

I am never happy/sad/angry/upset for the reasons that I think!

Ever felt that you are the victim of the world around you? Have you ever felt you are the victim of circumstances over which you have no control? You've suffered loss, break up or disaster of some kind and we immediately let the child within us all take over. The child is submissive to the parent and allows whoever we see as the parent in the situation to dominate us or our circumstances and dictate the way we respond to it. You are effectively giving permission to whomever or whatever irks us to treat us in the way that WE have dictated! How bizarre is that? The world around us treats us the way that we tell it is ok! Within each of us there are two sides of equal strength, good or bad, happy or sad, dominant or submissive, love or evil. The positive side is a derivative always of the love that lies within each of us and connects us all with our god and if you accept that we are all part of that god, however you see it, then we are all part of that same love and are therefore all connected at that level. That is one heck of a power! It has been suggested that we are individually capable of a love far greater than we can perceive in this world. Take the love that exists within us at a time when at the beginning of a new relationship, when we can't think of anything else, when we can't sleep or concentrate on anything other than that feeling. What you are experiencing is but the merest part of one per cent of the love that individually, you are capable of. Now take that love, which at a much higher level we can experience, and unite it in the way that it can and you begin to have some idea of what you as an individual are capable of! The negative side of us is not capable of uniting because of its very nature and can therefore have no power other than that which we chose to give it.

People and circumstances treat us in the way that we teach them is acceptable. A good friend of mine from Australia has a tiny, petite Chinese wife. Now, as an oriental living and working in a Western world and being somewhat shorter than most if not all around her, you would be forgiven for thinking that she had suffered some kind of difficulties through her life with abuse centred either on her height or race. Not a bit of it, she has never suffered from any abuse, ever! Why is that? Because she does not believe she deserves it and therefore does not give anyone permission to behave that way towards her. Take some of world's top models, some of the most beautiful women in the world. Are they? Next time you see one of them on television, and not in the magazines or papers as they are almost certainly suffering from a certain degree of Photoshop enhancement, look at them carefully. Look at them and take away the flowing golden locks that tumble down their backs and replace them with a haircut that may be more the type you would see perhaps on a woman from an inner city estate who has a husband who beats her and four unruly kids making her life hell on earth. Now, how pretty do they look? What is the difference between, perhaps, Kate Moss and this stereotype estate mother, let's call her Kylie? It's a very simple one, Kate believes she is pretty and only gives people permission to treat her as if she is and Kylie

doesn't believe she is pretty and that what she has, is her lot in life and gives her kids, husband, parents and friends permission to treat her as if she doesn't matter. Little wonder then that that is the way they all treat her! I met someone at a fayre some years ago who seemed to all the world to have it all, money, nice car, nice clothes and a respected husband. What did I forget? Ah yes, the permanent black eye, applied twice daily by her much respected husband! When I asked her if he did this to anyone else she said "Well, no!" I asked her why not and she had no answer. He did it because she put up with it, she hadn't been able to find the courage to tell him that this was unacceptable and he knew that there were likely to be many others who would have told him so had he tried to do it to them. Two other sides to us, the invulnerable and the vulnerable, if we chose to live in our vulnerable state of mind we will forever be vulnerable. Vulnerable to all that life has to throw at us! This lady had chosen, through her circumstances, to live her life in the vulnerable side of her character and sadly until she found the courage to move to her invulnerable side that's the way her life would stay.

So, how do we change that? Much of our discussion so far has centred around the subconscious mind and how it governs our world in what happens to us. It is controlling our behaviour night and day by producing a set of mind programs on which everything we do is based and then committing them to some kind of automatic behaviour banks. Some are very automated but nevertheless require something to make us do it. We none of us have to consciously think, "Time to breathe in.....time to breathe out.....time to breathe in again", it just happens. Driving the car just happens automatically after a while, if something happens in front of us, we don't think to ourselves "That could hurt, I need to lift my foot off the accelerator pedal and move it about six inches to my left and apply it smoothly to the brake pedal and bring this car to a standstill". It just happens! The subconscious mind has sent that bit of film it has on avoiding idiots and trees in the road down to the brain without passing through the conscious mind as the response required for the circumstances the brain has reported. How many of us type, and probably type well, but ask where a particular letter is on the keyboard and you are unlikely to be able to say without typing with your hands on an imaginary keyboard on the table in front of you. Other responses are a little less voluntary and involve the conscious mind to a degree, "need to clean my teeth, reach out and pick up toothbrush and squeeze a little toothpaste on it!". It still requires little thought other than the original idea of cleaning my teeth, the subconscious worked out what was required and found the most appropriate response and instructed the brain to get on with it according to the instruction video it holds on the subject. Other things are dealt with by the subconscious in a more direct manner but it needs careful thought about the way in which the mind is instructed. Instruct it in a positive way!

Let me explain a little. The subconscious mind will not hear the "don't" in a statement; when reminded by the other half "Don't forget to pick up the dry-cleaning tonight!" it is a sure fire way of starting a row that night because you forgot! All the subconscious will hear is "Forget to pick up the dry cleaning tonight". The subconscious will set the reminder to

forget and so there is a high probability that forget is what you will do. When parents are watching their kids playing for the local youth football team from the touch-line and a penalty is awarded, the team coach and the parents are going to be shouting at the top of their voices "Don't miss it!" Oh no! The poor lad is destined to be given all kinds of abuse from his mates, berated by the team coach and despaired over by his father for having missed such an open goal. Meanwhile the goalie was receiving similar instructions from those on his side. "Don't drop it!" "Don't be put off by the size of him, you can block it!" So he dives the wrong way and leaves the goal wide open! On advertising hoardings all round the country leading up to Christmas there are messages telling us "Don't drink and Drive", shouldn't they be telling us to drive safely? You're playing for the local cricket team for the first time and you're out on the boundary and desperate to make a good enough impression to get picked to play again for the next match. The opposition team captain makes a big swing for the boundary and the ball is sailing through the air, you get yourself underneath it ready to make the most important catch of your cricketing career and you say to yourself "This is important, DON'T DROP IT!" So, it is back to sweeping out the dressing rooms next week for you then. Still not convinced? Let me give you one more example; whatever you do now, DON'T THINK OF A THATCHED COTTAGE!!! You have now got a picture in your mind of a thatched cottage! Yet my instruction was very clear, don't think of it! The subconscious hears the thatched cottage bit and gives you the image; you can't visualise the word "don't"!

It is vitally important for you to understand how to program the subconscious mind to work to your benefit! I have already said to you that you should start the day by saying over and over, "I demand a good day today, I deserve a good day!" Visualisation is the greatest tool at your disposal! It has been shown that the areas of the brain that show greatest activity when performing a task also show greatest activity when visualising yourself doing that task, effectively, your brain is learning how to do it just by you thinking about doing it. Many sportsmen use this technique to "train" themselves so it's not groundbreaking stuff, but it would be far better if this were to be taught to kids in school. Using visualisation, repeat over and over in your mind the task at which you wish to succeed. Repeat the process over and over, see in your mind's eye the process that you have to perform and see yourself performing it successfully. Visualise yourself on the tennis court serving that ace, or scoring that goal. See yourself going into a meeting with someone who perhaps has hitherto terrified you, with an air of calm and authority and visualise yourself concluding the meeting with a handshake and with the feeling of a job well done in your mind. Think yourself successful! That way, the subconscious mind gets used to the idea that it has to give you the tools to achieve your goal and then the library of instruction videos contains another one to help you win. Be VERY careful how you phrase a mantra; be very careful of the words you choose. A wrong word or a missed word could have disastrous consequences on your life as it is intended to be. Not only in deliberate mantras, but in unintended ones as well; we most of us try not to say ill of those not there to defend themselves but are only too willing to

speaking badly about ourselves. How many have said of our efforts, "I'm rubbish at doing that!" When really given the amount of experience we have we do quite a good job and we would in truth have been far more charitable towards someone else who was doing the same task. An interesting experiment would be to carry around with you a counter and click once for every time you catch yourself having an uncharitable thought towards yourself. The result will amaze you! It's really little wonder that we feel so bad at the end of a hard days work when we have been on our own, all day long we've had someone telling us that our efforts are no good or we look bad or we're stupid etc. Etc.

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