



There are times in life when just existing seems to be a terrible, terrible burden. Life seems so heavy and oppressive that it is all we can do to just get up in the morning. It would be so nice just to curl up somewhere and forget it all. All our faith and beliefs seem to have deserted us and we stand alone with no support at all.

Such times are called “The dark night of the soul”.

It is during these times of soul searching and despair that great inner growth CAN occur. This can happen even if we are being affected by apparently outer circumstances. Outer circumstances merely reflect the state of our inner self.

Our old beliefs will die hard, and the less logical and workable those beliefs, the harder is the struggle. Deep depression may set in as we shift from our old beliefs to the new and untried ones we would like to adopt. The people around us will sometimes just not know what we are going through in our struggle. “Wake up to yourself”, “Get your act together”, they may say.

They will have no conception of the deep and bitter struggle going on inside us, as we struggle with the problems that face us, as we gradually come to realise that our only hope is to find a logical and practical set of beliefs and a philosophy

that will WORK for us in both the good and the bad times. This struggle is our journey to self awareness and self love.

There are many negative and self destructive beliefs which hide under the guise of our present belief structures, and they will not depart with any kind of good grace either. It is only by the pure light of honest questioning and searching that a more healthy perspective on life, loving and living can be gained.

So, walk through your Dark Night of the Soul with courage and hope. Know that it is a great testing time, and a great learning time for the deeper levels of yourself. And know that there IS a light at the end of the dark tunnel. And when we do come out the other end, we will be surprised and pleased with the great clarity of thought and feeling that comes to us, as we assimilate the new knowledge we have earned through our hard work.

There IS something you can do to reach true Peace of Mind and Real Self Love.

We can learn the art of TRAINED RELAXATION and POSITIVE THINKING.

Our Mind is an incredibly powerful thing. Think of our Mind as a very powerful computer.

If our sub-conscious mind has a negative program it will affect our health and happiness.

How did I make all this Positive Thinking and Self Improvement Theory actually work for me?



I must be stupid or something. It took me over thirty years of hard work before they even started to work properly for me.

I must have been going through some sort of mid life crisis. I was my own worst enemy. One half of me was at war with the other half. I couldn't help myself. When things were going good for me, some part of me found a way to throw a spanner in the works.

Well I had to do something, so I went to a weekend positive thinking seminar. It was magic ! I suddenly knew all the answers ! I was on a high for the next week. Then the guts fell out of it and I was back to even deeper depression.

Eventually I woke up to the fact that all my troubles were at a much deeper level of my Mind.

I had to change my sub-conscious program !



I had to look at life and living in a completely different way, if ever I was going to make sense of it all.

A POSITIVE ATTITUDE IS THE KEY

A Positive Attitude is the key you use to unlock yourself from the prison of our present problems of negative self images, negative conditioning and the numerous fears we all have.

A Positive Attitude removes all the barriers which are holding us back from achieving our goals in life and our real abilities and enjoy life to the full.

A Positive Attitude is the ability to see yourself and like yourself, just the way we really are at a deeper level of our mind.

Not as others may like to see us. Or not even the negative (or positive) way we are led to believe we are.

To achieve a Positive Attitude takes a lot of hard work by yourself. We have to give up all our favorite emotional crutches and re-appraise our concepts and ideals of life itself.

And yet, we really do not give up anything that is of real value to yourself.

It is possible to obtain a Positive Attitudes without giving up anything more than the guilts, self doubts and fears which previously stopped us from being as creative or active as, deep down, we have always known we were capable of being.

Gradually, the possibility of gaining a new and healthy perspective of life and living enters our life. And maybe, for the first time in years, it becomes possible to enjoy life as we regain a sense of fun and humour.

If these concepts are right, what do we do about everyday living? What's the use? ?

What you have to realise, is that all the levels of energy, or intelligence, which cause and sustain physical existence, are all at the very SUBTLE levels of our sub-conscious Mind.

If you really want to improve your life, don't just say "that's life", and drop out of life. Rather, we rest back, trust our deeper levels of Mind, and get on with it.

We may be full of excuses: "But I'm drab and unimportant", "I couldn't possibly do it", "What happens if I fail?"

Let's look at some of the things which can hold us back. We hold ourselves back, really, with our false self images, our negative conditioning and all our fears.

Our modern lifestyle doesn't help us much either. Everywhere we look, we see people demanding the highest standard of excellence. To even stand a chance of getting a job we need to be a genius. Nobody seems to want to know, much less employ, an average sort of person.

And we feel so ashamed and guilty that we are not at the top of the class, or top at sport, or the best at some activity.

Or you reject these false values totally. Many so called delinquents are defending themselves in the only way they know, against a harsh and uncaring society.

Many people will defend to the death, the self image forced on them since birth. Why can't some people break free of the painful and unhappy lives that they are living?

Basically it is fear of the unknown that holds most people back. The journey to self discovery takes persistence and courage. Some people prefer to stay in the security of their existing circumstances, rather than risk the dangers of facing the new and unknown dangers of a new and challenging life.

HOW DOES IT ALL START?

We are all born with certain pre-dispositions. We probably all have noticed how some babies are very excitable and active while others are placid and full of smiles and yet others seem to do more than their fair share of crying.

It is in fact quite clear that babies are born with pre-dispositions to develop along certain lines. Now, experience in the baby's environment may either strengthen or weaken that pre-disposition.

But, even a little baby can partly create its own environment, which may reinforce that pre-disposition. For instance, a happy smiling baby invites attention and love. Whereas a fretful, upset baby can invite very mixed feelings, and possibly rejection.

One thing which is quite apparent is that, often people with problems are not merely the victims of circumstances, but do in fact frequently create the very circumstances which lead to their problems.

On the other hand, some people seem born to be successful, and everything seems to flourish. This difference in the lives of people you know is sometimes very hard to accept. And we say "Why? Why does this injustice happen?"

Maybe we have to look at things differently, if we're ever going to get an answer to that one.

The main hurdle to overcome is to accept that in this life we don't always have to succeed.

It's the trying that counts.

We have to learn to accept ourself just the way we are, false self images, negative conditioning, and all our fears included. We have to learn to love ourself for both our weak, as well as our strong points.

Once we have accepted ourself as we ARE . . The scene is set, through our increasing Positive Attitude, to rid ourself of all those false self images, negative conditioning and fears . .

Gradually . . Then we will start to discover that strong and wise part of ourself which has been waiting quietly in the background all the time . . Until you have suffered enough to begin the very rewarding journey to a Positive Attitude.

OUR EMOTIONS

Our emotions and feelings change from contentment and happiness to discontent and sorrow, and it seems to us that this must always be so . . .

It is normal and natural for our feelings to fluctuate. There is nothing unhealthy in that whatsoever and if we think otherwise we merely accentuate the negative side by feelings of guilt. We feel guilty because we do not think we should think those negative thoughts, or do those negative things and this is how the negative side feeds on our emotions.

It would be much more healthy if we got rid of that negative charge and got rid of it.

This would be more healthy than bottling it up inside and letting it fester inside us.

There is a fine line to be drawn between getting rid of a pent up emotion and letting it feed on itself . By dwelling too long on it, it will upset our rather tenuous balance.

Be assured it IS healthy to let go of a bad feeling. Discharge it, get rid of it. Walk, jog, swear at an inanimate object, whatever. Go somewhere alone. To get rid of that emotion is much more healthy than storing it up, building up resentment and thoughts of revenge.

To be too positive is just as bad and just as damaging as being too negative. For every high there is a corresponding low. Better to sit on the fence where it is quieter.

We should be honest with our emotions to ourself and to others.

They should not be used as a weapon against others. Remember, what we give out - - comes back. ! We don't have to be put-upon by others. We don't have to listen to the big shots of the world. - On the other hand, other people don't have to put-up with our attitudes!

We must be prepared to put our trust in the deeper levels of our Mind. At times this is hard to do because we cannot see the full picture.

We say, "Why, why does this happen to me ?" That's fair enough, but a little thought will make it obvious that if something happened - - if it actually happened - - It was an experience which HAD to happen. There was NO WAY that anyone or anything could have stopped it.

It was not your fault - in the final analysis - it happened because it just happened.

DEPRESSION

There are times in life when great changes seem to overtake us and destroy our sense of security and well being.

We look at the world around us and wonder where it will all end. At times we live in a quiet desperation and we say to ourself "I've had enough. I want to go home."

Such is our mood of insecurity and desperation that even our body feels the effects of the malaise which grips us, and aches and pains feed and fuel our discomfort and misery.

It seems as if our strength and vitality is at such a low ebb that we are continually tired and our lives seem pointless and lack lustre. People seem to take us for granted and do not seem to appreciate that we, too, have needs and wants of our own.

We struggle on, in quiet desperation. But life seems difficult and pointless. We worry that we are short tempered at times and lash out at our loved ones, but this seems to make matters more painful as a feeling of frustration and guilt builds up inside us.

This turns to anger, but we do not know where to aim this anger, or who to blame for it.

We learn something of anger, frustration, pain and sorrow;

WE never seem to "win" at all;

Until, in the fullness of time, our intellect is honed to a razors edge and we have experienced and "lived" our difficult life.

Now comes the time to combine our “intellect” with our much older, but forgotten “intuition”, which comes from our sub-conscious Mind..

The fruits of our earlier hard times are sweet to taste.

Nothing was wasted after all all the time we were being prepared by our sub-conscious mind to be of great assistance to ourself, and others . . .

It’s like putting money in the bank.

Those difficult “hard times” and “experiences” are deposited to your “credit”; and when the time is right you “draw” them out for the benefit of yourself and others.

I MUST BE A MILLIONAIRE !

What is the reason for all this pain? What is the reason for life itself if there is no joy in it?

The world is degenerating to such a low level that our children seem to be facing a crisis in society which makes our streets, and even our homes, places of ever present dange.

It seems as if we are facing a crisis of belief which is eating away at the very core of our existence. If we can find no logical AND WORKABLE beliefs and values, what is the purpose of carrying on? And if we DO carry on, what are chances of life getting any better.

There is an increasing recognition of the power of the mind, and the effectiveness of positive thinking.

It can provide strength and healing to those who learn to access its abilities in an efficient manner.

There is a need to approach the subject in a logical and methodical manner. Yes, there is a method of learning the inner secrets of our Mind and the developing of ability, energy and creativity.

We have to discover, for ourselves, some of the secrets of successful and healthy living.

The first thing we must discover is that to be successful, simply means to be at peace with ourself. To be at peace with yourself, we have to face up to all the conflicts within ourself, and some of these are at very deep levels of our sub-conscious Mind.



Now what the hell are we paying in advance for?

The theory behind all Positive Thinking theory is that every emotional, as well as physical pain we ever receive, is stored in the body. It does not go away. It is not forgotten. It festers away in our body and causes all the aches and pains we attribute to arthritis and other conventional illnesses. Indeed, most illnesses are caused by our inability to relieve ourselves of the stress, anger and pain we have stored up inside us.

Trained Relaxation Exercise courses teach people to open up various parts of their Mind in themselves which also assists them to clear the energy flow within themselves.

It also assists us to remove some of the conflicts and negative attitudes which have been forced on us all since childhood.

PEACE OF MIND

HOW DO WE REALLY GET PEACE OF MIND?

It's quite simple really.

This Positive Thinking course includes a Trained Relaxation Exercise Audio. The words and music are designed to provide a series of triggers to our deep sub-conscious mind which will help activate the positive changes needed in our creative mind, which will help us to look at life, living and loving in a completely new and more positive manner.

WHAT ARE THE REAL FACTS ABOUT TRAINED RELAXATION

Think of our mind as a computer. Its duties are to efficiently run our physical body, our mind, our emotions and feelings. Our intuition is merely the line of communication between our sub-conscious mind (our computer) and the normal conscious and physical parts of ourself. Trained Relaxation is simply our programmers instrument used to alter our subconscious negative programmes to positive ones.

WHAT IS THE MOST IMPORTANT THING –If We Are To Be Happy

We would all agree that PEACE OF MIND would be the thing to have. To be happy with ourself, with what we are, and with what we are doing.

What do we need to have peace of mind? Think about it. Make a list of what you really need.

Probably your list would include HEALTH, SECURITY, LOVE COMMUNICATION COMPASSION and ACHIEVEMENT.

Now make a list of the main things that are stopping you.

Some of these may be lack of confidence, fear of failure, fear of success, fear of communicating with others. – – Don't be backward in making out this list either.

List every one of the things which are stopping you.

In the mean time, let's talk about some of the things we DO need for peace of mind.

Our health is very much caused by our state of mind. If we have a positive state of mind, then we have a good chance of being healthy. You've probably heard of psychosomatic illness, or illness caused by the mind. Well, you can also have psychosomatic health – health caused by the mind.

HEALTH

One of the major causes of sickness is STRESS. This can cause untold misery and discomfort. The speed and complexity of our present lifestyle is a major cause of stress.

Everyone has the basic instincts of self preservation and survival, but it is very difficult to defend ourselves against the unseen enemies in everyday life.

Because we cannot react in a physical manner to the dangers we face, we store all that worry and tension inside ourselves.

It builds and builds inside us, until it finds a way out by causing either physical or emotional sickness. What we have to do, is to remove the causes of that inner stress from our lives.

WE ARE – – WHAT WE THINK WE ARE.

If we THINK healthy – – then we have a good chance of BEING healthy. If we say every day "Every day in every way, I am getting better and better" then our sub-conscious mind believes this – and it CAN happen.

This may sound like a lot of rubbish, but our mind is a very powerful thing.

We are, in effect, the creation of our mind's imagination and ability. Think about it. How did our body know how to grow? How do our organs know how to function?

Our mind is much, much more than a mere physical thing, and it has access to almost limitless power and ability, through the use of creative imagination. If we restrict that imagination and ability with unnecessary negative inhibitions and prohibitions, then we most certainly cause stress and frustration within the deeper levels of ourself.

It's far better to encourage our imagination and creative talent with a positive outlook on life. If we really want to achieve something in life, then we more than likely have the ability to achieve it. All we have to do is to throw it back to the deeper levels of ourself, your sub-conscious – relax – and let the ideas that will assist us come forward.

Let's examine some of the things which can affect your health in a negative manner.

STRESS

One of the major causes of sickness is STRESS.

STRESS can cause untold misery and discomfort. The speed and complexity of our present lifestyle is a major cause of stress. Everyone has the basic instincts of self preservation and survival, but it is very difficult to defend ourself against the unseen enemies in everyday life.



Because we cannot react in a physical manner to the dangers we face (for example, the danger of losing that job or failing that exam), we store all that worry and tension inside ourself. It builds and builds inside us, until it finds a way out by causing either physical or emotional sickness.

The ancient art of Trained Relaxation is currently enjoying a revival because of its ability to remove a significant level of this inner rage and stress. Sometimes, however, no matter what we do to relieve this stress, it just does not work, and we suffer either physical or emotional sickness.

What we have to do, is to remove the causes of that inner stress, as far as possible from our life.

Let us examine some of these causes:

SELF IMAGE

Our SELF IMAGE can cause us to suffer quite a lot of stress.

The vast majority of people have a false image of themselves. This is caused by the conditioning given since childhood by parents and other people who come into contact with us.

We can have a positive self image, where we see ourself as being successful and worthwhile – or – we can have a negative self image where we see ourself as no good at all. Either type of self image can cause pain.

Your mind is like a computer.



When we are born the program tape is blank. As we grow up the programme is entered by our parents, friends and other people who come into contact with us.

Our programme can be positive – one giving confidence or high expectations – or it can be negative, with low expectations.

We have to realise that the programme is not us, not really. We are the computer, and we can program ourself in any manner we want – once we remove the false program currently placed on us.

LOVE

There are many forms of love, and we need as much love in our life as you can get, if we are to achieve peace of mind.

Most of all, we need to Love ourself!

SECURITY

If we are to feel happy and secure, we need to have the basic comforts of life. We need food, clothes and somewhere to live. We also need some of the luxuries of life.

Make a list of what you really need to have peace of mind.

Paint a picture in the window of your mind of life as abundant, and know that needs will always be met – needs not wants.

Believe that you will always be provided for, and it will happen – and then it will no longer be merely a belief – you will know because of your own actual experience.

If you have a need, create a picture of it in the window of your mind as clearly as possible, once daily, for three days in succession, then forget it, and know that it will happen.

If you can't create that picture clearly in your mind, then you will know that what you want may be more of a WANT than a NEED, and may not happen.

Yet don't place any restrictions on the abundance of nature. She will very often provide more than the basic needs. It is no sin to be rich. You can be rich in many ways.

We need to be aware that each person's idea of their basic needs can be very different.

One person may think they are starving if they miss one meal, while another person would be content with a bowl of rice for a day's food.

There is nothing wrong with wealth in any form – however, there is a danger to our peace of mind if we cannot obtain the things we think we need – this causes stress to occur within us, and we may be tempted to over-extend ourself on credit to obtain what we want – and, of course, even more stress when we find we cannot pay the loan back.

There is a price to pay for all objects of our desire, and we need to be fully aware of all these costs, and if we can afford them. Most people do not even consider the price; which is often a much, much greater cost than the object of our desire is worth.

The satisfaction in gaining an object of desire can more often be in the anticipation of the gain, than the actual gain itself. How nice it is to drive a new car, or buy new appliances . But how long do they stay new? How much does it cost for the brief satisfaction?

The price different people pay for the same object can differ greatly.

A rich person can feel just as deprived and insecure as anyone else, maybe even more. Sometimes, the more we have – the more we want! When we get so involved with our possessions that you cannot bear to lose them, or even leave them, for fear of theft or damage – they become more of a burden than a pleasure.

If we become too attached to our possessions, we become a slave to them; and we cause stress within ourself with the constant fear of loss or damage.

So – in our list of SECURITY, choose carefully our actual needs and, for any extras, regard them as a bonus if they happen, and don't be upset if sometimes we have them, and sometimes you don't.

Maybe you won't get what you want . .

. . . 'til you want what you've got



COMMUNICATION

Only a small percentage of communication is by words? A large percentage of our communication is by BODY LANGUAGE.

Body language is expressed by how we walk, how we carry ourself, how we listen, or our tone of voice. If we see a person slouching along with a frown – or another, walking along confidently with a smile – you can tell which one has peace of mind !

We don't have to hear the words, if we see two people waving their fists at each other to tell what is happening.

What you ARE speaks so Loud I don't have to hear what you SAY.



The balance of our communication with others is at the subjective, or subconscious level and includes telepathy and intuition.

Small babies communicate by telepathy and body language, long before they learn any words.

When you listen to someone, you have three ways you can do it :

You can believe EVERYTHING.

You can believe NOTHING.

You can have an open mind, stand back and watch your reactions, ask yourself why you react, and in this way, help yourself find the truth.

We should be aware that people tune out what they don't want to hear. If we are aware of this, we should be able to impart what we have to say in such a way that people WANT to hear it.

If we have to correct anyone, do it without abuse – do it objectively – and we will find that it will be accepted.

ABUSE WILL GET ABUSE IN RETURN.

If we praise good work, people will react by doing their best.

By treating people with love and respect, we will find that people love and respect us.

With most people, it is more important to be appreciated in their job, than the money earned in production.

There are several natural laws which can be used in your dealings with others.

“As ye sow – so shall ye reap.”

“What you give out – comes back.”

“Every action – has a reaction.”

“What comes around, goes around.”

If we give out indifference and hate –we'll get it back from others. If we care for others – other people will care for us..

THE LAW OF ATTRACTION

If we maintain a positive outlook, we will attract positive influences in our life. - If we have a negative attitude we will attract the negative aspects of life

INTUITION

If we are to obtain complete peace of mind, perhaps the most important form of communication is communication with our inner self (our sub-conscious Mind)

Most people call this intuition.

Some people have a gut feeling about the best course of action. There are many names for this communication with the deeper levels of your consciousness.

Intuition is a journey within ourself. We exist at many levels, from our conscious mind, to our deep subconscious. There are many methods, which have been in practice for many centuries, which help to develop and improve our intuitive abilities. Some are

Yoga, Zen, Meditation, Deep Sincere Prayer and Trained Relaxation.

These methods assist us to make a step by step development of our intuition, as healing takes place at the deeper levels – as you discard the layers of conditioning and false self images at every level of consciousness.

It is universally accepted that over the centuries, these methods have enabled mankind to :

Heal much faster than normal.

Ask questions, and get answers from the inner mind.

Change attitudes.

Increase creativity and intuition.

Control pain.

Have greater awareness and energy.

Many successful business and professional people have attended personal development courses, based on trained relaxation, and an increasing number of people from all walks of life are turning to Trained Relaxation as an alternative to conventional methods of fighting stress and stress related illness – and they are proving by practical application that it REALLY DOES WORK.

Naturally, the amount of benefit received is directly proportional to the amount of effort put into it.

And yet, all these forms of mental discipline are really only forms of communication with your sub-conscious Mind, asking that part of you which created you for guidance in achieving what you want out of life.

There are many extracts, from many philosophies which pass on the message: “You only have to ask – and you will receive.” And yet, so very few people make use of this tremendous power, which IS available – if only you take the trouble to ask for it.

ACHIEVEMENT

In order to obtain complete peace of mind, we have to feel we are achieving our goals in life. We have to have a feeling of self worth. We have to like ourself.

Make a list of what you want out of life. Write it down. Imagine yourself as having achieved those goals. Think positively.

You ARE – what you THINK you are

Think SUCCESSFUL – and you will BE successful.

Each day, plan your day, rehearse it in your mind. Do your best during the day. Review the day that night – praise yourself if you are successful. If things don’t go right, be kind to yourself. Say “You win some – you lose some”, and have a go again tomorrow.

Remember, good things can come heavily disguised.

Those who never made any mistakes – never did anything at all. We learn by our mistakes The university of life is a great teacher – and the main lesson to be learned is to GO WITH THE FLOW - relax back into life – say YES to it – and it will say YES to us

Sometimes our best can be brilliant – sometimes bloody awful. That’s OK – sometimes we learn what IS, by being shown, and experiencing what is NOT.

Generally, the main thing which stops us from achieving our goals in life are the negative attitudes, or programmes, we are burdened with by the present confused society.

FEARS AND COMPLEXES

Let’s have a look at some of the more destructive fears and complexes, or negative programs, which are so prevalent at the present time.

FEAR OF FAILURE – “It’s no good, I’ll never win, so why bother trying.”

GUILT – “I’ll never be what they want me to be, I feel so guilty.”



FEAR OF PEOPLE – In some countries, “stranger” is the same word as “enemy”. You see so many people living lonely lives because they are afraid to communicate with other people.

FEAR OF NOT LIVING UP TO OTHER PEOPLE’S EXPECTATIONS – “But they EXPECT me to be able to succeed at this, what will they say if I can’t do it?”

BEING DEFENSIVE – Everyone defends their self image. If someone attacks the things they identify with, they are hurt. Maybe we should realise that many of these things are not really us at all, but merely the result of our conditioning since childhood. The more we need to defend some of our beliefs and attitudes, the more likely they are a result of the conditioning of our society and those around us. They are not necessarily the real us at all.

Those things that we feel comfortable with, and feel no need to defend (because we have some inner strength that does not need defence), they are more likely to be closer to the real us. We can be whatever we want to be and not at all concerned about living up to other peoples false expectations of us.

SELF JUDGEMENT– “I’m not doing this job well enough. I’m a no good bludger.” Maybe we should be more gentle with ourself and say to yourself, “I forgive you.” You know, if we did not judge ourself, or condemn ourself, in the first place, we would save ourself all those guilty feelings and we would not have to seek forgiveness from anyone.

If something happens in our life that we feel guilty about, we should realise that **NOTHING, BUT NOTHING** happens in this universe unless it **HAS** to happen and no power of ours or anyone else’s could have prevented it.

This does not mean we should be reckless or careless. Common sense must prevail. But, once something has happened, we will never undo it by flogging ourself with the self guilts.

INSECURITY and ANXIETY – Because, in general, we are not sure of who or what we really are, we cling to any self image we can (even a poor one) and defend it to the hilt. We are afraid of what will happen if we lose it – If only we would let go of it, we would free yourself of all that stress.

ANGER, HATRED, JEALOUSY, ENVY and INTOLERANCE – Because we don’t think much of ourself, it’s easier to feel better by putting other people down – **WE** all have a basic anger, possibly inherited from our primeval ancestors, and we use this anger as a form of self defence. If someone does better than us it is easier to defend our self image by putting them down. If someone is different than us, we are tempted to defend our own difference with intolerance and hatred.

What a waste of time and effort in defending something that is not really us at all, that old self image.

FEAR OF DEATH

Often we are so afraid of dying that we do not live at all.

We can only die once, so there is no real need to worry about a thousand deaths.

RESENTMENT

A major barrier to the achievement of our goals in life is THE RESENTMENT CYCLE –

We set up a cycle of resentment and revenge. This happens every time we brood over something bad happening to us . . . and we end up hurting ourselves much, much more than the person we take revenge on.

SEXUAL HANG-UPS

You see, mankind takes a perfectly natural and enjoyable part of life - and turns it into something to punish itself with.

The sexual feelings we have are one of our strongest instincts, and any hangups in this area tend to cause massive amounts of stress.

SHYNESS AND INFERIORITY

If we have a poor self image, naturally we would feel afraid to come into contact with others, because we would think that we do not measure up to their standards.

SUPERIORITY AND AGGRESSION

Sometimes the only way to feel good is at the expense of others. In most cases these symptoms are caused by deep insecurity. However it is possible that our old enemy, our false self image, is causing us to defend it once again.

Well, well, what a list. It's a wonder we can survive at all with all those false programs fed into our computer . . .

GOOD NEWS!

We can get rid of all those programs, once we realise that they are not the real "us". We are the computer — not the program.

We have to have some programs in order to get on with the job of living and learning — so we might as well make it a positive program that will work FOR us.

Once we remove all those false programs and realise that we are the COMPUTER - not the programme -this can start to happen.

CHANGE

If we are to achieve our aims in life, we must examine our attitude to change.

Most people see change as a threat. Naturally, they try to resist this threat and defend themselves by any means possible. This cycle repeats itself again and again, and their health suffers.

THIS IS NOT NECESSARY.

If we look at change as an opportunity, we would use our creativity and imagination to help us. This cycle would keep repeating itself, and your abilities would improve.

The key to achieving our aims in life is to accept the universal truth that we alone are responsible for what happens to us.

We must acknowledge to ourself that, "I alone am responsible for what happens to me – as what happens to me is caused by the lessons that I have to learn in this life."

Even if we don't appear responsible for something that has happened to us, it is far more likely that we will find an answer or a way out, or perhaps some acceptance, if we accept the responsibility simply because it happened to us.

Don't hang a guilt trip on yourself. Accept responsibility, and look for the lessons learned.

Remember, some very positive things can arise out of the most negative experiences.

It's not so much what happens to us - as how we REACT to what happens to us. If we are prepared to change as a result of what we have learned, then the experience, even if unpleasant, was worthwhile.

It's all very well being shown a lesson, but the whole exercise is wasted if we don't put that lesson to work FOR us, instead of AGAINST us, as it has so often in the past.

A POSITIVE OUTLOOK

Having a positive outlook gives us the ability to look at ourself and discard what we don't want out of life

"Imagine you are an outsider looking at yourself – see the foolishness or otherwise, of your actions and reactions and be prepared to discard what you don't really need."

“It may be that some things are just too deeply entrenched to let go of, but take heart – If you can just get into the habit of observing yourself, your good and bad days – you will perceive that after every bad day, things generally get a little better before the next dive. Most negative attitudes are at the subconscious level.”

HOW DO YOU CHANGE THEM?

Some people try by sheer will power — they are wasting their time.

CHANGING YOUR PROGRAMME

How do we get rid of all these false self images, negative images and fears? If we really want to – We have to alter them at every level of our being. Right from our conscious mind, through to our sub-conscious levels, and to the deepest levels of our spirit.

We can learn to really to relax and let all of the Positive Thinking messages of this book travel right down our sub-conscious. We should regularly listen to the audio “Trained Relaxation” mp3 file which accompanies this Positive Thinking course.

You ARE . . what you THINK you are.

Yet you have such a haunted view of yourself,
that you perceive only a fraction of your real abilities.

***If you could only remove your self-imposed
restrictions
and limitations,***

Let your imagination run free . .

Then the fruits of the universe would be yours.