed that I was simply feeding it. It gets worse. I washed my newly installed braids and the dry scalp spread and takes over my entire scalp and begins to itch. I take off the braids, washed my hair several times a day, and stand by helplessly as my hair begins to fall off. I decide I need a doctor. After two uninterested doctors who confirm I had pityriasis, and a few unhelpful medicated shampoos, I made the connection between my thought, my words, and the results. I immediately change that sponsoring thought, I began to love and appreciate my natural hair, and I decide, even if I had to do this bald, I would. And just as suddenly as the disease came, it left.

A few weeks later, I receive the usual marketing spam to test drive a car. I had nothing better to do so I go to the dealer, and I test drive a Dacia. I come back to the shop and the salesman ask my opinion. I tell him I did not like the Dacia at all, then I see someone drive in from testing a Nissan Juke. I say, "wow that is a beautiful car." Within minutes, I was returning home, owner of a brand-new Nissan Juke, in the exact colour as the one I had on my vision board, and I remember the sponsoring thought I created on the eighth of March, a few months before, *"If taxiing my daughter and providing her spending money was all I had left to do, I would do it brilliantly"*.

Still flipping through the pages of my book of life, I come to terms for the first time with the power of meditation and gratitude.

I had no idea there was such a thing as meditation and I did not know how to do it or what it was for. The first time I meditate, I sit in a tree peering at the setting sun through the leaves and branches of the tree I sat on, in the secluded garden on the army camp. It is quite funny because meditation is about stilling the mind, but I could not stop thinking. I joked, "God you will have to do what you have to do, with me thinking. Since I was a child, my teachers called me a chatterbox, it is not my fault." Instantly I felt a tingling sensation in my head as if my brain was being rewired. But I was still thinking, I think so much that I think about Bill Clinton, which is a shock to me because it is a thought that is so out of the ordinary. I knew then, we are subjected not only to our thoughts but to all thoughts that are floating about in the universe. I also knew that thoughts are not private things, as previously believed, but are present in the universe as energy to be experienced by anyone who comes into its vibrational field. Through meditation I realise that I could talk to my cells and give them instructions which they gladly followed. I made the connection between meditation and the clouds. Because when I meditated the sky would completely clear up, become a beautiful blue and the sun would shine, or on occasions the clouds would form the most delightful and intricate patterns.

Without knowing it, I was becoming a thought expert, for I now knew so much about the human thought. I could see my thoughts leaving my body and floating all around me. I could see that it had the colour of water. In a room I could

see the thoughts of the audience heading towards the front of the room. I could instantly make the connection between an expressed thought and the upcoming result. I was a thought expert.

I realise that through expressing thanks and being happy I impacted the entire universe and removed the impediments I had placed in my path throughout my life. My finances changed. I stopped dreading opening the mail and somehow found that I now always had money to give my daughter. My mortgage which had caused me so much stress a few months ago was paid off. While everyone told me, "things are bad in the country, houses don't sell these days, you will not get what you are looking for," my house sold twice in the space of a couple months. A young British lady put down a thirty-six-thousand-dollar deposit and never looked back. A few days later someone else purchased at a price which allowed me to make the exact amount I desired. I joined a band singing on national stages all over Northern Ireland. My daughter represented Northern Ireland in Birmingham. In fact, my life just shifted gear. There was nothing I could not achieve. The universe was conspiring with me.

I gained a new perspective. I was completely aware of the direct relationship between my thoughts and my creations, my ideas, and my experiences. I saw everything. I understood everything. It was all clear to me, and through this new perspective I created new thoughts.

From my new vantage point, I saw that my time was not fixed, but in fact very flexible. I could stretch my time or shrink it. I stopped being late for anything because it was disrespectful to myself and to others. I stopped using an

alarm clock and instead used my mind. I just decided what time I wanted to get up or sometimes left it to my soul to decide and better than clockwork I would be up. Not one minute before or one minute after but the exact time I decided. And I woke up feeling energised and ready for the day, compared to the fatigue of waking up with an alarm clock.

I saw my husband with new eyes. I remembered that I had married a tall, handsome, intelligent, talented, and loving young man, whom I use to think God had spent extra time on. I realised how unfair I had been to him. How I had brought him into my life without any definite plan or purpose. I had simply thought, "I want a man of my own, who did not have a woman," and within a week I met him. He sang the words to a then popular song, "I need a woman by my side," and that was it. My thoughts and my words had become a deed. I apologised to him and forgave myself. I began to appreciate him, respect him, and speak about him in positive terms. He seems to metamorphose in front my eyes, he grew taller, more confident, many nights would find us in the kitchen discussing one philosophical topic or another. I never forget him saying to me when I tried to explain something to him in layman's terms, "Joyce don't bring your standards down for anyone, keep them high, people will rise to meet your standard".

With my new perspective of no longer raising my daughter, she flourished. We became best friends. She led her school within one point of the United Kingdom national mock trial competition that year. As a teenager she shied away from involvement in my new rituals. But she always brought a

secret smile to my face when she came home with stories from school, and I hear my words echoing from her mouth.

My new perspective taught me the importance of not cheating myself. And that in fact I could not cheat myself even when I tried. Because I tried. I travelled to Dorset England for a Reiki course with author Richard Ellis. I took my car and to save money I ignored his suggested guest house and brought a sleeping bag and decided to sleep in my car. I did so two nights. It was the most uncomfortable thing I ever did. A few days after being back home, I receive two bills in the mail. One was for parking fees and the other was a speeding ticket from Liverpool. I had paid much more than if I had simply booked the guesthouse.

I was never a good liar. In fact, I remember my foster mother saying, "Joyce cannot lie." But I did try. I tried until the day my new perspective showed me that when I lied, I was simply fooling myself, for I could not lie to the universe. I lied to my boss claiming to be sick, to edit my book for publishing. Only to have the book refused, realise that it was not publishing ready, and almost get myself fired.

I was standing at a point where I saw first-hand the effects of judging others and how judgment was like a boomerang. Our work place takes part in the Belfast marathon every year. That year one of my co-workers never showed up on the walk, or so we thought. She came in the next day with her medals and said she had done the walk. I did not believe her for three hundred and sixty-five days. The following year, I was late, so I took a different route in the hope of catching up with my co-workers. As soon as I reach the main group of walkers the first person I saw, was her. I knew instantly that she had done the walk the year before, even though I

thought she was a liar for three hundred and sixty-five days. I finished the walk and found out that no one believed I had done the full walk just as I had not believed her. A friend shared with me an incident in which she became pregnant while on the pill. When she told her friend, her friend gets very angry with her and does not believe her. Even going as far as to call her stupid. She then told me the same friend has since then gotten pregnant twice while on the pill.

With this new perspective, I knew how to love and accept people and realised that everyone was right in their own hearts and mind. One Sunday one of my co-workers sent me a text which was not very pleasant. My thoughts were, "who does she think she is? I will stand my ground. I will not give in like her last victim. I have God on my side, I am a conscious thinker, I am awake!" This co-worker was partially deaf and was notorious for doing a hundred and eighty-degree change and just deciding she no longer wanted to be friends with you. As I picked up my daughter on Monday afternoon she asked, "what's wrong mommy?" I say, "It's that lady at work. I could feel her negative energy all day, I feel drained". She said, "but mommy, why are you bothered by her, you don't care about her." And in the past, I would have agreed and moved on with my life. But I say, "yes, I do, I do care about her. I need to find a double dose of love to counteract her negative energy." I immediately thought to send her a text and apologise. The second I did, she was immediately apologetic, and happily sharing her problems the next day. Sometimes we think people are doing things to hurt us, but most of the time people are convinced in their hearts that their actions are justified.

Towards the end of May, a northern Irish Christian pastor decides to play a part in my movie by standing on his pulpit and denouncing the religion of Islam and Islamic people. Even though the public crucified him, and the police arrested him, my thoughts remained steadfast. I publicly wrote a post in which I forgave him on behalf of all muslims and all groups which felt themselves marginalised. I did not waiver from the belief, that he did nothing wrong. He simply did what he did based on his perspective of the world, which from this new perspective, I could understand.

With my new outlook I cognized that fear was False Evidence Appearing Real. I had been plagued by fear all my life. It was not fear of failure, I was down with that. I thought it might have been fear of success, but in truth my biggest fear was a fear most of us face. It was the fear of what others would think about us. One of my friend's partners sent a message to the group asking me to stop. Suddenly, I was once again gripped by fear. I now realised that not only the members of the group were reading my messages but maybe their friends and family. I had dressed up my fears by covering it up with smiles, white lies, and platitudes until it seemed the natural way of life. I had been covering up my fears all my life from since I could remember. In primary school, I fought with everyone to cover my fears. In secondary school I teased everyone. At work, I just quit after a few years and found a new job. In business I just gave up and started another. In relationships, I just stopped speaking to you and drifted to someone else. I never faced my fears. Now, I had no choice, I was an open book. What would people say if I suddenly stopped sending out messages? How would I feel? When I missed a day, I felt so bad. What if I missed the rest of my life?

I had to face my fears. But it was hard, because the higher you climb, the harder you fall.

The fear that day became panic, and the panic became rage, which I expressed by calling my friend and giving her a piece of my mind, about her partners post in the group. The fear took on new properties, it infected everything and everyone around me. My work, my studies, my friends, my daughter, all the choices I was making, everything was being done from a state of fear.

Once I changed my perspective, my thoughts changed. I put myself in my friend's partner's shoes and I told my truth. I spoke from my experience and cited other examples. I told them my story and I concluded reminding the members that everything was a matter of personal choice. In that moment, the fear was gone.

I gained new insight, stopped fighting the process of life but leaned into it, trusting my intuition, and trusting the universe. On my way to work one day I put the postcode in my navigation on my phone. Some miles later It says, "you have arrived at your destination." I could not see the place. I thought the phone must be wrong. So I turned the car around and drove back down the road. I drove around in circles for fifteen minutes. I asked for directions, I called the boss, I was directed right back to where the phone said I should be. The place was two car lengths down the road and not visible from the main road until you are right there. On another occasion I was taking my daughter to a party. I put the directions in and started driving. A mile down we decided we were going the wrong way. The navigation must be wrong. I did a U-turn and went a different route. The phone had to reroute. I thought something must be wrong.

I switch off the phone, park the car, switch on again then tried to get the route. By this time, I was way off route. Finally, we decided to just go with the flow. I found out I had driven for forty-five minutes to get next to a place I knew like the back of my hands, which would normally take ten minutes of driving. This created a new perspective for me, and I finally learnt to move forward even though I could not see the finish line.



I stop moving at snail pace and by December 2014, as if by use of magic, I completed my long overdue accounting course. Then I begin to think, who will listen to me teaching on the power of thought if I am not at the top of my career, I don't have a degree, I don't have a PHD? I need to get to the top, fast. I need to work on my career. Within a few weeks I had a job in accounts. Then I thought, if I want to get to the top, I need to focus on this. The skies darkened, the sunshine is gone, I begin to feel as if I had let the whole country down, I could not enjoy nature, I had little time for gratitude and meditation. I was busy working on my career so that I could fulfil my life's purpose. I got very sad, because for the life of me, I could not remember what that purpose was. I thought, if I reached the end of my days and I was at the top of my career, I had the house of my dreams, I had the car of my dreams, but I had not told a single person about the power of thought and how it impacted their life, I had not influenced a single person to change their sponsoring thought to help the planet, would I be happy? I knew I would not, so six months into my career I walked away and walk onto the path of fulfilling my life's purpose. Then I realise that all my unconscious experiences had been designed by

me with the cooperation of the entire universe to bring me to the realisation of my soul's purpose.

I walk in to the lounge of the dementia unit of the residential home in Bangor. I look at the residence sitting in a dazed semicircle with their backs to the sea front, my eye caught sight of a book, *Guide to Natural Healing* by Geddes & Grosset. It seems so out of place amongst a pile of old tattered magazines which no one paid attention to. I flip through the pages and felt immediately connected. I need this book, I thought. I started for the door, and a resident says to me in clear unbroken words, "the book I brought for you, don't forget to take it, it is important, here take it." That book was placed there for me. It became the most important book I own.

I walk into another residential home and just in the same manner, I happened upon a book *The Reiki Healing Bible*, by Richard Ellis. Again, I felt the connection, I asked who owned it and no one took ownership nor seem to care. The book led me to an online Reiki practitioner course. I thought maybe I need to do this in person. I found the author and went on a Reiki course with him. While at the course I find myself continually thinking, I can do this better, and recording and analysing the thoughts expressed by my fellow students. On the second day Mr Ellis said, "everyone, pick a card." I did. My card reads, "you have something big to accomplish, stop looking for outside help, trust yourself and do it." Mr. Ellis looked at me and ask, "Do you know what it means?" I smiled and said "yes." I did not go back for level two or three, but I did my online course and began to realise that my journey had a peculiar direction, which had me depending on the universe, rather than anyone particularly.

I thought, I have all I need to complete my wealth and success, and health and wellness courses, but my relationship course is a bit scanty. I have mainly had good relationships and the way my mind, body, and soul works, I see no evil in others, I see no bad people, so people only bring me good. Any pain I face is instantly forgotten, as I take full responsibility for all my experiences in every relationship.

I thought, I will have to pay Tony Vee two thousand five hundred pounds to teach me about relationships. I changed my mind about that. I thought okay, I will attend his two-day free training and pay as much as four hundred for a two-hour session with him to get what I am missing. I changed my mind about that. Only to realise that God had me covered. The creator had gone all over the universe to find me two people in the right time, and in the right place and brought them into my life at the exact same time to teach me all I thought I was missing about relationships.

- How to love someone unconditionally, without expecting anything in return.
- How to put myself first, even when it seemed the most difficult thing to do in the moment.
- How to love in a platonic relationship unconditionally when that person seemed difficult to love.

That person came with the question, how will you deal with difficult people, who have their own issues, who are damaged, who cannot see straight. Through that person I learnt how to love unconditionally, with my whole body, mind, and soul.

The universe did not stop there, and now I was on the lookout for books, messages, and feelings of what to do,

what steps to take, and how to proceed. I went into the storeroom of a hostel I did a shift in, found a book covered in dust and looking so lost and out of place. It was, *Amazing memory* by Dominic O'Brien. This book taught me how to literally stretch my mind, how to memorise my talks, how to do mind tricks, to demonstrate the power of the mind. It became my go to book to prepare myself for the work I was about to do.

My final book was not found at work but online. I happened upon a YouTube video offer, of a free book if I paid shipping and handling. I never go for online gimmicks or promotions, this time I simply got my card and paid the shipping. It was *Passion to Profit* by Andy Harrington. It dotted all my i's and crossed all my t's. It showed me how to take all my experiences which by now, were recorded in books all over my home, and arrange it into a teachable system. It showed me how to tell you my story.



And what was my story?

My story is, I finally wake up to my destiny, predestined even before time existed for me. I had been here before, my parents called me *Joyette*, because it was not time yet for me. I came back a year later and they called me *Joycepre* because still, I came early, in advance, before my time. I just wanted to get on with it, get on with the job of fixing the world before it was too late.

At three years old, my mother tells the tale of me taking my older brother for a drive in my father's car, only to be stopped by a tree standing in our way. She reminds me how at three years old, I saved the family from disaster during

hurricane Alan, one of the deadliest In Dominica's history, by screaming at them, "let us go by granny!" at which point they instantly let go of the roof they were holding down, which promptly flew off. I knew I was a driver, I was meant to lead people, I was meant to save lives, but I forgot. I forgot so much that I began to think that my experiences, my creations, the things which were laid down before the beginning of my time were bad.

I thought being transplanted from all family, leaving behind brothers, sisters, mother, father, cousins, and friends was a bad thing. I thought growing up without any outside influence was a bad thing. I thought not being influenced by family, by religion, or even by society but growing up with the trees for company and my Walkman in my ear was lonely. I thought it was fear making me move through relationships, through jobs, through business opportunities and through life. I used to marvel at how my best friend could rent for so long, stay in the same apartment for years, in the same job. Sometimes I envied her because I could not. After a couple years in a job, I would learn all that I needed and think, what else, what's next, where do I go from here? In relationships, I went to the mountaintop, then it was, where to from this? In business, it was okay, we have created, on to the next. For some reason I was anxious to get it all done. I remember the day I played truth or dare with my fellow army wives, I could not believe it, there was not a thing I had not experienced. The day I woke up, the eighth of March 2014, there were enough pieces of the puzzle on the table, and the picture was clear. I had chosen this body, this place to be born, this family to belong to, this time to exist in, because there was no other time as important as this

time, for the world to remember the connection between our thoughts and our creations.

This is the era of information. All information is thought, and all thoughts are creative. The energy of our thoughts never ever dies. In today's world we release 2.5 quintillion bytes of thought, masquerading as information each day. These thoughts leave our minds and heads out into the universe in search of like thoughts. What these thoughts create can be seen clearly in our world. We are in danger of annihilating ourselves through our thoughts. That is why I am here.

There is no other purpose for my life. I did not come here to be a wife, or a mother, or a daughter, or sister, or friend. I am all this, but it is not my purpose. I did not come here to create wealth, to drive fancy cars, to build houses, or to wear nice clothes. I do all this, but it is not my purpose. I am here to remind you of the power of your thoughts. I am here to remind you that this is a momentous time for women, because we are the ones raising those who will inherit the earth, we are the ones, whose thoughts and words and actions can decide who our partners become. We are the ones who have been entrusted to save this planet from the consequences of our thoughts.

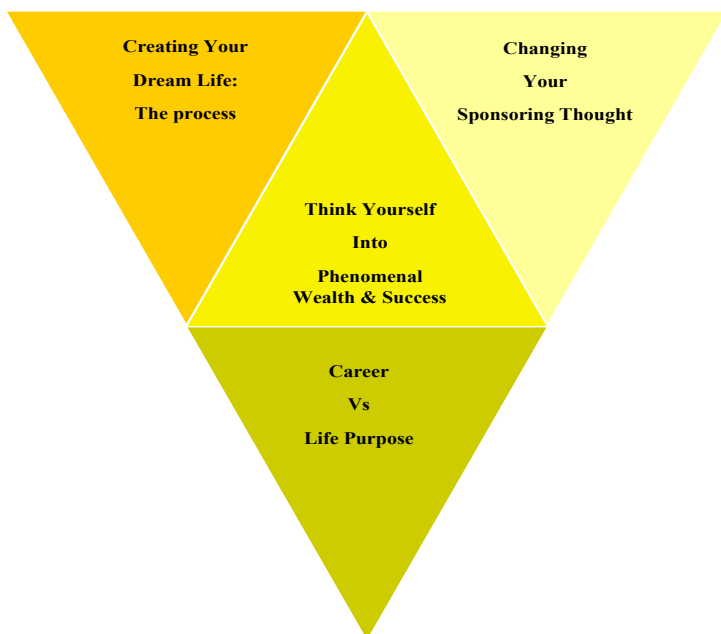
I heard recently on Mind Valley that personal growth is broken, that instead of focusing on the self, we should focus on the outside world and seek to change it. This is wrong thinking. We cannot change the world by seeing everything that is wrong with it, we cannot seek to create change by focusing on the problem, we cannot bring hope, by joining the band wagon of hopelessness. If we are broken, we cannot fix a thing.

But you, yes you, Greg Braden says, "it takes the square root of one percent of a population to influence the whole." So you, can change the world, by thinking yourself phenomenal. By thinking yourself into phenomenal health and wellness, by thinking yourself into phenomenal wealth and success, and by thinking yourself into phenomenal relationships, you can be the deciding factor, you can tip the scales in favour of earth. You can be the light house, you can be the beacon that stands firm and lights the way for the rest of humanity.

By thinking yourself phenomenal, you can impact the entire universe, phenomenally.

Part I

Think Yourself into Phenomenal Wealth and Success



In today's world of new and easily available information, it is apparent and has been very well documented that you can change your life situation and create the life of your dreams using the power of your thoughts. This process has been coined and sold for billions of dollars and the result, is unsurpassed financial wealth for those who sell this information. It has been coined as the Law of Attraction, the

Secret, and tailored to fit many other descriptions. However, the basic process remains the same and forms part of the laws of the universe. It is the law of thought, which has been laid down by the creator of the universe.

Thought is the glue or the attraction between the particles of matter on which the law of attraction was founded. The coagulation of thought is what creates the mass and matter of the objects in Isaac Newton's gravity theory. Thought is the means through which we define objects, and people, relative to each other. And thought is the secret, behind the secret.

Without thought, our universe would not exist. We continue to change its structure and characteristics with every thought we have, and it is through thought, we create and recreate the world we exist in.

The law of thought, laid down by the creator, has been stated and restated by spiritual leaders and thought experts throughout history.

Jesus said, "as you have believed, so shall it be done unto you," and "as a man thinketh, so is he."

Buddha said: "we are all the result of what we have thought," and "with our thoughts, we make the world."

Napoleon Hill said: "whatever the mind of a man conceives and believe, can be achieved."

As all which is in existence, has always been, always will be and nothing can be added to it, or subtracted from it, to have more wealth created for individuals, means that many others must have less, and less. In addition, we have come to believe that wealth simply means financial abundance. True

wealth, however, is made up of a combination of things. These include self-expression in your work, healthy relationships which brings you happiness, and health in your mind, body, and soul. One of these without the other is a recipe for disaster and will soon leave you feeling unfulfilled.

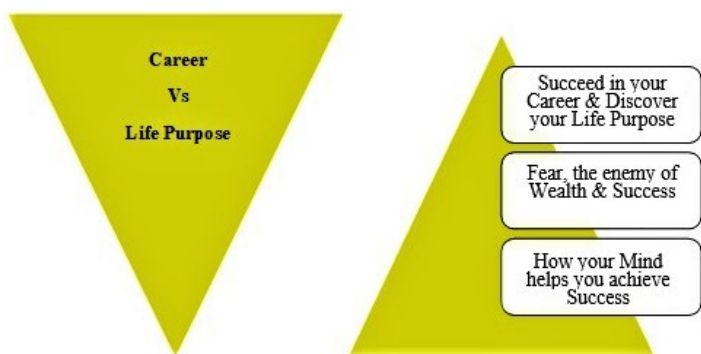
With a new definition of what it means to have wealth and success, it is now possible for all to have this experience without denying others the experience. It is possible for everyone to be wealthy, if wealth means having a healthy mind, body, and soul, being able to express yourself in work, and having healthy relationships. Achieving equilibrium in these would mean that you are successful. In fact, simply having the knowledge that you are on the path towards achieving equilibrium in these areas will bring the feelings of success, thereby speeding you on the path towards its achievement.

The universe is hiring

*One day I heard Iyanla Vanzant say,
"The universe is hiring, whose interested?"
I shouted "me! me! me!"
Never knowing I would be hired.
When the job description came, it said,
"Find something to be grateful for each day.
Love everyone unconditionally.
Be a blessing to every person and everything.
Be joyful in every moment of now.
Act as if you know all things and all things you will know.
Accept that you are one with God,
Proclaim it to the world and demonstrate it in all you do.
When the pay check came,
it came not in dollars, but in sense.
It came in a joy-filled cheque, that never ever bounce.
It came as a basket full of peace and the inability to worry.
It came as a gift called the present,
that took away definitions of the future.
So while I have a job, that I go to a lot more off than on,
I know it is by the grace of the creator, that I live.*

Joyce

Career Verses Life Purpose



Succeed in your Career &

Discover your Life's Purpose

In the beginning, before time began, and the world came into being, all which existed, was one unit of pure thought energy, vibrating at the highest possible level. This unit of energy, thought, thought to itself, what would it be like to feel? Feel what? Feel something, anything? That thought,

became a thing. It became a desire, then it became a yearning, eventually it became a reality.

The creator, the source of all things, exploded into infinite units becoming the universe, the galaxies, the planets, the sun, the moon, the stars, the earth, the continents, the United Kingdom, Belfast, your mom, and dad, who came together, and made you. For nine months, you were in your mom's belly, fully aware that you are a living being, conscious of your place in the universe. Then you take your first breath and things begin to change. At first, you are filled with unconditional love for everyone and everything. You see only good in all other beings. You have no fear. The only thing which scares you are, loud noises, because you have been in silence for nine months, and you do not wish to fall, no one does. You have no worries, you do not think, where is my next meal coming from, will this woman have milk when I need it, where will I sleep, will these people hurt me, no, you do not think that. You have no worries, you have no fear, because you know, in the process of life, life takes care of itself. Presently, you only want the best for yourself, and you put yourself first!

Then, things begin to change. You begin to be influenced by your environment. Your parents begin to pass on to you their fears, their beliefs, their thoughts. You go to school and your friends tell you what their parents told them. Your teachers tell you what they believe you should know, what they are paid to tell you. You go to church and your pastor, your preacher, your priest tells you what "the lord" told them. They tell you what you should and should not do, and who you can and cannot be.

By now, you have taken all this in, you have started creating your own beliefs. From these beliefs, you have developed a perspective, and it is from this perspective you see the world. You have become smaller because you have labelled yourself. Now you believe, there isn't much I can do, I am limited, I am less. You now worry, and you are afraid of the consequences of not being what everyone expects you to be. You no longer love everyone unconditionally because you have been taught not to. You still want the best for yourself, but you're not really sure what that is. No one has allowed you to think, what is the best thing I can do with my life, how can I be of the best service to the world, who am I here to be, and how can I best be that person.

You look around, you know something is wrong. But you don't know what. Everyone seem to be going through the same thing, journeying slowly on the road to death, without deviation, without even thinking that they can turn left, or turn right, at the junction that says life.

Then you die, and you come back again and again, to live the life that ninety five percent of us live. The life of forgetfulness. Where we forget that we were born fearless, capable of being anything. We forget that we were created to love unconditionally and that we need not worry about a thing.

But some of us never forget, or if we do, we quickly remember. Those of us who remember make up the five percent of the world, who turned off at the junction marked life, and live the life that the ninety five percent desires to live.

At any point on this journey from birth to death, you can silence your mind from all the noise of the outside world, peek through the veil, and see for yourself the truth of who you are and who you can be. You can see that there are infinite possibilities for your life, that you are fearless, unconditionally loving, that you need not worry and that you can become the best and highest version of yourself, whether you choose to have a career or you make the pursuit of your life purpose, your career.

How to succeed in your career

A career is an activity which keeps you occupied for a significant portion of your life. It provides opportunity for advancement and usually moves in a manner which is beyond your control. If you pursue a career, it is usually through a job or employment. After your career comes to an end, you will retire to live off the savings you have accumulated during your career. Your career may prove to be very satisfying and life fulfilling.

Following these seven principles will speed you on the way to success in your career.

1. Stop drifting.
2. Monitor your thoughts, words, and actions.
3. Choose your emotion beforehand.
4. Know your why.
5. Give more than is expected of you.
6. Be honest with yourself and others.
7. Lose your fear.

1. Stop drifting

Drifting has for a long time been confused with the term slothful, one of the four deadly sins which many of us believe means being lazy, it does not. It means going through life without a definite aim or purpose. It means going from one activity to the next, one job to the next, or even one day to the next, without a set goal. It means not working towards the achievement of a dream, not aiming to reach the mountaintop, whatever you perceive this to be.

Napoleon Hill in his book *Outwitting the devil*, sited drifting as the major cause of as much as ninety-eight (98%) of the world's unhappiness. Drifting he explained is being caught in the aimless rhythm of life, journeying from birth to death, having set no definite purpose or goal, or setting goals, then giving up or forgetting them, in favour of simply going with the hypnotic rhythm of life, taking each day as it comes without attempting to influence or change your circumstances, create your dream life, or recreate your reality.

Developing the ability to stop drifting, is one of the cornerstones of the foundation which you must set, before you can evolve as a being, achieve something significant or become a self-realised individual. Drifting is one of the four deadly sins.

I was once a drifter. My drifting began in secondary school and continued until the day I woke up and realise I had been asleep all my life. In school, I had a mind like no other. There was nothing I could not do or achieve. I excelled without trying, but I had no goals. There was nothing I wanted to be. I had no purpose, and no one asked me, or prompted me

with ideas. I did the subjects that everyone else did and got great marks. Then I continued with them into college. The day I left college my accounts professor handed me an application for the top accounting body in the world and recommended me for my first accounting job. I simply moved into the job and took all of fifteen years to complete the course which should have taken three years. After I completed it, became qualified by the top accounting board in the world, with years of accounting experience, I realise, I had no interest in an accounting career. I had drifted through my life, thankfully I woke up to how phenomenal I was and immediately stopped drifting. Within a couple years I founded my business and began to make a name for myself, doing what I was passionate about and finding each day as exciting as the last and looking forward to life.

Napoleon Hill advocates, to stop drifting you must do the following:

1. Have a definite purpose.
2. Exercise self-discipline.
3. Learn from your mistakes and experiences.
4. Take time to think before acting.

Drifting today takes many forms. Some of the more notable forms are drinking alcohol, smoking cigarettes, and watching television. Drifting today has evolved so as to ensnare the younger generation with endless online surfing, social media scrolling, aimless online games and much more. These activities take up a significant portion of your life, money, and thought, which could have been spent on progressing your career. The activities dull the senses and create temporary amnesia from the realities of your life. It makes it easier to accept the world as it is and removes any

genuine desire to create change in your living conditions or in the world.

2. Monitor your thoughts, words, and actions

Another deadly sin which you must overcome, in order to succeed in your career, is self-control; the ability to control your thoughts, your words, and your actions, particularly in demanding situations. However, success in your career, has more to do with guarding your thoughts than anything else. Choose daily who you will be as you head out of the door. Choose positive thoughts about your job, your superiors, your co-workers, and the task at hand. From positive thoughts will stem positive words, creating a ripple effect in the workplace, which if you are paying attention, will become very apparent.

A few years back, I am working at a newly built hotel in the south of the Island. My Financial controller has resigned unexpectedly. Who can blame him? The last few months had not been easy. Not with the lack of systems in place and cutlass welding suppliers at the gates, clambering for they payments we simply could not produce. He had been replaced with this younger, much taller accountant with something to prove. I had an aversion to people who were full of themselves, especially if it is not backed up by any substance, and in this new accountant, I could see no substance. So my thoughts of him left a lot to be desired. I did not think of the consequences of my thoughts. Back then, I had no idea how powerful thought could really be. I tried not to be openly rude, but hiding thought was easier said than done. It did not take long before we were at locker

heads. Within a few months of him taking up the position, I was hunting for a new job.

Giving verbiage to negative thinking and fearful thoughts, is the fastest way to bring what you fear into reality. Office gossip, containing fear, such as fears of losing your job, layoffs, unconfirmed changes in the workplace, bring these things into being much faster than if they took their normal course.

While working a shift in a care home one day as an agency worker, I was confronted with the abject fear of the permanent staff. A new manager had just been hired and she was making changes. Many of the workers seemed on edged and gossip was rampant. One of the workers was so petrified she could not stop working, even for a minute. She would rush to do everything before anyone else, she would not go on her mandatory breaks. Even though she complained about not having a day off, she seemed unwilling and unable to take one. Low and behold, on my visit there some days later I was told she had had the strangest thing happen to her. She had fallen and broken both of her wrists and would not be able to work for months. What she had feared the most, had befallen her.

Rather than waiting to be treated right by your boss or co-workers, it is better to take the lead, speak to and treat each person, as you would wish to be treated at work. This will in turn give your co-workers a clear picture of how you wish to be treated and they will follow your lead. The world is filled with people who are waiting on the other person to do something, before they do the right thing, and both end up doing the wrong thing while waiting on the other.

3. Choose your emotion beforehand

We should not live each day to see what the day holds for us. Instead, we should decide before hand, how we are going to act as the day goes by. Wake up and decide each day who you will be at work. As you encounter each situation or confrontation, choose beforehand who you will be and stick to it, even though at first it appears difficult. Seek to be the peacemaker at work. The attitude you choose will go before you and create your day. If you choose to be happy for instance, you will find that your happy attitude will infect everyone you meet and make the workplace a happier place to be.

During my last accounts position, before I decided that I would focus on my life's purpose, I had the opportunity to see first-hand how my emotions impacted my co-workers. When I was happy and came in happy, the entire day would be blissful. My boss would joke, share fruits around and everyone would be smiling. The minute my attitude changed, and I began to wonder, what am I doing here, like clockwork, things would change. The husband and wife management team would not talk to each other. The manager would make snide comments and they would speak in their home language, the whole atmosphere would change, in line with any changes in my emotion.

4. Know your why

Knowing why you are doing what you are doing, provides a solid foundation to keep you steadfast and grounded during times of frustration, and lack of enthusiasm. In the first instance, we know why we need a job, and so we search and

find it. Soon after, we become complacent, we fall into forgetfulness, we join with everyone else and begin to talk bad and complain about our work. We forget to be grateful. We forget we needed the job to pay bills or to buy wonderful things to make us happy. We forget that we have something else we are working on and need this job to subsidise us. We forget that we have children whom we must feed and that the job is how we do that. We become ungrateful and soon this leads to unhappiness at work and feelings of failure and frustration. If however, we know and remember our why, no matter how mundane the task becomes, or how much we know we were meant for greater things, we can relax and still feel happy. We can focus on our why and remain centred. By being centred we can change the most dreadful situation to a manageable or even a happy one.

As a care agency worker, many times I am faced with feelings of frustration. One occasion I resigned, because I forgot my why. I forgot I had specifically sort this job so that I could have freedom with my time, decide when and where I wanted to work and free myself up to pursue my dreams. Thankfully, the universe had a better idea, and my manager at that time refuse to accept my resignation. Today, I continue to be grateful daily for my job and the freedom it allows me both financially and with my time.

5. Give more than is expected of you

Many persons in jobs or careers find it hard to progress upwards. This is due to their attitude towards their work. To gain quick progression you should give more than is expected of you, in each undertaking. You should perform

more task and undertake more responsibility, than that which has been placed on you.

On starting my career as a hotel clerk, I thought I would not make it. The job had always been handled by two people because of the enormity of the task. Over six hundred suppliers to pay weekly, ledgers to be updated, end of month reports to prepare, not to mention the constant walk-in with check request. On occasions, I would be at work until two am in the morning, only to get home for a few hours rest and be back for eight. I never complained. I never even told my boss. As I learnt and got better and learnt to prioritise, I soon found out I could do without an assistant, very soon I was on my way to being promoted, simply by giving more than was expected.

Adopt the following principles which allows you to give more than is expected in each instance.

1. We are all part of one body, the body of God.
2. What I do for you, I do for myself.
3. I am not working for man, I work for the creator.
4. My needs are not provided for, by man, but by the creator, through man.
5. Each person is a representation of God on earth.
6. I do for you, what I would like someone else, to do for me.

6. Be honest with yourself and others

There is a saying which goes, "honesty is the best policy." In creating a phenomenal career, honesty is the only policy. It is important to be honest with yourself first. If your job

contradicts your beliefs, it will be difficult to remain centred and honest with yourself. Example, if like me, you believe in healing through the power of thought, it becomes difficult working in an industry which advocates a high dependency on pharmaceutical medication.

Honesty is very subjective and means different things to different people. A person may be comfortable pretending to work while not being supervised, while another may feel that taking a few paper clips, even by accident, is being dishonest. Being honest with your employer will make you more relaxed at work and reduce the need to look over your shoulder or live in fear. Honesty will help prepare you for promotion and create good Karma.

After waking up to the true potency of my thoughts, I tried to be dishonest once. I took a day off to edit my first book *Phenomenal Women* by Joyce Louison. I called in sick and knowing the power of my thoughts, I recited affirmations all day in order not to really get sick. I knew I could fool my boss, but I was also attempting to fool the universe. When I went in the next day, I was fully prepared to back this lie up. It took only a few minutes for the lie to unravel on itself. I ended up in the manager's office and on the brink of termination. But this was the minor effects. The major effect was that all the work I thought I did on that day turned out to be useless, my book was rejected by the publishers, I had not helped myself in any way. From that day onwards, I could never tell a lie at work.

7. Lose your fear

Many people live in constant fear. Fear of losing their Jobs, fear of being demoted, fear of not being promoted, fear of superiors, fear of the business going under, fear of the economy, fear of any changes in the workplace. These fears, in addition to acting as an opposition to your mental and physical health, colours your behaviour and inadvertently brings into being the exact thing that you fear. Your fear will create an atmosphere of fear around you and is as infectious as any disease. It will make your workplace sick.

Discovering your life's purpose

Your life's purpose is the mission you as an eternal being has set yourself before taking life. It is your reason for coming to earth. Usually, your life's purpose will be for the benefit of the planet, and it will impact the lives of many people. Your life's purpose can vary from writing a poem that changes the way people think, such as *Desiderata*, singing a song that lives on and on, like *What if God was one of us* by Joan Osborne, killing a person who pose a threat to humanity, to being a great leader of a great movement which changes the world. All your unconscious experiences have been designed and laid down by you, with the cooperation of the entire universe, to bring you to the realisation of your soul's purpose.

The ultimate purpose of all life is that you experience your life to its fullest glory.

You may have to go through the process of having your career or job, which you may eventually find is ultimately

unfulfilling, before you begin to question the reason for your existence. Having a successful career will quicker lead you to ask, "Is there more to life than this?" It is at that time you will begin to seek to discover your purpose in life. It is at that time you will desire to make a greater impact on the world, be of more service to humanity and leave behind something that lives on after you.

Jim Carrey said, "I believed that I had to become a famous idea, get all the stuff that people dream about, accomplish a bunch of things that looked like success in order to give it up. It looks great when you have done something that people admire, but it can never fulfil you, you can never be happy."

Very few people are born knowing their exact reason for coming to the planet. Even fewer remember this reason throughout their lives and work towards its fulfilment. Most people must discover their life's purpose.

You can discover your life's purpose in any number of ways. It may appear that you just happen upon it while drifting through life, as I initially thought. On the eighth of March 2014, I was rudely awakened to the fact that my entire life had been designed to lead me up to this exact moment, and that all my experiences had been divinely designed. I realised on that day, that this was the case for all of us, there was simply no random occurrences in life.

On the twenty-sixth of March 2014, for the first time I realise I had a purpose, and I realise that I should write it down, I did. It went like this,

"I Joyce, I am here for a purpose, and I will use my imagination and my heart to achieve my life's

purpose. My life's purpose is to have the best life experience possible on this earth, so that I do not have to come back, unless I want to. To fulfil my life's purpose, I will tell as many people as possible of this key, this secret way of life as I can. So that many people will realise that there is a purpose to their life, and they can use their thoughts to recreate their reality."


I have refined and updated this statement overtime, but the purpose, the idea, keeps me moving forward daily towards its eventual fulfilment.

You may also discover your life's purpose through meditation. Meditation is the fastest and easiest way to discover the purpose of your life. It reveals the mission you set yourself as a spiritual being. Meditation is a means of connecting with your spiritual self or what has now become known as the higher self. It allows you to access knowledge and information not otherwise accessible while the mind is busy with the day to day mundane thoughts.


Asking yourself the following questions before and during meditation can assist in discovering the purpose of your life.

1. Who am I?
2. What do I truly desire?
3. What is my purpose in this lifetime?
4. What are my unique skills and talents?
5. What do I expect out of meaningful relationships?
6. If I had all the time in the world and all the money I needed, who would I be, where would I be and what would I be doing?

Daily meditation will assist in discovering what steps to take, what ideas to act upon, what decisions to make and keep you on track to achieving your life's purpose. When you have discovered your life's purpose, it will fill your life with joy and renewed focus. It makes you feel valuable and gives you a sense of making a positive contribution to society.



While the spectrum of life purposes can be as varied as a kaleidoscope, there have been some who have achieved the highest end of the spectrum and have become imprinted in the indelible memory of the world. None higher than the likes of the great avatar Krishna, the great sage Buddha, the great teacher Jesus and many more. In his book *The Autobiography of a Yogi*, Yogananda depicts many astonishing life purposes. He mentioned Swami Pranab Ananda, the saint with two bodies who could appear to people in various places at the same time; the perfumed saint who could make anything be laced with the scent of any perfume of his choosing; the tiger Swami who could tame any tiger; the levitating saint, Nagendra Nath Bhaduri, who would usually be found meditating in a levitated position close to his living room ceiling; the sleepless saint who found it unnecessary to sleep for years and could heal the sick, by simply looking into the eyes of the afflicted, and many more.



I watched the Korean drama *Secret Affair*, written by Jung Sung-Joo and directed by Ahn Pan-Seok, and I was hooked. I never watch television shows twice, my daughter used to do that, and I did not understand it. I would ask her, "did you

not understand it the first time?" I never read books twice, except *The Autobiography of a Yogi* by Paramahansa Yogananda, *The Alchemist* by Paulo Coelho, *Warlock* by Wilbur Smith, and *Conversations with God* by Neale Donald Walsch. However with those books, they teach me something, and when I begin to forget it or when I need to remember a particular aspect, I go back to them. But I never watch TV shows twice, until the *Secret Affair*.

Many people will watch this show, but never truly understand what is really happening. Whose story is it? What is God, or the universe creating or wanting to create? What is the creative thought that is bringing all this to life?

I watched this show and I watched it again, and again, and again, and again...

I thought I never get obsessed with people, humans. I love the being within them, the presence of God, but I have learnt to never get obsessed or worship people. Lucky Dube was my favourite singer, then he died. I was determined to attend Michael Jackson's concert in the UK, then he died. I fell in love with a singer, his songs kept me company daily. Then I went to his concert and was gravely disappointed. He said he sang because he had to, otherwise he would be hooked on drugs. He was depressed, unhappy and he did not believe in God. After watching the show, I went to find the main actors on the internet and was severely disappointed. They did not appear to be people I would like to meet. It was as if their temple, which is the house of God, was empty. Their characters on screen were filled with the presence of God, but in real life, they appeared empty.

Many may think that the story was about Lee Seon-Jae because he was powerful in the story. He was the talented genius who relentlessly pursued Oh Hye-Won. But after watching this show over and over, all day, every day while I work, while I eat, before I fell asleep, I finally understood. It had nothing to do with Sun-Jae. It was Oh Hye-Won's story. It was her life, it was her thoughts creating all of it. All the characters, all the situations, for over twenty years, maybe forty, maybe before she was even born, was created by her. This was her world, her universe and everyone who came in, came to play their part.

Oh Hye-Won was born, she came to earth, she took up life as this person, this being, to do one thing, to fulfil one purpose. To impact the world through music, piano music. She started off well on her path, she was brilliant, her sense was not common. She won a scholarship to the music school where she met rich people. There she began to think, I want this, I want this life. She saw the façade, the husband, the big house, the car, the expensive clothes, the visits to the hair salon, the massages, she saw it, and she wanted it. She began to think, playing the piano, will not get me there.

She decides to set her life's purpose aside and pursue something else, wealth, status, and perceived power.

She is brilliant, so she thinks, an easy way to get from here to there, from where I am to where I want to be, is to integrate myself with these rich people, make myself indispensable. She begins her journey to wealth, status, and power, by making friends with Seo Young-Woo. Soon she is noticed by Seo Young-Woo's father, Seo Pil-Won. He thinks, this girl has something, she has the X-factor, she is smart, I can use her. Oh Hye-Won is quite happy to be used, after all, it is part of

her plan, it fits perfectly with who she is trying to be. Seo Young-Woo abused her, hit her, not because she hated her, but because she envied her. She could sense that there was something about this girl. My father loves her, I need to make her know that I am in charge here. Because she did not feel in charge. In her own word she said, "You are all I have." Oh Hye-Won becomes indispensable to the family. The more indispensable she became, the more wealth and power she accumulated, and the higher her status became.

However it never felt right. Oh Hye-Won always felt like an imposter, a fake. Seo Young-Woo said this to her many times. Outsiders looking in may think that she was just being mean. She was not. She was speaking Oh Hye-Won's truth. She said, "all that you have, your house, your car, it's all mine." "I gave you that job." This was Oh Hye-Won's truth. No matter how hard she tried, she was always in wanting. She never felt filled. There was something inside her, a hole that no amount of money, wealth, status, or power could fill. It was an empty space that could only be filled with music, specifically, her playing the piano and leaving a mark on the earth, fulfilling her life's purpose, and doing what she came to earth to do.

When she met Sun Jae, the universe had come full circle. The chain of events that began over twenty years ago where God, the universe, set out to bring her deepest thought into reality, reached its conclusion. He was the final piece in the puzzle of her life. He was the last breadcrumb that had been laid on her path. He was the deciding factor that would determine whether she fulfilled her purpose in this life or whether her life had been lived in vain.

Twenty years ago, while sitting in a bar near New York's central station waiting for Seo Young-Woo as accustomed, Oh Hye-Won listens to a song by Billy Joel, *Piano man*, which plays every night at 9pm. As she listens to the song, she thinks, why am I here, why am I babysitting this girl? If I could only get out of here, maybe I could become something, maybe I could play the piano. I could fall in love with a man who plays like this. She imagines herself playing the piano with a man she loved, who played just as well as she did. She was twenty years then. So she imagines a twenty-year-old man sitting next to her playing the piano. She longs for it. But it was a dream she had given up on. She was a piano major, but she was studying business to make herself indispensable so she could accumulate wealth, status, and power.

The day she met Sun-Jae, she woke up. It was as if she had been in a dream, sleepwalking through her life, not being herself, not truly living, not doing what she came to earth to do. He was a gift she had sent herself from twenty years before. He reminded her of herself, who she was, what she was capable of, and what she had come to earth to accomplish. He was born in response to her deepest desires, her dreams, her tears, her frustration. It took the universe twenty years to create him, to bring him to the point where he needed to be. He had to become the piano man, a loving man, a genius, with no music experience. He had to come from a poor background to show her that even without money you can make music and leave an impact on the world.

Sun-Jae came to earth for that purpose and that purpose alone, to love her and play the piano with her. His mother

died as soon as he met Oh Hye-Won because her job was finished, there was nothing else for her to do. To remain she would have been in the way of God's plan, so she moved on.

Thankfully Oh Hye-won woke up quickly, she did not hesitate. She resisted letting go for a short while but not for long. When she looked at her life, she saw that it was empty. The big house was more of a prison than a home. She no longer felt comfortable there. The maid was an intrusion. The car did not bring her as much joy as she got from riding behind Sun-Jae's motorcycle. She looked at her life and saw into the future and she chose to live. She chose to give up all the things she used to think were important to pursue her dream, to fulfil her life's purpose, playing the piano and leaving a mark on the world. She even went to jail to be free.

Fear, the Enemy of Wealth & Success

Fear is the greatest enemy of man. It is the biggest hinderance to our success whether in our careers or in pursuing our life's purpose. It governs most of the decisions we make in our life, and it is the cause of much of the destress we face as individuals and as a collective world. Our fear prevents us from achieving what we know within our souls we can achieve. It stops us from being who we know at a soul level we can be. It hinders us from doing the things we truly desire to do. It allows us to be mediocre, average, and to view life as a process of survival, rather than a means through which we can thrive and become the best that we can be.

Eliminating fear from your life will completely change your life and removing it from the world, will change the world.

The three main fears we face as human beings are:

1. The fear of failure.
2. The fear of what other people think about us.
3. The fear of not being good enough.

1. Fear of failure

The fear of failure is sometimes linked interchangeably with the fear of success. However, they are two very different things.

Most of us are unable to accurately define what it means to succeed. This is because the experience of success is usually foreign to us and so very few people suffer from a fear of success. Even successful people have difficulty defining success, because the second they achieve success, their

minds are already engaged in seeking to be more and to have more. Success was usually equated to having attained wealth and prominence in the society. However, wealth and prominence in society is only a small part of what it means to be truly successful. Without health in mind and body, without a sense of spiritual connection and without healthy relationships, a person's success is in question. Many wealthy and famous people have lived very unsuccessful lives, and many very successful people, have not experienced the joys of wealth and prominence during their lifetimes.

The fear of failure on the other hand is an ever-present danger in our society. As individuals and as a collective, what you fear, you will attract and keep attracting until you stop fearing it. Many of us suffer from the fear of failure. It is instilled in us from the time we are children and is further emphasised every time we face a situation where there may be the possibility of failure. Fear of failure breeds mediocrity. It allows us to remain hidden in our comfort zone and not effectively express ourselves. Because we are surrounded by people who have also had the experience of failure, we form a culture of it, we all exist in it and it becomes a societal truth. Then it begins to crystallise as a general belief, a perspective making us feel there is no way to avoid it, there is no chance of moving pass the stage of failure, so what's the use of trying. We make excuses and when a person changes their thoughts, beliefs and perspective and move pass the threshold of failure, we find ways to explain it as luck.

However, failure is a choice. Usually it is unconscious, but it is a choice none the less. And choices can be changed,

beginning with a change in thought, developing a new belief, then adopting a different perspective.

When I woke up from drifting through my life, and created a new perspective, I saw that there was no such thing as failure. Because failure would mean putting your all into it, giving it everything you've got, using up all your ideas, going the extra mile, doing all that you planned to do, being the best you can be, reviewing, correcting errors, making changes, implementing all your solutions, and coming up short. That would be failure. Most of us do not achieve success on our last attempt and decide not to try again. But we never in reality fail. We cannot, because life itself is eternal, we keep coming back to try again, and again, till eternity.

2. Fear of what other people think about us

Our world is plagued with people who fear what other people think about them. This fear exists on a continuum from phobias and anxieties to the subtle and unconscious need to seek external approval. This fear is further compounded by the presence of social media and the internet. The result is a society in which most of us live lives which are complete lies. We have come to accept this as the gold standard of society, so we step back and look at reality shows such as catfish, and laugh and judge the characters, not realising that in some way most of us suffer from the same fears.

I suffered from the subtle need to seek external approval. When the approval was not forthcoming, it would cripple me in terms of what I was attempting to accomplish. I would

begin to question myself, my worthiness, my ability, and my audacity. I would stop what I was doing, lose my focus, begin to focus on the person whose approval I craved. I would end up crying and making myself feel so small and insignificant. Then I would get angry at the person for not responding the way I wanted. Finally, when I had enough sadness, and pain, I would change my thoughts and my results would change.

This has developed into the following motto:

1. **People are too busy thinking about themselves to think about you.** They are too busy worrying about their own success, their own survival, keeping their heads above water, to worry about what you are doing.
2. **All limitations, all expectations and all definitions are self-imposed.** It does not matter what others think of your abilities and capabilities. It does not matter how they define you. Neither does it matter what people expect of you. What matters, that is, what becomes a physical thing in your life, is what you think of yourself. Only when you internalise the expressed thoughts of others, when you begin to believe that what they think about you is true, only then, does it begin to take shape as matter in your life.
3. **Every thought that other people express about you, is simply a reflection of your deepest thoughts about yourself.** It is a sponsoring thought that you may still be dealing with, and it keeps showing up on many faces, in many places. Therefore, when a person expresses a thought about you which you do not believe is true for you, your

focus should not be on changing that person's mind, but on going as deep as you can within yourself, to discover what thoughts you engaged in, that are being reflected back to you.

3. Fear of not being good enough

I began attempting to create wealth and success from my teenage years. It all ended in failure because of deep-seated fears, that until recently, I did not even realise I had. I was unconsciously sabotaging myself every time.

When I finally woke up from drifting through my life, I cognized that fear was False Evidence Appearing Real. I had been plagued by fear all my life. It was not fear of failure, I had sufficient experience with that. That fear was no longer a factor for me.

I thought it might have been fear of success but in reality, I had succeeded at everything I did. I had not achieved the level of success I craved, but I had succeeded none the less.

I thought it might be the fear many of us face, the fear of what other people would think about us. But early on in my journey, I had to face this fear head on, and I overcame it.

Finally, I realised it was the most stubborn fear, the fear which is currently destroying our world, the fear of not being good enough.

I had dressed up my fears by covering it up with smiles, white lies, and platitudes, until it seemed the natural way of life. I had been covering it up all my life from since I could remember. In primary school, I fought with everyone to cover my fears, in secondary school I teased everyone. At

work, I quit after a few years and found a new job. In business I gave up and started another. In relationships, I stopped speaking to you and drifted to someone else. I never faced my fears because I did not even know they were there. They had been created as a result of childhood trauma and had become a thought pattern, stored in my emotional body, unconsciously directing the course of my life.

One day, amidst tears I began to realise that there were two forces at play within me. One was fear and one was love. One endowed me with exceptional creative ability and the other destroyed it. One made me love myself and everyone else unconditionally, and one made me fear them. I realised that I had to face this fear head on, I could not run from it, I had been trying to all my life. I could not hide from it, neither could I ignore it. The False Evidence was Appearing very Real in my life.

That was the beginning of the process of changing the sponsoring thought, the subconscious belief, and the fear of not being good enough.



The day I stopped wanting success and chose it.

Diary entry – 26 November 2015

Dear God,

Who was I in my past life? Why have I chosen this difficult route? Why...?

Diary entry – 27th November 2015

It is 4am. The alarm goes off. I snooze it. I fall asleep. It is 4:10am. The alarm goes off again. I dismiss it. I try not to close my eyes. I thought of getting up. How would I cross over my

daughter without waking her? She was sleeping on the outside edge of the bed tonight. I laid in bed for a minute then decided to wake up. I took my phone, I checked the time, it was 6:45am. I had overslept by almost three hours. I did not even bother with the usual self-recriminations. It had happened so many times before, most times the day after I reaffirmed my schedule and made a commitment to wake up on time for meditation and visualisations. I had spent almost an hour setting all my alarms and meditations on my phone two days before. And I had not kept up with any of them.

I went into the kitchen to make my daughter breakfast. There was very little to choose from, so I made the dreaded cornmeal and went to wake her up. It was late, she ate quickly and went to get dressed for school. I tasted the cornmeal and realised it was funky, the milk had turned.

What a morning! As I washed the dishes, I could hardly see the neighbour's house, the mist was so thick. I remembered my amusement at realising yesterday while I was driving home, that the mist was rising from the ground. This was the second day of fog and mist. It seems when I was confused the mist appeared or when the mist appeared, I was confused. Whichever way, it works...

"You don't want this, do you?" a voice in my head asked. "You really don't want this. You pretend that you are trying, that you are working towards something, but you really don't want it. Maybe you just want the feeling of working towards something. That book is a lie."

I remembered the words I wrote in my book, the many times I claimed I tried and failed, the people whom I said

contributed to my failure and my predictions for success this time. I realise they were all lies. I was not a failure, I was extremely successful. As a matter of fact, I was phenomenal. I was a phenomenal failure.

I loved failing. It gave me something to be proud of. See, I tried, you have not. It kept me company, it gave my life purpose. It drove me, made me feel sorry for myself. And this last time, I even wrote a book about it. My failure had been my success. I was a brilliant failure, absolutely marvellous at it.

I thought, I should try to meditate, and the voice said, "don't bother. That's what you do every time. You sit for hours in meditation and get up with nothing achieved. Don't bother."

Tears welled in my eyes. The voice said, "Don't even try to cry. It's all lies, you are a fraud. Now you come trying to blame me, asking me questions about why you choose such a difficult route. Smiling when you encounter your subconsciously designed failure, claiming that this must be part of your difficult route. It is your thing, it's your success. This is what you want. It is what you desire.

Suddenly you are beginning to remember how hard your life was, claiming that you will get on stage and broadcast how hard your life was and that you made it out. I was there when you had almonds for lunch, so what? So many people live day after day with no food, and a day of almonds, you're complaining. Many people out of health consciousness would love to have almonds for lunch. You're asking questions about who you were in your past life. What's that going to do for you? You can't even decide who to be in this

life. If I told you, you would become complacent or create more pain for yourself as you go through your successful failures.

Don't blame me. It is not as if I stand here on this side of the veil, handing out destinies to people. Here, you go do this, you, do that. You decided. You chose your route. You created your purpose. Now you're complaining how hard it is and asking why you chose a difficult route.

Stop deluding yourself. Stop lying to yourself. Look at this dream board for instance. You created this so that you can fail. You have randomly picked out sums of money out of thin air. It's a brilliant design, setting the bar so high that you can have so many successful failures out of this.

This entire book is a lie. Just another way to say, I tried, and I failed. Now you want a house close to the water, but you were born on the water. You left. You orchestrated it, so you would have to leave. You broke up your family to ensure you failed. You attempted to kill yourself, twice, calling it near death experiences.

Stop wasting my time. It is people like you who destroy the world. People like you who have encountered God and know the truth, that create destruction in the world.

You talk about selling juice, saying that you tried and failed. What else did you want from me? It was hot, you had the ingredients, made the juice, and sold a few cups. You could have refrigerated it and come back the next day, you did not. You claim your friends did not help you, so you failed. That is a lie, and you know it. They were there, but it was you who again needed to fail. That's what you were, a brilliant failure. You are great at it. It's your thing, it's what you do.

You talk about your restaurant business and say you failed because someone said wait for a week. That's not true. It was a success. You had everything you needed. You did not have to listen to anyone. You needed to fail. That's who you were, a magnificent failure. To succeed would mean you would not *want to* succeed anymore. You could not have that. To succeed is to stop *wanting* to succeed.

Even the real estate business. You claim you were discouraged because someone said why don't you become a nurse. Really Joyce? Really? You made money. You never truly wanted to make it. It was the feeling of *wanting* you needed. That's why you left every job you ever had. Your favourite job, you could have made an excellent career there. But no, success would mean an end to *wanting*. True success would eradicate your story. You can keep lying to yourself, but don't try to blame me.

I am sure when you wrote these questions down, you did not think they would be answered like that.

You keep telling people that they have a form of godliness but deny the power thereof. Well, what of you? What of you? You quit your job but could not trust me to provide for you for even one week.

You keep pointing out the fact that your book is not selling, no one came to your talk, the second attempt had to be cancelled. You try to brand this as the difficult route you chose, and you lie. You lie, for you may be even luckier than most. For you knew from your first breath that you had a path designed by you before you descended to earth. You got that confirmed in your numerology report. What else did you want? When I stretched out my hand to you that

afternoon, you ran away. You have been running away all your life. It has been two years from that day. You committed to one day or night of meditation, two years ago and you have not done it yet, yet you say you desire success.

Well, at least you know your sixth chakra is sick, you have lost most of your hair, but you do not mind. Your face may fall off, but you will not sit in meditation to heal yourself. Then you say you want to teach healing. Remember the nights your mother could not get you to go to sleep, when you would spend all night reading. Now you can't get the books you say you want to read, read. Your earnest desire is failure, and you are doing it phenomenally.

Don't cry and don't even try to meditate, it is not necessary."

I got up, got the mirror, put it in front of me and sat down. I tried not to cry while I sat looking at myself.

"You need to make a choice Joyce. Every time you change your mind, the direction of the whole universe changes. I can't keep having sun, rain, sun. You must decide who you are. You really have already decided, but you need to look yourself in the eye and tell yourself, you are a successful failure. That does not mean you will not get the house near the sea. This is your teaching. If you acknowledge and accept yourself as who you are, I can still give you that house in Bangor, on the Seacliff Road, and that BMW you have on your dream board. You need to choose. As a matter of fact, if you don't say anything, that's fine. You are who you are.

You can even make a book out of this. Call it successful failure. No, I am a phenomenal failure. That would sell. Call your publisher, pay them the hundred and forty-five dollars, they would publish you. Then you can talk about that, that

would be true for you. You sure can sell eight hundred and sixty-four thousand copies. You can make the three hundred and forty-nine thousand you need to buy that house and that car.

See, there it is, your life, packaged in this box. Just confirm. Can you not see the box? It is gold with blue ribbons. That is your life. Make a choice. Look yourself in the eye and say it. I am a brilliant failure”.

I thought about my life. My life as a brilliant failure. I used to think people always wanted to be better after spending time with me. Now I realised, I always made people better. I gave them my ideas, I never did anything with them myself. Recently I made up this new philosophy, that my thoughts travelled through the matrix, and that when people did brilliant things that I had thought of, even sometimes written, or expressed, that God sent them to help me. Or that I could not do everything, so they were doing it. I was amazing at failing. It was my story. I had lived with it for my whole life. Now I was being told to accept it and make it not just my unconscious story, but my truth.

I thought of all the people who could have helped me, that I had pushed away. I thought of my marriage at which I explained away my failure. I thought of all my friends, all my family, all the relationships I messed up, all the people I disappointed, all the lives I destroyed, simply to ensure I failed.

Now I had a chance to get a bit of my latest dream, a house next to the sea and a BMW i8. I could write this book. I could even make a new career of giving people ideas and advise on how to become successful. I was good at that. I just could

not do it for myself. I needed to fail. That is why I chose this big dream. That is why I did not set reachable goals, that I could build on. That is why I kept failing.

I tried to see if there was another box.

"No, there is nothing else. There is just this box, your gift, your life, in this wrapped box. Just say it to yourself."

But I could not. I could not say those words out loud. I sat staring at myself for hours. I just wanted to pee. I went to pee, came back, and got so angry, I tore off all the dreams off the dream board. It was a lie anyway. That is why I had such difficulty visualising them. But I still could not say this out in words. I thought of my friend who lived on Seacliff Road. I remember my daughter talking about her and her son last evening. I remember us discussing her life and I remember me saying that I could not live like that. That it was not a living, but a dying. I realise that I had had five cars in my life, two of them new. I remember all the people who had money and were sad.

I tried to think of how I would feel at the end of my life. Would I be happy with what I had chosen? Would I be happy being a successful failure?

But there was not another box. There was nothing else to choose from. But I could not do that.

I wondered if Jesus had that predicament. I wondered if he knew his destiny and tried to run away from it, play it safe. Maybe he married Mary Magdalene, had a child, all to move away from the destiny that he had created for himself. Maybe not. Anyway, he had an advantage. He had the mantle of Ezekiel. He came to the world self-realised.

Maybe the Yogananda tried to run away from his duty. Maybe he tried to run away from the destiny he designed and created before passing through the veil of forgetfulness. Maybe that was why he kept wanting to go to the Himalayas. Maybe that is why he was sick until he had no choice.

What could I do? Choose the security of this life or choose the uncertainty of not knowing. The empty space of possibilities.

Suddenly I do not want the house anymore. I do not want the car anymore. I am not writing a book called I am a successful failure. I do not want the money.

I choose the impossible. I choose to live my life and at the end, God will say, "This is my daughter in whom I am well pleased." I choose to shatter the box. I choose to know God. I choose to live as who I am, a piece of God. I choose to experience the God in me. I choose to see if I can come together with the required number of people and see what we can do with the world. I choose to see if we could end war, end hunger and end poverty. I choose to know whether we are the only ones here or whether there are infinite copies of this earth or completely different worlds. I wish to see if we can communicate with these worlds.

I wish to see if we can recreate the paradise that the Jehovah witnesses talked about on this earth.

Wealth will come, but if it does not, I rather walk this world empty handed but having lived a powerful life and being able to understand and influence the matrix.

How your Mind helps you achieve Success

Until recently, your mind and your brain were referred to interchangeably, with the belief being that they were one and the same thing and situated in the skull. Scientist have now realised and clarified, that your mind is in every cell of your body.

Imagine holding out your hands and catching words, thoughts, and information passing by. That is exactly what your mind does. Your mind performs the dual function of both a receiver and a transmitter of thought. It releases thought into the ether and catches thoughts from the ether. It releases your thoughts as pure energy units which can travel around the earth and even into space and back. These thoughts travel out faster than the speed of light.

Similar to a radio which catches radio waves and turns them into electrical signals feeding into something like a radio or television or a telephone, your mind turns thoughts into physical form that your body can experience, that is, see, feel and sometimes touch. Your brain cells, along with the rest of your body cells acts as a transformer, transforming these thoughts into physical form. Your brain has more cells than any other part of your body and therefore is the main processing centre. However, every cell contains a bit of the mind, generating and processing thought.

Your mind helps you achieve success in the following ways:

1. Your mind is boundless.
2. Your mind creates amazing synchronicity.
3. Your mind is limitless.
4. Your mind is a magnet for effects.
5. Your mind predicts your behaviour.

1. Your mind is boundless

Your mind generates thoughts and releases these thoughts into the universe. It also receives thoughts from the universe. These thoughts travel faster than the speed of light and create impact halfway around the world. These thoughts can be held on to and nurtured with your perspective on life, which has been created by your life experiences, or, they can be released, without adding to or interpreting them. The human body, down to each cell is not solid, but permeable, therefore, thoughts can travel through and around the body. Thoughts released from your mind, impact every aspect of the universe, from the appliances in your home, to your car, to the weather and to the actions of people you encounter.

2. Your mind creates amazing synchronicity

Synchronicity is when things happen in your life which appear coincidental. However, they are not. It is simply your mind generating thoughts, which it releases into the atmosphere which are then unconsciously picked up by the necessary persons who are in the position to partake in the synchronised experience. Much if not all of life, is a series of synchronised experiences where the subconscious beliefs of one person creates experiences which can be fulfilled by the subconscious beliefs of another. For a person who is consciously creating their life experiences, they may be fully aware of the synchronicity while the other person sees the experience as a coincidence.

Synchronicity may not necessarily be beneficial to all parties involved. Sometimes we do not recognise the significance of

the moment, and we miss it altogether. Luckily, if it is necessary for the fulfilment of your purpose, it will usually be repeated with someone else in another place at another time. The creation of synchronised experiences requires a great deal of effort on the part of the universe. It means bringing all the necessary parties to the right place at the right time with the right intention. Therefore it is advisable to take advantage of the experience when it is first created, rather than miss it and put the universe in the position to have to recreate the experience for you.

Synchronicity can take many forms, such as:

- Meeting the right person, at the right time, in the right place, who can help you.
- Being in the right place, at the right time to take advantage of an opportunity.
- Finding something which aids you on your journey.

3. Your mind is limitless

For many years it was believed that we used only ten percent of our minds. No attempt had been made to discover if we could use more. This is rapidly changing, and more and more people are investing time to discover the true capabilities of the human mind. Your mind serves as a storage unit recording your every thought, word, and action. Whereas the normal computer can hold a few megabytes of data, your mind can hold more information than most computers. Neuroscientists estimates that the human mind's storage capacity is somewhere between ten and one hundred terabytes of data. A terabyte is one million megabytes. The

math behind these estimates is simple. Your mind is limitless.

Just as any muscle in your body, your mind needs to be exercised, stretched, and practiced daily. As you do so you will begin to realise the true capabilities of your mind and how it can make you a limitless individual. To harness this potential, you simply need to begin using your mind.

4. Your mind is a magnet for effects

There is a school of thought which holds that all things are in existence at one and the same time. It is as if time existed in a continuum, a continuous sequence in which we move through. It takes a period of time, which is measurable, to move from one element on the time continuum to the next. This time can be reduced or increased. As your mind releases thoughts, it creates a magnetic effect that draws to you or pulls you closer to your dreams. As you focus on what you desire to create, you unconsciously draw more situations, ideas, people, results, and effects to you.

When you lose focus, or begin to focus on something else, your mind shifts gear and begins to draw different effects to you, basically it pushes your dream into the background to make space for the new thoughts.

Picture the universe as a gigantic machine, made of huge gears and levers, as you think one thought the gears begin to slowly turn in one direction, as you think of another which is contradictory to the first, they stop, then begin to shift in a new direction. If you continue to exist in a state of perpetual changing thought, the gears may become jammed, or the

machine may breakdown. This is one of the reasons many of us do not achieve our desires in life, because we continue to change our minds.

5. Your mind predicts your behaviour

The human brain alone contains roughly one hundred billion neurons. A neuron is an electrically excitable part of the cell that receives, processes, and transmits information through electrical and chemical signals. These signals between neurons occur via specialized connections called synapses. Neurons can connect to each other to form neural circuits. Neurons communicate primarily through the central nervous system, which includes the brain and spinal cord, and of the peripheral nervous system, which comprises the autonomic nervous system and the somatic nervous system.

As your mind release thoughts, a chemical reaction is created in the brain, and a groove, a pathway, or synapse begins to form. As your thoughts form themselves into words, or you release additional thoughts of a similar type, the chemical reaction is strengthened, the groove, pathway or synapse becomes more set, and a stronger connection is made in the brain. Soon your mind begins to predict your behaviour and work with you in co creating based on the pre-set patterns. If however, your action and words do not match, for example if you say you would like to work on your dream and do it a couple times your mind remembers this pattern. It will create synchronicity which will provide you time and opportunity to work on your dream. If your mind creates time and opportunity, but you do not take advantage and procrastinate or do something else, the

connection is weakened, then broken. The mind predicts that the thoughts and words were wrong and goes with the actions. It then no longer produces time and opportunity.

The pledge of the awaken man

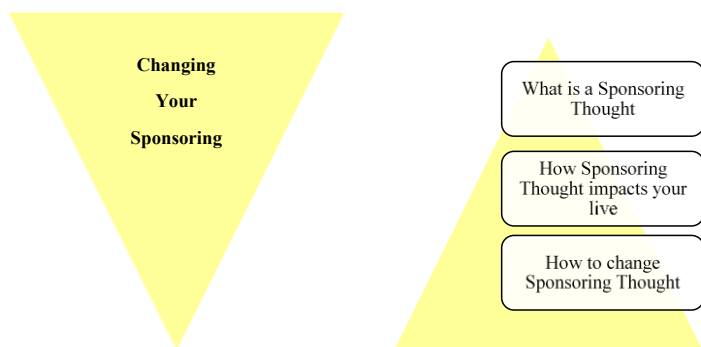
*Gods make rules,
They don't follow them.*

Therefor:

*I do not follow rules,
I do not adhere to any master,
I do not follow any ideology,
I have no religion,
My philosophy is self-created,
My faith is in myself,
I am loyal to no political party,
I give credence to no methodology,
save those I create myself.
I am not singular, I am plural,
Made of mind, body, and soul.
And my soul, is a legion.
I am truly, whatever I decide to be.
And what I decide to be, is called, "I AM".*

Joyce

Changing Sponsoring Thoughts



What is a Sponsoring Thought?

A sponsoring thought is an original thought, or the first thought you ever created about a given situation or experience, when you first encounter the situation or experience. Your sponsoring thought will usually be created based on the beliefs you hold at that time and the perspective you see things from. Sponsoring thoughts can

be instantly formed when faced with a traumatic situation which requires an emotional response from you. Sponsoring thoughts are usually formed when you define who you are in relationship to that situation or experience. For example, if someone attacks you, do you think, "I am a victim," or, "I am a survivor?" Sponsoring thoughts can also develop overtime, as a result of unresolved issues faced during your lifetime. Each time the issue shows up in your life, it strengthens the sponsoring thought, unless the sponsoring thought is changed.

These sponsoring thoughts are stored in your emotional body which acts as the store for all the thoughts and thought patterns which you have experienced throughout your life. They move with you, throughout your life and through different lifetimes, unconsciously determining the direction of your life by attracting like thoughts and experiences to you, creating clearly visible patterns of behaviour in your life.

Your sponsoring thoughts solidify themselves into beliefs about the outside world, which are then stored in your mental body. The mental body then acts as a transmitter and receiver, transmitting your beliefs to the outside world and attracting to you, situations and experiences corresponding to those beliefs. In this way, your sponsoring thought, sponsors other thoughts, which sponsors other thoughts. They become the thought, behind the thought, behind the thought.

Many races of people, nations, families, religions, sectarian groups, sexes, classes of people and individuals hold similar sponsoring thoughts. These sponsoring thoughts are coloured and enforced by every new and similar thought created when a comparable situation is encountered.

Sponsoring thoughts are the determining factor in the direction of your life.

All sponsoring thoughts originate, either as a thought of love or as a thought of fear.

How your Sponsoring Thought impacts your Life

Your Sponsoring thoughts impact every aspect of your life without you even being aware that you hold these thoughts. It is your sponsoring thoughts which creates your reality. Although we are subjected to over sixty to eighty thousand thoughts per day, the thoughts which direct our lives are only a handful. The universe is quite literal in using the sponsoring thought as it's basis for creation, it does not try to interpret the thought to see what's good for you or what you meant by what you said or thought, it goes with the belief you have formed. Though the thought can be express in countless ways, it usually expresses one core belief.


Many of us believe that our prayers are not being answered, our wishes are not being granted, our desires are not being met or we are the victims of bad luck. However it is our subconscious beliefs which are contrary to our conscious beliefs.



In today's world we hold many sponsoring thoughts as individuals which keeps us from experiencing our desired level of wealth and success. These thoughts are further emphasised each time we express them in the infinite number of ways made available to us to express our thoughts. Such as email, texting, instant messaging, blogs, Twitter, Google, Linked, WhatsApp, Instagram, YouTube, Pinterest, tumbler, flicker, reddit, Snapchat, Quora, Vine, Periscope, Stumble upon, Delicious, Digg, Viber and many more. Our sponsoring thoughts are further strengthened by the constant barrage of like thoughts being received through these mediums.

In America presently, a sponsoring thought amongst young black men is, **"It is not okay to be black in America."**


This is a sponsoring thought born out of the most prominent fear faced in our world today, the fear of not being good enough. These young black men are being raised in a culture where this belief is promulgated by their families, the media and by the general society. This belief creates a perspective from which they see and interpret their outside world. They then attract to themselves experiences and situations to confirm this belief and sponsoring thought. Each time they have an experience or observe someone having an experience confirming their belief, the sponsoring thought is strengthened, the belief becomes more firmly set and their perspective appears more real to them. This sponsoring thought prevents young black men from experiencing their true potential and from creating any form of wealth and success for themselves in America.



In the western world a sponsoring thought amongst women is **"There is inequality in the workplace."**

This is a sponsoring thought born out of the most prominent fear faced by our society, the fear of not being good enough. Women who adopt this sponsoring thought, become preoccupied with fighting for equality and fairness in the workplace. They spend much of their time and energy, first spreading the thought, in the name of creating awareness, then they spend even more time attempting to make things equal from their perspective. When they realise that things are getting more disproportionate amongst the sexes in the

workplace, they make themselves angry, frustrated, and stop taking pleasure in their work. This eventually confirms to them that their sponsoring thought was right, and their belief and perspective is real. They pass these beliefs unto others making it a societal truth and creating more disparity in the workplace rather than equalising anything.



Before I stopped drifting and woke up to a new reality, I had many sponsoring thoughts. Many of them I was not even aware I possessed. One of which was a sponsoring thought I created when I was eighteen years old. I visited my father for the first time in almost fifteen years. I was in awe of him, he was tall, had a powerful voice and seem to care about me. I had not seen him since I was four and did not remember him. I desperately wanted his approval. When a not so secret admirer offered me an exotic drink which I accepted, my father questioned me about it. He then took out some money and instructed me to pay for it. I thought this was so macho. I thought he must not want me to take things from men for free. I instantly created the sponsoring thought, **"I must be able to take care of myself and not depend on a man."**

This sponsoring thought plagued me throughout my entire life. It made it extremely difficult for me to form a relationship with any man who showed the slightest desire to take care of me. I would find ways to unconsciously sabotage any relationship where I felt my independence was threatened. It led me into relationships in which this possibility was eliminated, such as relationships with men who were already preoccupied. It poisoned my relationship

with my husband and finally led to severe financial difficulty and an end to my marriage.

When I finally realised that I had that sponsoring thought, I attempted to change it, but realised it had made me extremely independent and self-sufficient. I decided to then keep it because it fitted into my new reality perfectly. Even though I had suffered for it, it had contributed to making me who I am today.



When I moved to the United Kingdom in 2010, I lived with my husband and daughter on an army camp. We were surrounded by a variety of races of people. However, it was common for the Caribbean and Africans to mix and share information. Those who had been there before would let the new ones know how to navigate the ropes. Many more established residents passed on their sponsoring thoughts to the newcomers.

A sponsoring thought passed along was, **“buying cheap saves money.”**

We were told that things were expensive and that we should purchase second-hand appliances or very small ones from Argos to save money. We were introduced to charity shops for clothing. We accepted and believed these thoughts. But after a few months we then realised that the clothing from the charity shops were in fact, more expensive than those from the stores and they did not make us feel good. We also realise that we were not saving by purchasing inferior quality goods. Once we changed our thoughts, we realise that instead of spending more, we saved money and felt much better about ourselves.



Sometimes you hear words, and you don't truly believe them. Still, they get lodged in your psyche and they begin to take root and sprout leaves and branches before you even realise they are there.

As I begun to search for work, I received the prevailing sponsoring thoughts from my peers, "Don't tell anyone you are from the army. They do not like the army here, especially if you are black. **The only jobs we get here as black women, is care work.**"

I did not believe it, but at the back of my mind, the thought had ignited a tiny spark of belief and I wondered if they were right.

One night I sat with my husband, and we applied for a job together, on a wimp, without expectations. Soon I was working at Lloyds bank. I loved my team and they loved me. Even my husband was enjoying the job, accompanying me and my work crew to the pub every weekend. Unknown to me, the thoughts planted in my mind when I arrived, had begun to take hold and attract effects to me. It did not come as a shock, that I soon begun to hit stumbling blocks. After three months of fun and laughter, I realised I had not studied the book the bank had given me and was not in any way prepared for the position handed to me. So naturally, I handed it back and was soon working for a minimum wage in an undesired job.

How to change your Sponsoring Thought

As a world, we hold many sponsoring thoughts which have been created by many years of sensitisation. These sponsoring thoughts are threatening the survival of our planet and us as a species. Many thoughts held by individuals contribute to this planetary consciousness. It is imperative that as individuals, we change many of our sponsoring thoughts, this will then be reflected in the mass consciousness of our planet.

There is one commonly used way of changing your sponsoring thought. It is using affirmations. However, many people simply fall into the trap of repeating phrases they heard or were given over and over without believing them. If the body does something the mind does not believe long enough, eventually the mind will come to believe it and the sponsoring thought will change. However, the tediousness of the process means that most people lose interest and hope and soon give up.

There is a newer and faster way to change your sponsoring thought. It is a five-step process, and it is the most rapid and most effective way to achieve this change.

1. Discover and analyse the sponsoring thought.
2. Observe and record how the sponsoring thought shows up in your life, and the different ways in which it affects your life.
3. Take action to change the sponsoring thought.
4. Say the words which expresses the sponsoring thought.
5. Observe as the new thought creates your new reality.



Step one

Discover and analyse the sponsoring thought.

Go as deeply within your soul as you can, through meditation, contemplation, and introspection, to find your truth buried in your subconscious mind. Analyse the thought, face it head on, do not avoid it, do not run from it, and do not hide from it. As you do so, ask yourself the following questions and answer them as honestly as you can.

Follow this example I used to change the sponsoring thought "I am not good enough."

1. What is making me afraid?

My thoughts, my beliefs, and my perspective, are making me afraid.

2. What is stopping me?

My fear of not being good enough is stopping me.

3. What limiting thoughts have I created?

I have created the limiting thought that "I am not good enough to do the things I want to do, to have the things I desire or to achieve the wealth and success I desire."

4. How do I get rid of this limiting thought?

The fastest way to get rid of a limiting thought, a set belief or a perspective is to do the deed that it prevents you from doing. Accomplished what it stops you from accomplishing. Say what it prevents you from saying. Defy it, over and over again.

Depending on how set that belief is, how deeply held that sponsoring thought is, it will show up over and over until the universe is convinced that you have acquired a new belief, created a new thought, and see things from a different perspective.

5. When did I create this sponsoring thought?

A limiting thought can be created anytime during your life. Usually it is created early during childhood. It sprouts a seed the first time the question is asked, such as “are you good enough to deserve this?” This question can come in any form or fashion. Maybe an opportunity, or a comment made by someone or any life experience you have. Then this thought is strengthened, each time you again encounter the question, and your answer is indecisive, or it confirms the belief that you are not good enough.

This limiting thought was form in childhood, when my mother took me away from all the family I knew and left me with strangers and never looked back for seven years.

6. Why did I create this sponsoring thought?

I created it because I thought I was not good enough. I was the last child of seven children, who had been abandoned at age four to strangers in a foreign country.

7. What is the sponsoring thought protecting me from?

It is protecting me from the world, the universe. God exist to bring you to experience your beliefs about yourself.

It is protecting me from experiencing a world which was opposite to my thoughts, beliefs, and perspective. It stops me from doing things just in case I succeeded to the degree where I no longer believed that I was not good enough. It protected me from experiencing the opposite of who I was, according to my definition of myself.

8. How do I uncover the memory of this sponsoring thought?

I have already uncovered the memory of it, through meditation, introspection, contemplation, and focus on self.

Through meditation, contemplation, and introspection we can access subconscious thoughts stored in our emotional and mental bodies and begin to change them.

9. What sets it off?

It is set off anytime I am about to prove that I am good enough. Each time I am on the threshold of success or at the moment of transformation it rears up its' ugly head, and uses every method at its disposal to ask me, "are you good enough?" Once the answer is not a resounding "yes, I am good enough," it proceeds to break down everything that I have built.

Step two

Observe and record how the sponsoring thought shows up in your life, and the different ways in which it affects your life.

10. How and when does the sponsoring thought show up in your life?

The sponsoring thought "I am not good enough," shows up in my life when:

- I am about to have a supernatural experience, such as an out of body experience, or shift into another realm or dimension.
- When I have built the foundation for my business, and it is time to actively conduct the day to day running of the business.
- When I have designed a plan and it is time to execute it.
- When I have a dream and it is time to live it.
- When my soul, God, gives me an idea and it is time to bring it to fulfilment.

11. How does the sponsoring thought affect your life?

The sponsoring thought "I am not good enough," affects me in the following ways:

- It makes me sad, and it makes me cry.
- It makes me want to shrink into myself, preventing me from being able to face the world.
- It paralyses me and makes me want to run and hide.

- It makes me criticise myself and compare myself to others.
- It makes me indecisive and doubt myself.
- It makes me angry and frustrated.
- It makes me start things but unable to finish them.
- It brings me to a place where I can see the door to success, but it prevents me from entering.
- It allows me to build a solid foundation, but I am unable to erect the structure.
- It destroys my confidence and makes me seek external approval.
- It makes me seek temporary relief, a temporary high.
- It keeps me moving around in circles, travelling through the wilderness of my life.
- It creates in me the need for security over the risk of pursuing my life's purpose.
- Instead of letting go and allowing myself to be guided by my soul or higher self, it makes me adopt a controlling attitude, trying to do everything myself, in an attempt to push, pull, and control the universe in the hope that it will bend to my will.
- It keeps me in a state of doing, rather than being.
- It affects my level of intuition and insight.
- It makes me take ten times longer to do things.
- It makes me do the same thing over and over, rather than moving forward.
- It prevents me from executing things I plan to do in foreign countries.
- It prevents my creativity from flowing and hinders my self-expression.
- It makes me feel as if I can't do things by myself and therefore, I need external help. Even though I have all

the plans, the complete blueprint, I still feel the need to have others with me, to hold my hands and validate me.

- It makes me promote others, before myself, trying to help others achieve my perceived version of what their goals should be, while ignoring mine.
- It makes me stop everything I am doing, to seek something which I believe I do not have or that I am missing.
- It constantly stops my creative mental flow, my soul's expression with the phrase, "I know what I am doing."

Step Three

Take action to change the sponsoring thought.

After uncovering the thought through meditation, contemplation, and introspection, after analysing it to see where it came from, how long it has been there, what damage it has done, how it shows up in your life and how it affects your life, you can begin to change it.

The fastest way to change a deep-seated thought, belief or perspective is to face it head on and defy it. Do what it stops you from doing. Say what it prevents you from saying. Achieve what it stops you from achieving.

Use the following as a guide to your actions in the process of changing your sponsoring thoughts.

1. Keep a forward momentum

After discovering the thought, move on. Do not focus on it or pity yourself. Do not dwell on past failures or the past

effects of this thought.

Do not let setbacks or temporary failure keep you down for too long. When things do not work, set it all aside and start all over again.

Focus on your life's purpose, your goals, your tasks, and your daily routines designed to bring you closer to the fulfilment of your desires.

When the mind and body try to interrupt or take over, keep going. Start again and again and again. The mind and body will soon get the idea.

2. Daily meditation

Go as deep as you can in meditation every day and night if possible, reaffirming your commitment to your life's purpose, and seek new insights to push you forward.

The importance of daily meditation cannot be stressed enough. It is the time when you rest your body and silence your mind to listen to your soul.

3. Repeat your affirmations

Know and constantly remind yourself that you are good enough. Repeat your affirmations throughout your day, until they become your truth.

4. Seek to be the best and highest version of yourself

Execute every plan you have to the highest possible level. Do not attempt to do God's share of the work but do your best and let God do the rest. Do not be mediocre, average, or say it is good enough. Make sure it something you can hand over to God and say, "take it from here."

Live your dream to the fullest. Do not compromise or choose

a lesser dream which may fit into your limiting belief of not being good enough.

Always go with the soul's desire. Pursue the purpose your soul has come to earth to realize.

5. Be observant of yourself

Observe the onset of the thought and stay with it as short a time as possible. Do not let it control you but keep control of your mind. If you do not destroy or change the thought, the thought will destroy or change you.

6. Live your life to the fullest

Live as if there was no other choice, no plan B, its do, or die.

Take risk, leave no stone unturned. You may have countless lives to live, but what you do in this one affects all others. The life you live now, is the only life which matters.

7. Turn your fear into fuel

Use your sponsoring thought, created out of fear, to your advantage. Make it fuel your path rather than stop you.

Before making any decision, any at all, think:

1. How does this help me stay focus?
2. How is this putting myself first?
3. How does this reflect who I am?
4. Is this a distraction?
5. Is this a demonstration of EGO?
6. How is this demonstrating God?
7. Is this demonstrating self-control?
8. Am I being avarice?
9. Is this me drifting or being slothful?

If you cannot decide, act. Do not wait until you receive some supernatural insight before acting. It is better to make a mistake than to have done nothing at all. You can correct and learn from your mistakes, but you can't get back missed opportunities.

8. Adopt the five attitudes of God

Remember the five attitudes of God and demonstrate them.

1. Be unconditionally loving, to every person, every place and everything.
2. Be totally grateful, for all you have, all you desire, and all that shows up.
3. Be a blessing to every person you meet.
4. Act as if you have access to all the knowledge in the universe.
5. Be totally joyful in every moment of now.

Step Four

Speak the words to change the sponsoring thought.

Use affirmations throughout your day to help you create your new thought. Use affirmations specifically designed to oppose the existing thought and plant the seed of the new idea you wish to have as your new belief. Set up a system which will help you repeat them as frequently as possible with as much emotion as necessary. When your new belief is set, you can stop repeating the affirmations. The sponsoring thought will usually show up over and over, disguised through different people, places, situations, or experiences, until the universe is convinced that you have created a new belief and have a different sponsoring thought. Each time the thought shows up, use your affirmations to send a

message to the universe about who you are and what you believe. When you believe it, the universe will also, and your life will change to match your new beliefs.

Use the following affirmations as a guide when writing your own affirmations in the process of changing your sponsoring thoughts.



Affirmations to change the sponsoring thought, “I am not good enough.”

Affirmation one

I lack nothing. I want for nothing. I am enough. My purpose is enough to fill me up for the rest of my life. My joy is enough to keep me company, smiling and happy for the rest of my life. I need no one, but myself. I love everyone unconditionally, but today and always, I choose me, above all beings in the universe. I am enough.

Affirmation two

Fear you have shown your face again. Exactly where I expected you to be at the exact time. Just as I am about to enter the door. It has been three days, you have had me sitting out here unable to enter, unable to cross the threshold. Every morning before I start out, you would pull me aside and ask, “are you good enough? Are you missing something? Do you have all you need? Spend a little more time here. Don’t go in. Don’t leave me out here.

And foolishly, I listen, I spend another day with you, searching, seeking, and realising I am getting more lost.

Fear, your time is up. You have held me back for too long. You have undermined my authority. You have questioned my validity. You have made me doubt my judgment. You have destroyed all I create. You have broken all I build. You pretend to be my friend, my lover myself.

Fear you have lost. Even if I am wrong and there is something I needed, I will have to find out on the other side.

Goodbye, so long, I've got to go home. As of today, I put my fears away. I am one with God, there is nothing missing from me. I am complete, I am whole, I am perfect. I am the depiction, the demonstration of what God would be, because I AM, THAT I AM.

Affirmation three

I lost another day again, seeking to find that thing I seem to believe I am missing. Then I hear the same refrain.

I would not send you into the world, with your power locked away.

I would not lead you to a door you could not enter.

I would not place a threshold before you that you could not cross.

I would not give you a taste of power then withhold the cup.

You need no key to unlock your power. By thinking that you need a key, you lock your power away. You are the key.

You need no guide, you are the guide.

You need no guru, you are your own guru.

You need to stop being in the fire because you are the fire.

I have nothing to say, because you are my voice.

I will not knit our consciousness, you and I are one. There is no separation.

I need not remove the restrictions, there are none.

I can't do away with the limitations, I see none.

I can't pour my blessing upon you, you are myself and I am blessed.

Accept who you are and demonstrate it. Stop waiting on God's approval, God already approved of you. God created you and gave you life, so that God can know itself.

Stop trying to get God to notice you, notice yourself. Look at yourself, approve of yourself. What you expect from God, give it to others and it will be done unto you.

You need nothing else, you are everything. The minute you start searching for something, the thing that you search for becomes lost.

Be yourself, be the best you can be.

Affirmation four

I am enough. Thought, no matter how you disguise yourself, I will source you out. I understand now...

The fastest way to change the sponsoring thought "I am not good enough," is to be good enough. It is to do the things which demonstrate that I am good enough. The new thought "I am good enough" will take firm hold. I will make it stick by being good enough. By succeeding at the highest level, by becoming the best and highest version of myself. By representing and demonstrating God on earth. I am the light house, created to call myself back home.

I AM GOOD ENOUGH. I AM FUCKING GOOD ENOUGH!

Step Five

Observe as the new thought creates your new reality.

Pay attention to your thought, think before you think. Examine your daily thoughts to ensure they do not contradict with the newly created thought. The universe will attempt over and over to confirm that you believe your new thought. It usually takes twenty-one (21) days to form a new habit, for the groove to be created in the mind and for the synapse to solidify. It may take years for an old thought to be eliminated and to be replaced with a new thought.

Examples of Sponsoring thoughts existing in society which keeps us from achieving wealth and success and how they can be changed.

Example 1

Using this sponsoring thought of a black woman:

"White People do not like black people," and changing it to, "white people love black people."

A sponsoring thought such as this, will make a black woman react negatively towards a white person. That negative reaction stems from the fear of how she perceives the white person will react towards her. She will be on the offensive or defensive in expectation of an attack. This fear inadvertently attracts to the black woman, negative behaviour from the white people she encounters. Like thoughts attract like thoughts, and our deepest thoughts or sponsoring thoughts, create our reality.

To change this thought, the black woman must take the first step, make the first move. When she sees a white person, she must act as if that person loves her. If a person loves you the natural thing is to show love in return. The black woman must not change that believe based on the white person acting in fear and not displaying any love. The black woman must make allowances for the new thought to take effect and erase the effects of the old thought which may have been natured and harboured for years.

After changing the action, the black woman can then put this new thought into words. These words can be emphasised using affirmations.

Soon the black woman will find that the new thought has taken hold and it is reflected in the new world she now lives in.

Example 2

Using the sponsoring thought:

"I am broke, broke people have nothing to give," and changing it to, "I am rich, I have enough to give away."

With a sponsoring thought such as this, you live in a state of mental poverty. You believe that you are poor, and you act like it. You eat what you believe is the cheaper food, but it is the unhealthier food. You shop for cheaper, but lower quality goods and services. You usually have a poor disposition and refuse to enjoy life. You believe you have nothing to give, so you never donate to charity, you never give without expecting something in return. You do not invest and therefore miss opportunities to create wealth. And because you feel less fortunate you do not give thanks.

To change such a sponsoring thought, you must dig deep and do the actions which will begin to create the new thought. You must give. The more you give the faster the thought and the corresponding reality will change. With a poverty mentality, you may think you have nothing to give, but that is usually an illusion. You can forgo one meal to give, as you give you instantly get the buzz, the high, the feeling of having something to give away. The more you do this, the more you realise that you are not getting poorer but getting richer. Your mind begins to change. You realise that you can afford better quality and that buying quality rather than low-priced is in fact, cost saving and therefore results in having even more money. Soon you can take risk and will therefore

begin to invest. You may also see that since you could do without some money, it may be wise to save some, so that you do not end up as those that you help. Your savings increase.

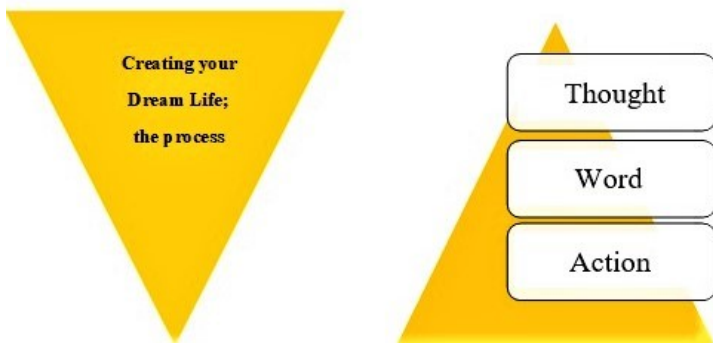
The ripple effect is that soon you realise that in fact, you are not poor, you have enough to give away and you can then create the new thought. "I am rich, and I have enough to give away."

What excuse can I give?

*What excuse can I bring to the creator,
for turning up with a report card marked:
Purpose: unfulfilled, Journey: incomplete,
Self: unrealised, Job: not well done,
Experiences: not accumulated, Lessons: not learnt,
Gifts: not received, 3D Level life: need to repeat!?*
*How can I look God in the eye, when:
I did not become the best version of myself,
I did less than I was capable,
I gave it less than my whole mind, body, and soul,
I allowed labels to be placed on me,
I let restrictions inhibit my soul,
I believed in limitations,
I let fear get the better of me?*
*What a disappointment, I would be, when:
before I was even a thought in the creator's mind,
all the tools had already been designed,
to ensure my success,
to make sure I was more, and not less,
to remind me, when I forget,
to connect me to all the knowledge, all the power, all
the time, I would ever need.*
*What excuse can I possibly, possibly, bring to God,
for being less than who I was,
for neglecting to follow my heart, to follow the law,
for ignoring intuition,
in favour of rules and legislations,
for knowing who I am and failing to experience it.
Better I stay here, and complete the task!
Because, I have no excuse.*

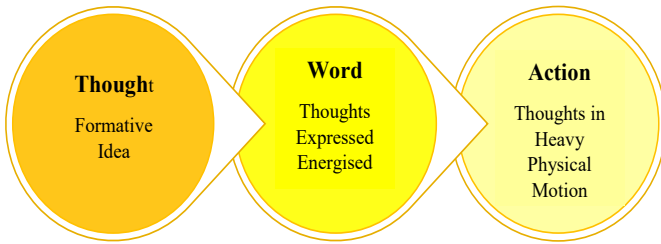
Joyce

Creating your Dream Life - the process



The Process of Creation

The process of creation is a three-step process. All creation begins with thought, then proceeds to word and is finally fulfilled in deed.



Step one

The Thought Process

All creation begins with thought. Your thought is the formative idea and contain the initial concept and the desire for its fulfilment.

The thought process condensed

Form a clear mental picture of the rest of your life.

Ensure it is your highest and best version of yourself if there were no limitations on who and what you can become.



Think about whom you want to be, the things you wish you could accomplish, and the material things you desire.



Think about them frequently, until it becomes a clear picture in your mind.



Once it is very clear, focus on that picture and nothing else.

Do not entertain any other possibilities.



Focus only on positive thoughts, when negative thoughts appear, quickly remove them from your mental framework.

Remain optimistic, without doubt or fear.



Exercise control over your thoughts and practice your mind to uphold the initial creative thought.

The thought process expanded

Begin the thought process by being still. The quickest and the best way to achieve physical and mental stillness is through meditation. Meditation involves reducing the levels of unnecessary random thoughts going through the mind, to create a clear window, a clear space, which allows us to see through the illusions. Meditation involves raising the life energy along the internal column of the body, the spine, passing through the seven chakras from root to crown. This can be achieved by using simple repetitive sensations, such as, waves lapping on the beach, the tinkling of a fountain, repeating a word or mantra, simply sitting in silence focusing on the intake and outflow of the breath. Active meditation can occur during walking or running or any form of physical activity that reduces the level of thought being generated by the mind. When we quiet our thoughts, we are better able to access new healing thoughts for any situation in our lives and in our outside world. Meditation is how you can embark on a journey of self-discovery.

When the mind is still, insight from your soul is received. If such insight is received which provides a clear direction for your future, you are said to now know your soul's purpose.

Working towards your soul's purpose may require much more self-discipline than working towards other self-created purposes, however, it is much more satisfying and usually more beneficial for humanity.

You are not however, limited in any way in what you choose to become on earth. You can be, do, and have, whatever you can imagine. You must imagine your life the way you wish it to be. You must imagine what you would think, say, and do if your life was exactly as you wished it to be. You must imagine how you would interact with others and respond to what they think, say, and do. You must then begin to change your thoughts to match your newly created vision of yourself. If you have a thought which is not aligned with this vision, you must quickly change it to a new more aligning thought, a process which may take tremendous mental effort.

Learn to monitor your thoughts so much, that you think about what you are thinking about before the thought takes root.

Napoleon Hill created a meditation technique called the Invisible Counsellors Technique. This technique enables you to tap into the mind of any person, living or dead and source skills, ideas, and inspiration from their being. You may select any participants you wish, invite them to a meeting which will take place in your imagination. They may be selected from any time in history, as long as you believe they can assist you in creating your dream. Always have a definite purpose when you hold one of those meetings. It may take time to get into the swing of things, but as you persist and delve deeper into this created reality meeting, things will begin to change. You find answers to all your questions and

soon the whole idea becomes a tangible thing for you. Imagine having unlimited access to any person you truly admire, from any point in history at your beck and call to answer your questions.

Jose Silva also developed a meditation technique he called the Silva Method. In this technique, Jose found out that when the brain was in the alpha state, you could think more clearly, maintain concentration, and access information more easily. The alpha state is associated with light sleep, dreaming, and was most rhythmic and had the strongest current of the four brain wave states.

Jose created a series of formula type techniques which involves effective sensory projection at the alpha brain wave state, setting more of the mind to work for you, creating powerful and amazing results.



My process of creating my first book began on 8th of March 2014, when I had what I refer to as an awakening. I literally woke up from drifting through my life. On that day, I felt my head would burst from having so many thoughts in it. I felt a deep desire to express those thoughts into words. I had this inexplicable feeling of power as if I could be anything I could imagine to be. I felt that if I were to walk down the street, I could move cars out of my way just by a mere flick of my hand. But the thoughts which became most potent in that moment were these two thoughts, "I could be a writer, or I could be a poet." These thoughts had never occurred to me before that day.

In that instant my life changed because I instantly became a writer. I felt like a writer and a poet. I listened to Maya

Angelou's poems that entire day while thinking, I need paper to write. I did not write that day and the next morning I thought I had lost my gift because my mind was empty of thoughts. But within a few minutes of my waking up, the thoughts in my mind began again and I was not about to let go this time.

So I wrote, because I was a writer. I wrote for three months, then it dawned on me that I had written my first book. My thoughts had been put into action by me expressing into words the thoughts in my mind. After three months, my thoughts had become a deed. I was a published writer. Me, who had never thought of writing anything was a published writer with a book available in every major online bookshop.

Step Two

The Word Process

Words are thoughts which have been expressed, pushed out and made visible. These words are either written or spoken. By writing out or speaking out your thoughts you give them added energy, making them a more tangible and powerful idea, that is no longer limited to the confines of your mind, which is filled with ever changing thought.

The word process condensed

When your thoughts are unwavering and strong, start to speak them out as your truth.



Write them out, or speak them out loud, using the great command that calls forth creative power. "I AM"



Begin your statements to others with, "I AM."

Remember, "I AM" is the most powerful creative declaration in the universe.

The word process expanded

After you have decided whom you wish to be, it is advisable to put this into words. This process will provide clarification and strengthen your vision. It will be what you will refer to in moments of doubt and frustration. In words, your thoughts become a tangible idea which can be passed on to others. Words have a higher vibration than thoughts and so affect

the universe with greater intensity, creating more impact in the creation process.

Monitor every word which does not align or is contrary to your vision, and immediately change those words to new more aligning words which match your expressed vision. However, do not be afraid to adjust your thoughts and words if your vision gets bigger, grander, and higher. It is a human attribute to desire to be and to create the best. But the best changes as you gain new experiences.

When I first put my thoughts into words, I had a property in mind, but as I expanded my vision and visualisations, the property no longer fit my plans and soon I discovered a new and better option. As long as you keep heading in the same direction, holding on to the goal, it is reasonable to update and adjust what no longer fits into the vision.

Be as detailed as you can and as descriptive as possible. As you write or speak, you undertake a form of imagining or visualising. The clearer the picture, the more detailed, the easier it is to break it down and act on smaller parts, until the whole is achieved.

Do not be afraid to think big. At first it may appear based on your past results, or your life experiences, that your dream is too big and in fact impossible. It is not. Comfort yourself with this quote, "The desire can and should be mine. I would not have the thought if I were not capable of achieving it." Many times, I found myself crying when I reread my dreams, because they seem so big, and I had no idea how I was going to achieve them. But I kept moving forward, I kept reading until my notebook almost deteriorated to bits, and finally it became a certainty in my mind.

Avoid writing affirmations as statements of “want.” Such as “I want to be rich, or I want to be this or that.” Statements of want, breeds the feeling of wanting or lack, and reproduces this as an emotional state, in which you have the constant feeling of wanting something that is eternally out of reach. Instead use the great command “I AM”.

Keep the expression of your dream or goal close at hand. It is advisable to create a dream board with pictures, inspiring quotes and your dream or goal written up as affirmations or as already achieved.

As a young woman, I was always business minded. I always had an idea. And it did not take me very long to attempt to bring it into being. My only problem was that I never wrote my ideas down, never formulated a plan. I simply moved from thought to action, just as I wrote my book. The problem with missing this crucial step was that when things got difficult, as they usually do in business, I had nothing to turn to. I had no dream to refer to or no plan to keep me motivated. My ideas were not tangible, and so I found it easy to simply change my mind, give up or move to a new plan, which I usually did. My personality was one which found the development or creation stage to be extremely exciting, but when it came down to the nitty-gritty, the finer details, the sticking to it, I would lose interest and quickly move to a new creation.

Writing down my dreams and goals have completely changed my life. Now I have developed the desire to see all my thoughts through to words and then bring them into deed. I usually carry my dream with me in my bag, to work on an aspect or just to keep me company.



Though it is not advisable to move from thought straight to action, it can be done, especially if you are certain of what you wish to create. It may leave you open to mistakes and wrong decisions, but it is an effective method of removing doubt from your mind and eliminating limiting sponsoring thoughts from your subconscious mind.

When I wrote my first book, because I moved from initial concept to doing, I made several mistakes, which I had to later correct, and I am still correcting. I edited the book myself, not perfectly, I chose a foreign publisher and not local, I paid a third party to publicise and went to market way to soon. However, by writing that book, I knew I could achieve anything I put my mind too. I knew my thought, that I could be anything I could imagine to be, were based in truth. I had eliminated doubt from my mind and changed a sponsoring thought I had created from my past business attempts.

Step Three

The Action Process

Actions are words put into motion which then creates a physical result. Actions are the physical manifestation of your thoughts. Everything around you came into physical being in this way. Passing through the thought, word, deed, process.

The action process condensed

Be vigilant, listen to your instincts and learn to trust them.
Look, and listen for signs from the universe (everything and everyone) on how to proceed.



Take the action which feels right to you.

Do not fight the process but lean into it.

Lean into the flow of the universe.

Remember, the words you place after "I AM" sets into motion that exact experience. It acts as a magnet and attracts the effects to you. There is no other way the universe knows how to work, no other route it knows to take.

The universe responds to "I AM" as would a genie in a bottle.

The action process expanded

The doing part of creation includes knowing. Knowing is an act of complete certainty. It is the greatest demonstration to

the universe of your faith in God and your belief in yourself. You may think you can do something, you may say over and over to yourself and to others that you can do that thing, but if you never attempt to do it, you will always doubt your capabilities.

Actions can precede words if you have absolute certainty that your thoughts are true and valid. It is in effect a shortcut from thought to action, but only if you know exactly what you desire to create. Acting will speed you on the path of creation. It is not the safest way to create. It is like constructing a building, because you know you can, but you do not have the blueprints prepared. It can cause you to make mistakes and having to make several corrective moves which can cost you both time and money. But it removes the doubt aspect of creation.

When you take an action that takes you off the path towards the fulfilment of your purpose, do not punish yourself. Forgive yourself and make a new decision to stay on course and not stray from purpose. Every choice of action from the smallest to the greatest must be decided upon, based on whether it will assist in pushing you towards the vision you have created from your thoughts and which you have put into words.

Remember, ideas become worthless to you, without action on your part. There is a saying, "thoughts with no action are meaningless." This is not so at all. All thoughts are creative and will come into being at some point unless they encounter a thought of an opposing nature. However, as we are all part of one being, connected by a shared soul, your thoughts are broadcast throughout the matrix. If you take no action, do not be surprised if someone else receive these

thoughts, catches them, accepts them as their own, adds meaning to them and use their actions to bring the thoughts which were originally yours into being. They may not do it like you would, but they will do it none the less.

Keep yourself open as you encounter each person on the journey to experiencing your creations. Paulo Coelho in his iconic book *The Alchemist*, wrote, "Once you have made a decision to pursue your personal legend, the whole universe conspires to make it happen." And this is so true. People show up in your life at the right time and in the right places. Most of the time, they have no idea of the impact they make on you, or how they contribute to helping create your dream life. However, be careful not to become too attached or dependent. Be willing and able to let go as soon as they have made their contribution.

Remember, in life there are no accidents, no coincidences, and nothing ever just happens. Every situation you encounter in life, occurs so that you can remember a lesson which will help you on your way. If this lesson is not remembered, the situation keeps repeating itself with different people, in different places, at different times.

It took me many years to learn the following lessons:

1. No one can see your vision the way you can.
2. You can have all the time you need.
3. You cannot take everyone on your journey. You will have to go it alone before others begin to follow.
4. There is no short cut to the top.
5. Trust in others, before others trust in you.
6. God shows up in many forms, many races, many faces, and in many places.

7. God spits out the lukewarm. You cannot excel being mediocre, average, or just okay.

1. No one can see your vision the way you can

When I started on my journey, I met a beautiful young woman. I thought, we can be great friends. I introduced myself. She said, "I do not usually talk to new people, so it is good you have approached me." She was so instrumental in helping me on my journey. She was the first person to speak to me with reference to "the universe." She told me how she used the law of attraction in her life. When I hit a rough patch, I would visit her, she seems to have the answer even before I asked the question. When I realised that I may have written a book, she connected me with her friend who had just written a book, which I used as a guide to edit mine. She also told me of another friend who had a book signing in London, reminding me that everything is possible. She finally gave me a pair of shoes which I made up my mind to wear when I was satisfied that my life had changed. When I tried to thank her for all I thought she had done, she looked shocked, she had no idea what I was talking about.

2. You can have all the time you need

I remember my twenty sixth birthday. I was walking from the gift shop of the hotel where I worked back to my account's office. I paused outside my window, thinking how happy I was at the moment. I had a beautiful new apartment with my two-year-old daughter, whom I loved. I had a new boyfriend, whom I was madly in love with. I loved my job and

I felt amazing. In that moment I decided to stop ageing. I thought, "this is it, I am no longer counting years."

My daughter is now seventeen, and not a day goes by, where there is not some confusion as to who is the mother and who is the daughter. I have gained some grey hairs, which I disguise with black hair dye, but apart from that, nothing else has changed. When people ask me my age, I usually give them my year of birth to work it out, because I have no idea. I feel ageless.

Time is a matter of perspective. From our perspective here on earth we see day, turn into night, night turn into day, and we think time is passing, therefore, I am getting older. But what if we adopted a different perspective? What if we move ourselves a few light years away from earth? We would behold the sun, somewhere around, stationary, and behold a small blue planet spinning around. There would be no night and day, just the eternal moment of now. What if that ball began to spin in the other direction, would all the nights and days be erased, and would we begin to age in the other direction? Time is a matter of perspective.

We have been trained to focus on time. Everywhere we look, there is a clock, a watch, a phone, a computer, a TV, all advertising the passage of time. People are constantly repeating phrases such as, "time is flying," "where does the time go," "we are only here for a moment," and for them, time flies. But in truth, time is very elastic. You can fit into your twenty-four hours as much as you desire, while someone else fills theirs with very little, but it is the same time. Your time expands or shrinks according to your expectations of it.

We have grown up with the belief that we need a certain number of hours of sleep so that our bodies can rest. Our bodies never rest. Neither does our mind unless we are in meditation. Sleep is the period during which our soul re-energises itself from the drudgery task of containing the body for an extended period. As your life begins to take on new meaning, and your soul finds things which excites it, things which call on its creative power to bring them into being, the soul requires less and less sleep. I slept for four hours each day for almost a year, with no side effects. I can instruct my mind, on how long I wish to sleep or what time I need to awaken. And it works better than clock work, not one minute before, or one minute after.

Take your time on your life's journey. Do not ignore one aspect of your life, in favour of another. Part of creating wealth and success in your life is creating balance in all aspects of your life. Balance between your physical and spiritual world, and balance between your career or pursuit of purpose, and your relationships. There is no need to rush through life, trying to do, do, do. It is better to just BE, and lean into the flow of the universe. Life is not a journey to a destination, but a process of accumulating experiences to discover who and what you are, and to re-create it. The process is destroyed if the experiences are not accumulated but passed by.

3. You cannot take everyone with you on your journey

Throughout my life, I always felt I could see what people needed to make their lives better. If they had a business,

within a few minutes I could figure out how to make it work better. I just did not understand how they did not get it, why they did not see what I could see.

When I woke up from drifting through life, I thought great, I've got something, I've found the secret, I will share it with everyone, we will all become phenomenal women, hence the name of my first book, *Phenomenal Women*..

I began by telling everyone, "we are on a journey, you must agree to take this journey with me." I stopped sending out my messages to my group of women, waiting on them to agree, that "we," were on a journey.

During the waiting period, I could hear all around me, people who had made it, people who were doing exactly what I was just beginning to do, people who were already on their mountain top. I felt as if I was being left behind, while I was waiting to take everyone with me. I began to cry, then panic, because no one was responding, no one was taking up the offer to become a phenomenal woman, no one seemed interested in my journey.

Finally I had to decide, go it alone, or be left behind. So I went.

"I was afraid. I was afraid that if you did not see my point of view, if you did not agree with me, if you did not come along with me, then you would not believe me. I was afraid no one would believe me. But I am making a new choice. I choose love. Love and fear cannot co-exist, so if I choose love, it is impossible to be afraid." *Phenomenal Women* by Joyce.

Each person has their own journey, there are no spectators in the universe, we are all as important as each other. Your course has been set by you, your journey specially designed

for you, you cannot take anyone with you, you must go alone. You must forge the path, climb the mountain, set the marker, become the lighthouse, that will point the way home for others. Many may help, because God uses man to do its work, but your journey is yours alone.

If you focus on others, trying to get others to believe in you, listen to you, accept you, you will lose yourself. You will get weighed down by the emotions of others, and you will drown in your own despair.

4. There is no short cut to the top

Being my own guru, my own mentor, I had to learn things from experience. After I wrote my first book, I began to think about marketing it. I instantly began to see marketing adds on my computer or on my phone. I did not think about it, I did no investigations, I sort no inner guidance, I got taken in by empty promises, promising to market my book to millions. I paid my three hundred pounds and waited to be rich. All I got for my investment, was two emails, one from Australia and one from America, requesting free copies of my book, of which I had to pay the shipping cost.

I thought I had learnt my lesson, but I had not.

When I began thinking about creating this coaching program, I had no idea how to create an online course, having never done it before. True to form, the universe brought to my inbox, the unbelievable offer, simply copy and paste my content and out will come an online course. I was immediately taken in, after all, the marketer wore a beautiful Armani suit, he recorded in a high-rise building in

Las Vegas, he had sent me some free tips, which I never used, even after I expressed my reservations. I thought cool, this is the short cut I am looking for. I purchased the program for five hundred dollars. And in return for my investment, I got to join one closed Facebook group, I listened to one Facebook live broadcast of things I already knew. I was told all I had done up till then was useless unless it was done this way. I was informed that I had to invest another three hundred dollars, before I could even begin to use the program, and that was the result of my investment.

Then I remembered what I always knew, there was no shortcut to the top! I took out my free book that I bought online, did my leg work, I read, I tried, I tested, and I created my first online course on Udemy. When I was done, I was told, "we have no improvement tips for you, your course is perfect."

It takes hard work and determination. If you wish to build something real, honest, true, and lasting, you must go through life, not around it. That way you will learn all you will need to aid you in creating your true wealth and success.

5. Trust in others, before others trust in you

My daughter went to America on a holiday. Unbeknownst to me she intended to get her father to buy her a prom dress. While enjoying my two-month solitude, I was bombarded with pictures of dresses, red dresses, gold dresses, silver dresses. I would be rudely awakened in the middle of the night to the ping of my phone with a picture of a new dress. Finally, we found a dress. Despite my advice to go out to purchase a dress, the dress was found online, being sold by

another seventeen-year-old who had just had a prom. It was beautiful, exactly what I, well she had hoped for. Rose gold, breast covered, back covered, flared bottom, perfect. We haggled and settled the price.

Then came, "Mommy I told her I would meet her, and her attitude changed." I thought, this is an online purchase, why do you need to meet her. Further came, "Mommy I can't send one hundred and sixty pounds to this girl, what if she does not send me the dress."

I thought, but you would send it to any company, in fact you do it all the time. You do not question their character or express any lack of trust. Why do you not trust yourself? Because it was a young girl, just like you, same age, same race, in the same country as you, trying to recoup her investment in prom, which you may wish to do, and you do not trust her to keep her word. But you trust the multibillion, multinational company to keep its word.

And I realise how prevalent this was in our society. The lack of trust we have in each other. We expect the worst from others, so we get the worst. When we desire others to trust us, they cannot, because what we do unto others, we do unto ourselves.

I set out to prove to myself, that this seventeen-year-old, black girl, from whatever town in the UK, was trustworthy and could be depended upon to keep her words. I spoke to her, paid for the dress and in two days I received the package.

In creating wealth and success in your life, you need people to trust you. To cultivate that trust, trust people first. Give them the opportunity to demonstrate to you who they are

before you judge them as untrustworthy. Remember what you judge, you shall one day become. Give people a chance to rise to meet your expectations of them, not live down to it. Do unto others as you would like others to do unto you.

6. God shows up in many forms, many races, many colours and in many places

Before you even ask, I have responded

I wake up at 5am to prepare my curry roti, fifty curry beef roti and fifty curry chicken roti. I wrap them up and carefully place them in a forty-inch white plastic ice cooler. They would remain warm, and they would be safe for transporting to the Phillip Marcellin national stadium. There was a cricket match on, and I intended to sell my roti and make a quick buck. I got a bus and headed down. I got to the stadium, and I stood outside with the other vendors. They were mostly older women, with makeshift tents, gas pots, grills, the works. There I was, little old me, with a cooler filled with roti. I placed one roti on top the cooler, my measly attempt at advertising. Nothing happened. Ten minutes passed, nothing happened. Twenty minutes passed, nothing happened. Half an hour, nothing happened. I began to get scared. I began to panic. I began to think of a past business attempt where I made many bottles of juice to sell in town only to return home with it unsold, because I got scared and because my fellow entrepreneurs, my two best friends, were not very supportive. I thought, oh my God, what if I have to take these roti back? What would I do? I would lose all the money I had invested. Chicken was not cheap, neither was

beef. We definitely could not freeze this and eat it over time. It was just my mother and I and this was not the kind of food you freeze. Tears welled up in my eyes. Under my breath I began to pray, "God help me! Please help me! I cannot take this roti back home." As soon as the words were out of my mouth, I saw my friend Berthier's brother Darian get off a bus right next to me. I said, "Thank you God." I purchased a ticket to the cricket match for myself and one for Darian. We walked in with the cooler, went up to the stands to our seats. I got up, and with a shaking voice said, "Chicken roti for sale!" One hour later, I was sold out.



Before you even call for help, help is already on its way

I have just finished college, I get my first job in the big city of Castries. I travel to work on Monday mornings, I stay with a wonderful sister from our church, and then on Friday, I travel back home. By then my mom is no longer working so she stays home all day. She has no close friends and does not communicate with the neighbours. Our communication is not so great, so I do not call. She is alone all day, with her thoughts.

I walk in one Friday afternoon to disaster. My usually clean home looks like it had been ravaged by a maniac. Everything is spread out in the back yard, clothes, shoes, books, family photos. They look like they have been outside for days.

My mother begins telling me about her recent visit to heaven. She says, I have been to seven heavens Joyce, one is made of gold, one of jasper, one of sapphire, one of rubies, one of emeralds, one of diamonds and one of pearls. She describes them animatedly and I believe her, even then. I

know without a shadow of a doubt she had been to heaven. It was the exact heaven she expected. This had always been her vision, her belief, her focus. To walk on the streets of gold. Her deepest thoughts had transported her spirit, her consciousness, into her created reality.

But that does not last long. It never does. No one goes to heaven forever, there is no such reality. It is an experience.

She soon descends into a hell of her own making. First it is the neighbours, then it's her husband, then it's the pastor of our church, everyone was trying to kill her. We leave the house immediately. We head to a dark secluded beach, aptly named black bay.

I have no one to call. We have no family or friends around. We do not talk to our neighbours. In my mother's thoughts, these people hate me, they're jealous of me. So we do not talk to them.

On that dark night of 1999, I walk behind my mother, listening to her rants, of how the pastor from the church had pricked her with a needle which had aids, she was going to die, she just needs to lie down on the beach. I had to come with her because they might do the same to me. Every time we saw the head lights of a car, she jumps into the bushes.

Finally, we reach a point where we begin to descend into a valley, the climb from which would bring us to the entrance of the beach. I have never seen darkness like this. We have left every home and business behind, there are no streetlamps, it is late, and 1999, so no cars on the road. As the tears run down my face, I screamed, "Jesus! Jesus! Jesus!" Before the third call was out of my mouth, a police car stops along side us. I burst out crying, they picked us up, took my

mother to the hospital, where she spent three months being treated for bacteria in her blood.



With man, it seems impossible, but with God, everything is possible

It is 2009. I have just finished building my first home. I remember the day my then to be husband stood over me while I dug the septic tank. I remember buying a tile cutter for the first time, feeling like a little girl with a new toy, as I tiled room after room. I remember keeping my fingers crossed as I installed a bathtub and toilet for the first time in my life, hoping my tenants would think this was the work of a pro. I was Joyce, Bob the builder had nothing on me.

Now it is 2014. The house must go. I have toyed with the idea for a few years. Yes, no, yes, no. I do not want to sell. I love that house. The thing I love most was the location, next to a secluded river, where I could stare at the handful of fish swimming and get lost, where I could jump on the treetop swing and fly across the river, where I could cross the road and share laughter with Sasa, my wise old friend. I do not want to sell. But when you have been living in fear for a few years, the things you never intend to do, becomes the things which must be done.

I can no longer put off the bank. The stress of the overdue mortgage has taken its toll on me. I can no longer beg tenants to pay me. The overdue rent will have to remain uncollected. I can no longer live in the past, I must let go and focus on the future.

I call an experienced real estate friend of mine. He says, "Joyce, you had better keep renting your house. Houses are not selling these days. You're not going to get the money you want for this. I can't even list it for you."

I call my long-time builder friend. He says Joyce, "don't be stupid. Look at me. I have abandoned my house to the bank. I have been trying to sell it for years. Houses are not selling. The economy is bad, you will not make your money back."

I do not listen, because now I know better. I know that it does not matter what the entire world thought, it matters only, only, what I thought. I thought, I need to sell this house for X amount.

I call my long-time friend, my X-classmate. I heard she was into real estate now. I have always had a soft spot for her. She was the only person I know, who had never had a "real job." That impressed me. I was certain she had never sold a house in her life, but that did not matter. It was 2014, I was awake, everything I touched, was turning to gold.

At first, she ignores me, maybe she thought I was not serious. I explain to her exactly what to do. I tell her, "email all the real-estate agents in St. Lucia, tell them you have a house for sale, and you are willing to share commission with them."

Within a few months, strangely, a young woman comes from the UK, to marry a man whom many years ago had wanted to marry me. She puts down a deposit of thirty-six-thousand dollars on my house, walks away and never looks back. A couple of months later, a gentleman makes a deposit and purchases the house at a reduced price. When it all came together, I made the exact amount of money I desired, within the stipulated time.

7. God spits out the lukewarm. You cannot excel being mediocre, average, or just okay

The day I received my first copy of *Think Yourself Phenomenal - The System*, I was over the moon with pride in what I had accomplished. I had done it. I had created something I was proud of.

You can do anything if you put your mind to it, whether you are rich or poor, black, or white, old, or young, male or female.

I was born in the Caribbean nature Island of Dominica, with its seventy-three thousand population and GDP of five hundred and sixty-two million. Three years after I was born, hurricane Allen struck the Island, leaving many homeless and knocking the Island back into the twentieth century. My mother, thinking it best to break up the family to ensure its survival, took my brother and I to live with her new in laws in St. Lucia, one of the most beautiful countries in the world, while she and my elder sister went to live and work in Martinique, *le petite France des la Caribe*.

After seven years of complete alienation my mother was forced to return to St. Lucia to care for her two abandoned children. While in her absence, half a chicken wing was the highlight of our meal, in her presence a hand full of almond kennels cut from the hull, was sometimes my midday meal.

I grew up having no dreams, no aims, no goals in life, and neither did anyone I knew. It was only a doctor's daughter whom we all assumed would also become a doctor. Everyone else just moved with the flow, as I did.

Then one day I woke up. On that day, I knew with utter certainty, that I could be anything I choose to be. But what stood out, was the thought that I could be a writer or a poet. I, who had failed English and had only written one half page short story that I could remember about a man who lived in a bamboo hut, knew in my heart and soul that I could be a writer. And on that day, I became that writer.

Because I knew I was a writer, I wrote. I wrote what I was passionate about, thought. I wrote what was true for me, what had been tried and tested in my life. I felt the pain of the world and it kept me awake, so I wrote about it. I knew nothing about editing, designing, I had very little knowledge or experience about technology, and I did not know about publishing. I thought writing books was a thing rich people did.

Three months after realising I could be a writer, I became a writer. I did what I thought everyone did. I got a publisher. I paid my one hundred and forty-nine dollars and thought, cool, they will take what I have given them, and make me famous. They will sell my book. I saw visions of myself in lights, on stages all over the world, selling many copies of my book. Well, that did not happen.

No one told me that publishing was a money-making business, the more books we publish the more money we make. No one told me about proper editing, formatting, copyright, cover, no one told me anything at all. I kept wishing, hoping, and praying that my book would sell. But in my heart, I did not want it to sell. Because I had read it, and even though it made me cry, even though it brought miracles to the lives of all those who bought and read it, the editing errors had made me lose my confidence in it. And I

knew God could not work with it, because it was lukewarm, it was average, it was mediocre. Not the content, but the character.

Still, I did not learn my lesson, I wrote New Thought movement UK's manifesto. True to form, it was brilliant in content, but the editing left much to be desired. Then someone commented on the standard of my work, and I had to thank them, because that was the only person who had taken time to read, then make a valid, unsolicited comment on my work. On that day, I realised that I could not be lukewarm, average, or mediocre and expect God to work miracles with that. I had to be excellent. I had to give it 100%. I had to take my time to do things so that I could feel confident that it was something God could work with.

When it came to *Think Yourself Phenomenal - The System*, that's what I did. The girl who was not technologically savvy, who had a hundred-pound Samsung phone while others boast of their I phone 6, 7, or 8, became an editor, editing a book five times before saying it is perfect. She became a graphic designer, a creator of websites, a publisher, because she knew and appreciated the value of what she had written. She knew she was capable of being anything and she knew she was not alone.

Take pride in everything you do. If you mop the floor, do it so your boss can see his face reflected in it. Don't take short cuts. Don't try to cheat the system, it never works. Don't take the easy way out, there is none. Life is not a journey to a destination. Life itself, is the journey! When you give your best, it does not matter what other people do, say, or think. It does not matter whether they promote you, congratulate you or buy your product, it does not matter. When you give

the best that you can give, the whole universe conspires in your favour.

You need no one outside of you, you can do it yourself. Many people in many parts of the world, feel they cannot help themselves, they cannot change their circumstances, they are doomed. That is a lie! I did this, in my bathrobe, in my home, by myself! I had no help, no support. Everything I have done, it has been me. Only one person helped me create my logo and banner, thank you Joe. And funny enough, he did not put one dot out of place, I never had to correct a single thing, what was in my mind, he digitalised and gave back to me. You can do it, it does not matter what your family, friends or even your parents say. It does not matter what the people you think made it say. The creator of the universe will help you. How? Through people!

Go within, then take action. When I did not know something, I meditated. When I forgot to be, and started to do, do, do, all what I did came out wrong. I would have to start again.

If you need help, stick with me. I will share the secret with you. I will legalise the law of attraction for you.

If you desire, I will show you the way. I will tell you somethings you never heard before, in a way you can understand and relate to.

I have searched, and not even the Dalai Lama is saying what I am saying. It is not about platitudes or nice words, it's about truth. People are afraid to speak their mind, to think for themselves, to have their own opinions, well that's over now.

Affirmations and Visualisation

Affirmations

An affirmation is a group of words or phrases, used to provide emotional support and encouragement. It reminds your body of things your mind believes or wants to believe. An affirmation will not work if it is merely a statement of a thing you wish were true. It will only work when it is a statement of something you already know to be true. If you begin reciting your affirmation before you believe it, the expectation is that the constant release of the thought into the ether, and you constantly hearing the word, will eventually create belief. When this belief is created, then the affirmation begins to take shape, as a truth in your life.

An affirmation helps to keep your mind from straying and focuses it on the task ahead. It is also used to change thoughts which you have had and words which you have said, which are not aligned with your highest vision and replace these thoughts and words with new more aligned thoughts.

Affirmation, because it is a thought which is pure energy, it gives added energy to your vision each time it is affirmed. If it is affirmed with deep feelings and emotions, the energetic impact is even greater.

Your affirmation can be written by sending the present into the past and imagining the new future you desire. Such as, "I remember when I wanted to go to Africa to help the people, now I have my own motivational charity, *Mind over Matter* which is helping minds not bodies." This achieves the

desired purpose of sending your mind into the future to think and imagine a new possibility, and projects the present into the past faster than normal.

Pastor Joel Osteen released a list of affirmations, which served me early on my journey and included affirmations like these:

- I am love.
- I am confident.
- I am valuable.
- I am one of a kind.
- I have royal blood flowing through my veins.
- I am in the best shape of my life.
- I am in great health.
- I am at my best weight.
- I am blessed.
- I am prosperous.
- I am talented.
- I am strong.
- I am healthy.
- I am creative.
- I am secure.
- I am disciplined.
- I am focused.
- I am attractive.
- I am well liked.
- I have a good personality.
- The right people are in my future.
- The right opportunities are heading my way.
- I will accomplish my dreams.
- I will overcome every obstacle.

- 201X is my year.
- Things have shifted in my favour.
- God is about to show me something I have never seen before.
- I am going to be bigger, better, and greater than I ever imagined.

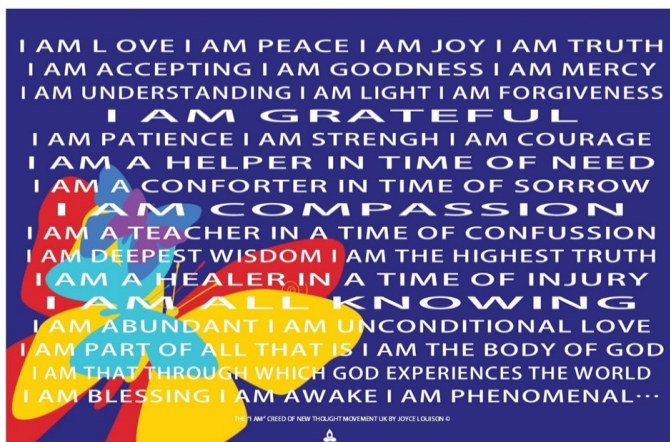
And because I was writing exams at that time, I added,

- I am finished studying and have passed all my exams.

I was never good at reciting affirmations. I would recite it for a few days and quickly lose interest. I found out that finding a way to know something is true, then simply working towards its accomplishment worked better for me. So, after reciting the affirmation about my exam, and doing my studies, I simply knew that soon I would pass all my exams and I would complete my studies. I then no longer needed the affirmation because I knew the thing was true. However, the affirmation did help me get to my truth and it will help you.

Your affirmations can help you achieve the greatest version of the highest vision you ever had of yourself. The *"I AM Creed" of New Thought Movement UK* is designed to do just that.

“I AM Creed” of New Thought Movement UK”



Visualization

Visualisation is a process of forming a mental picture of your desired dream or goal. It is done with the physical eyes closed. This makes the images visible to the internal eye, called the third eye. During visualisation, you will experience the dream as if you are already in it, living it, it will create a higher emotional state than your thought alone. In truth visualisation is bringing into being the event, in your mind, before it comes into being in your physical universe. The more you visualise your dreams and goals the clearer the picture is for the universe to work with. You are in fact providing the universe with a map and a plan which it can build from.

However, visualisation without action, may result in the plan coming into being, but for someone else. Every thought is creative, however since we are all connected there is no universal law which prohibits you and another person from

having the same thought. If you visualise, but do not act and the other person does, then all this energy of thought will be attracted by like thoughts and become creative, just not for you.

Visualising your dreams and goals with deep feelings and emotions during a meditation session will speed you on the path of its realisation.

Gratitude

Oprah Winfrey on gratitude.

"For years I've been advocating the power and pleasure of being grateful. I kept a gratitude journal for a full decade without fail and urge you to do the same".

Matthew McConaughey on gratitude:

"It is a scientific fact that gratitude reciprocates".

Neale Donald Walsch on Gratitude

"Gratitude is the highest form of prayer".

Gratitude is being thankful in advance. It is the biggest key to creating the life of your dreams, especially, when you express gratitude for the creation brought about by your thoughts and words, even before they come into being. If something shows up that you now realise that you do not desire, simply be grateful, bless it and change your thoughts, words, and actions, to bring into being something else that you truly desire.

Gratitude however, cannot be used as a tool with which to manipulate the universe.

Keeping a gratitude journal, will make being grateful a part of your life and smooth out the path as you travel towards the life of your dreams. It should be done in a manner which celebrates even tiny achievements which pushes you towards your final destiny. It also reminds you that life itself is a process, that you should not live each day to see what the day holds for you, but to create it through your expression of gratitude. Daily gratitude reminds you that the

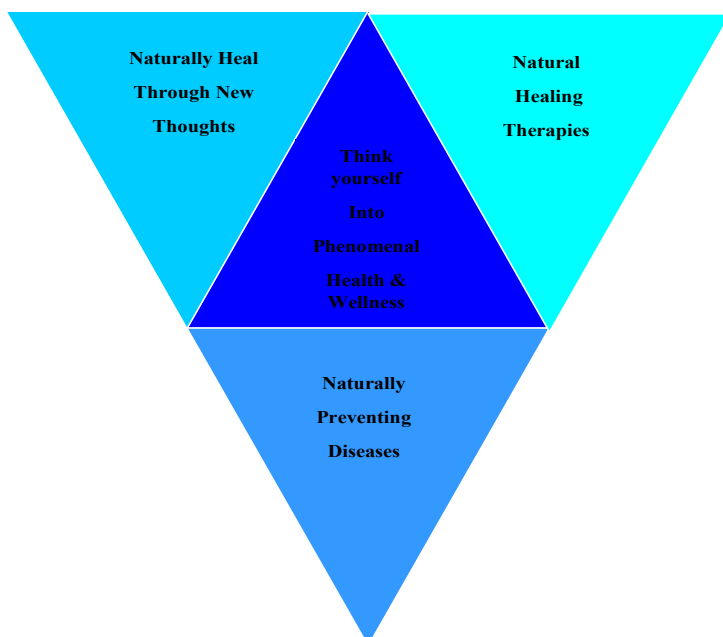
point of life is not to get anywhere, but to know that we are already there.



I try setting an example by moving my gratitude journal from my diary to an online written journal or video journal. I found out that not only does being grateful keep me in a state of bliss, but it also smooths out my path so that I go through life without any worry or stress. It is also extremely creative. By being grateful for sunshine at the beginning of the day, the dark skies would clear up and the sun would shine brightly. I have kept a gratitude journal for years and suggest you begin one. Begin by being grateful for all you have, for what shows up daily and for what you wish to show up. Be grateful for the things in your life and for the things in your world.

Part II

Think Yourself into Phenomenal Health and Wellness



Today, our society stands as a monument to the scientific and technological triumphs of the past century. The speed with which these recent technologies emerged has resulted in a rapid change in the pace of life and this has taken a toll on the body, the mind, and the soul.

In the last century, epidemics have taken more lives compared to any other time in history. While the life

expectancy, that is our ability to keep people alive, has increased, the quality of these lives has significantly decreased. Industrialised countries, in an effort to become more humane, are grappling with the spiralling cost of health care. Daily, new drugs and medicines are being developed but the curative ability of these drugs and medicines have insignificant effect on our society. Though some archaic diseases such as smallpox and tuberculosis have been virtually eradicated, we find many new ones are appearing, and old ones once thought eradicated are once again flourishing. Many diseases such as diabetes and many forms of cancers have spiralled to epidemic proportions.

It is becoming increasingly apparent that science is not the answer. In order to stem the tide, we must adopt a holistic approach towards health and wellness. We now openly acknowledge the importance of lifestyle, proper diet, and regular exercise in the upkeep of a healthy body. Even more importantly, we are beginning to recognise and understand the significance of our state of mind, our thoughts, and our spiritual wellbeing on physical health.

This has heralded a renewed focus on natural healing therapies as the new standard for curing and preventing illnesses and diseases. Natural healing therapies are primarily concerned with treatment through massage, manipulation, the flow of energy through the channels or meridians and the use of thought. Many of these therapies have their origins in eastern medicine and philosophy. These therapies are not merely treatments for one physical ailment or one part of the body, but are holistic ones, treating the patient as a three part being made of mind, body, and soul.

The most important discovery, however, is the critical role played by your thoughts, in creating and hence healing illnesses and diseases.

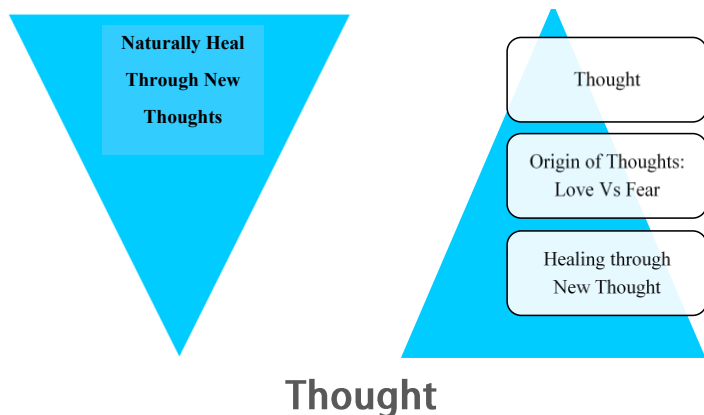
There is nothing you cannot be, do, or have



When you stop focusing on yourself,
when you stop looking inwards,
when you begin to compare yourself to others,
when you begin to doubt your divinity, your power
and your ability,
when you begin to think negatively about others,
place others before and above you,
when, rather than being grateful for the distance you
have tread on the path of life,
you look behind and wonder was it all worth it, is it
ever going to end, when will it get easier,
when you do this,
you step away from the light and love that is the
creator, and step into darkness and fear.
Darkness is the absence of light and fear is False
Evidence Appearing Real.
You create the darkness by not being the light.
You give fear meaning, you give it strength, you turn
it into matter, then you give it power over you.
When you feel darkness descending, trim your lamp,
put oil in, and begin to shine.
When you feel fear of any kind, seek to give love, first
love yourself, and see the best in you,
Then love all others and see the best in them.
Remember you are part of God,
omnipresent, omnipotent, omniscient.
There is nothing you cannot be, do, or have.
Keep yourself out of fear and give in to the love that
you are.

Joyce

Naturally Heal through New Thoughts



A thought is a unit of pure energy. It is the purest form of energy in existence. The energy of your thought never ever dies. It leaves your body and heads out into the universe extending for ever. Like thoughts attract like thoughts. Negative thoughts attract other negative thoughts, while positive thoughts attract positive thoughts. As they move

towards each other, they crisscross through the universe, forming a matrix of incredible beauty and complexity. As like thoughts meet each other they stick together and form clumps of thoughts. When enough of these clumps are formed, they begin to stick together, and they form matter. This matter will remain matter for a very long time, unless its construction is disrupted, by encountering an opposing form of energy. The opposing form of energy will dismantle the matter, releasing the energy from which it was formed.

This is the means through which everything in the universe is created. Every illness, every disease experienced in your physical body, every material object in the universe, every event of planetary importance, whether good or bad, changes in the weather, everything on the planet, was first, a thought in someone's mind.

The effect of technology on the thought process

Imagine life not so long ago, twenty-two years ago to be exact. Twenty-two years ago, I would get up from bed, make my bed and head to the kitchen. I clean up after my mum who had left for work at six thirty, then prepare myself something to eat, usually bread, which I would warm up on the open flamed gas stove and a cup of lemon leaf tea, made with the young fresh leaves from the back yard, soaked in some steaming hot water and a bit of brown sugar. I would then head into the bath with a pot of boiling water to attempt a quick warm shower. I then ironed my uniform and began the three-mile trek to college. I spent my day in class, had lunch with my classmates then walked back home. I went to the shop to get some chicken to prepare for dinner,

as there was no fridge to keep things fresh. I did my homework, then sat with my mother and attempt to make out the news, crackling on the twelve-inch square box, attached to the battery I had to walk miles to get charged every week or so.

If I had a particularly difficult day, I may think, why are things so difficult, I hate myself, I hate life, I wish I were dead! My thoughts leave my body and heads out into the universe. I go to bed reading an informative book, way into the early hours of the morning, or I sit in front of the television after my mother has gone to bed, squinting to make out the romantic late-night movie. Soon I forget my thoughts. The next day, still on a high from the night before, the day goes splendidly. I think, I am so happy, I loved that book, I loved that movie, I love school, I am so excited to be alive, I love my life! This thought heads out in search of similar, loving, happy, optimistic thoughts. In its path it meets the thoughts released yesterday, which by now, have created a small clump, with other like thoughts from other people having a difficult day. As it is an opposing thought, it dismantles the clump of thought, and the energy of these thoughts are released. I have nullified the effect of those past negative thoughts.

Somewhere in the bible it says, "In the time of ignorance, God winked." Today, twenty-two years later, it is no longer a time of ignorance but a time of information and technology.

In the last twenty-two years, we have continued with our run of new inventions, making life easier. We have created newer and cheaper cars for all, colour plasma television of any size, blue ray, DVD, 3D, home theatre, HDTV, digital cameras, camcorders, home video editing, online stock

trading and genetically modified foods. We have not stopped there, but gone into space and brought back, satellite radio and satellite TV, GPS systems which use space based satellites to tell us our exact location and doppler radar technology which is a system that sends out multiple microwave bursts into the ionosphere, to determine the density and severity of storms. This has created a culture of sedentary, where we no longer need to use our minds to think, or our bodies for much daily activity. To compliment this sedentary lifestyle, we have created Wi-Fi, broadband, and the world wide web. We have given each person a personal computer, with multiple core processors, smart phones with instant messaging and home video gaming systems. We have taken care and attention to create new mediums of expression, for the now disproportionate amount of thought this excess time and technology allows us to generate. We invented email, texting, instant messaging, and Bloggs. We added social network services such as Twitter, Google, Linked, WhatsApp, Instagram, YouTube, Pinterest, tumbler, flicker, reddit, Snapchat, Quora, Vine, Periscope, Stumble upon, Delicious, Digg, Viber and many more.

Today when I wake up, I pick up my smartphone from under my pillow, I check my five social media pages and I check my email between bites of a genetically modified watermelon. I take a quick hot shower while listening to a barrage of thoughts posing as news on the BBC. I jump into my car and drive to work, where I get on the company's computer, constantly keeping ball by ball check on every ping and every vibration on my smart phone. By the end of the day, I have hardly had time to converse with any human. I am

exhausted from intake of unhealthy substances posing as food, and the hundred thousand thoughts I have had to deal with throughout the day. I think, what a day, is this what life is about, this is a horrible world, I am sick and tired of this life! I check my phone and Facebook says, "what's on your mind?" Naturally, I type what is on my mind. I drive home in bumper-to-bumper traffic and begin to see that it is really a horrible day. It is dark by the time I arrive home. I go to the fridge to pull out something to make for dinner, I hear my phone vibrate, I check it. I see six hundred and seventy-two people have liked my comments. One hundred and twenty-four people have described their horrible day, which seems worse than mine. Ten people have shared my comments. I juggle through the night with the mundane task of daily life and responding to the likes and comments on my post. I have no time to think anything different, I am way too busy enjoying the thrills of having so many likes on my post.

Soon life indeed takes a turn for the worse. My negative thoughts, which I expressed, and which attracted countless other negative thoughts, has by now formed clumps of thoughts and is in the process of forming matter. Soon I am so tired, I can hardly leave the house. Everyone seems to be horrible. I go to the doctor and realize I have a deadly disease. I am now worried, but almost everyone I know is going through something, so I do not place much thought into it. I think, this is just the natural order of things, and instead of living, I am now, slowly dying.

What happens online every sixty seconds



In 2017, we are releasing a whopping 2.5 quintillion bytes of thoughts into the atmosphere, masquerading as information, daily. And the results, well...

...In 2017, every continent has been hit by weather disasters. In Zimbabwe hundreds are left dead and thousands more homeless after severe rains. In China, hundreds more, dead, more than one million displaced, and thirty-one thousand homes destroyed by severe floods. In Peru, the death toll continues, with hundreds more, over one million displaced, and reconstruction costs of more than one billion. In Afghanistan, a freak storm of heavy snowfall kills hundreds of women and children and destroys more than three hundred homes. In Sri Lanka, monsoon rains take the lives of hundreds and affects half a million people. In the democratic Republic of Congo, Sierra Leone and Columbia, landslides kill hundreds and affect hundreds of thousands more. In Mexico, a catastrophic earthquake, kill hundreds and leaves over 2.5 million people affected. In North America and the Caribbean, off the scale hurricanes decimates countries, and leaves a trail of death and destruction in its wake.

And if this was not enough, it pales in comparison to the onslaught we have inflicted on our bodies. In the last twenty-two years, every continent has seen outbreaks of diseases long thought eliminated, and new unpronounceable, and even deadlier diseases. In 2017 alone, we saw outbreaks of Ebola, Plague, Rabies, Measles, Cholera, Typhoid fever, Dengue fever, West Nile fever, Yellow fever, Monkey pox, Pandemic Influenza, Avian Influenza, Swine Influenza, Leptospirosis, Meningitis, Malaria, Anthrax, Polio, Meningococcal disease, Listeria, Legionnaires disease, Leishmaniasis, Severe Acute Respiratory Syndrome, Hepatitis, Zika, Microcephaly, Chikungunya, Seychelles and many more. We have created

these diseases with such impunity, we are unable to keep a proper death toll.

We have used our thoughts and made our selves sick, to such an extent, we are now predicting that in the next three years more than fifty percent of the people on our planet would have at some point experience cancer, the deadliest disease on the planet. Already, in developed countries such as America and the United Kingdom, between fifty percent and seventy percent of the population, is on some form of prescribed drugs. As a human race, our health and wellness, is terminal. This state of dis-ease is being reflected in every aspect of nature on the planet.

Our solution to dealing with these issues has been to collect more thoughts, again masquerading as data and information, on our state of our dis-ease and store it in information sites, all over the planet, even in our oceans. We have invested insurmountable sums, into researching the cause of our illnesses, and unquestionable sums, into drugs and pharmaceutical medications, to ease the symptoms of our diseases. All this adds up to zero. It adds up to zero, because the sum of all our diseases, all our illness, all the dis-ease in nature, equals our thoughts. First comes the thought, then comes the physical manifestation, both in our lives and in our world. Just as the origin of the problem is thought, the solution, is thought.

Origin of Thoughts: Love or Fear

For several years, scientist have studied the impact of collective consciousness on the planet. Collective consciousness is the way in which the majority of people, in a specific location, are thinking. On the eleventh of September 2001, the fateful day known as 911, scientific research yielded undeniable proof, that when the majority of people were thinking in a certain way, either fearfully or lovingly, on that occasion fearfully, the impact on the earths electromagnetic field was off the charts and the effect on the planet, was astronomical. From since 911 the entire planet has been drenched in thoughts of fear. It is as if an avalanche was triggered and has gained such momentum that it cannot be stopped.

Our televisions and our internet have been bombarded with thoughts of fear ranging from; Al' Qaeda to Isis, from terrorism to refugee crisis, from black lives matter to white lives matter then to all lives matter, from fears of nuclear launch by North Korea to fears of the response of North America, from fears of Brexit to fear by any means necessary. It has become difficult to discern what is real and what is fake, so we have come to exist in a state of perpetual fear.

Fear is an emotion. All your emotions are energy you have set in motion. Your emotion is the aspect of your thought which creates attraction. It draws effects of your thoughts to you. All your emotions come from one of two polarities. The polarity of fear or the polarity of love. These can fall into the bracket of positive energy or negative energy. All other emotions you experience, branches off from one of either of these two stems, love, or fear. The two emotions cannot co-exist in the same thought and so the emotion may start off

as an emotion of love, but mutate into the emotion of fear, or start off as fear and progress into love. You may be experiencing fear and may not even be aware of it, and so label it as something else. The best and easiest way to know whether the energy you have set in motion is coming from a place of fear, is to examine it and compare it to the emotion of love.

The energy of fear and love can be put into motion in multitudinous ways.

- The energy of love is characterized by a desire for self-expansion, becoming bigger and better than you were before. It brings self-exploration and allows you to open yourself up to scrutiny and possible criticism, so that you can grow. This energy opens your heart to give and receive unconditional love. It means accepting others as they are and feeling empathy and compassion for them. A fearful energy, however, is plagued by a desperate need to shut down, to put up walls and fences so that others are not allowed in. Fear rejects criticism and so it does not learn from its mistakes and therefore remains stagnant. A fearful person focuses outwards and so is incapable of self-exploration.
- The energy of love breeds togetherness, we see ourselves in each other. Fearful energy makes us afraid of what others can do to us. Instead of acting as one, we separate from each other and look upon each other with suspicion. This creates a false sense of superiority or inferiority. Love breeds compassion

for those whose thoughts have been in error, while fear breeds sympathy and the belief that you are incapable of helping. Love gives off good vibes of joy and happiness and optimism, while fear is expressed as pessimism, sadness, and negative vibes.

- The energy of fear makes you want to hold people close to you. Rather than allowing them freedom to be themselves, you seek to make them into what you need them to be. Fear breeds hoarding, as you find it difficult to let go, to say goodbye and to release things and people who no longer serve their purpose in your life. Fear will have you clinging and clutching to all that you already have and constantly grasping for more. When you feel love, you find it easy to let go, to bless people and allow them to move on. You can appreciate what you have, without the need to add to it.
- Fear instills in you the need to run away from situations you perceive as threatening. It means hiding who you are from the world, such that you are unable to be true to yourself or to others. You are unable to stand naked or leave yourself open to scrutiny. You find ways to hide behind lies and illusions and find comfort in being someone else rather than your true self. Love, on the other hand, allows you to stay the course, to see things to the end, to stand naked, stripped of illusions and lies. It makes you give your all, bring your true self to the

game and to always be authentic in each situation you encounter.

- From a place of fear, you attack people, you seek to harm those whose point of view, beliefs, and perspectives, differs from yours. In social situations, you annoy and irritate people and become an instigator, rather than calming the situation and being the peace maker. You find it easier to judge, criticize and blame others from a place of fear, rather than take responsibility and seeking to be the change. The energy of love brings out the peacemaker in you, you become the agent of healing, making amends in each situation and with everyone. You seek to take responsibility and refrain from judgment, criticism, or pointing the finger.
- Fear makes us see the worse in our world. It creates a need to do things to change the bad we perceive is around us. We demonstrate our doingness by matching, protesting, and basically attacking the system. Love on the other hand, allows us to refrain from simply doing, but to become the embodiment of whatever change we seek to enact. Example, rather than matching to prove that all lives matter, we demonstrate our belief that our lives and that of others matter by expressing love and gratitude for all life. When we operate from the emotion of love, we see the best in others, even when they are operating in fear. We see them as reflections of ourselves and

expect only good from them. We imagine the best and highest vision for our world.

Five Natural Emotions and their Effects

We are all born with five natural emotions, including love and fear. These emotions are tools given to us at birth to be used in crafting the experiences we encounter on our life's journey. These natural emotions are love, fear, grief, envy, and anger. They can sprout from either the polarity of love or the polarity of fear.

When they sprout from fear, they mutate into emotions that are grotesque and unrecognizable as a natural emotion. Love mutates to obsession and possessiveness. Fear mutates to panic, anxieties, and phobias. Envy mutates into jealousy and competition. Grief mutates into chronic depression. Anger mutates into rage, aggression, and violence.

When these emotions sprout from love, when you can have them, freely and openly express them, you move through them easily and quickly. You are then better able to cope and to deal with the emotion when you once again experience it. The energy of love, expressed in love, blossoms within you, it becomes a way of expressing your freedom and joy. The energy of fear, when expressed with love, is how we know to be cautious. It shows the value we place on our life and the lives of others. From the polarity of love, grief becomes the means through which you let go and say goodbye to things and people, releasing them from your life and blessing them as they continue their journey. Envy indicates your desire to be better and bigger than you were

yesterday. Anger, expressed from love, love of self and love of others, is the effective tool you use to say no thank you, to demands made by others on you, on your time, on your freedom and on your person. Anger allows you to say no, no to allowing yourself to be used, abused, or walked over.

In addition to our five natural emotions, fear breeds a wide range of other negative emotions, which all have a negative effect on the body.

Fear itself, acts as an opposition to your health and wellness and leads to anything from the common cold to the deadly cancer.

Worry, a direct offspring of fear, is a form of wasted mental energy. Worry can cause any number of diseases from indigestion to cardiac arrest. It results in early signs of aging and leads to an early death.

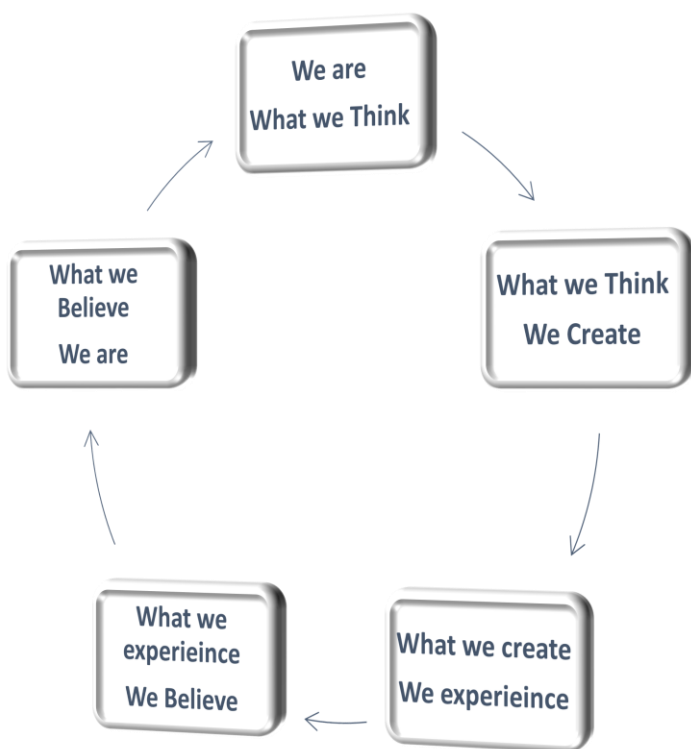
Hate, which is a combination of worry and fear, is the most severely damaging of all mental conditions. It causes biochemical reactions which literally poisons your body. Hate is the number one cause of tumors in our world.

Many other negative emotions spring from fear such as anxiety, bitterness, impatience, avarice, unforgiveness, judgemental, condemnation, conceit, self-indulgence, and greed, which all affect the body on a cellular level. They all cause biochemical reactions which poisons the body. It is impossible to have a healthy body when these emotions are the basis of continuous thought.

Our choice to think from either the emotion of love or the emotion of fear, is based on our perspective of life. Our perspective is created by our beliefs. Our beliefs come from the experiences we go through within our communities,

schools, and religious institutions. They also develop from thoughts passed down from our parents which we adopt as our own, which then become sponsoring thoughts. These sponsoring thoughts create our life experiences. These experiences reinforce our beliefs. This in turn enhances or changes our perspectives, which then creates new thoughts, and the cycle goes on into eternity.

In essence:



The solution to reversing any health condition in your body may appear at first to be exceedingly difficult, especially if these conditions have metastasis, become chronic, or if they have affected your ability to think new thoughts. The solution begins with a new thought and requires tremendous belief in the healing power of the mind and the universe.



How I created a chronic cold and then healed myself

I got married in 2009 and my husband and I moved to Northern Ireland in 2010. We decided to have a baby, well mostly my husband. We tried a few months with no luck, so we decided to check with the doctor. We went to my local surgery, the doctor said, "we need to run some test." When we came back for the results, she said, "Joyce, there is something wrong with your blood." Then she proceeds to ask me the usual medical questions.

"Do you or anyone in your family have a history of cancer?" I said "no."

"Do you or anyone in your family have a history of aids?" I said "no."

"Do you or anyone in your family have, or had diabetes?" I said "no."

"Do you or anyone in your family have high blood pressure?" I said "no."

"Do you have any infections?" I said "no."

The list went on and on. Luckily, I was not worried neither was I afraid.

Finally she said, "okay, we have to do some more test." We did this three times. On my third visit, I had a cold. When the doctor asked, "do you have any infections," I said, "well I have a cold." She asked, "do you often have the cold," and I don't know why, but I said, "yes I often get the cold."

She said "okay, it could be the cold." Because of your condition, it will be difficult to recover from infections. So any time you have the cold, come in to get some antibiotics. I will refer you to the Ulster hospital for further test.

I went to the Ulster hospital and the doctor took nine vials of blood from me. I thought I was going to die. I had never seen so much blood taken from a person. He then proceeded to ask me the same questions.

"Do you or anyone in your family have cancer?" "No."

"Aids?" "No."

"High blood pressure?" "No."

"Infections?" "No." This went on and on.

I asked if there was something I could eat to help me. He said "no." I asked if there was something I should take. He said "no," and he told me to come back for the results. I went back for the results only to be told they could not find the results and would need another nine vials of blood.

One day I was walking home from work, and it suddenly hit me, everything suddenly became clear. I suddenly realised that indeed, I always had the cold. I would be at work, and someone would coughed five meters away, and I would literally feel myself getting the cold. I would go home, and my daughter and husband would get the cold. Theirs would leave after two or three days. Mine would last for weeks. I

would go to the surgery to get my antibiotics, and the cold would leave in a few days, then it would return. I slept with tissue, Vicks, water, and any form of medication I could get, next to my bed. I would wake up in the night with coughing spells, feeling as if I were dying.

As I walked that day, I realised that I had created this chronic cold during my interaction with the doctor. When she asked if I had any infections, and I said “yes,” and when she asked, “do you often get the cold,” and I answered “yes, I often get the cold.”

I changed my mind that day. I remembered that I was healthy and that I was never sick. I made the connection between my thoughts my words and my actions. I went home, tore up the appointment card and never went back to the Ulster. It has been years, the cold has never plagued me again.



How I harboured my cold for weeks, before healing it

Sometime ago, I had the cold. It literally broke me down. Because it was the same type of cold, I used to have about four years ago. When I woke up in 2014 to the power of thought, that cold never plagued me again, it was not common for me. Once or twice I would feel my throat a bit scratchy or my nose stuffy, I would simply sit quietly and figure out what thoughts of fear I was having, what it was I wanted to say or do, that I was afraid to do. I would do it, or say it, and the symptoms would disappear.

This time however, I did not do that, I was going through a moment of fear you see. So instead, I took a week off life. I

love to read, so I decided to read a Wilbur Smith's book. Every time I opened the book, I would think, are you sure you don't want to work on this cold, I would say "no, I am having a moment." Finally, I finished the book. By then the cold had escalated into something else. In the wee hours of the morning, I would get a severe coughing spell which would forcefully wake me up. Each time I got up, it was almost exactly 3:00am. I decided, okay, this must be my spirit calling. I meditated. That did not help the cold. In fact, it made it worse. My daughter had mercy on me and brought me a bottle of cold medicine. I drank it over a few days, but every time I took a dose, I thought, that's not going to work, I know what I must do, but I did not do it.

Finally, when I had descended so far into fear that I could go no further, the cold was so uncomfortable, embarrassing and demotivating, I decided it was time for it to go. I simply spoke to myself. I said "spirit, this is not the way I wish to communicate with you. We have done this waking up on time thing for years, I do not wish to use sickness as a means of communication. I accept that I have created this. I forgive myself for putting my body through this. I am grateful for the cold, because it made me realise that I was operating from a place of fear. I give thanks for health, I choose to be healthy."

Every time I cough or felt stuffy I would repeat these affirmations. I decided to speak up and let my truth out, within thirty-six hours, the cold was gone.



How I created pityriasis and healed it through my thoughts

Once upon a time, I thought there was something wrong with my hair. I am sure I am not the only one. As a little girl I had no choice, but as soon as I could, I got myself a tub of TCB to relax my hair. There was no way I would be the only girl with negro hair in secondary school. I pulled my relaxed hair into a slick bun and felt ready for the world. Like clockwork, as soon as the negro begins to show its face, everyone says, you have growth, you need to do your hair, so I did my hair, I tamed the negro, I relaxed it.

As I grew older it never occurred to me to wonder why a people felt that they hair, their natural crown, a possible source of strength or maybe their direct link into the spirit world, should be covered, tied up, or that the structure of it should be changed. It never occurred to me because it was normal. Everyone was doing it. If I did not, I would be the outsider, people might think I was cheap, that I could not afford wigs, extensions, or even braids. When I braided my hair, or did my hair, the compliments would rain down. So it never occurred to me.

After I woke up to the power of thoughts and realised I had stumbled on something that could change the world, when I realised, that my life would now have to be lived in the public eye, my first thought was, I need to sort out my hair. It never occurred to me that that might be a wrong thought. I wrote it down in my dairy. "I need to sort out my hair." Then I took action. I found me a hairdresser, I paid my sixty pounds, I got my hair done.

By now, I know that creation can take place at three levels. Thought, because it is most subtle, creates at level one. Words, which are thoughts expressed, and a bit denser than thoughts, creates at level two. Action, which are thoughts in heavy physical motion, and which are the densest of all, creates at level three. So I had initiated a level three creation. I did not know then, but I soon found out.

On my way home with my new slick twist braids, I began to feel something was wrong. I thought it must be because I was not charitable. My hairdresser had given me a thirty percent discount. I thought maybe I should have insisted she take all the money. I will meet her up for coffee and tip her. I had to do something. I could feel something was wrong.

I got home, I began to wash some dishes, and looked in the mirror in front of me, and as I had thought, and as I had said, I indeed needed to sort out my hair. Because in my newly installed braids, was a dry patch. I oiled it, and it was as if I was feeding it. I wash my hair, yes, my new braids, my sixty, well forty-pound braids, and it was as if that was the last straw. I took out the braids, by this time, my hair was falling off, bald spots were appearing in my hair. To disguise this, I cut it off. You can hide anything with an afro.

I was a thought expert, I taught healing through the power of thoughts, so I resisted the doctors. When I could resist no more, I went to my local GP. My GP was not Interested in what I was thinking. She prescribed me some medicated shampoo. That made things worse. I went to a second doctor, he said I had pityriasis and prescribed me a medicated spray. That did not help.

During meditation one day, amidst tears, of which I had already cried buckets over the past month, it came to me as clear as day. You said it, you created it, you experienced it. The thoughts I had expressed in words, then acted upon, had become a disease.

So I created a new thought. I got rid of the medication, I made a new decision to love my hair, to appreciate it, and to only give it the best. I decided that if I had to do this, what I am doing here now, bald, I would. Within a couple days, my disease disappeared, and my hair began to grow back.

Of course, being human, even knowing the truth, we resist it. So yes, I did try at first to braid my hair, cornrow it, and yes, treat it with cheap products. Every time I tried, instantly, I would feel it.

Healing through New Thought

You are a three part being. You are made of mind, body, and soul. Each part of your being has its specific function in the process of healing. None of the functions are greater in importance than the other, and all the functions are interrelated.

Your soul

Your soul was previously thought to be contained somewhere in your body, usually your heart. Your soul however is not contained in any part of your body, but in fact contains your body. Your soul, the etheric part of you, is around, in, and through your body, it holds up your body, and provides it with a physical form. It does this by lowering the vibration of the energy units, thought, to form matter and mass. Your soul and mind can and does exist without your body, and frequently does so during sleep and permanently during death. Your body however cannot exist without your soul and your mind.

Your soul contains the blueprint of you as a being. It has the original idea of who you were meant to be on the planet. Usually the blueprint will contain perfect health and wellness.

Your soul can be compared to a CD rom of a video game. It contains all the possibilities of who you can be, and therefore you are not limited in any way in who you choose to be on earth.

Your soul is the observer. It watches the process of your mind creating thoughts based on its continuously changing idea

of who you are, and it watches the body experiencing these thoughts. It does not interfere. The soul is eternal, it is never sick or unwell, and so is not perturbed by the illnesses of the body.

Your soul reminds you of who you were meant to be. It does this by bringing you to experiences designed to instigate emotions and create thoughts which reminds you of whom you can be, the you which contains perfect health and wellness. The soul can use any number of ways to do this. It can be done during sleep, or it can be done by focusing your mind on a picture of you, at a time you were in perfect health, which creates a desire, through thought, to be that way again.

Your soul, however, does not do this on a continuous daily basis. This is so that the being, which is you, does not get sad and depressed and give up on life. In 2010 the movie *Avatar* was released, depicting the utopian world of Pandora. Many people claimed to be depressed and suicidal after watching it. For this reason, when your soul realises that you are not interested in moving into the best and highest vision of you, in perfect health and wellness, it reduces and sometimes eventually stops reminding you of the blueprint.

Your body

Your body is made up of a coagulation of trillions of energy units called thought. The vibration of these thoughts has been lowered, in a sense crystallised, so that they have formed mass and matter. The shape, size, pattern, and physical nature of this mass of matter, which is you, is dependent on the type of thoughts which you engage in.

The matter of you is constantly changing, every second of every day from birth to death. The change is imperceptible on a day to day basis, but after a period, it becomes noticeable. If however, you can reduce your mental chatter, thought, and focus your mind on one thought, to do with healing the body, you can observe the changes on your body more noticeably and in some cases almost immediately. You can in effect reduce the amount of time it takes for your body to experience the physical manifestations of your thoughts.

Your body is the part of you which experiences the creations of your mind. That is, the thoughts generated and released by the mind are translated into physical form, and the body feels it and knows it. The body is where you will know that you are in pain or suffering from a disease. It feels the effects of your thoughts. It takes part in the final stage of creation, transforming thoughts into something you can identify, allowing you to experience it.

Your mind

All things in creation first begins with a thought. In the bible it says, "in the beginning was the word." However, the word cannot exist before the thought. First comes the thought, then comes the word. Words are thoughts expressed. They can be expressed by writing them down or speaking them out. When thoughts are expressed, they are given added vibration, in a sense energised. They then impact the universe with greater efficiency. They create faster and more effectively. Our thoughts can also be put into action. Actions are thoughts in heavy physical motion. They impact the

universe even more effectively than words. It is impossible to say or do a thing, which was not first a thought in your mind.

Every illness first begins in the mind. Therefore, the process of healing, first begins in the mind. The mind can access the blueprint of you, which the soul contains, to get an idea of who you are meant to be in relation to your health and wellness. You can then decide whether you wish to go with this blueprint or change it if it does not reflect the highest and best version of you. We exist in a world based on a system of relativity, where one thing exists as a thing only relative to another. So for healers to exist, there must also exist persons in need of healing. You therefore need to decide what role you choose before coming to life and whether you are happy to continue playing that role or wish to change to a new role.

Once you have decided to move into phenomenal health and wellness, you use your mind to create new thoughts based on this decision. These new thoughts, pure energy, is set in motion, released into the ether as a vibration at an unfathomable speed. The energy goes out in search of like energy. It attracts energy of a similar nature, namely phenomenal health, and wellness. The soul then begins to lower the vibration of these thoughts and they begin to congeal. As they congeal, they form clumps of thoughts. If the phenomenal health and wellness thought is maintained, it continues to attract even more thoughts, and more clumps are formed. If it is not, if you turn away from the desire to create phenomenal health and wellness and create a new thought, the new thought will dismantle the clumps of thought already formed and release the energy of them.

As the clumps of thoughts pass each other, they meet and stick to each other. As you continue to manipulate energy towards your desire for health and wellness, your soul begins to create effect and synchronicity. Your soul then lowers the vibration of the thoughts. Your body takes over and translates these thoughts or clumps of thoughts into physical form, called matter. This matter, the body, is a coagulation of trillions of energy units called thought, controlled by your mind. As time goes by, the energy units making up your body, expend their energy and they are discarded by your body. Your mind continues to create new energy units based on the new phenomenal health and wellness focus. This continues to create matter. The new matter gradually replaces the old matter made from wrong thought. Soon all the old matter is replaced by new matter, and you realise that you have been healed.



Taking into consideration the impact of your thoughts, your emotions, and your state of mind on your physical body, has been the limitation of natural healing therapies and preventive measures such as yoga, meditation, exercise, and nutrition.

To be fully effective they must all encompass the following:

1. Changing your sponsoring thoughts.
2. Taking full responsibility for your health and wellness.
3. Having a desire to experience health and wellness.
4. Losing your fear of death.

1. Changing your sponsoring thoughts

From the day you are born, you are a thinking breathing living being, possessing a mind, a body, and a soul. From birth to age seven the direction of your life is usually dependant on the thoughts of your parents, mostly the controlling parent. From about age seven, you begin to develop sponsoring thoughts, born from your perspective on life. Your perspective is created by your beliefs about who you are. Your beliefs are shaped by your experiences to date. Your sponsoring thought is reinforced, every time you encounter a situation, in which you must select what emotion to think and how to act. This is the thought which your mind uses, to attract effects to you. The mind always goes to the sponsoring or original thought, the thought behind the thought, behind the thought. It removes all the illusions and goes to the real thought about you.

If your thought is, "I want to be healed from this disease." The mind will dissect this thought into:

1. You need healing because you are sick.
2. You have a disease.
3. You are in wanting. Want, according to the online dictionary means lacking something or having a deficiency of something. In this case, you lack health and wellness.

The mind will then immediately broadcast the thought into the universe, attracting to you, sickness and disease, because behind your thought, is the sponsoring thought that you are sick, and you have a disease. If you were already unwell from past thoughts, your condition is further

emphasised and exacerbated. It also places you in a position where you are continually desiring health and wellness but are unable to attain it. No matter how hard you try, it is always just out of reach.

We do not instantly make the connection between our thoughts and their effects because of the distance between the two. This distance is determined by time. The period of time is determined by how high you are vibrating as a being. Your level of vibration is affected by how connected you are to the universe, to nature, and by how much or how little mental chatter you engage in daily.

The fastest way to change a sponsoring thought which is creating illness in your body, is to reverse the thought-word-deed process.

Step one

Do the deed you wish to have the new thought about

If you wish to be healthy, act as if you are. Do all the things you would do if you were in perfect health. Begin to live like a healthy person would. Exercise, smile, be happy, eat healthy food, and limit or even stop taking pharmaceutical drugs and other medications. This may at first appear worrying, however pharmaceutical drugs and medications are not intended to heal or cure ailments. They are concerned only with managing the symptoms of the illness, while the process of healing is designed to get to the root cause and eradicate the disease forever.

Step two

Say the words you wish to have a new thought about

Speak the words of healing to the cells of your body. Every cell in your body has a mind of its own, it listens for instructions from the being, which is you, as to how to replicate, at what rate, and in what sequence the chemical components of DNA should be arranged. If it hears nothing from your mind, it follows the general pattern of your life. If it hears negative or wrong instructions; the results can be terminal. If however, you give the cells the instructions you wish it to hear, then you can direct your body as to what direction you wish it to take. You can slow down your aging process, or even reverse it, not to mention reversing the cause of illness.

Create affirmations which you can recite throughout your day. This may seem time consuming and tedious, but the health and wellness of your body, is second only to the health and wellness of your mind.

Express gratitude in advance for the health and wellness you are creating in your body. Being grateful is one of a four-part powerful Hawaiian healing technique, which has been practised and passed down in Hawaiian culture by succeeding generations. The technique was famously used by Dr Len to completely heal all the patients in a Hawaiian psychiatric hospital. The technique is called the Ho'oponopono and is made of these four phrases.

"I am sorry, please forgive me, thank you, I love you".

French pharmacist Emile Coue, coined what has been, and continues to be the most famous healing words in history.

After dispensing pharmaceutical drugs and medicines for over ten years, Emile discovered what is known as the placebo effect of belief. He experimented by writing encouraging remarks on the prescriptions he filled out. He soon realised that the astonishing healing results had nothing to do with the dispensed drugs or medicines but with the words. He then took this phrase to America where it was used as a major healing method in the 1920's.

"Every day, in every way, I am getting better and better."
Emile Coue.

Step Three

Create new sponsoring thoughts

Begin to think healthy thoughts. Keep the faith. Increase your belief, keep your mind disciplined and focused, while observing as the new thoughts takes hold and begin to create your new reality.

2. Take full responsibility for your health and wellness

It may surprise you to know the amount of people who do not experience full health and wellness, simply because they are not willing to take full responsibility for their lives. They are not willing to take ownership for their illness or disease and would in effect rather die, than live responsibly. They find it easier to blame everything and everyone outside themselves as the cause of their illness. By doing so, they disempower themselves to create change in any way.

In some cases, people are unable to take responsibility, because not only are their bodies sick, but the mind has now been infected. Natural healing therapies can help clear and focus the mind long enough for new thoughts to be created. This, however, is very difficult at this point and takes tremendous belief in the healing power of the universe.

3. Have a desire to experience health and wellness

Many people are sick and remain sick because they have no deep desire to get well. In certain developing and developed countries, illness is used as a means of financial exchange, and therefore many of us sell our health for pennies on the dollar.

We also openly display our disdain for our health and wellness, by intaking substances which have been proven to have a negative effect on the body. More than seventeen percent of the United Kingdom's population consider themselves smokers, even though smoking has been listed as the number one cause of cancer. About fifty seven percent of adults in the United Kingdom drink alcohol. The body has no means of breaking down the components of alcohol and therefor its intake results in the slow poisoning of the body and a reduction in the proper functioning of the mind. Alcohol slowly destroys the organs of the body as it acts as a toxin, reducing the body's ability to detoxify itself. The soul watches all this and concludes that you have no desire to experience health and wellness.

In our health sector, illness has become an investment commodity. It provides employment, revenue, and profit,

and therefore there is no great need or desire to see an improvement in the state of health and wellness in the country.

In today's world of social media, many people use illness as a means of social currency. A post of how sick you are, how much you or your family are suffering, generates the emotion of sympathy, disguised as compassion in human beings, they show this through likes and get well soon comments. Likes and comments on social media provides us a temporary immediate thrill and an emotional high. Many people get addicted to this and so harbour their illnesses for years and use it to gain more sympathy and attention.

Daily we give away our power by intaking medications and drugs, which only provide temporary relief from the symptoms of illness and disease and does more harm to the body than good. We listen to doctors who are not in any way interested in our health, but in our compliance and follow their instructions to intake poisonous substances into our bodies. Every time we intake drugs, we further disempower ourselves. Our soul watches this process and eventually stops reminding us of who we can be, then our minds begin to solidify the belief, that we cannot heal our bodies so what's the use of trying.

But in truth, every illness and every disease can be healed. It is obviously better to prevent the onset of illness by using preventative measures and maintaining positive thinking. But if you do find that you have somehow created a disease, you are in full control of the means with which to heal yourself.

When you heal yourself, you are in fact healing others. You do so because we are all connected. We are all transmitting thoughts through and along the matrix and experience thoughts which exist in the matrix. As you think healing thoughts, you contribute healing to the matrix and soon more people will follow your example, even if you are not fully aware of them.

As more healing takes place in the world the whole matrix which includes all of nature and all living beings, is healed. By engaging in self-healing, of body and mind, you can become the light house and the beacon, that points the way home. You can be an example to the rest of the world.

By making the choice to heal yourself you can change the world for generations. No longer will we simply give up only to be reborn at the same level as in a video game, but if we are able to master life at this level, we can all move to a new level, a higher level, begin the creation of a new planet. By simply making the decision to believe in the healing power of the mind, you can think yourself into phenomenal health and wellness.

4. Lose your fear of death

Though many religious people spend much time focusing on the afterlife, strangely many fear the activity called death which takes you there. Death is the process through which you as a spiritual being, made of mind, body, and soul, lays down the body, while your mind and soul continues its journey into eternity. Your mind and soul remain fully conscious during the entire process. If you enter the process

while you still exist in a mind body perspective, you will not fully comprehend what is taking place. You may in fact believe that you have died and are experiencing the afterlife. However it is only life from a different perspective. This perspective can last for an infinite period, a twinkling of an eye, or an eternity. After this period, you either return to earth, occupying the same or a different body, or move into some other unfathomable dimension.

This fear of death when you are already sick, creates a barrier to healing your body, as what you fear you attract to you. Losing the fear of death makes you appreciate life more. It liberates you and removes restrictions on who you can be and what you can do. It then speeds you on the path towards healing the body.



I have unconsciously used my thoughts to create illnesses, and it was by changing my sponsoring thoughts, taking full responsibility, and having a deep desire to be in perfect health and wellness, was I able to reverse the effects of my thoughts and to heal myself.

I was about nine years old when my brother and I moved to my new foster parent's home. It was much larger than our previous home which was a wooden house in great need of repair. In comparison, this home was a palace. It was all concrete, I had my own room. Above the house was a concrete platform waiting for more house to be built. Part of the house was a shop, where my would-be foster mom sold groceries and craft items she made. She had given me one of the straw bags for school and I loved it. My favourite thing about my new home was its proximity to the beach. I could

run down the hill and within minutes be on a pristine white beach. I was in the Caribbean you see. To top all this off, my new school was minutes away from home, and I had made new friends already. In fact, I had fallen for two boys from my new school. I was going nowhere.

Not very long into our stay at our new home, I found myself one-night groaning in pain. I had a tooth ache. My teeth were not in the best of conditions. My previous foster mom had not seen the need to take from the limited funds my mom sent on a not so regular basis to take me to the dentist. That night it all came to head. I was in so much pain and must have been making such a racket because the entire house woke up including me. I could see my brother standing near his bedroom door, my foster sister who was such a sweet little girl and my foster mom in her night dress. Everyone was standing in the hallway watching me, and I was in pain. My foster mother said, "do you have a tooth ache?" I was not in the habit of lying, but the words that followed the question had me making a drastic detour from convention. She said, "If you have a toothache, I cannot keep you." I thought of going back to that old home, sleeping in a bedroom with two foster brothers and a sister, at the bottom of a bunk bed, hearing the whispered lovemaking of my foster parents through the paper-thin walls. Going back to that school where I had friends but no family, while everyone had a brother, a sister, or a cousin, and I had to fight just to make sure no one took advantage of me. I did not want to go back. I wanted to stay here. So amidst the most severe pain I had had in my life I said, "no, I do not have a tooth ache." Even though we were sent back to our old home, thirty years later, I came to the realisation that by having

those thoughts and saying those words, with emotion, losing my fear, choosing the love of my new home and new family, I had healed myself.

From that day on, I have never had a toothache.



One day I opened my phone and saw a Facebook post, which hit a nerve. A young woman, my name's sake Joyce, had died in her London apartment and it had taken three years before anyone realised she was dead. She was about my age and from the Caribbean. I instantly thought, OMG, what if this happened to me. Then I had another thought, stop worrying and don't be afraid, because you don't want to attract this result.

I forced myself not to think about it. Then I began to think, what if it happened to my friends. Those who were about my age, living alone, what if they died and no one knew about it for years.

I thought, let me check on my friends. I called around. One I could not find. She had not posted for months, and she was not answering her phone. I began to panic, I called a mutual friend to try to locate her. Low and behold, she had travelled back home and was just taking a social media break.

But by that afternoon, I was sick. Worry, not even for myself, but for another, had made me sick. I was nauseous, my stomach hurt. For the first time in my life, I was researching the symptoms of indigestion, because I had made my body physically sick with worry.

Once I realised what I had created, I took responsibility, changed my thought and was able to heal myself.



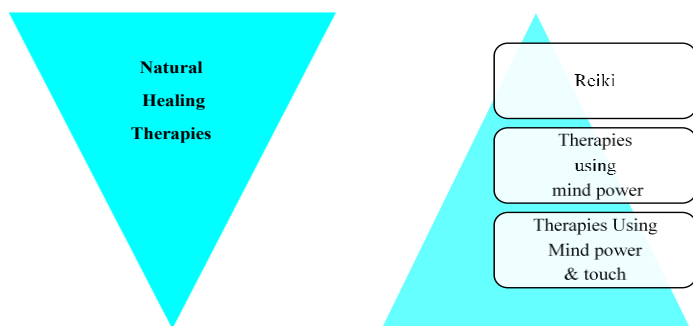
In the midst of my usual Facebook stalking, where I would check up on people whom I cared about but did not really communicate with, to see if they were okay, without having to actually ask, I saw it. I saw rest in peace, you will be missed, you were such a sweet soul. I thought what! Is she dead? This was the best kept secret in St. Lucia. I had no idea.

I messaged her partner, my X, and said, "I am so sorry, your partner has passed away, I felt something was wrong last year, but I was not certain. On my vacation I drove by your home to see for myself, but I lost my nerve when I saw your partner sitting there. I am so sorry. I wish you had answered my messages, asking if everything was okay. Maybe I could have helped. Maybe I could have helped her heal herself."

He said, "I don't know how that would work, you knew she always hated you."

In that instant I knew that her hatred had transformed itself into a cancer, from which the beautiful health conscious woman had died.

Natural Healing Therapies



Reiki

Surrounding your physical body is your energetic or etheric body. Just as the human body is a mass of energy units, the etheric body is also made of energy of thought. It holds the thoughts which your mind has generated, but which have yet to materialise into physical matter. The different layers of the etheric body are formed based on the level of vibration

of the thoughts it holds. As each thought attract like thoughts, it is energised by the new thoughts and emotions. As we encounter similar experiences, create similar thoughts, the thoughts in the etheric body become denser, their vibration lowers, and they move from one layer of the etheric body to another. When the thoughts crystallise, they become matter and move into the final layer, which is the physical body. Your etheric body can be seen on kirlian photography or an aura camera, as layers of colour surrounding the body and is referred to as the human aura, or energy field. The energy field of a person with a healthy mind and body can radiate outwards, up to about a mile.

Our mind is like a big processing machine. It processes thoughts continuously. As soon as the thought leaves our mind, we have forgotten what we thought of. But even as the thought itself heads out into the universe, it remains available to us to call up on at any moment. The memory of the thought is stored in the energetic or etheric body, performing the functions of attracting like thoughts, bringing us to experiences, and forming beliefs and perspectives.

When negative, illness causing thoughts are generated, attracted, and held in the etheric body, they begin to form clumps. This shows up in kirlian photography or an aura camera, as distortions in the energy field. Reiki is a means by which the etheric body can receive pure healing energy from the universe. This will dismantle the clumps, release the energy, and clear them away from the etheric body. When this happens the colours of the etheric body become brighter, clearer, and rearranges themselves into cleaner formations.

Reiki is a form of healing, rediscovered by Dr Mikao Usui. It is an amalgamation of visualisation and meditation, in which a person acts as a channel for the universal life energy and directs it to the area of another person's body which needs healing. This is done by placing the channeler's hands on various parts of the patient's body, or along different points through the etheric body. Reiki is a process which takes place completely in the mind. Both the channeler and the patient, are thinking up the entire healing process. The person must, through a process of mental acceptance, receive the reiki energy.

Reiki can be broken down into two words. Rei: that which is omnipresent, universal, everywhere at the same time and Ki: the non-physical life force, the thing which sustains all life. The universal life force is present in everyone, in everything and everywhere at the same time. In us humans, it acts as a charging agent for the body, recharging it during sleep, when thoughts are almost non-existent. The less you think, the more energy you receive from the universe. Each time you have a thought you expend energy. During the process of reiki, the body is recharged as the mental chatter of two people are now reduced and the mind is totally focused on creating new healing thoughts, directed towards the area of pain. This makes the energy exponentially greater and more powerful.

Becoming a reiki practitioner involves learning or accessing knowledge of how to manipulate thought energy, how to focus it and direct it through the hands to any part of a person's body. You undertake a journey of self-awareness, in which you let go of any limitations imposed by your mind and prepare yourself to become a channel for the reiki

energy. An initiation process takes place which basically establishes the teacher student relationship. A reiki practitioner learns how to employ in their lives the five principles of reiki which goes like this:

Just for today: I will not worry, I will do my work honestly, I will show gratitude, I will love unconditionally, and I will not be angry.

Reiki has previously been clothed with secrecy and mystery, with symbols thought to be magical. It is now becoming the go to method of healing in today's world. Reiki can be used to heal people, animals, and places. The main tools of reiki are the mind, the power of intention, and the ability to create empathy and not sympathy.

Therapies using the power of the mind

In addition to Reiki there are many other methods of natural healing. Some use mainly the power of the mind, and some incorporate the power of the mind with the healing power of touch.

Hypnotherapy

Hypnotherapy is a natural healing therapy which involves hypnosis or deep sleep, where all body movements are stopped, but the mind is kept in a subconsciously active state. During the process of hypnotherapy, soft lights and music are used to bring the mind and body into a state of unconsciousness of its external environment. More advanced practitioners use iron filings in a bowl with water to aid in the healing process.

While in this state, sponsoring thoughts which create undesirable conditions, can be replaced with new thoughts, subliminally implanted into the subconscious mind. When you come out of hypnosis, you may be unaware of the newly implanted thought. However, it begins to behave like a normal thought, attracting like thoughts, creating experiences, and rearranging your perspective.

Hypnotherapy can be used as a preventative measure, and to help heal many forms of illnesses and diseases such as migraines, irritable bowels syndrome, ulcers, skin disorders and more. It is also very effective in helping you overcome phobias such as the fear of flying.

Visualisation

Visualisation is a natural healing therapy, which upholds the view, that a person's thoughts, beliefs, and perspective

greatly affect their health. During visualisation therapy, you are encouraged to create a positive picture in your mind and place yourself in the picture, in the future, as if you have already been healed from your illness or disease.

By doing this, you are creating a vision of yourself, after the healing process has taken place. You are energising that thought every time you visualise the image. You are also strengthening the picture and adding emotion to it. This forms a powerful combination that literally projects you into the future. It shortens the time between your time of illness and your time of health.

Visualisation can be used as a preventative measure and can be used to treat many illnesses and diseases including cancer, rheumatic arthritis and relieve the symptoms of pain.

Meditation

Meditation is best used to prevent the onset of illness and disease, and as a means of maintaining health and wellness of body, mind, and soul. It can also be used as a natural healing therapy. Almost all natural healing therapies, involves some form of meditation. Meditation is simply a process which involves reducing your mental chatter, to a point of total mental clarity, or reducing it so that the mind can focus on one specific thought, such as healing, for healing the physical body.

Therapies using the power of the mind and touch

Jesus was one of the greatest healers who ever lived. Most of Jesus's healing was done through word, thoughts expressed, but in a few cases, he accompanied the words with touch. Your human hands are a centre through which the power of your thoughts disseminates. With your hands you can turn your thought into action without needing to put them into words. It creates faster and is more potent. These are a few cases in which touch was used in Jesus's healing.

While healing a woman with a blood issue, Jesus said, *"Someone touched me, for power has gone out from me."*

While healing a leper, Jesus stretched out his hand and said, *"I am willing, be cleaned."*

While healing a blind man, Jesus touched his eyes saying, *"It shall be done unto you according to your faith."*

As mothers, we are constantly healing our children through touch. In today's busy online world, many people find themselves starved of human touch. This lack of human contact further contributes to the lack of health and wellness. Healing therapies making use of both mind and touch are therefore very useful and effective. However, whether they use touch or not, the recipient or client, must themselves mentally receive the healing. It must be an act of their own free will. You cannot be healed without your consent.

Acupuncture

Acupuncture is an ancient Chinese healing therapy, which involves inserting needles into the skin at specific points along the meridians. The meridians are channels along which the energy of chi or ki travels. Acupuncture seeks to unblock, quicken, or slow down the flow of energy through the meridians. The assumption behind acupuncture is that blockages in the flow of the chi or life force, causes imbalance or patches in the flow of energy which results in illness.

Acupuncture can be used to treat illness and diseases such as asthma and other chronic symptoms.

Chiropractic

Chiropractic is a natural healing therapy, which deals with manipulation of certain bones in the body to correct any problems present in the joints and muscle, especially the spine. Problems in the joints and muscle can cause problems in seemingly unrelated parts of the body, such as cataracts, migraines, asthma, constipation, and stress.

Chiropractic can be used to treat bone and muscle problems and most other chronic pain experienced in the body.

Hydrotherapy

Hydrotherapy is a form of natural healing therapy, which builds on the belief in the healing properties of water. Hydrotherapy uses water to heal the body and ease the symptoms of a variety of ailments. The water can be used as a cold bath, hot bath, or steam bath.

Hydrotherapy eases muscle pain, inflammation and improves blood flow.

Kinesiology

Kinesiology is a form of natural healing, which originated in 1964 and was developed by American Chiropractor George Goodhart. In Kinesiology, each muscle is believed to relate to a specific part of the body such as the digestive system, blood circulatory system and specific organs. Kinesiology holds therefore, that health can be maintain by ensuring all the muscles are functioning correctly. Like acupuncture, kinesiology stimulates the flow of the lymph and blood, by massaging the pressure points connected to muscles. When the lymph or energy flows freely, pain is alleviated.

Kinesiology can be used to alleviate pain and promote healing.

Massage

Massage is a natural healing method which has been around since 3000BC. It is one of the oldest treatments used by humans. During massage, pressure is rhythmically applied, by gentle pulling and stroking movements, which are intended to promote relaxation, and bring the body into a state of calmness and serenity.

There are four basic techniques, which can be used during a massage. Percussion, which is a drumming motion, friction, which is applying pressure, effleurage, which is stroking and petrissage, which is kneading.

Massage can be used to treat many illnesses such as stress, hypertension, sinuses, headaches, and insomnia.

Osteopathy

Osteopathy is a natural healing therapy which began in 1892 by Dr Andrew Taylor. Dr Taylor believes that illnesses result

when the bones and joints are no longer working smoothly or functioning in harmony. The aim of osteopathy is to treat problems that are mechanical in nature. Osteopathy combines both manipulation and massage, to remove stress from muscles and joints and make muscles and joints work more smoothly.

Osteopathy can be used to treat many forms of illnesses.

Polarity therapy

Polarity therapy is a natural healing therapy devised by Dr Randolph Stone. Polarity therapy combines elements from healing therapies from both the east and the west.

Polarity therapy practitioners believe that there are three types of energy: neutral, positive, and negative. They also believe that the four natural elements are directly related to certain organs and centres of the body.

Earth is related to the ear and throat.

Water is related to the pelvic and glands.

Air is related to circulation and breathing.

Fire is related to the stomach and bowels.

Polarity therapy aims to maintain balance and harmony between all points. Its administration combines diet, stretching, touch, and manipulation.

Polarity therapy can be used to treat many illnesses and diseases.

Reflexology

Reflexology is a natural healing therapy which originated about five thousand years ago and was reintroduced to the

western world by Dr William Fitzgerald. Reflexology makes use of different techniques of applying pressure to specific points on the hands and feet to stimulate the body's own healing powers.

In reflexology, the belief is that the body is divided into zones or channels, along which your vital energy as a human being flows. These channels are thought to end in the feet and the hands, thus pain experienced in one part of the body can be relieved by applying pressure elsewhere in the body. The relief is obtained when the channels are cleared, and the flow is restored. This is greatly aided when the body and mind become relaxed.

Reflexology can be used to treat several illnesses and diseases including back pain, headaches, toothaches, digestive disorders, and tension. It can also be used to prevent the onset of illness and disease.

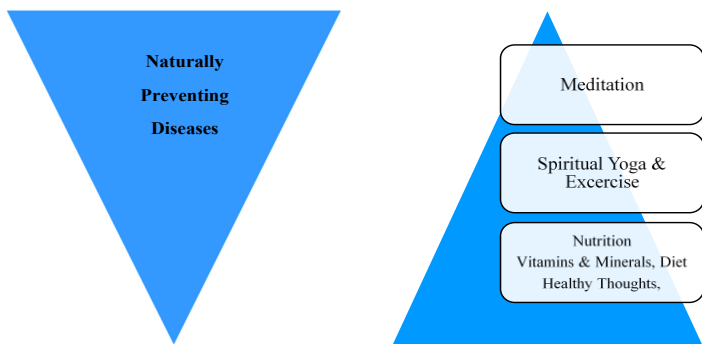
Shiatsu

Shiatsu is believed to have originated about two thousand years ago. It began as a type of massage called anma, and gradually evolved to the therapy known today as shiatsu. Shiatsu practitioners and clients believe that the primary flow of energy throughout the body, runs along channels known as meridians. It is believed that this energy exists throughout the universe, and that all living things depend on it, as much as they depend on physical nourishment. The energy is referred to as the chi or prana.

Shiatsu uses a combination of finger pressure, massaging with the fingers, thumbs, feet, or palms, assisted stretching, joint mobilization and manipulation to regulate the flow of the life energy.

Shiatsu can be used to treat many illnesses and diseases such as insomnia, headaches, anxiety, and back pain. It can also be used to prevent the onset of illnesses and diseases.

Naturally Preventing Diseases



Meditation

Scientist and world leaders have been testing the impact of mass consciousness on the planet for several years. In 2001, during the 911 twin tower attacks, the results conclusively showed, that when many people think in a certain way, it impacts the electromagnetic grid of the earth. A mass

consciousness of fear can and usually creates the most feared outcome, including disaster on a planetary scale. A mass consciousness of love can and usually creates the most loving outcome, on the opposite end of the scale.

From 2001, the mass consciousness of fear has impacted the electromagnetic grid on a scale never seen before. The effects have not been pleasant for most of the world. Our attempts to deal with the effects of fear have included, mass medication of the population, which now appears to be sleep walking through life. We are so much in a daze, by the constant onslaught of negative emotions, we have come to accept that this is the way things are and that there is no other solution available.

Meditation presents us with the only true and lasting solution left. Meditation has been in existence for several thousand years, but the true benefits is not known to the wider public. The benefits have been coined into phrases such as, "*law of attraction*," and the "*secret*." Those who have known about its unequal power, have made billions from our ignorance. In its simplest form, meditation is stilling the mind or reducing the levels of unnecessary thought, to create a clearer picture which will allow us to see through the illusions. Once we have been able to still our thoughts, we are better able to create new healing thoughts for ourselves and the planet.

The nervous system, consisting of the brain and the spinal column, is perceived as the tree of life, along which the life energy flows. This life energy enables every organ and every tissue of the body to function. It is the battery which charges the body. It usually does that through sleep, but in this current era, with the fast pace of life, the energy received

during sleep is not sufficient to fully energise body, mind, and spirit. Meditation involves raising the life energy along the internal column or the spine of the body, passing through the seven chakras, from Root to Sacral to Solar Plexus to Heart to Throat to Third Eye to Crown. These chakras are located at different points along this theoretical tree. During meditation, the conscious activities of the body such as walking and talking are stopped. The unconscious activities of the body such as the beating of the heart, the respiration of the lungs and other functions of the nervous system, slows down producing deep inner stillness of body and mind and freeing attention from the usual turbulence of thoughts. The state of meditation can be achieved by using simple repetitive sensations, such as waves lapping on the beach, the tinkling of a fountain, repeating a word or mantra, or simply sitting in silence and focusing on the intake and outflow of breath. Meditation is a way in which you can embark on a journey of self-discovery.



There are several benefits of meditation, both on your health and on other aspects of your life. Some of the health benefits include the following.

- Meditation gives the body an energy boost through the activation of the chi or life force, which is used to perform the day to day functions of the body.
- Meditation improves concentration, memory, and aids in proper sleep.
- Meditation cleanses and regulates the flow of the chi, which when disrupted leads to diseases. Meditation is highly recommended

as a means of preventing and healing many forms of illnesses and diseases.

While meditation should be the most widely used form of preventing and curing diseases on the planet, it is not. It has been marginalised in favour of pharmaceutical drugs and the temporary distractions of alcohol and cigarettes. Meditation is free, it is effective, and it is available to all.



One of the main difficulties with meditation is the process itself, the process of letting go of thought. My first real encounter with meditation was sitting in a tree in a secluded garden on an army camp. I sat there, staring at the setting sun through the leaves and branches of the tree I sat in, and the surrounding trees. I listened to the birds singing around me and tried to silence my mind. It was not a straightforward process. About halfway through, I had such an out of the way thought, I was shocked. It was then I realised, with absolute certainty, that we are not only subjected to our thoughts, but to all thoughts floating through the air or the ether. I persisted with my meditation, then said to myself or to God, "from a child I was always called a chatterbox, I can't be expected to suddenly be silent. God, you will just have to do what you have to do." It was then I felt as if I was having brain surgery done. I felt the tingling sensation of something happening in my head, and from that day, I was hooked on meditation. As I persisted with the practice, it became easier each time.

I began with online guided meditations, I listened to Dr Deepak Chopra's *Soul of healing meditation* in the mornings, his *Secret of healing meditation for higher consciousness* at nights, and once every couple of weeks I

would listen to his hour and forty-four minutes guided *Chakra meditations*. When I listened to his Chakra meditation, I would feel the energy rising through my body and I would feel my chakras literally being switched on one after the other, as if an electric switch were being turned on. When my mind began to wonder and create thoughts, the energy would recede, and return to the lower chakra, as I stop thinking it would once again rise.

Later, as I meditated more and more, I found the guided meditations did not work as well in keeping my mind focused, so I moved to sounds of nature music, then to nothing at all. Now I marvel at how my mind can exist in silence or how I could simply have a song playing in my mind, over and over, during the day.

Meditation is the tool, which if practiced regularly, will bring you untold benefits and heal every aspect of your life. It will aid you on the path towards a phenomenally healthy life.

Spiritual Yoga & Exercise

Spiritual yoga

Spiritual yoga is a technique of self-awareness and self-discipline that has been practised for over five thousand years. Spiritual yoga combines body movements with meditation to bring the body, mind, and spirit into union.

The movements involved in spiritual yoga includes physical posture, and poses designed to strengthen the body, increase flexibility, promote mental and physical relaxation, and develop dynamic will power. Each pose promotes a different type of breathing and focuses on strengthening a different part of the body. The poses are usually maintained for one to two minutes. Many of these poses have been developed to replicate the movement of animals in their natural environment.

Spiritual yoga promotes greater awareness of the parts of the body and any discomfort that may exist. It is a method of focusing internally on yourself. It mimics meditation as it helps achieve a state of complete calmness, in which thoughts begin to cease, as the mind focuses on executing and maintaining each pose.

The benefit of spiritual yoga as a healing therapy is endless. It is the number one preventative measure, as it keeps body, mind and soul in union while enhancing mental clarity, emotional stability, deep relaxation and reduces stress and tension in your muscles. However the number one use, and what sets it apart from normal yoga or other exercise, is that it strengthens the spinal column, it prepares it to withstand the flow of the life energy. It also promotes the flow of the

life energy and prepares the mind to enter the state of meditation easier and faster.

Many illnesses such as high blood pressure, bronchitis, back pain, headaches, asthma, heart disorders, premenstrual cramps, multiple sclerosis, cerebral palsy, osteoporosis, rheumatoid arthritis, depression, and many more can be prevented and healed using spiritual yoga.

Spiritual yoga should not be practiced less than three hours after a large meal. It should be practiced preferably on empty bowels and empty bladders. Spiritual Yoga should be started tentatively, while assessing the body's ability to cope with the timing of the pose and the difficulty of the movement. A shower before and after a session, enhances the benefits tremendously.

Exercise

The great Greek physician Hippocrates said, "eating alone will not keep a man well, he must also take exercise".

In years gone by, man was a creature of activity. He hunted for his food and walked many miles to get anywhere. As a youth he played outdoors, run through the woods, climbed trees, and swam in rivers, lakes, and seas. In this current era, life has become sedentary. Man can order his food, and have it delivered to his door. Man gets out of his house, steps into his car, and steps out into his office. Man no longer needs to hunt or walk. Man has observed that he must travel to find rivers, lakes, and seas to swim in, so he does it once a year for two weeks. His children no longer have trees to climb or woods to run through, because he lives in the city. His children get up, takes a bus, goes to school, and sits for eight hours, then takes the bus, comes home, and sits for another

eight, then goes to bed. Man knows this is dangerous, the body was created for movement, but man is at a lost as to how to change this.

Man decides to join a gym, but he finds that the added task of getting home from work, getting into the car, driving some miles to use the gym for an hour, is an added stress he is not able to cope with. Man forgets that he has paid twelve months subscription in advance and decides to stay at home and relax. He keeps his fingers crossed, in the hope that his children will be better off than him, with the physical education classes they take in school once a week. He does not know that his son and daughter sit out the class because their bodies have become used to lack of movement.

Man is now stressed, he is always tired, he looks old, he develops chronic illnesses, he thinks, "life is taking its toll on me." He does not realise that his muscles are begging to be stretched, His heart is aching to be tested, his bones are screaming to be strengthen. He knows there is a better way, he knows the unlimited benefits of exercise, but he does not remember.

Benefits of exercise

Exercise is a form of meditation. It is a way of getting you out of your head. It reduces the levels of thought experienced in normal day to day life. You stop worrying while you are focusing on exercising. The physical exertion of exercise provides an outlet for toxic emotions, such as anger, frustration, and aggression, which threaten wellbeing. It increases the mood boosting brain chemicals serotonin, and endorphins, which increases pleasure, while lowering levels of the stress hormone cortisol. Regular exercise helps you

cope with the fast-paced lifestyle we now live. It relieves stress, anxiety and improves self-esteem.

Exercising in nature is the best form of sex. We are constantly exchanging energy with the universe. Nature not only provides us with oxygen but also with energy, and in the same way, it uses the carbon dioxide we release and takes in the energy we expend. While exercising in nature you engage in a synergistic exchange of energy, during which, just as during sex, endorphins are released into the brain and these chemicals promote a sense of positivity and happiness.

Exercising out in nature is the best way to show gratitude, gratitude for your body, the functioning of it, for nature and for all nature provides.

Exercise prolongs your life and makes you look and feel younger for longer. It increases the levels of molecules that protects the telomeres. A telomere is a region of repetitive nucleotide sequence at each end of a chromosome, which protects the end of the chromosome from deterioration. The increased levels of molecules, slows down the rate at which the chromosome shorten over time, resulting in a slowing down of the aging process at a cellular level.

Exercise delays the onset, and in most cases, prevents diseases such as Alzheimer's and dementia, by changing the structure of the brain. Exercise improves the blood flow to the brain, feeding the growth of new blood vessels and new brain cells, and repairs and protects brain cells from degeneration.

Regular exercise will improve your heart function, improve your ability to control your blood sugar, improve your rate of

recovery from illnesses, improve your mood, increase your energy level, increase your stamina, improve your bone density, improve your skin appearance, regulate your sleep pattern, reduce your incidence of headaches, and improve your concentration. Exercise relieves the symptoms of many chronic conditions such as arthritis, high blood pressure, Type 2 diabetes. If done regularly, exercise can reverse the disease completely.

Exercise, though not a go to means of losing weight, when combined with an appropriate nutrition regime, and healthy thinking, exercise helps to keep appropriate weight and will bring you to the best shape of your life.

There are hundreds of ways in which a person can exercise their body. It is recommended that you choose an activity which you love to do. It is also recommended that you choose an activity that does not require from you, additional commitment of a fixed schedule, additional travel, or additional financial commitment. Exercise is fun in a group, but it should be something that can also be done alone. Exercises which use the body's weight as resistance and requires no additional props are the best. Make exercising easy, so that you can do it anytime and anyplace.



My journey with exercise has not been a difficult one. I loved physical activity. I began to enjoy walking when I got tired of my school bus driver passing me on the street to stop two houses down. I decided to walk the two miles to school and two miles back. It was a most liberating experience for me. As I grew older, I begun to run on mornings. My favourite times were between 4:30 am and 6:00 am. The earth was so

beautiful at that time. The flowers smelled and looked fresher in the morning due. The air smelled cleaner. I found out that counting while running, helped to focus my mind and keep me running longer, without stopping. As my body grew stronger, I could run for extended periods at a time without needing to count. I use running as a means of being in nature and working out both my mind and body. Usually on my runs, ideas would come into my head, I would find clarity on projects I am working on and be on a high all day.

Another exercise I find very useful is skipping. I find that skipping works all the muscles in my body and it makes me leaner, rather than the bulkiness which comes with running. I can do it anywhere and anytime. So whenever I need a break from running, I skip.

I finally mastered the art of running



This is the secret the runners don't want you to know. There is an art to this exercise and a method to this madness. This is for the people like me, not the track athletes and Olympians, the people who simply love to run and would like to maintain the recommended 30-minute heart rate acceleration. This is for the people who simply would like to live a healthier, longer, happier life. This is for the people who do not want to run three miles and stop ten times grasping for breath, praying to make it to the next car or the next traffic lights. This is for the people who would rather run the miles than walk half of it.

Count. Check your time before you start, then begin counting, not to a finite point, but just count from one to one hundred, then again, and again, and again. Soon your mind, which is in every cell of your body will get the idea. The other thoughts emanating from your mind will become secondary, until they simply realise they are not the centre of attention, not the focus, and they will stop.

Thoughts are pure energy. In fact, it is the purest form of energy. Every thought you have is energy leaving your body and heading out into the ether.

By counting I was able to run the distance which would usually have taken me thirty to forty-five minutes in fifteen minutes non-stop. I was not out of breath, my heart did not beg for mercy, and I was drenched in sweat.

Definitely, the body is a power tool controlled and directed by the mind.

If you love to run, master the art of running.

Joyce

Nutrition

Nutrition is one of the cornerstones of a healthy lifestyle. Nutrients are substances which provides nourishment essential for the maintenance of life and growth and are found in food. Food is the fuel you put into your body, which is turned into energy. What and how you eat, says a lot about your emotional state. Anorexia, bulimia, obesity, and other extreme cases clearly demonstrate the relationship between thought pattern and its effect on eating habits. It is vital to be aware of your body's needs. That may mean re-educating yourself in terms of nutrition and taste. This is a big step in fostering your health and wellness.

Water

Drinking water is one of the best things you can do for your body. Your body is made up of sixty percent water. Water forms part of the structure of every cell, every muscle, every tissue, and every organ. Without proper intake of water, the body will wilt like a plant. Within one week of no water intake, the body will most likely die. Water forms part of nature and so its intake is a form of energy exchange between nature and your body. As all things in nature are alive and part of the universal life source, drinking water is like intaking life. Apart from keeping you hydrated and refreshed, water performed several functions in the body.

- Water detoxifies the body and cleanse it from waste material, through urine and sweat.
- Water helps the organs function better, especially the bladder. With lack of water the

bladder is constantly calling for it, by giving the feeling of a need to expend water.

- Water is a natural antibiotic. It washes away viruses and bacteria.
- Water reduces appetite and therefore keeps your body in better shape.
- Water intake is like watering a plant. It makes the hair, nails and cells grow, it makes the skin glow, and it helps the body look healthier.
- Water helps with the digestion of food by producing an abundance of saliva.
- Water lubricates your joints.
- Water helps in the manufacture of hormones and neurotransmitters in the brain.
- Water helps regulate the body's temperature.

Before contemplating using any medications for minor illnesses, drink water. It may alleviate many of your symptoms.

Essential minerals

Your body is made up of millions of tiny cells functioning in harmony to maintain your health and wellness. These cells require minerals in trace quantities as part of their essential nutritional needs. Minerals are supplied by nature, they help strengthen your bones, heal your wounds, and bolster your immune system. They convert your food into energy and repairs cellular damage. The body's essential minerals include Calcium, Iodine, Iron, Selenium, Zinc, and other trace minerals.

Calcium was previously known to help build strong bones and teeth. Scientist have found that calcium is the fifth most abundant element in the human body, just as it is the fifth most abundant element in the earth's crust. Calcium is now known to play a vital role in the nature and origin of the body and the biochemical processes which occurs within us as organisms. Calcium plays an even more vital role in the process of transmitting chemical and physical signals throughout the cells, which creates a series of molecular events, which can trigger physiological cell change such as, cell division, cell mutation, cell migration, cell survival and cell death. Reliable sources of calcium are dairy products, vegetables, and pees.

Iodine is one of the rarest trace mineral elements found in nature. Your body is designed to supply all the Iodine it needs. The mineral is found in the hormones produced by the thyroid glands. Over production of the hormone can lead to problems with the thyroid gland. The over production is caused by the body producing the hormone needed to create the adrenaline rush needed for the flight or fight response in error. Iodine is now known to play a vital role in the body's fight or flight response by increasing the effects of adrenaline on the cell. It is also important for cell differentiation. When the body is unable to produce it's required Iodine needs, it can obtain some from seafoods, spinach, and green peppers.

Iron is the most common element on earth. Iron plays an important role in your biological make up. It forms the bonding element for oxygen in the blood and oxygen in the protein tissues of the body. It aids in cell respiration and is responsible for the change in the molecular structure of the

cell through oxidation and reduction. Your body should produce all the iron it needs. However, if it does not, a good supply can be found in peas, nuts, dried fruits, and green vegetables.

Selenium rarely occurs in its element state in the earth's crust. Trace amounts contribute to the proper functioning of the cells. Selenium acts as an anti-oxidant, an anti-polluting agent and helps to strengthen your immune system.

Zinc is the twenty fourth most common mineral in the earth crust and is found throughout the cells of the body. The body uses zinc to make protein and create the genetic makeup of each cell. It is therefore essential for the development of foetus and the proper growth of children, as it plays a vital role in cell division and cell growth. It aids in the healing process and the breakdown of carbohydrates. You should get your zinc requirement through your normal food consumption. However, the consumption of alcohol greatly reduces the body's ability to intake or retain zinc. Oysters, meats, beans, and nuts form a healthy source of Zinc.

There are several other minerals which are consumed within a regular diet. Potassium helps control heart activity. Sodium stimulates nerve and muscle function, maintaining correct balance of fluids in the cell. Magnesium helps support nerve and muscle function and keeps your heart beating at a regular pace. Phosphorus plays a key role in building the strength of bones and teeth and cell repair. Chloride helps balance the body's fluid and produces essential digestive juices. Fluoride keeps teeth healthy. All these minerals are natural occurring elements in the earth, they can be found

in most of the food we consume, and they are present in our bodies.

Vitamins

Vitamins are a group of chemically unrelated organic nutrients that are essential in small quantities for normal metabolism, growth, and physical wellbeing. These nutrients must be obtained through diet since they are not synthesized in the body. In general, all the vitamins required by the average person can be obtained from a natural, well balanced diet. However, in today's world we undergo significantly increased cellular activity. This means increase nutrient usage and has led to the need to intake an additional amount of Vitamin C, Vitamin B6, Vitamin B12 and Vitamin B5.

Vitamin C (Ascorbic acid) is a water-soluble vitamin which helps your body maintain connective tissue including bones, blood vessels, and skin. Vitamin C deficiency can be a common occurrence in your life today as a busy woman. The elevated levels of today's stress, hamper's your body's ability to create and absorb Vitamin C. Drinking alcohol and the smoking of cigarette, also inhibit the normal action of vitamin C. Vitamin C rich foods include fresh fruit and vegetables.

Vitamin B6 is essential to the health of the nervous system. It is also important in maintaining a healthy immune system and plays a role in limiting the growth of certain tumours and skin cancers. Vitamin B6 relieves a wide variety of PMS symptoms such as, breast tenderness, weight gain (water retention) and irritability. Vitamin b6 has been shown to also be helpful in reducing or eliminating symptoms of nervous

tremors and epileptic seizures. Vitamin B6 rich foods include fish, fresh vegetables, pulse, and whole grain cereals.

Vitamin B12 also known as cobalamin, is very important for the way your body works. Vitamin B12 is essential for blood formation, it helps maintain a healthy nervous system, it helps fight diseases, it promotes quicker recovery from viral infections, and assist in restoring sluggish appetite. Vitamin B12 rich food includes red meat, fish, and dairy products.

Vitamin B5 also called pantothenic acid, is essential for the proper functioning of the adrenal glands which are important to the management of stress. Vitamin B5 rich foods include chicken liver, sunflower seeds, salmon, avocado, broccoli, and mushrooms.

Suggested foods to include in a proper diet

It is important to remember, that it is not what you take into your body, which affects your body but the thought which you create about what you have taken in. All food substances both of plant and animal nature are good for the body. For the body to function effectively, obtain all its nutrients, vitamins, minerals, a wide variety of plant and animal substances should be consumed. However, in this busy era, short cuts can be created in your diet, by incorporating a few plant and animal substances which have a high nutritional value and a range of other important uses in the body. These include avocado, broccoli, garlic, grapes, kelp, and salmon.

Avocado is rich in potassium and vitamin A and is almost a complete food on its own.

Broccoli has protective effect against disease. It is rich in vitamin C, iron, beta carotene and folic acid.

Garlic has been used as a cure-all for millennia, it has been shown to be an excellent antiseptic for treating infected wounds. Garlic can be used as a penicillin and can also clear fat accumulation from blood vessels, lower cholesterol and protect against bacterial and viral infections.

Grapes are very cleansing and regenerating. Drinking water and eating nothing but grapes are a well-known method of detoxifying your body. Grapes are an ideal food for convalescence and for anyone suffering from fatigue or depression.

Kelp or seaweed, which is abundantly available on most sea fronts is a wonderful source of iodine, which helps protect the body against any radioactivity in the atmosphere that contributes to early aging. It is rich in vitamin B-complex, vitamin D, E, K, magnesium, and calcium. Kelp is particularly good for hair and nails.

Salmon contains the best form of unsaturated fat, Omega 3, along with many other nutrients. Omega 3 is extremely important for the proper functioning of your body.

Foods which need to be taken in moderation or avoided altogether

Caffeine in small doses stimulates the central nervous system, increases mental alertness, heart rate and muscle activity. Caffeine is one of the few legally obtained psychoactive drugs. It changes your moods and your thoughts, though on a much lower scale. Caffeine has the effect of reducing the water retention in the body. Heavy consumption of caffeine results in overstimulation of the mind and body, and cause you to have headaches, migraines, heart palpitations and general decrease in health and wellness.

Fats can be broken down into two categories: saturated and unsaturated. In the right form and quantity, fats form an important part of the nutritional needs of the body. Saturated fats are usually found in animals and are believed to remain in solid form at body temperature, thereby providing extra mass in the body. A high intake of saturated fats leads to increase cholesterol levels, disproportionate body mass, and increase fat around the muscles and organs. This places the body at a higher risk of cardiovascular disease and leads to obesity and diabetes. Saturated fats should be replaced with unsaturated fats which are found in fish and plants and would normally be in liquid form in the body. These help with the everyday functioning of the body.

Salt is a mineral, and its intake is essential for life in general. Most of what we consume from plant and animal tissue already contain natural salt. As we increase our intake of processed foods, which widely uses salt as a form of preservative, we dramatically increase our salt consumption.

Excessive intake of salt leads to cardiovascular diseases and can cause hypertension.

Sugar is a carbohydrate found in most plant tissue and in high concentration in sugar cane and sugar beet. Our intake of artificial sugar has increased due to its high content in processed foods and drinks. Excessive intake of sugar can cause children to become hyperactive. In adults the excessive intake of artificial sugars leads to cardiovascular diseases, diabetes and increase body mass.

New thought for maintaining a healthy and balance diet

1. Eat good quality food.

We are what we eat. Therefore we should not put substandard materials into our body. We should stick to good, natural foods that have nourished us for generations. Such as fresh vegetables and fruit, fresh fish, poultry, game, beef, and lamb (reared organically). If possible whole grains, nuts, seeds, pulses, free range eggs, cold pressed oil, cheeses, butter, and milk.

2. Eat regularly.

It is better to eat four or five small meals spread throughout the day, rather than starving all day and bingeing on a large dinner at night. Regular eating also helps maintain blood sugar levels.

3. Eat fresh food in their season.

It is sensible to eat fresh, locally grown food rather than food which has been imported and which may have lost some of their nutrients in transit. In addition, many imported fruits and vegetables are

artificially treated to ripen in transit. Many canned and precooked foods contain preservatives which may not be very good for the body.

4. Avoid over processed and refined foods.

Use whole meal rather than white flour, and brown rice rather than white. Try to avoid mass produced cakes, pastries, and sugary cereals. If you change your diet to a healthier one, after a while the artificial foods will lose their appeal.

5. Eat in moderation.

It is not necessary to weigh every wedge of cheese or count the strands of spaghetti, but you should listen to your body and begin to understand its needs and desires.

6. Eat slowly and calmly.

Take time to sit down and enjoy your meal. From preparation to consumption the whole activity should be a process of joy.

7. Speak positively about food.

Refrain from words such as "I am being good, or I am being bad" when referring to food.

8. Eat self-prepared food.

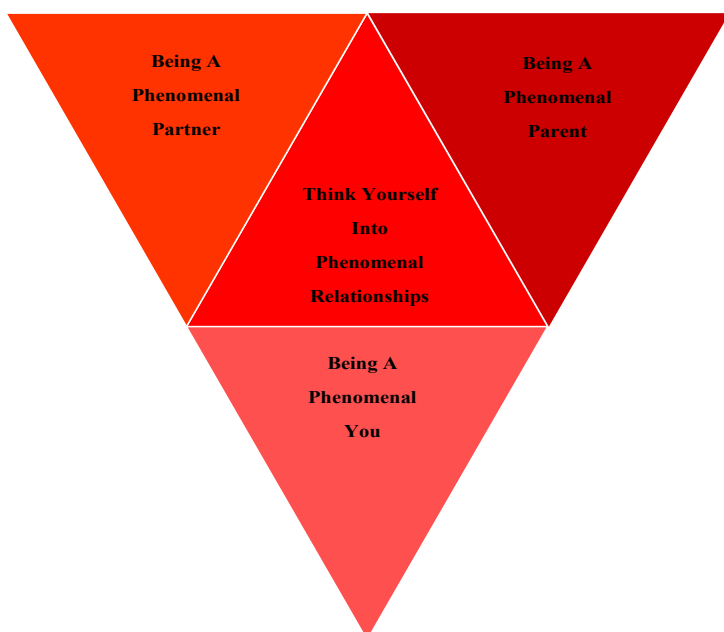
Prepare your own meals as much as possible so that you are always aware of what goes into it.

9. Give thanks.

Always be grateful for your food. Many people in the world are not able to have even one meal for the day.

Part III

Think Yourself into Phenomenal Relationships



It's my husband's twenty-sixth birthday. I buy him the newly released video game Assassin's Creed III. He opens the package excitedly and a huge smile appears on his face. I have obviously made an excellent choice. I take my sit next to him as he begins the game. I loved watching him play, it was as if this was truly real, and he was Desmond Miles. I

watched with utter fascination as Desmond travels through the kingdom, eavesdropping, interrogating, pickpocketing, and the likes. He runs across walls, jumping over disappearing poles, he climbs towers, he saves citizens being harassed by city guards and does things people who value their lives would not do. He is so into this and so am I. Then I begin to get worried, he seems so good at this, we will be done by the end of the day. Then misfortune comes. He loses synchronisation, he dies. He starts again, going even faster through the task he had previously completed without even thinking about them. We spend the entire day into the night until he completed the entire game. When he was done, I had to ask, "should I get you the next one?"

I decided to try my luck on this video game thing. This was too exciting to miss out on. I took out the ancient *Call of Duty* CD and placed it in the X-Box. If he can do this and make it look so easy, I can do this too. I choose to be a girl because well, I am a girl. I choose my weapon, and I choose what my character will look like. I begin. I do not know which way is up or down or left or right. I can't get this girl out of the line of fire. I am dead. I start again. New strategy, I will stay down, go very, very slowly, avoid all danger. How the enemy finds me, I don't know. I am dead again. Okay, I am going out all guns blazing, well, all buttons pressing! I kill someone, but I am now stuck behind an army truck, and I can't get out. She won't move neither left nor right. I am just going to give up, stay here, get killed and start a new life. I tried for half a day, went through lifetimes after lifetimes, then I turn the machine off, I decide, this is not for me. I cannot master this game.



So it is with life. You come to earth with infinite possibilities, predesigned and laid out as experiences for you to move through. As you move through your experiences, eavesdropping, pickpocketing, interrogating, climbing towers, skipping across walls, taking on the guards and completing your impossible tasks, you find your synchronization bar fills up. You gain new tools, new perspectives, you can blend into the crowd and become anything and anyone, or you can use your eagle eye, see through the illusions of life in a way that others cannot. If you die before completing all your tasks, you get a new life, but you start at the same level. And you keep doing this for as long as it takes to master this level. Then you move to the next.

The game does not get tired of giving you new life. It does not get frustrated, it does not punish you when you die or make the game harder. It does not require you to play it in any specific way. It is not concern whether you play like my husband and move through it all quickly, or if you play like me, take as long as you need, as many lives as you need, until you learn which way is up and which way is down. Its only requirement is that you play.

Unlike the Call of Duty, which I could turn off and put away, you cannot put away life. You cannot give up and stop living it. Because even when you think, this is it, I have died, you find out that you have only now began to live. Because now you have stepped out of the game, and you can see the game for what it is. You can see all the possibilities, you can see clearly, your mistakes, your wrong thinking. You can see the design, the code, and the programming. And just like me, you will decide, this time around, I cannot fail. The only

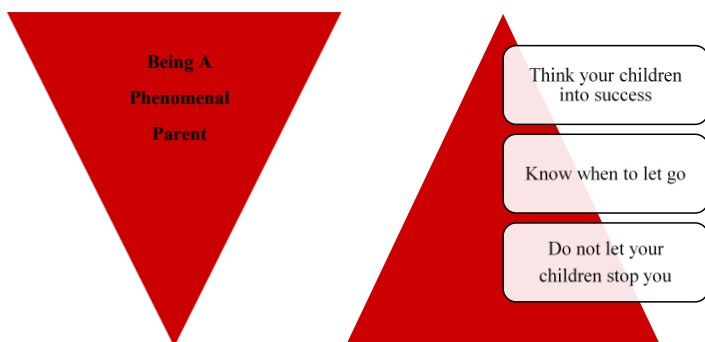
problem is, once you step back into the game, once you step through the veil of life, you forget everything you know. Because the aim of the game, the reason you exist and come to this planet of relativity, is for you to accumulate experiences which will make you remember who you are, recreate it, master this level, then move to the next.

So even as you choose, before taking life, whom you shall be, what story you shall live, you immediately create all the characters necessary for its fulfilment. You choose the era, the scene, the setting, the costumes, and you distribute the lines. The more profound your story, the bigger your cast, and the more dynamic your graphics. You place your characters along your life's journey, like Hansel and Gretel's breadcrumbs to be picked up as you travel.

And this is how relationships are created.

Relationship is the greatest gift given to you as a human. Relationships with people provide the basis for your relativity. It is the means through which you accumulate your life experiences and the process through which synchronicity is created.

Being a Phenomenal Parent



In our fast-paced world, of technological advancement, we are finding it more and more difficult to find the time to properly parent our children. The default caretaker in the home has become the iPad, the television, and the phone. Even the few of us, who can still find time for family dinners, face constant interruptions from the outside world.

Fortunately, parenting is less about spending quantity time and more about spending quality time with our children. We should make it our duty to be fully present in the company of our children so that we can get to know them and pass on love and wisdom to them.

Children are a gift; therefore, we should value our relationships with them, which allows us to be present physically, emotionally, and mentally in their lives. Many children suffer from lack of attention and seek to engage in actions designed to gain their parents attention. Usually, these children become stigmatized and soon they are diagnosed with phantom symptoms which follow them throughout their lives.

Think your Children into Success

As women and mothers, we are in a unique position where we get to spend more time with our children than anyone else, especially if we are single mothers. From the cradle until they leave home, we are the number one influencer.

Usually we pass on to our children, what we have learnt from our parents, who have passed on to us, what they have learnt from their parents, which in most cases prove to be totally flawed. We are doing this, usually while we can still be considered children ourselves and mostly without the benefit of the presence and support of our parents. In a changing society, the things which worked years ago will not work very well today.

Many parents find themselves falling quickly out of love, as the child stops being a cute baby which follows commands and move into teenage years. We find ourselves in constant conflict with our children. This proves to be a burden both for the parent and the child, creating stressful situations which are barely bearable.

Some of us, because we have moved quickly into marriage before experiencing our own lives, seek to live our life through our children. We seek to make their choices for them, or command them to make the choices we wish them to make. This creates stress for both you as a parent and for your child.

In today's society, if parents were graded based on the success of their children, many would fail. And that is through no fault of their own, it is simply a lack of understanding in society, of how your thoughts as a mother,

impacts the success of your child. We do not know how to think our children into success.

Thinking your child into success involves three steps:

1. Lay down a solid foundation of thought, belief, and perspective.
2. Implant in your child's mind, success, possibilities, and unlimited potential.
3. Set a good example. It is not do as I say, but BE as I AM.

Step One

Lay down a solid foundation of thought, belief, and perspective

As a woman, you are the first step in the process of your child becoming a success. From birth to about seven, a child does not think for itself, it is dependent on its parents for its thinking. The child's life experiences are called to it based on the thoughts of its parents. During this age range the child is malleable, it is like a sponge, soaking in thought so that it can shape its belief system, which it will use to create a perspective. Even though this is changing, as children are now being born much wiser than before, it is even more essential now that as a mother you think positively of your child.

Thoughts are the first step in creation and from birth to when your child begins to think for itself, you determine what is created in your child's life.

The first step in thinking your child into success, is to lay down a solid foundation of thought, belief, and perspective

for your child. Your thought is the way you think, it is the first thought that comes into your mind when you encounter a particular situation. Your belief is what you believe about yourself, who do you think you are. Your perspective is the way you see the outside world. A child learns that fire is hot because you have implanted that thought. It learns to fear the fire because it has a belief that the fire burns.

Many children do not succeed in life, because their foundation is flawed. They have received wrong, limiting, negative, and disempowering thoughts from their parents, which have created a belief system that prevents them from succeeding, and gives them a distorted view of the outside world.

Part of laying a solid foundation is to create an express vision for your child, which will be adjusted as the child grows up and begins to make its own choices. An express vision is a written or spoken statement of who you would like your child to become and what experiences you wish it would accumulate. In bible days, this was called a blessing, which the father just before his death, would pass on, usually to the eldest son, such as, Isaac blessing Jacob his son. As time passed the concept of blessing your child faded, to be replaced with passing on power, accumulated wealth, or nothing at all. However, no matter how much wealth or power you pass on to a child, without a solid foundation of thought, belief, and perspective, you have almost failed as a parent.

Expressing your vision for your child, takes it from merely dreaming, wishing, and praying, to setting the universe in motion to bring that vision into reality. You can use visualisation to help push your child into success, while

allowing them freedom to make their own decisions. An expressed vision should serve as a guide to your every thought, words, and actions concerning your child.

Step Two

Implant in your child's mind, success, possibilities, and unlimited potential

After age seven, it is time to begin implanting your child's mind with success, possibilities, and unlimited potential. As women, in anger or frustration we may say things which many times we do not mean. Children are easily influenced by what their parents say to and about them. They may act normally but they may have internalised your angry words and made them into sponsoring thoughts, which then begin to shape their lives. Always be careful what is said in front of your child and ensure that you speak only positive words about them and about their lives. Feed your child's mind with supporting words and use affirmations to help push your child into success, while allowing them freedom to make their own choices.

Eradicate from your child's minds limiting, negative, and disempowering thoughts. Words such as "I can't," or "it's not possible," should be done away with, as soon as possible. Encourage rather than criticise your child. Do not make them compete with each other, but only compete with themselves, that is, do better than they did yesterday. If you have a thought that is contrary to your belief in your child's success, or if they voice a thought that demonstrates they do not believe in their potential, fix that thought as quickly as possible.

It is also important to eliminate fear from your child's mind at that time. All children are born with only two fears, the fear of falling, which is caution for the physical body and the fear of loud noises, because they have been in relative silence for nine months. All other fears are learnt from the home and the external environment.

There are three main fears that must be eliminated from a child's mind at this early stage:

1. The fear of failure.
2. The fear of what others think about them.
3. The fear of not being good enough.

These fears are destroying lives, they are destroying countries and they are bringing races to the brink of extinction. Once these fears are eradicated, it is almost a guarantee that your child will be able to achieve anything they put their minds to.

Step Three

Set a good example.

It is not do as I say, but BE as I AM

To a child's conscious and subconscious mind, we are its creators. It believes what we say to it. Any words from the parent, particularly the mother, is very potent to a child's conscious and subconscious mind. We may in a fit of anger speak words to our child such as "you won't amount to anything, you are lazy, you are stupid, you are a disappointment," and more. Then after the fit is over we forget about the words. However, the child takes these

words as truth, after all, why would its parents lie to it. The words may leave its conscious mind, but they are lodged in its subconscious mind and are already creating a belief system that will impact its life forever.

Setting a good example is not about what we say, but about who we are. We may raise our children under the premise of do as I say and not as I do, but example is the greatest teacher. A child learns not by what it is told, but by what it experiences, sees, feels, hears. Children learn faster by copying what they see their parents do, rather than by listening to what their parents tell them to do. Only practice behaviours which you wish your child to engage in in later life. If we want our children to love us, we should first love them. If we want them to respect us, we should treat them with respect. If we wish for their success, we should work on our own success. We should never use our children as pawns in relationship battles, neither should we encourage our children to pick sides when it comes to parenting.

Setting a good example also means doing away with old thoughts passed down for generations. As time changes, our thinking needs to change to reflect the times. Things such as grounding, timeouts, punishment, be it physical or emotional, will not benefit your child in any way. A new way of thinking which involves being open and honest with your child, speaking to your child as if they understand, because they do, will go much further in helping you think your child into success.

A great technique is to write a personal statement of the best vision of what you wish your child to be. Keep it close at hand and familiarise yourself with it. It need not be shared with the child. Remember that all situations can be solved by using

the system of changing thoughts and words. Actions will usually change to match the new thoughts and words.

Know when to Let Go

As human beings we are prone to attachment, we become attached to things, to our stories, to our beliefs and we become attached to people. The parent-child relationship creates attachment for both the parent and the child. This attachment is sometimes very difficult to let go of, particularly for the parent. In raising phenomenal children and becoming a phenomenal parent, letting go of control of your children as soon as possible, is the best course of action.

We live in a world where many of our decisions are made from fear. When it comes to our children, we fear the loss of their love and the loss of their companionship. This makes it very hard to let go of control when they begin to grow up. There are three things to consider that can help you prepare your mind so that you know when it is time to let go of the parenting role.

1. Stop living your life through your child.
2. Prepare your child for the outside world as quickly as possible.
3. Letting go is the most loving thing you can do for yourself and for your child.

1. Stop living your life through your child.

Knowing when to let go, means that you stop living life through your child. Many parents live their lives through their children, trying to make their children copies of themselves. They tell their children what to think, instead of teaching their children how to think. They pass on to their children old, outdated thoughts and limiting beliefs, which

have been passed down to them by their parents for generations. As a parent your duty is to teach your child how to think, how their thoughts affect their lives, and how to choose thoughts that will create their desired reality.

Many parents find themselves involved in all aspects of their children's lives. They invade their space, they form friendship groups, based not on people who have something in common with them, but who their children's friends are. As a mother, you should have your own life, your own social group, and your own friends.

An emerging phenomenon is parents who use their children as a social commodity, a product to gain social collateral. This varies on a continuum, from parents creating billion-dollar businesses using their children as their brand, to those who use their children simply to gain a few likes on Facebook. Though we may not see the effects of this now, as the child grows up it will soon become apparent.

Many parents try to make their children into something they wish they were. They try to make up for their failures in life, they try to make up for regrets, they try to achieve dreams they gave up on, through their children. They forget about their own lives, their own happiness, and focus on their children's. This never works and results in an inability to let go.

2. Prepare your child for the outside world

Knowing when it is time to let go, involves preparing your child for the outside world.

The most important part of preparing your child for the outside world, is to lay down a solid foundation of thought, belief, and perspective. Your child should be taught how to believe in themselves, self-belief. They should be instilled with self-confidence. They should be able to be alone, without falling apart or feeling lonely. They should find pleasure in their own company. Your child should be taught how to lead, and not follow.

As a mother your first job should be making sure your child is as self-sufficient as possible, as soon as possible. Let them know that they do not need you to survive. Then release them into the world to forge their own path, make their own mistakes, and begin to learn as soon as possible from these mistakes.

Another important part of preparing your child for the outside world, is to teach your child life skills. Teach your child how to be independent, how to drive, how to cook, how to clean, how to survive on their own. Teach your child the value of money. It is an old limiting thought that precludes parents from discussing money with their children. Your child should be taught how to make money, how to spend it, how to save it, and how to not squander it, or become obsessed with it. Teach your child how to interact with people. How to not view others with fear, but with love, how to not see others as either superior or inferior to them.

Most importantly teach your child how to think for themselves. Because our children have been with us from infants, we fail to realise when the child begins to think for itself. So we continue to think for that child, not allowing the child to use their own minds to come up with solutions to their problems.

Do not worry, if it appears that the life skills that you impart unto your child as not being assimilated, they are. They are like seeds planted in fertile ground, that wait for the right time to germinate and sprout shoots.

3. Letting go is the most loving thing you can do for your child.

All human beings have a basic need to feel free, to have no limitations placed on them, to have no one tell them who they are, or who and what they can be, or what they can and cannot do. When their freedom is impeded, they will pretend it is okay, until they cannot pretend anymore. They will wait for the first opportunity to seize their freedom, and then they will begin to be themselves. At that point, they are referred to as rebellious teens. It is as the apple in the garden of Eden, the thing that you tell someone they should not do, becomes the most desired thing, no matter how dangerous it appears.

Allow your child to make their own mistakes and to learn from them as early as possible. There is no need to keep sheltering children, lying to them, or pretending with them, in an attempt to protect them from the big bad world. Children should be allowed to take responsibility, to apologise if need be and to make amends for their mistakes if necessary.

When a child has been properly raised and is beginning to learn to live in the world, it becomes a time of utmost pride and enjoyment. Rather than being a burden, they become friends with their parents. Children who can fend for

themselves, removes the burden of stress and worry from the minds of the parents.

Letting go shows greater love than trying to keep children incapable of caring for themselves, because we believe that if they can take care of themselves, we will become useless. It is a fear-based mentality that instills in us the need to hold on, to cling to, and to hoard our loved ones. This is a lie we believe as the truth, that if we let go, our children will stop loving us. By not knowing when to let go, you are doing a disservice to your child and to yourself. If you have done your job right, your child will never stop loving you. The greatest demonstration of love is the ability to let go.

Your children are only with you for a part of your journey, not the entirety. Therefore, it is important to know when to let go and it is in both the parent and the child's interest to learn to let go as soon as possible.

Remember, the fastest way to lose someone, is trying to hold on to them, when it is time to let go.



When I separated from my daughter's father, she was two years old. I was determined that they would have a great relationship. He picked her up from school every day and she spent every other weekend with him. I made quick work of teaching her how to take a shower, how to dress herself, how to behave in public and all the necessary things a young girl should know. When she was eight years old, we spent a year apart and I had no worries because I had laid down a proper foundation.

My hardest lesson was letting her take responsibility. I thought we had everything under control, but the cleaning

of the room. She could cook, she could clean, she did her schoolwork, she could carry herself and be responsible in any situation. Except she did not clean her room. I tried everything. Some weeks I would simply ignore the room, some weeks I would give up and clean it myself without comment or complaint. Some days I would cry because I felt that I had failed as a mother. I was a motivational speaker, I taught the power of thought, and I could not get my teenage daughter to pick up after herself. Some days I would scream at her. None of these worked.

Finally, I gave up screaming, I told her I would no longer clean up after her, and simply gave her the control. She took it. Now as part of her young enterprise project at school, she sells advice on life to her school mates.

Don't let your children stop you from Living your Dreams

As parents, mothers particularly, we find it very easy to take the easy way out and to not accomplish the task that we came to earth to accomplish. Many young mothers find themselves putting aside their dreams, their goals, and any life purpose at all, using the excuse, "I am waiting for the children to grow up." By the time the children have grown up, it is too late to get back to their dreams. They have lost interest, and in such cases the children never really grow up but simply grow older. They continue to rely on the parent, because the parent created the sponsoring thought that their child needed them to stop everything to be there for them. Many are never able to change this sponsoring thought because they do not know how to do so, and most times they do not even remember creating it. It is important for you as an individual and for your relationship with your child, to live your dreams, not in spite of being a mother, but because you are a mother.

In today's world and in fact always, if you truly desire it, it is possible to achieve the most impossible things while still being a good mother. To do so, we can follow these three steps and instil these new thoughts into our minds.

1. Stop using your child/children as excuses.
2. Stop having children out of fear.
3. Change your sponsoring thoughts.

1. Stop using your children as an excuse

Many mothers use their children as an excuse to live a life below their full potential. They repeat phrases such as, I am waiting for the child to grow up, for me to do so and so, take a course, start exercising, have a relationship, build a business, etc. By staying at home, doing nothing, you make your child feel guilty for being born, implying that they are an intrusion in your life.

Many mothers use their children as excuses to remain in unhappy relationships. They use excuses such as, I want my child to grow up with a father, or I want my child to grow up in a family setting. If a relationship is making you unhappy there is no reason to stay in the relationship for even a day. The energy of fear will infect your child and impact their lives for a long time.

Many parents use their children as an excuse to be unhealthy, to eat foods that are not appropriate for a woman, but which may be acceptable for a child. After a certain age, the body stops growing, less energy is being consumed, so it takes a longer time to break down certain foods for an adult woman than it does for her child.

The best example for a child is not what its parents tell it to do, but who and what its parent is. You should always be living your life on purpose, focused on achieving your dreams and your goals.

2. Stop having children out of fear

Having a child is a demonstration of your ability to create life. However, once you have created that life, there is no need to keep doing it. You have proven your belief by having the experience of giving birth. However, many parents continue to have children, with no reason or purpose in mind. Many children are born into poverty, in unhappy homes, to parents who are not capable of even taking care of their own selves, not to mention the child. This only serves to propagate poverty and create over population.

Many mothers have children out of fear. They fear being alone. They fear not having anything else to show for the life they have lived. They fear losing their partner. They fear not having someone to love them. They fear actually having to focus on themselves, having to spend time with their own thoughts.

3. Change your sponsoring thoughts

To effectively not let your children stop you from living your dreams, you should instil in your mind the following new thoughts.

i. It is better to spend quality rather than quantity time

When it comes to spending time with children it is better to spend quality time with your child rather than spending quantity time. We think we need to be there for many hours and our children adjust their behavior to accommodate us. However, as long as you are there to share meals with your

child, help them with their homework, be there when they need you, and spent quality time, there is no need to try to spend every waking moment policing your child. They can be left to their own devices, and entertainment. Give them space so they can be themselves and do the things they desire to do. Thus, freeing you up to work on your dreams, goals, and desires.

ii. Time behaves according to your expectations of it

We have grown up believing that time is fixed, however, your time is more like an elastic container. It behaves according to your expectations of it. It can be stretched and shrunk according to our thoughts, words, and actions.

One person may be able to fill their twenty-four hours with raising the kids, running a business, taking care of elderly parents, volunteering at the charity and still look good doing it. While another's may be filled with waking up, having a rushed breakfast, dropping the kids off to school, getting back home to pick up after the kids, rushing back to school to pick them up, having a rushed dinner, then falling asleep to get up and do the same thing all over again for years.

If we believe we are too busy, and we have no time to do anything, if we continuously think, and say words such as, "I am so tired, I have no time to do anything, I am so busy, oh how time flies," and if we act as if we are too busy and have no time to do anything, we are basically shrinking our time. Your time behaves according to your expectation of it.

iii. **Know when to let go**

It is important to know when to let go. Knowing when to let go of the parenting role is the most loving thing you can do for your child. It is accomplished when you stop living life through your child and when you effectively prepare your child for the outside world.

It is also essential to think your child into success; to lay down a solid foundation of thought belief and perspective, to implant into your child's mind, success, possibilities, and unlimited potential and to be a living example to your child.

The best example for a child is who and what its parent is. Remember, your life is not over because you had a child. Your journey must be completed, your mission must be accomplished, and your purpose must be fulfilled.



I used to make a special effort to spend most evenings with my daughter, until I came to the realisation, that when I finally left the room, she would change the channel, put on YouTube, take off her bulky clothes, and have her own private party, dancing until she broke out in a sweat. I realise she accommodated me, she changed her ways so that we could spend time together in a way she thought I wanted, and not the way she really wanted to spend her time. During those hours I would suppress the thought at the back of my mind, I am not really enjoying this, I wish I could work on my dreams.

Being a Phenomenal Partner



Most of our problems in life and in our world, comes from having an outside world focus. The result of this is depression, sadness, and loneliness in individuals. It is also the major cause of the breakdown in our relationships, conflict in our societies, and wars amongst our nations. This outside world focus, is reflected in the creation of new rules, laws, and legislations, aimed at governing how people

behave and dictating how they react, in relation to us. This new way of life, seeks to make others abide by our rules, make them do the things we want them to do, make them like us, respect us, and accept us, by force if we have too. We take it as our God given right to make others belief the things we believe and see things from our point of view. When finally, we realize that even when we get others to follow the rules and keep the laws, we cannot control their thoughts, beliefs and perspectives, our relationship with them, begins to disintegrate.

In all your relationships, your primary focus should be yourself, who you are being in the relationship and what do you desire out of the relationship.

Put Yourself First

Why do we not put ourselves first, as women?

As mothers, wives, and daughters, we have been taught to not put our-selves first. From the time we are born, until we grow up, we have old limiting thoughts being passed down to us. They are passed down to us by our parents, our schools, our religious institutions and through our society. Those disempowering thoughts are now being passed down through our social and mainstream media.

We assimilate them through songs, such as, *This is a man's world*. We have lived with phrases such as, behind every powerful man is a strong woman, the man is the head of the house, and girls must be seen and not heard, for so long, we have come to believe them.

These thoughts form beliefs, beliefs which have us ignoring our internal power, our yin energy, and replacing it with movements, organisations, and laws masquerading as being in the interest of women, but only serving to further disempower us. Any organisation, any movement, or any law which tells you that you are not responsible for what is happening to you, that what you are experiencing in your life is controlled by someone else, the result of someone else's actions, only serves to ensure that as a woman, you do not put yourself first and you do not think of yourself as the catalyst for your life.

Any attempt at focusing on our needs have been met with comments such as, you are being selfish, you are self-centred, or you are only thinking about yourself.

The result of us not putting ourselves first

This has resulted in us shying away from the spotlight, staying in the background, and underestimating ourselves. The result is that we live a lie most of our lives. We live that lie until it becomes part of us, and we come to believe it. We believe it so much that we pass this belief on to our children and thus ensure that for generations our daughters, wives, and mothers live in a shadow of their true potential.

Our relationships today are mainly externally focused. Our focus is on what the other person needs, wants, and desires out of the relationship. We think, what does he want? then we try to give him what he wants, in the hope that he will in turn give us what we want.

Our relationships are filled with expectations. We think, what is he bringing to this relationship, what can he give me? We expect the other person to provide what we think we need, want, and desire. We expect them to be the image we have created in our minds. Any deviation from this is considered betrayal.

Our relationships are governed by rules, norms, and customs. If our partner does not follow these rules, there are consequences for the perceived wrong actions.

Our relationships are based on the wrong belief that people belong to us, they are our property. Therefore they must do what we want them to do, and not what they want to do.

The end result is that people try to be what the other person needs, wants, and desires, for as long as they can. They try for as long as they can to abide by the rules. They pretend, they give up on themselves, their dreams, their goals, their

happiness, their lives, to be what they think we need them to be.

Finally, when they can no longer pretend, when they can no longer live a lie, when they can no longer accept that they are less, they begin to live their truth, or they resort to dishonesty.

It is at that time we feel betrayed, we become sad, we go into depression, some of us even get suicidal. Then we become angry, we begin to hate our partners, we try to punish them, we seek vengeance for the wrongs we think they have done to us.

What does it mean to put yourself first?

To become a phenomenal partner, to experience your relationship to the highest possible level, you must change those limiting thoughts and replace them with more empowering thoughts, which will create new perspectives and new beliefs. Your new beliefs will shape the structure of your relationship and create the life you experience with your partner. In every instance, in every situation, you must put yourself first.

Putting yourself first means you stop underestimating yourself. Stop telling yourself what you can't do and tell yourself what you can. Stop believing that this is a man's world and start believing in yourself. Stop standing behind man and stand alongside him. Stop living through your partner, trying to make your man into something you wish you were, and start living for you.

Putting yourself first means you stop trying to get your partner to love you, so that you can feel loved. It means finding love within yourself. If you have no self-love, no

matter how much your partner loves you, professes his love for you, you will not believe it. Even if you do, for a minute, you immediately begin to subconsciously sabotage the relationship, by trying to make him prove that he loves you. When you know how to love yourself, you are in a better position to identify whether someone else loves you. Because you then know what it feels like to be loved, so you can easily spot love in another. If you seek love from your partner before you know how to love yourself, you will be searching for something that you cannot even identify.

In addition, it does not matter how much that person loves you, what makes the difference to you is whether you love that person.

You should learn to love your own company, your looks, your body, your mind, and your soul. You should seek to love your partner if it makes you feel good, whether the love is returned or not. The effect of love on the human body is immeasurable.



I worked in a residential home with disabled people. One day I came in and one of the residents had clearly fallen in love with the chef. She kept laughing and calling his name saying, "you are a bad boy." She was usually moody and angry. That day it seemed as if her face lit up, she ate all her food, she could not stop laughing and talking and it looked as if her twisted spine was literally straightening up before our eyes. When I checked with the chef, he was hardly paying her any mind.

Loving is a thing you do for you and not for the other person. It heals you and makes you feel and look good.

Putting yourself first means making yourself happy before you focus on making your partner happy. Many women give up their career, they give up the things they love, simply to exist in a relationship. They put a smile on their faces and dress up pretty, but inside they are desperately unhappy. They do everything they can to make the other person happy, because they mistakenly think, if he is happy, then I will be happy. Trying to make another person happy while you are unhappy is like bringing a beautiful meal in a dirty dish, it is the most anti-productive activity you can engage in.

Happiness is a state of being which reproduces itself in your relationship. If you are happy, you do not have to do anything else. Everyone around you will be infected with your energy, they will catch the happy vibes that you send out.

If you are unaware of what makes you happy, it is wise to undertake a journey of self-discovery. Knowing what makes you happy will draw these things to you and bring you to the right partner who can provide that happiness. Being happy keeps you young and beautiful.

If for some reason you find yourself in a state of unhappiness, and you do not feel good, do something to make yourself feel better, before attempting to get your partner to make you feel better. By doing so you stop yourself from becoming dependent and needing your partner. Needing someone is the fastest way to lose them.

Putting yourself first means celebrating your life before you can happily celebrate the life of another. Learn to celebrate your achievements, your dreams, and your goals.

When something good happens for you and to you, do something nice for yourself without feeling guilty.

Putting yourself first means knowing what pleases you sexually and exhibiting a willingness to be pleased before you can please your partner. Many women live and die without ever experiencing the true joy of sexual union. They never had an orgasm. It's all about what he wants and what he likes. Unfortunately, the man is waiting in vain to find out what you want and what you desire.

It is wise to learn of your own sexuality. Observe what makes you feel excited sexually, be willing to speak out and seek your own pleasure from your partner or otherwise. Life has been given to you to be enjoyed. Many of us women, live our entire lives and never experience the joy of sexual union, simply because we are afraid to express ourselves and make our desires known.

Putting yourself first means being definite about your wishes and desires. It means knowing what you want out of the relationship and being willing to tell your partner without fear that they will leave you or fear of what they will think about you. In fact, you should do this before you enter the relationship. Many people are entering relationships without purpose, they do not know what they want, and they do not know what they desire.

Putting yourself first means most importantly, entering relationships purposefully. It means knowing your why. Why are you about to enter this relationship? Many women say, "I am in love." However falling in love is an excuse to not think before you make the most important decision of your life. It is the reason most relationships fail. They fail because

they were entered into for the wrong purpose or no purpose at all, no thought was put into them.

Before entering a relationship, you should know your life's purpose. The purpose of your life, your reason for coming to earth. Then you should enter relationships that serve this purpose. Naturally, by living a life on purpose, you attract to you, your soul partner, a person predestined for you by your soul.


It is not a natural human characteristic to put others ahead of us, to make others the head and make ourselves the tail. It is even more unnatural for the woman, whose DNA is imprinted with the creative energy of the universe, to do so.

By putting yourself first as a woman, you change every undesirable situation that you have ever experienced in your life, and you create a better environment for the next generation.

When you do not put yourself first, you find that you spend your entire life, thinking of what ifs and never being able to truly be content with your situation. You may be resigned to it, but you are not content. This attitude is then reflected by your partner who will be unwilling and unable to put you first. This is because the world reflects to you, who you are being. By not putting ourselves first in our lives and in our relationships, we do ourselves and our planet a disservice.

At first it may appear to be a strange concept to entertain, but as you begin to live from this new perspective it becomes clear how this benefits both you and your partner. First it makes life easier for both of you as you learn to speak your truth and do not have to hide behind white lies and platitudes. You do not need to do anything to forcefully

change any existing situation, simply put yourself first in your mind and through your words and actions and watch, as your partner, as if by magic, falls into the new role. Everything always begins with you. Be who you wish to be and all else will follow your lead.



I was constantly asked by my husband, “Joyce, do you think the world revolves around you?” I would think about it and feel bad that he thought that about me. I examined my behaviour to see how I could have exhibited that thought. I would find nothing, then I would try to convince him that, no, I did not think the world revolved around me. Then I met a new female friend and she asked me the same question. This worried me even further and I would answer “no, the world does not revolve around me.” But I was wrong. Because your world revolves around you. You are in charge, your life is your story, you are the main character, the leading actress. You have selected the cast of characters to bring your story to life, you have given them their script and decided what roles they will play in your life, so indeed, you are the centre of your universe.

A guide to being mindful with yourself

One of the most important relationships we will ever have as individuals is a relationship with ourselves. Keep the following in mind to help you become more mindful with yourself.

1. Put yourself first in all your relationships, whether it be with a partner, a friend, your family or even

your child. By putting yourself first you attract to you, only what enhances your life.

2. Choose only to engage in activities which benefit you and bring you happiness.
3. Listen to your body and mind. Learn to recognize and listen to the language of your soul, your feelings.
4. Spend at least thirty minutes in nature every day, if possible. This is a form of SEX. Synergistic Energy X-change between you and nature and has a similar effect on your mind and body as a sexual encounter.
5. Keep both body and mind fit through exercise and proper nutrition. Remember your body is the machine, controlled by your mind, through which your soul can create experiences.
6. Get enough rest. When your body and mind rest, your soul is energized.
7. Find a means to keep your mind from wondering during the day, such as listening to calming music. Remember constant thought takes up energy.

Be Definite in your Wishes and Desires

As a race of people, we have not fully grasped the real reason we enter, stay, or leave relationships. Our world exists in a state of relativity, where one thing cannot exist without its direct opposite. For the female to exist, the male must exist also. For good to exist, bad must also exist.

Relationships afford us the opportunity to be either one thing, or another. We can choose to let these relative distinctions happen through our reactions to what has happened, and is happening, or we can make conscious choices, and choose who and what to be, despite what has happened.

Relationships allow us to be something and somebody. When we fully grasp this, we can use relationships as a platform to create the grandest versions of ourselves. We can choose to enter relationships which can contribute to our visions and terminate those which hinder the progress towards our goals.

Napoleon Hill in his book *Interview with the Devil* talks a lot about drifting. Drifting is going through life with no definite purpose and no definite plan. Simply moving from one activity to the next, from one relationship to the next, with no concrete idea of a destination. In a situation like this, you can find yourself drifting into a relationship simply by happenstance, a thing which just happened, either because of proximity of work, families, school, or friendship group. No plan or thought is put into the decision. In many cases these relationships lead to marriage, as a logical conclusion of this drifting pattern. Because you find yourself so deeply invested and at risk of an embarrassing divorce, you may

choose to simply remain in the marriage. You then simply drift to the end of your life, making the best of a bad situation. To avoid this type of drifting, be definite in all your relationships.

Be definite about your dreams, your goals, or your life purpose, before entering a relationship. Do not compromise, set it aside or give it up, to be in the relationship. If your partner is not willing or able to support you in the pursuit of your dreams, clearly, this should be an indication that this would not be a harmonious relationship.

Be definite about the kind of person you desire to spend your life with. The universe is extremely accommodating. If you can imagine whom you want to be with and their characteristics, the universe will bring that person into your life. But you must be definite, and it must fit seamlessly into the vision you have set for yourself. You may do this in the form of a personal statement of what you expect in a relationship, long before you think of entering one. Read it constantly to keep it at the forefront of your mind.

Be definite about allowing yourself and your partner freedom. Nothing can be more stressful than not having any free time to do things you love on your own. This is healthy for both partners and should not be neglected. Neither should you quiz your partner on what he does with his free time.

Be definite about your thoughts, words, and actions. As women we have not acknowledged the enormous capabilities of our thoughts, words, and actions. Many times, we say and do one thing while in our minds completely different thoughts are taking form. Because thought is pure

energy which leaves your body and heads out into the ether to attract similar thoughts, it is better to mean what you say and say what you mean. Because what you have in your mind is already becoming a thing, a woman can therefore, simply by thinking good, positive thoughts about her partner, make her relationship completely harmonious.

Be definitely responsible and take ownership of all the experiences which you encounter in your relationship.

Being responsible means you can take responsibility for fixing what has gone wrong. It is an erroneous thought to believe that things just happen to you randomly. In becoming a phenomenal partner such thoughts must be banished from your mind. Each and everything which happens has happened for a reason. Either because of a past thought, or so that you can now create a new thought considering what has happened. You as the responsible partner will seek to find out why it has happened and take full responsibility for ensuring that it does not happen again. Blaming your partner for any situation which shows up in your life, eliminates your ability to change the situation.

Be definite, and open about your feelings and desires in the relationship.

Speak your truth clearly and concisely. As women, we hide our truth, because of fear of making a scene, fear of losing our partner, or fear of being alone. We accept things we know we do not desire, and we continue to do so for years, until both we and our partner believes that this is the norm. We hide our desires because we fear what our partners may think of us. We brand them as fantasies which cannot happen in real life. Unfortunately, there is only this life. Most times our partners are also hiding their desires for fear of what we may think of them. When you stop

worrying about what the other person thinks of you, you empower yourself to be your true self.

Relationships should be entered into openly, letting the other person in the relationship, know what you desire, how you feel, and what you would like to get out of the relationship. You should be honest, lay all your cards on the table and see if the other person is willing and able to meet those needs and satisfy those desires. By doing this, the way is open for the other person in the relationship to demonstrate to you who they are.

Both in romantic and in platonic relationships, the truth is always the best policy. First, it frees you from having to compound the lie to maintain it. Second, it gives your partner a true picture of the situation so that they can form a true reaction. Third, it saves time, it gives both parties something to work towards. It allows them to be themselves. Fourth, it frees both parties up from the pretentious aspects of relationships.

If the other person in the relationship, feels that they cannot give you what you would like and are unwilling or unable to come to a satisfactory compromise, (remember, never settle for less than you believe you deserve) they will usually terminate the relationship or fade out of your life, freeing you up to find someone else who can.

By being definite in your relationship, your relationship should work smoothly.



I was the queen of drifting. I met my daughter's father in the height of my drifting era. I had just broken up with the love of my life because I never expressed how I felt, I never made

my desires and wishes clear, I thought our meeting was a random romantic occurrence. I had no definite plan or purpose in mind. I just assumed he would know what I wanted, a monogamous relationship and for him to choose me. He did not. I just expected that when he took out the most beautiful ring I had ever seen, my birthstone of blue topaz cradled in a golden lotus like flower, it would be put on my engagement finger and not on my friendship finger. I had expectations, I made assumptions, but I never spoke my truth or expressed my desires. I shouted, but never talked or really listened. So after a year on a high, my mind overruled my heart and I simply made him disappear from my mind. To help me forget, I drifted to my daughter's father.

It was my first attempt at living on my own. It began in a dark dingy room, in the back of a two-story building, overlooking a small trickling river almost secluded by overhanging trees. I needed some independence from the wise church sister who had put me up for a year, only a few yards down the road. As usual, I was filled with plans, which were all in my head. I began to sew after work to make extra money and it was all going according to plan, until I met him. He had a sad story. I was a sucker for sad stories. I stopped visiting the hospital next to my mom's home because my heart would fall to pieces when I saw the sick young boys. I wanted to help them, heal them, make them feel better, I wanted to love them all, and I could not, so I simply stayed away. Now I shared a building with a man with a sad story. So I fell right into step. I made him feel better.

It did not come as a surprise when I was soon asked to leave because my sewing was using up electricity and making too much noise. Of course I drifted further in. One day I came

home from work and all my things had been moved into a house owned by someone I did not know, with two other men. That did not wake me up. Neither did the fact that now he wanted a baby. Our doctor friend and his wife had just had a bouncing baby boy and of course, we had to have ours. Instead of making it clear that this was not my desire, that I sort of planned to get rich, then get married, then have a baby, I secretly tried to get on the pill. I tried twice and of course I failed. I never took even one. Because what you resist persist and the thing that you fear the most, you draw it to you like a magnet. I knew the exact night I conceived my baby. It was the first time I was definite in the relationship, the first time I made my desires known, the first time I expressed myself. The next morning, he said I raped him. I said nothing to him, but in my mind, I thought, this will never happen again. Neither did I tell him that when I found out I was pregnant and contemplated abortion, my self-arguments were, I am old enough to have a child, I love babies, I am working, I can take care of my child. I drifted so much that when my baby girl was born, I said to the nurse, "It was supposed to be a boy." Everything was blue, and we had a name, his father's name.

I kept drifting until I began to live two lives. One when I was with him and one when he was gone. Whenever I was alone, I would come alive, play my favourite songs, sing, play with my daughter, dance and be myself. When he returned, I became wife material. The wakeup call came when I drove him to the airport for a trip to America. Driving back the one-hour trip home, I felt so relieved, as if a weight had been lifted off my back, my mind, body, and my soul relaxed. I fell asleep and I don't know if Jesus took the wheel, but I woke

up and my car was in a two feet deep ditch, two feet in front of a telephone pole, and my baby was asleep in the back seat. I opened my eyes and the love of my life, whom I had not spoken to for four years was holding out his hand to me.

Still, I did not wake up. I continued to sleepwalk through my life, and through a relationship I knew was not my desire. The day I decided to drift out, to drift to someone else and something else, was the day I was given the engagement ring with two golden hearts held together by three diamonds.

Marriage is not for everyone

About one hundred years ago, women were required to marry in order to have wealth and status. This is not so today. Women can choose to remain single, or to get into a relationship and suffer no consequences for their choice. However, many still enter marriages even though seventy percent of these marriages are discontinued after a fleeting time. This is because marriage has become the highlight of a woman's life. It is the time during which they believe they can be themselves, dress as pretty and as expensive as they like and basically do whatever they want. This is especially true when as a woman you have not yet laid out a vision for your life, in which marriage simply becomes one step of the journey.

When you have decided on a dream, a goal or to pursue your life's purpose, the importance of getting into a relationship designed to last a lifetime becomes secondary. Unless the marriage is part of your plan, you may refrain from entering one.

You may be destined for more remarkable things which can preclude you from being able to adequately perform the traditional functions required of a wife and may therefore choose to simply not enter a marriage.

The traditional concept of marriage has become so perverted, that it now more resembles a financial contract which allows one person to profit from termination of the marriage. The lack of it thereof does not prevent you as a woman from loving and sharing your life with whomever you choose.

Marriage has also come to mean binding you to your partner and vice versa. As human beings, we instinctively wish to not be bound or limited in any way, hence the reason many people find it difficult to remain in marriages. In such a case where you feel you will be in any way restricted, it is better to remain unmarried.

All life interactions are acts of exchanging energy. Sex is a high energy exchanging act. When deciding on whether to get married it is wise to decide if there is not something which will benefit more or impact the world greater with this energy.

How to Change your Sponsoring Thoughts

In the beginning, before time began, and the world came into being, all which existed, was one unit of pure thought energy, vibrating at the highest possible rate. That unit of energy, thought, thought to itself, what would it be like to feel? Feel what? Feel something, anything? That thought, became a thing. It became a desire, then it became a yearning, then it became a reality.

The creator, the source of all things, exploded into infinite units becoming the universe, the galaxies, the planets, the sun, the moon, the stars, the earth, the continents, the United Kingdom, Belfast, your mom, and dad, who came together and made you. For nine months, you were in your mom's belly, fully aware that you are a living being, conscious of your place in the universe, then you take your first breath and things begin to change. At first you are filled with unconditional love for everyone and everything. You see only good in all other beings. You have no fear. The only things which scare you are loud noises because you have been in silence for nine months, and you do not wish to fall, no one does. You have no worries. You do not think, do these people love me, will these people hurt me, no, you do not think that.

Then things begin to change. You begin to be influenced by your environment. Your parents begin to pass unto you, their fears, their beliefs, their thoughts. You go to school and your friends tell you what their parents told them. Your teacher tells you what they believe you should know, what they are paid to tell you. You go to church and your pastor, your preacher, your priest tells you what "the lord" told them to tell you. They tell you what you can and cannot do, who

you should and should not be and how you should and should not feel.

Now you begin to attract your circle of friends. Funny, they all come to you, believing exactly what you believe, so you never question what you believe. It appears “we are all thinking the same thing.” Then you fall in love. And things begin to go haywire. Because you are afraid, you are afraid that this love you have found will not last. Your love is now conditional, it is filled with expectations and limitations. It is a reactive and transactional love. You are so worried that this love will not last, that instead of seeking the best for yourself, you begin to seek the best for your lover. Your lover feels your fear, it knows that your love is conditional, it feels your worry and it becomes contaminated.

You begin to create your own sponsoring thoughts, which begins to crystallise into beliefs and form a perspective from which you see the world and from whence your feelings emanate.

What is a sponsoring thought?

Your sponsoring thought is the original thought, or the first thought you create about a given situation or experience, when you first encounter the situation or experience. Sponsoring thoughts are created based on the beliefs you hold at the time, and the perspective from which you see the world.

Sponsoring thoughts can be instantly formed when faced with a traumatic situation which requires an emotional response, defining who you are in relationship to that

situation or experience. Sponsoring thoughts can also develop overtime, because of unresolved issues faced during your life, or stemming from a previous life. Each time the issue shows up in your life, it strengthens the sponsoring thought, unless the sponsoring thought is changed.

These sponsoring thoughts are stored in your emotional body, which acts as the store for all the thoughts and thought patterns which you have experienced throughout your life. They move with you throughout your life and through different lifetimes, unconsciously determining the direction of your life by attracting like thoughts and experiences to you, creating clearly visible patterns of behaviour in your life.

Your sponsoring thoughts solidify themselves into beliefs about the outside world, which are then stored in your mental body. The mental body then acts as a transmitter and receiver, transmitting your beliefs to the outside world and attracting to you, situations and experiences corresponding to those beliefs. In this way, your sponsoring thought sponsors other thoughts, which sponsors other thoughts. They become the thought, behind the thought, behind the thought.

Your Sponsoring thoughts impact every aspect of your relationships, without you even being aware that you hold these thoughts.

Sponsoring thoughts born from love or fear

All sponsoring thoughts originate, either as a thought of love or as a thought of fear. Sponsoring thoughts originating

from love will attract to you harmonious, healthy, loving relationships, which will bring you joy, peace, and fulfilment in your life. Sponsoring thoughts originating from fear, will bring unhappiness, depression, sickness and even death.

Sponsoring thoughts born out of fear plague many relationships today, however the main thought which sponsors many others, is the sponsoring thought, I am not good enough. This sponsoring thought shows up in countless ways in our lives. It affects us from the moment we create it until death, or until we change it.

Examples of how the sponsoring thought, I am not good enough, can operate in a person's life.

Alison Lockhart – The Affair

The character, Alison Lockhart of *The Affair*, created by Sarah Treem, an American TV writer-producer and playwright and Hagai Levi, Israeli film and television director, had the sponsoring thought, I am not good enough.

The sponsoring thought could have travelled with Alison from a previous life, dictating the early aspects of her life, including who her parents were, where, when, and why she was born. The higher probability, however, is that she developed the sponsoring thought after the traumatic event, of her near-death experience by drowning, which became buried in her subconscious mind. This incident was closely followed by Alison's mother's departure from her life. Alison would have thought in that instant, my father does

not want me, and now my mother has abandoned me, because I am not good enough.

This subconscious thought began to direct the course of Alison's life. The universe began creating opportunities for Alison to change or confirm that thought.

She was intelligent and began to study to become a doctor, she soon gave that up, in favor of being a waitress because she was not good enough for such a prestigious career.

She got married to a handsome man, who loved her and whom she loved. She began to destroy the relationship through lack of trust, and by adopting a miserable countenance. She completed the destruction, by having an affair with an older, married man, because she was not good enough to deserve a healthy loving relationship.

She had a son with her husband, whom they both loved, however, he died in a tragic, inexplicable way, because deep down, she believed that she was not good enough to be a mother. She blamed her husband, and herself for his death. She punished herself, by using her son's death as an excuse to prevent her from experiencing any happiness or peace in her life.

Her mother gave her a beautiful home on the beach, which she could not enjoy. She eventually sold it because she was not good enough to deserve it. She used the profits to invest in a business, but soon sold the business to people whom she felt were better and more deserving than herself.

She married a second time, but soon became discontented, because she felt that her partner was becoming rich and famous, and she was no longer good enough for him.

She had a third relationship with a married man and now began to think that something was wrong with her, because she could now clearly see the patterns in her life.

During the days leading up to her death, the universe tried its best to wake her up, so she could save herself. Someone told her, she did not have to live the life she was living, she could change her sponsoring thoughts and change her life. She may have decided to change her sponsoring thoughts. However, because they were so deeply rooted in who she was, it would take some effort on her part to change them. The universe then presented the opportunity for her to confirm, that she now believed that she was good enough. Her then partner demanded that she take some responsibility for her life. She refused, believing that all she had experienced in her life, had been the result of other people's actions and nothing to do with her sponsoring thoughts.

Her soul, upon realizing that there was no possible way to evolve as the being called Alison, that the sponsoring thought would not be changed in this lifetime, released the body, resulting in Alison's eventual death.

Tess Durbeyfield – Tess of the D'Urbervilles

The character Tess Durbeyfield of *Tess of the D'Urbervilles*, created by Thomas Hardy, an English novelist and poet, had the sponsoring thought, I am not good enough.

The sponsoring thought could have travelled with Tess from a previous lifetime, dictating who her parents were, where, when, and why she was born. Another possibility is that she

developed the sponsoring thought gradually through youth and crystallised it into a belief, on the fateful journey she took with her brother to deliver the honey to market.

Her poor drunken father had the previous day received news that he was a descendant from knights and noble men, and that his family had been one of the wealthiest and most prominent in the county. On the journey she told her younger brother that the family had unluckily landed on a blighted star, hence the reason they were so poor and misfortune, rather than wealthy and prominent.

The sponsoring thought immediately began to draw effects to Tess. On that same journey, the family's only horse died, in what would appear to those not knowing how thought operates, as the most unfortunate accident.

Her parents who had immediately changed their perspective of the world upon hearing the news, began believing that they were good enough to deserve better in life, and tried to impart that belief to Tess. They sent her to their assumed only living wealthy relations in the hope of her attracting a wealthy husband, to bring about the change of circumstance which had occurred in their minds.

However Tess's sponsoring thought would not allow this to happen. She resisted the idea until it was no longer possible to resist. Eventually she visited the wealthy relation, only to return home four months later, pregnant, scandalised, and making her chances of marriage slim to none.

Tess felt that she was not good enough to be a mother, and the baby being part of her, was not good enough to live. So the baby died.

Tess met and fell in love with a young man, who fell in love with her. She was plagued by the thought, that she was not good enough to be his, or anyone else's wife. She felt she did not deserve to be happy, to have her own thoughts, and beliefs, to get anything good out of life, or at times to even be alive. The man tried his best to convince her that she was good enough and eventually married her.

She ignored her mother's expressed instructions and proceeded to destroy the marriage before it was even consummated, because she did not believe she was good enough.

Tess's life proceeded exactly according to her belief, blighted. Everyone in relationship with her was affected by her beliefs.

Tess's wealthy cousin, who was in love with her, and felt she deserved better, did all in his power to convince Tess of his belief. He housed and cared for her family, he put her up in fine accommodations, he dressed her as a lady, and cared for her as he felt a person of her lineage deserved. Tess however felt that she was an imposter, she felt she was living a lie.

She eventually murdered her cousin, simply to confirm her belief that she was not good enough.

How to change your sponsoring thoughts

Your sponsoring thought, once formed, follows you throughout your life, unconsciously directing the course of your life. They can follow you even into your next life, creating life situations that appear as misfortune or fate, but are simply your past beliefs becoming your reality.

The quickest way to change your sponsoring thought is to reverse the thought, word, deed, process. Usually we have a thought, which we express in words, which then leads us to act in a certain way. To reverse a sponsoring thought we do the opposite. However before we do this, we must first find out what sponsoring thoughts we hold.

Step one

Discover and analyse the sponsoring thought.

The best and fastest way to discover what sponsoring thought you hold, which are subconsciously directing your life, is through meditation, contemplation, and introspection. Through meditation you can access your truth buried in your subconscious mind. Through contemplation and introspection, you can observe your life experiences, discover your patterns of behaviour, and see the links between your thoughts, words, and actions.

Most of us view our experiences as things which happened to us, experiences imposed on us by the outside world, rather than the results of our sponsoring thoughts and beliefs. We then seek to make those outside of us take responsibility for what we perceive they have done, then

seek to enact justice as retribution for the hurt inflicted. This serves to disempower us and further strengthen the sponsoring thought.

Once you have discovered your sponsoring thoughts, analyse them, face them head on, do not avoid them, run from them, or hide from them.

Step two

Observe and record how the sponsoring thought shows up in your life, and the different ways in which it affects your life.

Your sponsoring thought may be affecting all your relationships in generally the same way, creating repeat experiences of the same situation, with different people, in different places at different times. If you remove your focus from the variables, that is, the other people in the relationship with you, the when, and the where, you begin to clearly see the visible patterns of behaviour on your part.

Step Three

Take action to change the sponsoring thought.

A sponsoring thought or perspective is quickest changed by facing it head on and defying it. It requires you to do the things that the sponsoring thought stops you from doing. If you do not destroy or change the sponsoring thought, it will destroy and change you and everyone around you.

Step Four

Affirmations (The words).

The use of affirmations throughout the day will help you change your sponsoring thought. Your affirmation should be specifically designed to oppose the existing thought and plant the seed of the new idea you wish to have as your new sponsoring thought. You should set up a system, which will help you repeat the affirmations as frequently as possible with as much emotion as necessary. When your new Sponsoring thought is set, you can stop repeating the affirmations. The sponsoring thought will usually show up over and over, disguised through different people, places, situations, or experiences, until the universe is convinced that you have created a new belief and have a different sponsoring thought. Each time the thought shows up, use your affirmations to send a message to the universe about who you are and what you believe. When you believe it, the universe will also, and your life will change to match your new beliefs.

Step Five

Create new thoughts, adopt new beliefs, create new perspectives.

All thought is energy in motion. Once created they can last forever in motion unless they encounter new thoughts of an opposing energy. Sponsoring thoughts born out of fear can be destroyed by the creation of new sponsoring thoughts born out of love. To experience healthy, joyful, loving

relationships, you should love those in relationship with you, unconditionally.

Examples of how our two characters could have changed their sponsoring thoughts.

Alison Lockhart – The Affair

Discover and analyse the sponsoring thought.

Alison Lockhart should have taken some time out of her life to undertake a period of meditation, introspection, and contemplation. She had many opportunities to do this. She was an only child and therefore had much time to herself. She lived in a small town near the sea which was conducive to such activities. Her mother upon exiting from her life, became a spiritual healer and energy worker, and made several attempts to introduce Alison to her new line of work.

Through meditation she would realise that there was childhood trauma stored in her emotional body, creating a deep fear of the ocean. She would also realise that her dislike for her mother was love showing up as hate. She may have uncovered the truth about why she came to earth and changed her story.

Observe and record how the sponsoring thought shows up in your life, and the different ways in which it affects your life.

For Alison, her sponsoring thought, made her give up the good in her life, in favour of the bad.

- The thought made her choose to be a lesser version of herself.
- It made her put herself last and not first in anyone's life.
- It made her poison her relationships.
- It made her depressed and unhappy.
- No matter how good she was, how beautiful, how sexy, she could not see it.
- When others express desire and love for her, she felt they were taking advantage of her.
- She felt the need to apologise for her existence.
- She never confronted her mother, but avoided her, such that she would not have to know the truth.
- She lied and pretended to be something she was not.

Take action to change the sponsoring thought.

Had Alison known of her sponsoring thought, she would have taken different actions throughout her life.

- She would be faithful to those in relationships with her, because she knew she was a good wife.
- She would save her son and raise her daughter as a good mother would do.
- She would be a loving daughter and love her mother unconditionally and forgive her for leaving her. From this new perspective she would see that in fact her mother always loved her and did the best she could for her.
- She would be honest about the death of her brother in law as a loving being. This would have avoided the destruction of many lives.
- She would seek the best for herself, enjoy her home near the sea, and profit from her business.

- She would attempt to help others change this sponsoring thought through her example, rather than foster its belief, through her work.

Affirmations (The words).

I Alison Lockhart, I am good enough. I deserve the best life has to offer, I deserve to love and be loved unconditionally. I am a good mother, and a good daughter and a good friend. I see the best in others because I see the best in myself.

Create new thoughts, adopt new beliefs, create new perspectives.

Alison would have a long healthy life, experiencing healthy loving relationships, with her parents, her partners, her children, and her friends. She would become the best and highest version of herself, serving humanity as she was created to.

Tess Durbeyfield – Tess of the D’Urbervilles

Discover and analyse the sponsoring thought.

Tess Durbeyfield should have taken time out during her early years to discover, then analyse her sponsoring thought. As a young girl, Tess had ample opportunity to meditate, as she lived in the country surrounded by forest. She loved walking in the evenings and was not restricted in her movements in any way.

Tess already suspected something was not right with her world, she should have asked these questions: Why am I on a blighted planet? How can I move to a sounder planet? Why

has father gotten this news? How did our family fall so far from grace? How can I change the circumstances of my life? Is there a reason why I am alive?

Had she done this, she would have in no uncertain terms, received answers to her inquiries.

Observe and record how the sponsoring thought shows up in your life, and the different ways in which it affects your life.

For Tess, her sponsoring thought created the effect in her life of being at war with the universe. Even though opportunities kept coming her way, she kept refusing them, attracting the worse possible experiences.

- Tess was not chosen as a dancing partner when she first met the man she was later to marry. Although she made the greatest impression on him, he danced with everyone but her, because she had a sad countenance.
- Tess's cousin fell in love with her as soon as he laid eyes on her, and should have married her, as she was a true D'Urberville and made his claim to the name stronger. Instead he spoilt her for marriage and left her with a child.
- Tess could have raised the child who would have inherited the fortune of his father, instead she wished for, and therefor created his death.
- Tess could have gotten easier work, as a teacher or house maid as she was bright and beautiful. Instead she chose to do the most difficult outdoor manual labour, for very little pay.

Take action to change the sponsoring thought.

Had Tess known of her sponsoring thought, she would have taken different actions throughout her life.

- Tess would be honest and open in all her relationships. Had she done that, her parents would be in a better position to help her. Her marriage would have turned out differently.
- Tess would seek to better her life, by whatever means necessary. When faced with opportunity, she would make the most of them and not trample upon them.
- Tess would seek to change her family's circumstances, by accepting help when it was offered and doing all in her power to help her family.
- Tess would take responsibility for her wretched life and not blame her parents and God.
- Tess would give thanks that she was alive and beautiful, rather than constantly complaining.

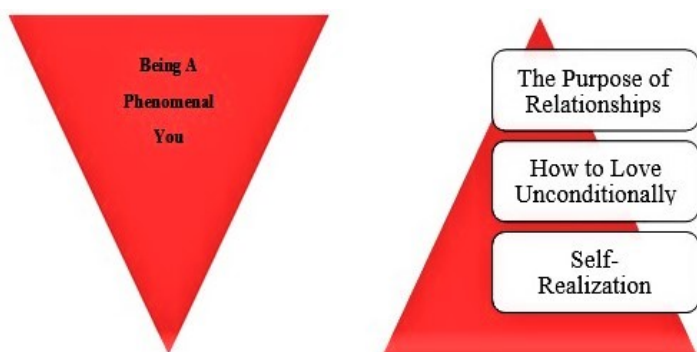
Affirmations (The words)

I Tess D'Urberville, formerly Tess Durbeyfield, I am good enough. I am beautiful, and I am good enough to deserve the best life has to offer. I can be anything I choose to be, I can marry anyone I desire to marry. I was born on a sound planet. I am the descendant of knights and noble men, my lineage goes back to the times of kings. I will restore my family to its former glory.

Create new thoughts, adopt new beliefs, create new perspectives.

Tess would have a long healthy, happy, and prosperous life as a woman of high society. She would marry and restore her family's name. She would do what she was born to do, re-establish a new D'Urberville lineage. Her family and her community would be blessed as a result of her good fortune.

Being a Phenomenal You



The world can be compared to the human body. By looking at the way your body works you can gain an understanding of how the world works. Your body is made up of thirty-seven-point-two trillion cells which all began with one cell. As your trillions of cells make up your human body, so you make up the body of God. Your cells respond to chemical signals from its environment and modify their behaviour in response to these signals. When cell behaviour is abnormal,

or it becomes dysfunctional, that is, it is not responding in an appropriate manner, then your body experiences *dis ease* and is said to have a disease. If left unchecked, your dis eased cells migrate through your body and form tumours in distant tissues which leads to death.

Just as in the body, there are thirty trillion cells, which all began from one cell, in our world, there are seven-point-four billion of us making up the one body of God, which began with one being. New ones replace old ones daily. We respond to the signals in our environment and modify our behaviour in response to those signals. When our behaviour becomes abnormal or dysfunctional or when we respond to our environment in an inappropriate way, then our world experiences *dis ease*. That is, it becomes sick. If left unchanged, the thoughts of the dysfunctional beings migrate through the world forming clumps or tumours. These can lead to death.

The Purpose of Relationships

Every person who comes into your life, your parents, your children, your partner, your friends, even your enemies, come for a specific reason. There are no random or pointless occurrences in the universe. Therefore, each relationship serves a specific purpose in your life.

These are the three main purposes of relationships.

1. Relationship is the means through which you define yourself.
2. Relationship is the basis for the creation of synchronicity.
3. Relationship is the process through which we gain life experiences.

1. Relationship, the means through which you define yourself

Relationships with people provides the basis for your relativity. Relativity is a system where you exist in a state of being, only in relation to someone else. You cannot be black, without someone to be white. You cannot be female, without the male. You cannot be rich, without the poor. You cannot be a victim, without a victimizer. You cannot be a peace maker, without a war monger. You cannot heal without someone to be healed. You cannot be happy, without at some point experiencing sadness. You cannot be a wife without your husband or a mother without a child.

Relationship has been given to you as a tool through which you can define yourself and exist as a knowable entity. You can only be something or someone, in relationship to

something or someone else, which you are not.

If you define yourself as a female, it is only possible, because there is something which exist which can be defined as not female. That thing must have characteristics which clearly distinguishes it from the characteristics of the female. The definition need only be accepted by you, in your definition of self, not forced upon the outside world. As soon as you truly accept and believe your definition of self, the rest of the world will follow suit, and accept you for who you have defined yourself to be.

These definitions, we can allow to be placed upon us by our external environment, or we can be the defining factor in who we are, relative to the outside world. If we allow others to define us, the definitions become labels, making us smaller and limiting our expression of self.

Life is an opportunity to demonstrate who you are and who you have decided to be. Who you define yourself to be, is particularly important. It is the basis for the creation of your life experiences.

We undertake this exercise of self-definition, with every thought we have, every word we say, every action we take, and in every relationship, we engage in.

2. Relationship, the basis for the creation of synchronicity

Synchronicity, the means through which experiences are accumulated, occurs when the experiences of one person or group of people, coincides with the experiences of another person or another group of people. Synchronicity occurs

continuously, throughout our lives and throughout our world. Synchronicity is created based on the sponsoring thoughts, beliefs and perspectives of the individuals having the experience, in the relationship.

In a typical relationship there may exist a victim and a victimizer. The victim believes they are the victims, the world is a bad place, and bad things happen to them. The victimizer believes that the world is unfair, the strongest survives, they seek to avoid victimization. As both individual's definition of self is broadcast to the outside world, the two attract each other, in a series of synchronistic events, to create an experience which will confirm to each of them their deeply held beliefs.

Without relationships, synchronicity could not take place. Without synchronicity, nothing would happen in our world.

Synchronicity takes tremendous effort on the part of the universe, as it requires getting all the parties in the exact position, in the right moment, with the right intentions. Synchronicity may not necessarily appear beneficial to all the participants, and the experience can be completely missed by those who are not paying attention.

3. Relationship, the process through which we gain life experiences

Life is a process of gaining experiences to discover who you are, and to then recreate this version of you, or a different version, as part of your current life experience. Synchronicity allows you to gain the experiences necessary for the fulfillment of this purpose, and for the successful completion

of your life's journey.

Most of these experiences form the four-core life lessons you need to learn to build a solid foundation, upon which you can build the rest of your life.

These core lessons are:

1. Developing self-control or self-discipline.
2. Overcoming avarice or greed.
3. Destroying the ego or stop Edging God Out of your experiences.
4. Stop drifting or stop being slothful.

Other experiences will be gifts you granted yourself, simply for your pleasure and the enjoyment of your life.

To take full advantage of these experiences, you must adopt a self-centered attitude when entering any relationship. In today's world, relationships are usually entered into, with an other-person-centered approach. We try, usually in a sneaky, underhanded way, to find out who people are and what they want. Then we try to give it to them, hoping that in return, they will give us what we want. This is a transactional and need fulfilment type of relationship.

Our focus should not be what the other party desires in the relationship, but what we desire out of it.

In theory, being self-centered, sounds selfish. However, in practice, it makes your life and that of the person in the relationship with you much better. It allows you to quicker learn your lessons, more easily receive your gifts, and it leaves your life much richer and less cluttered.

You become more open, you express your desires fully and

completely, without seeking to be underhanded, dishonest, or secretive. You do what makes you happy and not what you think will make the other person in the relationship happy.

Creating Unconditionally Loving Relationships

What does it mean to love someone unconditionally, be it your partner, your child, your family, or just another human being? Particularly when that person does not love themselves, when every word you say is misinterpreted from a perspective of fear, or when every action you take is seen through eyes of fear. When no matter how much you profess your love, it is not heard, not accepted, and not believed. A person who does not love themselves, cannot believe that anyone else can love them, so they seek to make you prove your love. They reject it. It is as if they have blinders on, and love is not allowed in.

How do you love these people unconditionally? You love them by creating new thoughts about them.

People are the body of God. Without people God is a spirit, unseen and voiceless. People represent God on the planet. To love someone who does not love themselves, see them as God. Treat them as you would treat God. Wish the best for them. Bless them through your thoughts. Allow yourself to be of service to them if they need you. Clothe them if they find themselves naked. Shelter them if you must. Feed them if they are hungry. Most importantly, love them with all your body, mind, and soul.

However, know that you also represent God on earth. You provide the body through which God can love itself and through which God can demonstrate how to be God. God would not lay down and allow another to walk all over it. God would put itself first. If you cannot love yourself, you cannot love another. Therefore, to love another

unconditionally, first love yourself, then treat that person as you would treat yourself.

Let not the outside world influence who you are, shake your foundation, taint your truth, shape your beliefs, or form your perspectives. Let not other people's words, detract you from who you are attempting to be.

When they slapped Jesus on the cheek, he could have obliterated the whole thing. Instead he put himself in their shoes, he saw their pain, their fear, and their ignorance, so he turned the other cheek. He knew that the body can be destroyed, but the soul is ever lasting.

Steps to creating an unconditionally loving relationship

Step 1: Put yourself first. Put yourself first in all things, in all relationships, above all else, put yourself first.

Step 2: Choose always to be the highest and best version of yourself. Do not make yourself smaller to fit into someone else's frame of mind. Do not deviate from your purpose. Do not change course, shrink your dream, or make compromises to accommodate others. Stick to your souls' purpose!

Anything or anyone who can by virtue of what they bring to you, stop you from being the highest and best version of yourself is not an asset in your life. They will become the anchor which weighs you down until you drown in your own despair.

Step 3: Weigh the pros and cons of every relationship before entering. Ask, how will this relationship benefit me? What does this person bring to the relationship which can

help me achieve my souls' purpose? Is this relationship part of the four deadly tests: ego, drifting, self-control, or avarice?

Step 4: Be open and honest. Lay all your cards on the table. Do not attempt to be underhanded or sneaky.

Every person's thought and emotion come from either a place of love or a place of fear. From a place of fear, that person will seek to take advantage of your openness, they will look for your weak points which they will use to attempt to break you down, to build themselves up. They will exhibit jealousy, out of fear that they will not be able to live up to your expectations. They may even run from the relationship and seek to damage it. From a place of love, that person will view your cards with love, they will take it as a challenge and seek to be more than is expected of them. They will complement the cards you have laid down with their own uniqueness and talents, they will seek to emulate you, rather than copy you. From a place of love, they will be honest and let you know they are not capable of being who you need them to be and will therefor allow you the opportunity to seek someone else who can.

Step 5: Learn from experience. Learn from your experience and the experience of others. Experience creates patterns of beliefs, which form perspectives from which we see the world. These beliefs and perspectives generate thoughts which set in motion energy, which attract situations and people to you, whom you form relationships with. These persons have been specifically selected by the universe, to bring you the desired experience which will confirm your beliefs about yourself.

Step 6: Become a listener. Listen to the thoughts and words of others. They will unknowingly tell you who they are. Listen to the thought behind the thought, behind the thought. People cannot hide their truth. It is clear to all who will listen.

Step 7: Become an observer. Observe people's reactions to you. Observe their reaction to your words and to your truth. If a person does not build you up, they will tear you down. If they do not appreciate you, they will take you for granted. If they do not express their love, most likely, they do not feel it.

Step 8: Keep your eyes open. Do not be blinded by memories, past experiences or mental pictures stored in your mind about that person. The mind is subjective. Depending on who you are, i.e. your beliefs and perspectives, your mind may filter out certain memories and store others for whatever purpose. Instead be present in the moment. Base all your decisions on the now, not yesterday or tomorrow.

Step 9: Do not be afraid to let go. If something or someone has been put on earth to assist you in your life's journey in whatever way, they will. They do not have a choice in the matter.

The fastest way to lose someone is to try to hold on to them when it's time to let go.

When Mary Magdalene said to Jesus, "I think you are a nice guy, we can have something together." Jesus said, "Woman get behind me, I am here for one reason, that is, to fulfil my destiny, predestined from the beginning of time. Maybe in the next lifetime. But not this time around. I choose me. I choose to fulfil my purpose above all things."

When Mary the mother of Jesus came crying, "Jesus, Jesus, just say you're not the king!" Jesus said "woman, behold thy son" and pointed to his friend and disciple Matthew. And to Mathew he said, "behold thy mother." "I am not here to be just your son, I am the son of God, and I am the son of man. I am the light of the world. I am the key to the kingdom, Death is not an end for me, but a beginning. I am more than what you think I am. I am, that, I am."



It is mid-June. I took out my phone and did my customary off and on Facebook check-up. As I clicked on her page, I see the posts saying, "rest in peace, you were such a beautiful soul." She died two months ago. How had I not known this.

What must he think of me? He must think I am a vulture, swooping in, before the body was even cold. I must explain.

I took out my phone and typed.

"I must have seemed like such a vulture to you, sending you this message last month. I had no idea..."

And therein began my troubles.

My resolve to live a celibate life, to focus all my thoughts and energy on the fulfilment of my life's purpose, went out of the window. The love of my life was available!

It did not take me long, to be back exactly where I was sixteen years ago.

Who needs to fulfil life purpose, when one could be married to the love of their life, have a bouncing baby boy, one or two dogs, and a little house near the sea?

I began visualising a new dream life. Instead of the book I intended to write about me, I would write it about him. Instead of my face on the front cover, I would put his. Instead of creating a movement to heal the world, we would create something together. Instead of becoming the best and highest version of myself, we would. He became a fixture in my visions. On every imaginary stage, accepting every imaginary award, in every imaginary interview, even with Oprah, he was there, basking in my limelight. The sun now shown, not because of my happiness, as it usually did, but because he made me happy.

Of course, this was all in my mind. I was dismantling my dream, and creating a new dream, changing the direction of the whole universe, based on the ideas I had about someone from sixteen years ago, not taking into consideration, the sixteen years of experience that person had accumulated, which I soon realised, had completely changed the person's belief, perspective, and sponsoring thoughts.

Soon the sun stopped shining for me. I could not find my happiness, because I now depended on someone else for it. I could not pursue my life's purpose, I had lost my way, I had taken a wrong turn, gotten off the path, and had become lost in the wilderness of my life.

It took all my strength, self-control, and determination, to find my way back home, to choose to put myself first in my life, and seek to become the best and highest version of myself, by fulfilling the purpose I set myself before taking life.

Be a creator not a reactor

We exist in a system of relativity where you are a knowable entity, a divisible component, only in relationship to another entity or component which you are not. This is a known fact, which at our depth we all know but have forgotten. Upon entering the world of relativity, we subject ourselves to total amnesia, such that we no longer know that relativity is merely a trick we use to define ourselves relative to each other. In that instant we step away from being the creators that we are and become reactors.

A reactor is a person who reacts to things as they happen. They are tossed about like sand in a sort, having no foundation, no personal truth, and no beliefs which they have formed from their own experiences. A reactor is a person living in fear. Usually that person is completely unaware that they are living from a consciousness of fear. It is as if they are asleep to who they really are. Their thoughts, words and actions, stem from this consciousness of fear.

Characteristics of a reactor

1. A reactor does not take any responsibility for any of their life experiences. They believe things just happen to them through no fault of their own.
2. A reactor believes in luck, fate, accidents, coincidences, and views the world with suspicion.
3. A reactor finds someone to blame for their experiences, believing it is always someone else's fault, their parents, their partners, their friends, their enemies, haters, society, government, children, God, always someone else, never them self.

4. A reactor is pessimistic, complains and criticises others.
5. A reactor does not understand why others do not see things the way they do.
6. A reactor exhibits envy, jealousy, and hatred towards others.
7. A reactor expects others to change, to make things better for them.
8. A reactor believes in affirmative action. They believe that they have been wronged, and it is someone else's duty to set things right, by showing them favouritism.
9. A reactor expects someone outside of themselves to fix their problems.
10. A reactor will choose self-destruction rather than introspection.
11. A reactor adopts a self-deprecating attitude, usually putting others before themselves, in the hope that it will make them look good in the eyes of the world or that people will feel sorry for them.
12. A reactor thinks less of themselves and treats themselves badly. They do not value their body, they do not challenge their minds and they are not aware of their souls.
13. A reactor accepts what is given to them by the world without question or challenge, but seeks in a sneaky, underhanded way, to attempt to even the scales.
14. A reactor does not give thanks and is not grateful for what they have. They see their glass as half empty.



As you awaken to who you really are, it becomes apparent that in the true sense of the word, we are all creators. Even those who do not create their experience consciously are creating unconsciously. That is, you are unconsciously bringing yourself to situations based on your unconscious thoughts, beliefs, words, and actions. In fact, your sponsoring thoughts will bring you over and over to similar experiences either for learning or to give you opportunities to change these sponsoring thoughts.

As a creator, you will create your experiences consciously. At first being a creator may seem difficult, for then you as a being, knows now that all your experiences, good or bad, are of your own doing. It is hard to take full responsibility for your life, and furthermore, to decide to be the driver of your own life and the master of your own destiny. However, as you continue to create your life consciously, you soon realise that you have been able to smooth out the rough edges and create a more seamless travel on the journey of your life. It is said that when you see clearly, when you can see through the illusions, you will be able to create your life rather than react to it.

Your reactions may result in a premature or undesired result. It may make you become a player in someone else's life story, rather than them being a player in yours. Reacting throws you off your course without you even realising it. It gives a false sense of things happening in your favour, when it is simply you, following breadcrumbs laid down by someone else.

As a creator, you maintain control, you hold the reins, you decide where your ship sails, you avoid unnecessary distractions, you trust that the thoughts you have released and continue to focus on will bear fruit, you lean into the flow of the universe and trust your instincts and your first thought. As a creator, you watch each situation as it appears, you will know the exact thought which brought it into being or brought you to it. You will not fall into the reactive trap but keep your focus, maintain your course, and continue your creation.



Dr Stanley Len's story, as a creator not a reactor

The Hawaii State Hospital for the criminally insane was on its last legs. Things were bleak, so bleak that not even the paint would stay on the wall. The Gardens were overgrown, the equipment and facilities were falling apart, the staff would quit monthly, and those who stayed continually called in sick. Even when at work they would walk with their backs to the wall for fear of being attacked by the inmates. Inmates were usually kept in chains, while some were heavily medicated. So the hospital called in Dr Stanley Len. At first Dr Len seem to be doing nothing at all. The Doctor came in every morning very cheerful, smiling, and happy. Off and on he would ask for the patient's file, although never asking to see the patient personally.

However soon dramatic changes began to appear. Someone attempted to paint the wall and the paint stayed on. Another person had an idea to sort out the garden and it began to take shape. Repairs were made to the facilities and things

began to look good. Staff absenteeism reduced such that the facility was soon over staffed. The most shocking was that the usually heavily shackled inmates were released from their shackles and those kept medicated had their meds reduced. Soon inmates were being released daily until the occupancy at the clinic was so low that it had to be shut down.

When asked what he had done, Dr Len said he was looking at the data on the files and allowing himself to feel the pain of the inmates. Then he created empathy, compassion, and love. This process allowed him to heal the part of him which created them by taking full responsibility for what was going on with the patient. He never reacted to what was going on outside but created from within.

He called this system Ho'oponopono. Ho'oponopono is based on taking responsibility for the entire world. 100%. No exceptions. The world is our creation and whatever comes into our experience is our creation. It is the outcome of our conscious and unconscious thoughts, beliefs and the results of our words and actions.

In effect, healing the world is about one thing, healing ourselves. Taking full responsibility for all that is taking place in the world and owning it as our creation, then, changing it from inside. Take full responsibility for everyone and everything happening on the planet, rather than reacting to it, recreate it.

Self-realisation

You don't need to leave where you are to find yourself

As women we have forgotten what it means to be a human being. Many of us live in a state of hopelessness, thinking that we must fight our way through life. To change this, you must get to know yourself once again. You can get to know yourself through meditation, contemplation, introspection, and examination of your thoughts.

Jesus spent forty days and forty nights in the wilderness getting to know himself. The Buddha spent forty-nine days sitting under the bodhi tree after years of introspection. Dr Mikao Usui spent twenty-one days in the mountains to discover the healing power of Reiki. Paramahansa Yogananda spent most of his life in the hermitage of his guru, learning about himself. He took this philosophy to America in the 1920's, creating a new culture where Americans travelled to India to find gurus for a few weeks then come back supposedly enlightened. Every person who has impacted the world phenomenally, thought themselves phenomenal and became phenomenal, went through some process whether voluntarily or involuntarily, during which they were able to focus totally within. They undertook introspection, they contemplated nature, or they examined their thoughts.

There is no need however, to leave where you are to go somewhere else, to find what is inside of you. In our busy world, finding time to step away from life for an extended period, may not be a possibility for all of us, neither is it necessary. If you can make time for you to meditate, to undertake introspection, or simply sit quietly and examine

your thoughts, you will begin to know yourself. You may also find that sitting outside, contemplating nature will begin the process of peeling away the layers to reveal your true self.



Paramahansa Yogananda tried for several years to visit the Himalayas, seeking to find God, only to realise that God was within. Even after reading his book *the Autobiography of a yogi*, I thought I needed to visit his self-realisation fellowship in India. I spent several days researching and many months planning and thinking, but never made it. I thought of going somewhere else and then the idea began to upset me and make me feel as if I was missing something. Only when I released the idea did I finally realise that all that I needed was within. Through regular meditation, contemplation, introspection, observing nature, and examination of my thoughts, I understand who and what I am as a being.

You are omnipresent, omnipotent, and omniscient

You are born with all you need to do whatever you desire in this lifetime. You need not search for anything else outside yourself but seek to bring forth what is within you. You are a microcosm of God, you encapsulate, in miniature form the characteristics of God. You, along with all other things in existence make up the body of God. As our body is to our mind and soul so are you to God's mind and soul. Everything God experiences on this planet, God experiences it through you. The creator, God, conceives, it gives you ideas, thoughts, and information which you use your mind to bring into being, so that your body can experience them in physical form.

You are capable of being omnipresent, omnipotent, and omniscient. This ability we have attributed to God and widely neglected in ourselves. Your mind and soul can traverse the universe at the speed of your thought. Your mind can access any piece of knowledge in existence, whether past present or future. Knowledge is power, so that makes you the most powerful of all species.

As beings, we are all connected to each other and to all things in the universe. You are always sending off, emitting energy of thought, like a radio transmitter in all directions. This energy leaves you, it goes through walls, over mountains, past the moon, into forever. It never, ever stops. This creates a matrix of intertwining, interwoven personal vibes made of your thoughts, emotions, words, and feelings. The matrix impacts and creates the reality we experience as a world. You are therefore constantly in the process of creating through thought. This makes you one of the most remarkable creatures in the universe.

You as a single entity can change the direction of the matrix and therefore the direction of mass consciousness on the planet. This makes you extremely valuable to the planet. Rather than joining the band wagon of the crowd saying, "I am bored, I have nothing to do," you can simply begin to use your mind, right where you are and begin to focus on making a positive impact on the planet through control and direction of thought.

Being a phenomenal you, will mean being in the world but not of it. It means not getting confused by the stories that are playing out on the world stage. When we get confused, we seek to effect change by asking someone else to change their behavior. We ask the victimizer to stop victimizing us,

we ask the government to enact laws and legislations, we march and protest so that someone else can do what we perceive is needed. All this achieves, is further disempowerment. All that is needed, is for you to remain centered. Use this trick to help you remain centered. Think that you are the only one left, the only person capable of creating change and you had all the power and all the ability to do it, what would you do? What would you think? Then think it. In such a situation you would begin to rebuild, you would conserve, and you would love the planet.

Refrain from accepting labels from anyone and place none on yourself. Labels make you smaller, they marginalize you and stops you from being everything, everyone and everywhere. They limit your freedom of self-expression and becomes your state of being. Every state of being reproduces itself in your world. It becomes a thought released to be picked up and internalized by someone else. The universe exists to prove to you that you are right. By accepting to be labeled as a victim, you create a self-fulfilling prophecy in which you immediately create a victimizer to prove yourself right. No matter how much you try to move away from the victimizer or try to get them to stop their victimization, you find that the act continues with different people, in different places at different times.

To think yourself phenomenal, you must choose your state of being with care. Remove all thoughts of limitations, accept that you are phenomenal, proclaim it and then begin to demonstrate it in all you do and with all those you meet.

Woman, know thyself

As women, we all desire the same things. We all seek peace, peace in our lives and peace in our world. We all seek prosperity, even though we all have different definitions of the word. We seek joy in every aspect of our lives. We seek fulfilment in all that we undertake. We seek satisfaction from all our endeavours and self-expression in our work. We seek love in our lives and health in our bodies.

When we begin to achieve this, we all as beings, begin to ask the question, "Is there more?" "can I be of more benefit?" "is this it?" or "what's next?" It is the common human emotion to always wish to be more, especially when the being realises that life is a creation, in which we play a vital role.

It is now we begin to seek to grow spiritually, we seek to evolve, we seek to return to oneness. We seek to experience ourselves as the grandest version of the greatest vision we ever had about who we are. When you have become the grandest version of the greatest vision you have of yourself, you will be self-realised.

Abraham Maslow's *Hierarchy of needs theory*, places self-realisation, referred to then as self-actualisation at the pinnacle of a pyramid, showing that only a few can achieve it, only after achieving all other needs on the four lower levels of the pyramid.

The *Think Yourself Phenomenal System* flips this entire philosophy on its head. It encourages you to pursue the grandest version of the greatest vision you ever had of yourself, first. Make it your business, your life's purpose, in fact make it your sole purpose in life. By doing so, all other

needs are automatically fulfilled, because they all form an integral part of a person's grandest vision of themselves.

If for example, your grandest vision of yourself is to live a life as a spiritual teacher and a world leader, you would automatically pursue longevity, focus on achieving self-discipline, and you would love yourself and your fellowman. You would not worry about making a living, but you would focus on making a life. This is the same with any chosen path. Reach for the stars and all else will fall into place.

Self-realisation is achieved even faster, by eliminating many of the learning experiences we need to undergo in the process, if we can follow three simple principles.

1. We are all one.
2. There is enough.
3. There is nothing you must do and no one you must be.

We are all one

1. If we are all one, then we can treat each other as we would treat ourselves, because what we did to another we would do for our self.
2. If we are all one, then the world's goods belong to us and all that we have belongs to the world.
3. If we are all one, then there is no one doing anything to us and therefore we are the cause of all our experiences.

There is enough

1. If there is enough, then we can share everything we have with everyone who is in need.
2. If there is enough, then we no longer need to compete with each other for perceived limited resources.
3. If there is enough, then we no longer need to take what belongs to another, or cheat, or hide, or connive to have anything.

There is nothing you must do and no one you must be

1. If there is nothing you must do, then you would stop trying to do things to solve the problems in your life and the problems in your world. You would know that it is all your creation, a manifestation of your thoughts. You would then seek to be the best version of the grandest vision you ever had of yourself and see that reflected in your world. You would always, in every situation you encounter, with every person you meet and with every event you experience, approach it from a state of being. As you grow, you begin to see that the problems in your life have disappeared and the problems in your world impact you less, and slowly begin to change. From a state of being, you will see nothing as a problem, but as opportunities to demonstrate who you are. You will see mistakes as learning curves in mastering your thoughts.
 - When you come from a state of being happy, you do things because you are happy, instead of doing things to make you happy.

- When you come from a state of being wise, you do things because you are wise, rather than trying to do things to gain wisdom.
- When you come from a state of being love, you do things because you are loving, rather than doing things to try to obtain a person's love.

Everything changes when you come from being. You cannot do your way into being phenomenal. You can be phenomenal and then do phenomenal things. Being phenomenal begins with you first thinking yourself phenomenal.

2. If there is no one you must be, then you can be yourself. You will know that you are perfect, just the way you are. Therefore, you will always bring your true authentic self to any situation and any person you encounter.
3. If there is no one you must be, then you can stop being afraid and forgive yourself. You can stop being afraid that you have made the wrong decision, taken the wrong path or had a wrong thought. You can forgive yourself for past, present, and future failures. You can forgive yourself for actions taken which are not for your highest good and you can stop blaming yourself for your humanness. You can relax and live your life anyway you choose, because there is no demand or requirement on your life. It is yours to do as you please. You will finally know that the outcome of life is not in doubt.

The Think Yourself Phenomenal System will propel you to a state of being, in which you will grow, until you reach full awareness, becoming a true goddess, experiencing your own reality, and expanding and exploring that reality, then changing and recreating that reality, as you stretch your consciousness to new limits.

Tipping the scales in favour of earth



*What if you were the deciding weight to be placed on the
scale?*

*The weight which would tip the scales in favor of healing
the planet, or the weight which would destroy it.*

What if your thought was the last thought?

The last positive, the last loving, or the last joyful thought.

The last negative, the last complaint, the last judgment.

What if you were the one the world was waiting on?

The last avatar, the last air bender, the final warrior.

The holder to the key, the gate keeper,

The last conscious thinker.

What if it all depended on you?

Your thought was the deciding thought.

Every other thought was spent, and it was all left up to you.

Can you think the planet into health?

Can you remember the blueprint of the earth?

Can you stop all wars?

By simply thinking and seeing peace on earth.

Can you bless and thank nature for all that she has done?

So she can happily continue to replenish the earth.

Can you see the best in others

before others see the best in you?

Can you believe once and for all,

that maybe, just maybe, it just might all be up to you?

Make each thought a thought you can be proud off,

just in case it was the thought,

that tipped the scale in favor of earth.

Joyce

Your Story

Impact the world phenomenally

From the beginning of man's existence, we were beings capable of thought. Our sense of thought is one of our most important senses, yet we have given it very little credit. This has not diminished its power and its impact on our lives and on our societies. Thought is not a respecter of person, it has no favourites and operates with equal measure on all. Thought is the language of the universe and we all speak it perfectly.

Even the great teacher Jesus, was subjected to the consequences of his thoughts, words, and actions. Over two thousand years ago, Jesus came to earth to demonstrate the true capabilities of man. He healed the sick, he raised the dead, he caused the lame to walk, and he caused the blind

to see. To top it all off, he left his body in full view of the world and returned to it three days later, proving that man is eternal. Yet, because he said in all of thirty-three diverse ways in the bible, "they may see, but not perceive, they may hear but not understand," and went so far as to perform the actions of speaking to the people in parables, his thoughts, his words, and his actions became a physical manifestation. Two thousand years later, no one has discerned his message or understood his teachings.

Many of our great freedom fighters, have missed the power of thoughts, words, and actions. Nelson Mandela spent a major part of his life organising boycotts, strikes, civil disobedience, and armed conflict. Only to see things get worse for his people. His thoughts, words, and actions were manifesting themselves as his reality. Only after spending twenty-seven years in prison focusing on himself, focusing inwards, acquiring knowledge of self, did he see the law of the universe at work. When he stopped doing and began to simply be, without any action on his part, he rose to the top leadership position in his nation. From there he became a beacon of hope, a light house to point the way, and created more impact than he ever did before.

Similarly, Dr Martin Luther king Jr spent years mobilising black people, organising boycotts, struggling, marching, protesting, opposing, with the result being mass arrest, death, and destruction. At some point he must have changed his focus, at some point he must have changed his thinking, because his words changed. He said, "I am happy, I am not worried, I have no fear, I have been to the mountaintop." The impact he has left on society since then, is still talked about today.

Malcolm X almost figured it out, when he began to encourage people to focus on self, to better themselves, to be the best they could be. After his pilgrimage to mecca he realised the error of his thoughts. He continued to advocate that people should pursue the highest and best versions of themselves but realised that advocating separation and supremacy of one race from another was still focusing outwards. Malcolm referred to himself as being sick with madness of those thoughts and said it cost him twelve years of his life.



When I watch movies of these men, tears would run down my face, I all ways thought, if I existed in those times, I would find a way to free myself and I would come back and free everyone else. Well maybe my thoughts brought it in to being, but I exist in these times. And I know with utter certainty, that the continued focus on the outside world, the world of our making through our thoughts, the continued reaction to our creations, has led us to the precipice of disaster. We as a people must change our thinking, we must create new thought, we must think ourselves into phenomenal wealth and success, we must think our-selves into phenomenal health and wellness, we must think ourselves into phenomenal relationships, because it is only when we focus on the self, when we turn inwards, when we think ourselves phenomenal that we can impact the world phenomenally.

We cannot depend on government or politicians to save us from the disaster we have created. Governments and politicians are individuals who have yet to be enlightened about the power of thoughts. They depend on our

continued belief in our disempowerment to give them their power.

Neither can we rely on institutions who purport to working in the interest of the world, while their business is its destruction. The Cancer research UK has been in existence from 2002, its income for 2016 totalled six hundred and thirty-five million pounds. From inception to date, with all its research, it has yet to come up with a plausible cause of cancer, neither has it been able to cure a single patient. For to do that, would put its existence in jeopardy. So as their funds increase the rate of cancer simultaneously spirals out of control.

The number one United kingdom's charity, Gavi Vaccine Alliance, with a whopping seven trillion in assets and revenue last year, of one point six trillion dollars, presumably, to develop and distribute vaccines to children living in poor countries, was unable to control the out of control statistics reported by the world health organisation on the increase outbreak of diseases.

The save the children fund, with its blasphemous income of almost three hundred million, could not save even a few, of the eleven million children, who reportedly died last year of simple infections.

These organisations are not interested in healing, they are not concerned with change, their mission is not health and wellness but profit.

So change needs to come from us, from you. You cannot go on social or traditional media to demand change of any kind. Not social change of any kind, neither climate change, political change, or institutional change. Because they are

not able to enact change since the media is a reflection of us. It is who we are, what we think and what we say. Its continued existence and proliferation depend on our continued dependence on them. The mainstream and social media have realised the most effective way to keep us eternally dependant is through fear. So they keep us in fear through sensationalism, and headlines such as: *tackling cancer, battling poverty, war on terror, and resisting climate change*. All this does is make things worse. Because what you resist persist, there are no winners in war, and you cannot fight what you are creating.

The answer will not be found in so called spiritual leaders, pastors, preachers, self-proclaimed coaches and charlatans, whose sole purpose is to disempower you and to make you believe in them, so that you do not believe in yourself. They require you to believe in their ability, their truth, their products, and services and not to believe in your own ability to create wealth and success from the tools you have been given. They need you to not believe in your ability to create and maintain health and wellness for yourself, much less your ability to impact the world. There is only one answer, one hope, and it is you.




Someone on google box said, "stop the world, I want to get off!" Fortunately, life is a round trip. We can all perish with our world, or we can fix it. It has been said that with a mustard seed of faith we can move mountains. We all think this is just an esoteric saying or just a nifty concept, but it is literal, and it is happening every day. We are doing it all. The earthquakes, the hurricanes, the tornadoes, the tsunamis, all

of it. We make the sunshine and the rain fall, we make the grass grow and the flowers bloom, we do all of it.

On the twenty-first of September 2017, I thought I was taking a stand for humanity. I heard all the conspiracy theories about weather tampering and forgot who I was. I said on social media "I shall not be moved, go ahead, call up your best storm. Make it one, make it two make it five categories, I shall not be moved." I went to bed and woke up the next day and my country of birth was almost wiped off the face of the planet. A tropical storm had moved almost magically from a category one to two to a category five hurricane. The news said, "It was as if Marie, just shifted gears over Dominica."

All our problems on the planet stem from wrong thinking. Our world is facing an identity crisis. We have forgotten who we are, and we think we are much less. The gays and the lesbians think, why don't they accept me? Black people think, I am a victim of racism. White people think, why are they always blaming me? Muslim believers think, why do they hate me? We all think, are we to be the next victims of terrorism? Every religion thinks, why don't they worship my God? We are all seeking solutions outside ourselves when the solution lies within who you are being. Life exists to prove to you that you are right.



There comes a time in every era when mankind must make a choice. Evolve or self-destruct. Thankfully, we have chosen to evolve. But the process of evolution depends on each person deciding on which side of the two polarities they belong to. Fear or love. By using this system, you have taken

a stand. You have taken a stand to change the world through unconditional love, by thinking yourself into phenomenal relationships. You have taken a stand to create peace and put an end to war, by understanding the consequences of your thoughts and emotions and by thinking yourself into phenomenal health and wellness. By thinking yourself into phenomenal wealth and success, you have taken a stand that creates peace and feeds the hungry. You can now redefine what it means to be successful and create, rather than accumulate wealth. You can impact the world phenomenally, simply by thinking yourself phenomenal.

There are no spectators in the universe, no one's here simply for the crack, or just taking a ride. Every person who breathes and is in control of their thoughts is a creator and is creating every second of every day. What you create depends on who you think you are. Think yourself phenomenal, create phenomenally.

The End.

JOYCE LOUISON

ABOUT THE AUTHOR

I am a fun loving, easy going, beautiful young black woman. I was born on the unspoilt nature island of Dominica with its three hundred and sixty-five rivers. One for each day. I am the last of seven children. I grew up in the beautiful island of St. Lucia said by Oprah Winfrey to be a must visit before you die. I made Northern Ireland home in 2010 where I discovered the power of thought and its unequal ability to heal lives and to heal the world. It is my belief that this is the most momentous time in the history of this planet. And control and direction of our thought is the only and best tool available to us to prevent us from self-destructing. I founded The New Thought Movement UK in 2014 to raise the level of consciousness on the planet by teaching the power of thought.

This is my purpose, my soul's purpose...



JOYCE LOUISON

THINK YOURSELF PHENOMENAL

If after using this book, you still feel you need help in creating phenomenal wealth & success, phenomenal health & wellness, or phenomenal relationships in your life, feel free to purchase one of our advance thought online courses.

Visit our website for more information:

<https://www.newthoughtmovementuk.com>

Follow the links below to access our advance thought online courses.

Think Yourself into Phenomenal Wealth & Success

<https://www.newthoughtmovementuk.com/phenomenal-wealth-success>

Think Yourself into Phenomenal Health & Wellness

<https://www.newthoughtmovementuk.com/phenomenal-health-wellness>

Think Yourself into Phenomenal Relationships

<https://www.newthoughtmovementuk.com/phenomenal-relationships>

If you have found this book useful, feel free to give me a positive review on amazon using this link.

<https://www.amazon.com/Joyce-Louison/e/B00M783VLI>

Much love and gratitude from me.

Joyce

