



The Manual for more Joy in Life

CHAPTER 2

Put together by Edeltraud Grace

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The content in this manual expresses my personal views and opinions independently from any group, organization, church or association. Since 2008 I had this strong desire to put this together for my private clients. For a few years before that I bombarded my clients with printed individual prepared information. Then I thought, why not put it together in a printable form in a whole manual? The result is what you get here. I am already working on a second manual by the way as there is more to add. Nevertheless I decided now to offer this manual to the public with the hope that people will find it as useful as my private clients did and do.

Please note that the content in this book does not replace medical or psychological advice or therapy. If in doubt please contact your medical practitioner.

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CHAPTER 2

Part A- a cognitive approach

Often if people go to a practitioner or Coach and achieved some success, emotional healing or insights during sessions, they might find themselves in some old pattern again after a year or two. In reality this shows to me that the work was not complete and that one has not done the necessary changes. In this chapter we will address this.

First I will use a cognitive, practical approach and second in Part B we will look at laws in nature from a different perspective again and how we can use the knowledge about these laws for our own and other peoples benefit. I will also add some nice self- help tools which you can use to help yourself. You have to remember that to create change in your life the obstacles you might encounter can have to do with the perception you have about yourself. Often these perception are deeply rooted into our personality.

Commonly these obstacles have to do with

1. Fear to step out of your comfort zone.
2. Limiting self-beliefs.
3. Fear of Failure.
4. Self-deception.
5. Preconceptions.
6. Procrastination

1. Fear to step out of your comfort zone

People are often fearful of changing their life. They feel secure in doing the things they are familiar with. They have reached a certain income, or a certain job title. But to achieve more you might have to put yourself in unfamiliar surroundings. This could be seeking promotion at work, looking for a new job, or changing your career. We have to remember that life is about learning and growing.

(Please note that the whole chapter 4 is about how we can increase the protection of our soul)

2. Limiting Self Belief

Some people lack belief in themselves. This is often because from childhood they were imbued with certain messages:-Girls don't do that

- It is not the done thing to...
- We aren't the kind of people to....
- You will never amount to much...
- Get a steady job, it is much safer.
- You aren't very smart.

In advertising all around us and in magazines, other messages keep blaring at us:

Life is a lottery. We have no control over our life.

Women are supposed to look gorgeous and say little.

Etc.etc.

Many people feel like VICTIMS of their life circumstances. Many people grow up with a lack of self-belief. And that lack of self-confidence is what holds us back. If we can unshackle our negative thoughts, we will be free to try new things.

There are many words for what I just said:

- Self-limiting beliefs
- Lack of assertiveness
- Lack of Self-worth
- Self-defeatism

The opposite of these negative views are:-Self image

- Self-reliance
- Self-knowledge
- Liking oneself
- Accepting oneself

The negative views all amount to the same thing. Many of us have a tape inside us that plays every time we come up against a challenge. It says:

You won't succeed. You can't succeed. It is other people who do that kind of thing, not you. You know you always mess up. It is best to play safe. Let other people try it out first. People won't listen to you if you suggest it. You will make a fool of yourself. It is far too complicated.

If you find yourself in what I just said, you can do the following to help yourself. List all the successful things that you have done in your life

- List all your good qualities
- Recognize that you have quietly absorbed negative statements about yourself
- Realize that you CAN create change
- Challenge yourself every time that you are negative.
- Challenge yourself whenever you find excuses
- Re-assess what you are doing in your life.
- See the benefits that the new challenges will bring.
- Use EFT to address negative beliefs.

3. Fear of Failure

If you suffer under a fear of Failure remember that a quick look at any famous person will show you that also they suffered failure for many years until they succeeded.

Indeed, you cannot succeed without having a few failures along the way. And research into successful and failed entrepreneurs' shows that the successful entrepreneurs saw failure as something interesting to learn from. Always ask yourself: "Are you going to bounce back and take the chance to go to bat again, or do you let this failure stop you?" If you look at all of the ultimate success stories, both personally and professionally, they all had to bounce back at one time or another.

4. Self-deception

Some people practice self-deception faulty logic about themselves and the world. For example, they may think they can achieve things without effort. According to Thomas Gilovich, 25% of college students believe they are in the top 1% in terms of their ability to get along with others. And 70% seventy percent of college students think they are above average in leadership ability. Only two percent think they are below average. Most of these forms of self-deception are to do with wishful thinking. People want things to be the way that suits them. This gives them a distorted view of the world, and leads to a surprise when reality intrudes.

5. Preconceptions

Having adopted an opinion on something, people often stick with it. And they fail to challenge their own views, or test their validity.

- It is better to work for big companies.
- All policemen are racist.
- I'd never go out with someone who is older than me.
- Magazine publishers do not take work from freelancers.

This lazy thinking can prevent people from moving forward. They live in their box of a limited world view and stay in their box.

6. Procrastination

Not all people are good at doing what they say they'll do. Some people procrastinate. They will tell others that they never got around to doing it because

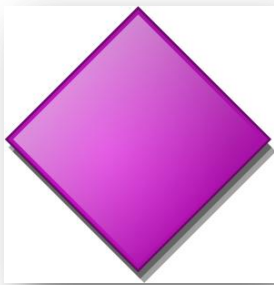
- The dog was sick
- We had a lot of work on this week

There is a lack of true commitment and wholeheartedness.

In reality there can be many more obstacles we can come across with than the one I mentioned here. Our personal human weaknesses spread over quite a wide array and seem to repeat themselves. So whatever you work on with the coming exercises, tap into your personal “obstacle” that hinders success and use that to work on. The exercise are all intended to help you in the pursue of “to knowing thyself”, which is important if we want to succeed.

STRATEGIES FOR CHANGE

Please find here some strategies for change. The Diamond technique. This technique can help you see your problem with a different perspective and seeing it from a different perspective sometimes resolves the problem. Choose a PROBLEM you are encountering. Draw a diamond shape on a piece of paper. State the PROBLEM on the left side of the diamond. Give it a name or describe it in a sentence.



For example: “I am scared to go on this holiday with my relatives”.

Then state the OPPOSITE of the problem, but in this case OPPOSITE MEANS THE PROBLEM IS NOT THERE so state the situation/state where the problem is not existent or in other word, state the solution. E.G. “I go on a holiday alone”. Write this sentence down on the right side of the diamond.

Then state what has the Problem and the Opposite in COMMON. Here it would be “Holiday”. Write it down on the top of the diamond.

Then ask yourself what would be beyond PROBLEM and OPPOSITE of problem. For example, “to work”. Write this down on the bottom of the diamond.

So write down what you are working on.

My problem: _____

Opposite of the problem (desired outcome): _____

What has problem and opposite of problem have in common? _____

What is beyond problem and opposite of problem? _____

So now you do following. State the Problem _____

Ask yourself 3 times

What does the problem enable me in? (Jot down your three answers)

-Then ask yourself 3 times

What does the problem hinder me in? (Jot down your 3 answers) _____

Then state the opposite of the problem OPPOSITE _____

Ask yourself 3 times

What does the OPPOSITE enable me in? _____

-Then ask yourself 3 times

What does the OPPOSITE hinder me in? _____

Then state what has Problem and Opposite of the problem in common

COMMON _____

Ask yourself 3 times

What does that what is COMMON enable me in? _____

-Then ask yourself 3 times

What does that what is COMMON hinder me in? _____

-Then state what is beyond Problem and Opposite of problem

BEYOND _____

Ask yourself 3 times

What does that what is BEYOND (problem and opposite of problem) enable me in?

-Then ask yourself 3 times

What does that what is BEYOND hinder me in? _____

Has your perception of the problem shifted? If yes, start the exercise again, but transform the OPPOSITE of the problem into a different name/phrase based on what you gained of going through the round the first time. For example I might come up with the opposite of my “going with relatives on a holiday” problem, might have changed now after I have done the exercise with the Opposite = “having boundaries”. Then you find out what Problem and Opposite (Going on a holiday with relatives- boundaries) has in Common, state this as a sentence or name it and type

or write it into the Space for it, then state what is beyond problem and boundaries and put this into the space available for it. Then go through the technique again. (Do as many rounds as you like) You will see that problems take on a different perception after you did this exercise. Have fun and astonishing insights.

Affirmations

If you feel discouraged or in doubt, you may want to use some affirmations which you state to yourself. These are reminders about your power. For example:-I, and I alone, are capable of changing my life. -I am an intelligent human being who has the power in my hands to change my life. -I am not reliant on the opinion of others for my self-worth.-I am going to be the next supervisor in this department.

If I am completely honest, affirmations do not seem to work for me. If you want to use them you might become aware, the way I feel often, that there is an inner resistance towards the statements at least to some of them. But affirmations fail if you have an unconscious resistance to them. If you are not completely and fully believe them to be true. Use the “resistance “that comes up for further work. Write down your affirmation and then watch and wait what comes up as resistance. There might be a fear, or a memory of a trauma. Use EFT as outlined in chapter one to address the issues that come up. (Come to one of our courses to learn more about it) If you do not do this, affirmations are useless or even lead to the opposite result as if you say your affirmation and *unconsciously* you focus on what you fear, you will attract that what you fear. This is quantum physics. Another way how to use EFT with affirmations is you state the positive affirmation and then check on the SUE scale where you are and you just keep on tapping with the intention to bring more energy into that wish.....until it becomes “true” for you. So you stop when you are on the high end of the Subjective Units of Experience scale on a plus 9 or 10. (More guidance in this regard you can find in our EFT Master courses). The high end also means you have full conviction and you can see, hear and feel your goal (affirmation) as if you already have it. Anything else, is not working. That is actually quantum physics.

ROLE PLAYING

Have you discovered that too that we all tend to play a role at least some time? Often we are playing a role which actually can hinder us in our lives, simply annoy other people or is not very helpful at all. Here is a self-test through which you can discover which role you most often play and some suggestions how to change your behaviour pattern.

Exercise: Test yourself which role you play

The role of the Victim

Typical behaviour patterns the victim displays:

- To defend
- To excuse
- To feel helpless
- Disappointed
- Dependant
- Ignores own ability to solve problems
- Partly feels self-pity
- Appeals to a saviour
- Can unfortunately meet persecutors

Ask yourself following questions to find out if you play the victim role.

Do I tend to defend myself and constantly apologise? _____

- Do I avoid conflict? _____
- Do I find it hard, to express clearly my own different opinion or do I have problems in saying NO? _____
- Do I feel sometimes powerless, if things are not going as planned?

- Do I ask others often for their opinion and do I think, that they know it better and can do it better than myself? _____
- Do I not assert myself enough? _____

If you answered some of these questions with YES, you might be playing the victim role.

If you feel a **victim** of your circumstances, you might want to consider following changes:

Do not put yourself down with negative thought pattern like:

„I cannot do that anyway“. Replace these through good thoughts. „**How** can I achieve that?“

-Ask yourself goal oriented questions, which will lead you to a solution.

Instead of „ Hopefully it will work.“ Better say: „ **How** can I make sure, **that** it will work.“

-Get active yourself, think about what **you want** to achieve.

-Offer solutions and alternatives- do not defend yourself or excuse yourself constantly.

-If you need support ask it in a goal oriented fashion. So ask for the information in a goal oriented specific way instead of focusing on your perceived weaknesses.

The role of the Saviour

- Helps Victims
- Even without being asked for it
- Gives advice and tips
- Take on responsibility
- I do not trust in your ability to cope
- Victim does not want to be saved and starts to persecute.

Ask yourself following questions to find out if you play the role of the Saviour:

- Do I have automatically the impulse to help? _____
- Do I give advice and tips, even though others could find their own solutions?

- Do I talk and decide for others, even though they could do that for themselves?

- Do co-workers always come back to me with the same questions?

- Do I always give patiently advice and information? _____
- Do I get work back from co-workers, as they could not do it?

If you are in the **saviour** position:

-Trust that others have the capability to find solutions to their own problems. Give them the responsibility and do not offer so quickly solutions for their problems.

Support others with „Help to self-help“.

-Support solution focused thinking in others through specific questioning.

„Which ideas do you have to solve this issue?“

„Which possibilities do you see?“

„What have you already tried?“

Help your partner, through specific questioning to describe the problem in a specific way.

„**What exactly** is the problem?“

„**With what exactly** do you want me to support you?“

Also take your own wishes and needs important. Think about what you personally want.

The role of the Perpetrator

- Criticize
- Find faults
- To rebuke
- To reproach
- To devalue the partner

- Makes the partner into a victim
- Victim now haunts him/her

Find out if you play the role of the Perpetrator:

- Do I tend to make accusations and criticize others? _____
- Do I have fun with conflicts and hot debates? _____
- Do I need to have right all the time? _____
- Do relatives tell me that I am a „know it all“? _____.
- Do I think frequently about others: „How can somebody be so ...(uninformed, stupid, careless or similar)?“ _____
- Do you diagnose people? Do you say to other people what they feel or think (You are apparently overstrained?) _____

If you are in the **perpetrator** position:

- Also try to see the good in others and appreciate their results.
 - Say clearly what you want do not make reproaches.
 - Stay objective and discuss solutions, ideas not personal opinions.
 - Think on the word „different“. „You have a different opinion then me. No opinion is worse or better. „“ Lets think about a solution which is good for us.“
 - Express negative emotions like anger in a constructive way.
 - Send „I „ messages.“ I am annoyed.....You said you will organise the hotel booking.....Then show the consequences;“ Now all hotels are booked out, and we have to travel 200 km to go to the show.“
-

Visualizations

Quantum physics proves that all phenomena in nature, that we call material manifestation consist of information. Information that you also may have contributed to with your own creative consciousness and this means with what you give out from yourself like thoughts or feelings or deep intuitive perceptions. The whole world is in a constant development, which always lead to change. Change is part of the permanent Creative Force. Without change there would be no evolution. With our own conscious decision making we do create our own fate and in that have an effect on our own happiness or unhappiness in life.

a) Visualizations are a powerful form of changing your mind set. For example, say you go to an important job interview and you are nervous about it. Visualize yourself arriving at the company, greeting the receptionist, and meeting the new boss. Visualize yourself seated at the interview, relaxed and full of energy. Many people report how useful visualizations are for them and you can use this for all types of situations. Positive visualizations also help with the overcoming of an illness. If you visualize a positive outcome or a healthy state of your body this is proven to support recovery. But if you visualize and not trust this does not help as your non trust becomes reality. Visualize yourself already recovered. Feel how you feel and visualize your body parts in a healthy state and then just trust. This is naturally no substitute for medical care but it can be supportive.

b) Some people have problems in visualizing a wonderful outcome, as unconsciously there are still all these doubts which seem hard to be visualized away. Another way at times is if you use your whole metaphorical inner landscape to develop and visualize a good outcome. Here you find an exercise which guides you to empowering visualizations and I hope you enjoy it.

This exercise is borrowed slightly abbreviated from the Clean language web-side. It is a goal elicitation exercise using your inner metaphorical landscape. It can help you to become familiar with the symbolic domain of your experience so that you discover new ways of perceiving yourself and your world. You will be invited to attend to your inner metaphor expressions. This can be used for all kinds of situations. Development of new goals, solving of conflicts, finding solutions for emotional troubles etc.

(If you would like to explore further: For more general information on Clean Language and its applications, go to www.cleanlanguage.co.uk)

Exercise:

Please choose some specific goal you want to achieve in the next 3, 6 or 10 months. Or choose something you want to change today, even some problem you face today and you want to learn from it. Something you want to start working on now.

I give you an example from myself which I remember doing at one point when I was annoyed with someone who was not as sensitive to me the way I liked him to be and I realized that he mirrored to me something as I at that time was also not sensitive to some people and decided I wanted to change myself. You can take your own example.

State your own example:

Step 1: Build the (metaphorical) dream

If there is something in your life you'd like to change, take a moment to write it down. Or there might be some goal you want to achieve. Referring to my example I might say, "I want to develop more sensitivity to the people near to me". Or there might be your goal you have in mind.

Like many standard New Year's resolutions, it may well be about giving something up. You could start with that, but this process, like so many, works even better when you can say what you'd like *more* of, rather than less of.

For example, “I’d like to give up smoking,” means you’d like *less* of smoking, but it doesn’t say what you would like more of. So answer the question by stating something you would like more of, such as, “I’d like to feel fitter, taste my food better, breathe more easily and have more money to spend.”

One way of helping your mind to make that shift is to read back to yourself the words you’ve written and then ask yourself, “*And when all of that, what would I like to have happen?*”

Using another piece of paper, write down the first words that come into your head in answer to that, even if they’re exactly the same as before, or if they don’t make much sense. Because the magic of Clean Language is that it can work whether the words “make sense” or not, because of the way it uses the metaphors inherent in the words we choose.

Let’s say someone answered in regards to giving up smoking: “I’d like hope to triumph over experience.” That’s fine – it represents something I want more of (triumph of hope) rather than something I want less of (smoking). In the jargon, it’s a ‘desired outcome’.

If you answered again in terms of something you’d like less of, for example: “I’d like to lose some weight’, ask yourself again, ‘And when all of that, what would I *like* to have happen?’

Repeat until you come up with something you’d *definitely* like *more* of – a fantastic figure, the feeling of being vibrantly healthy etc. Once you have a desired outcome to work with, stated in the positive, it’s time to move to the next step.

Step 2: Develop the desired outcome

Now, use Clean Language questions to find out about that desired outcome. Ask a few questions from this list, in any order:

- *And what kind of X is that X?*
- *And is there anything else about X?*
- *And where is X? or And whereabouts is X?*
- *And that’s X like what?*
- *And is there a relationship between X and Y?*
- *And when X, what happens to Y?*

If I refer to my example of wishing to develop more sensitivity to the people around me, I ask “What kind of sensitivity is that sensitivity?” “And is there anything else about the sensitivity I wish to develop?” “And where is the sensitivity?” and so on and so on.

If you refer to the smoking example, you might ask: “What kind of triumph is that triumph?” or “Is there anything else about triumph?”

Ask yourself these questions, several times, about various words in your desired outcome. In the example “I’d like hope to triumph over experience”, you could ask about ‘I’, ‘like’, ‘hope’, ‘triumph’, ‘over’, and ‘experience’.

What new ideas come to mind? What new connections seem to form?

Step 3: Ask for a metaphor

Then ask:

- And when all of that, that’s like... what?

This question invites you to come up with a metaphor linking some of the ideas you’ve come up with.

For example the development of sensitivity might be for me like being a queen observing all aspects of my kingdom in order that everyone is cared for well and no-one is forgotten in my kingdom. Or if you think on the smoking example for me, ‘hope triumphing over experience’ might be like the end of a Star Wars battle scene, featuring an exotic victory parade into a gigantic stadium, or it might be like the joy of placing a perfectly-baked, cinnamon-scented apple cake on the table. For you, it will be something different. In this process there really are no right or wrong answers.

Step 4: Develop the desired outcome metaphor

Now it’s time to enjoy developing this metaphor. Think about it. Ask yourself

- *And what kind of X is that X?*
- *And is there anything else about X?*
- *And where is X? or And whereabouts is X?*
- *And that’s X like what?*
- *And is there a relationship between X and Y?*
- *And when X, what happens to Y?*

Use the questions in any order that seems appropriate, and ask any of them more than once.

For example in my example about developing sensitivity which is like a Kingdom to a Queen I would ask, “What kind of kingdom is this kingdom?” “And is there anything else about this kingdom?”etc.

TIP: Ask *lots* of ‘where’ questions!

In my example about the smoking, I might ask myself, 'Where is that parade, or 'What kind of parade is that parade?' or 'Is there anything else about exotic?'

Feel free to make a few notes if you would like to.

Or just allow your mind to wander, exploring the amazing landscape of thoughts. Occasionally, particularly if you notice your thoughts drifting towards something you'd like less of, ask yourself:

"And when all of that, what would I like to have happen?"

Stay with the metaphor. There's no requirement to figure out how these 'fantasies' relate to the 'resolution' you first thought of. You may find that your ideas develop and change as you go through this process. For example, my Star Wars victory parade might transform from a march to a dance, the music from massed trumpets to acid house.

That's fine. Your own imagination holds a much wider and more far-reaching idea of your potential than any Government-sponsored health campaign! These are *your* dreams, *your* hopes, *your* thoughts.

Spend all the time you need to develop your metaphorical desired outcome in exactly the way that is right for you. You might even find yourself curious about: *"What kind of 'I' is the 'I' that would like that to happen?"*

Use some extra Clean Language questions to find out about the sequence in which things happen within the metaphor, if that is relevant.

- *And what happens just before X?*
- *And then what happens?*
- *And what happens next?*

The answers to these questions can help to set this piece of exploration within a wider context, to check that this is an appropriate change for you to make.

Finally, give your metaphor a name, a label, so that you can refer to it in the next part of the exercise.

Step 5: What needs to happen?

OK, you've developed a big dream, a metaphor, for the thing you'd like to have happen, and you've given it a label. Now ask yourself:

- *And what needs to happen for X?*
(Where X is the label of your metaphor.)

Make a written list. And ask yourself the question again, several times, about each thing that needs to happen, 'drilling down' to a fundamental level.

For example in my sensitivity example which is like a kingdom I might make a list about all the areas in my life which I have an effect on. Perhaps I want to think about each area how I can change it for the better or support people differently or support myself as the Queen better.

If your first answer to "And what needs to happen for X?" was "A," then ask "And what needs to happen for A?" This time your answer is "B", so the next question is "And what needs to happen for B?" and so on. You'll know when to stop when you have the sense that it is achievable.

And when you think you're finally done, ask:

- *"And is there anything else that needs to happen?"*

Your list may be metaphorical ("I need to fly over the rainbow"), or it may refer to real-world actions ("I need to buy a ticket"), or it may be a mixture of the two. The exercise will work just as well either way – your other-than-conscious mind knows what it all means.

TIP: It's best not to have the conditions in the form of abstract concepts. Instead, transform them into metaphors (*That's like what?*) or solid, real-world actions that can be easily observed.

Step 6: Ready for action

Once you have a complete list of what needs to happen, ask yourself:

"And can I?" (do the actions that need to happen?) You can go through them one at a time if necessary, to check.

If you can't (or you won't) do them, just acknowledge this, give yourself a pat on the back for being so honest with yourself, and return to Step 1 to adjust your desired outcome so that it takes account of your reservations.

Ask: *"And when I would like <label> and I can't or I won't (do the actions that need to happen), what would I like to have happen now?"*

Write down your conclusions

I hope you enjoyed this exercise. You can use it for all kinds of things and this is a good substitute for common visualizations as it is adapted to your inner landscape of metaphors.

Please note: If you still found it hard to visualize a good outcome, work on your resistance using EFT. Note what comes up, most likely negative memories from the past. Try EFT on it and then do the exercise again. (For more information about our EFT trainings please go to www.virtuosity.net.au)

Persistence

Those who attain greatness have persistence about them.

Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "Press On" has solved and always will solve the problems of the human race. - Calvin Coolidge



Often if we want to give up too early, we should have allowed ourselves a larger sense of time, in which we realize that, any efforts made for less than fifty years, are actually small in relationship to the immensity of our being.

Persistence is the ability to maintain action regardless of your feelings. You press on even when you feel like quitting. It is important that we do not allow feelings of disappointment to diminish our efforts towards creating a

better life for ourselves, our loved ones, society and the world as whole.

When you work on any big goal, your motivation will wax and wane like waves hitting the shore. Sometimes you'll feel motivated; sometimes you won't. But it's not your motivation that will produce results — it's your action. Persistence allows you to keep taking action even when you don't feel motivated to do so, and therefore you keep accumulating results.

Persistence will ultimately provide its own motivation. If you simply keep taking action, you'll eventually get results, and results can be very motivating. For example, you may become a lot

more enthusiastic about dieting and exercising once you've lost those first 10 pounds and feel your clothes fitting more loosely.

Getting yourself to take Action

As I just mentioned Procrastination and all the other obstacles can be a trap for us and hinder us to take action. You might want to agree to do things and then fail to carry them out.

It is also helpful if you make yourself a plan.

There are several ways to do this and I mention here just some of them.

GAP ANALYSIS

A Gap Analysis has three columns. The first describes the current situation. The second describes the situation you would like to attain. And the third column describes how you will bridge the gap.

Where I am at present _____ **Where I want to be**
What I must do to _____ **bridge the**
gap E.G. Routine work Exciting work Write a list of other things I could do



Setting SMART Goals

All goals should be SMART- that is, Specific, Measurable, Attainable, Relevant and Timed.

This means:

-**Specific**: don't have goals about "improving my life", but be specific about what you want.

-**Measurable**: You should have a specific outcome. E.G. I will weigh 5 kg less by the end of this month.

-**Attainable**: You must be able to attain the goal. Don't say, "I am going to be a famous

football player.” (Unless you are a football genius)

-Relevant: The goal must relate to something important in your life.

-Timed: Against the goal, put a time by which it will be achieved.

For example, you should not say: “I will get fit”. You should say “I am going to the local gym every Monday and Wednesday from 8.00 to 8.30am”.

In this regard I would also refer to the goal setting exercise in Unit 1 under Part J Focusing on our outcome –Reaching goals.

Format for setting goals and identifying achievements.

It is useful to have a form that helps you see what you are committing yourself to. This form can also highlight achievements.

The achievements can refer to things learnt, distinctions made, self-image improved, and so on.

GOAL (Description) _____ To Be achieved by
_____ Achieved _____

With any goal we want to achieve we have to remember that our consciousness does play a big part in it if or if not we achieve it.

Our consciousness can literally move mountains or it can let mountains collapse.

Here is a beautiful example of Daskalos (Dr Stylianos Atteshli alias Daskalos, Greek author, philosopher and Christian wisdom teacher) which really happened like that. Daskalos went to Zypern for a walk at a beach and suddenly saw a man in a wheel chair. He was sitting a few meters before the breakers in his chair looking towards the waves deep in thought. “Why don’t you walk into the water and swim a bit?” - asked Daskalos. “Very funny” replied the man.

Can’t you see that I am sitting in a wheel chair?”-“No”, said Daskalos, “that does not mean anything. Try it out, get up and go into the water!” The man got up, put after many years of motionlessness his weak legs slowly one step in front of the other and then swam. Daskalos gave him the security, through his strong believe that he can walk, and therefore a spontaneous re-programming was induced.

Another experience happened the following way. A worker was accidentally locked into a cold store overnight. The next morning they found him-frozen to death. Up to now the story is nothing unusual. But now it comes. Investigation resulted in the discovery that over the whole night the cooling system failed. That was unknown to the worker. He had the information in his head, that the cooling system was on. His unconscious told him, that it is impossible to survive the night with these cold temperatures.

Or think on the mother who can lift a car for minutes in order to save her trapped child. Or the mentally trained soldier who can enter a contaminated area and comes back completely unaffected. Or think on the again and again happening spontaneous healings.

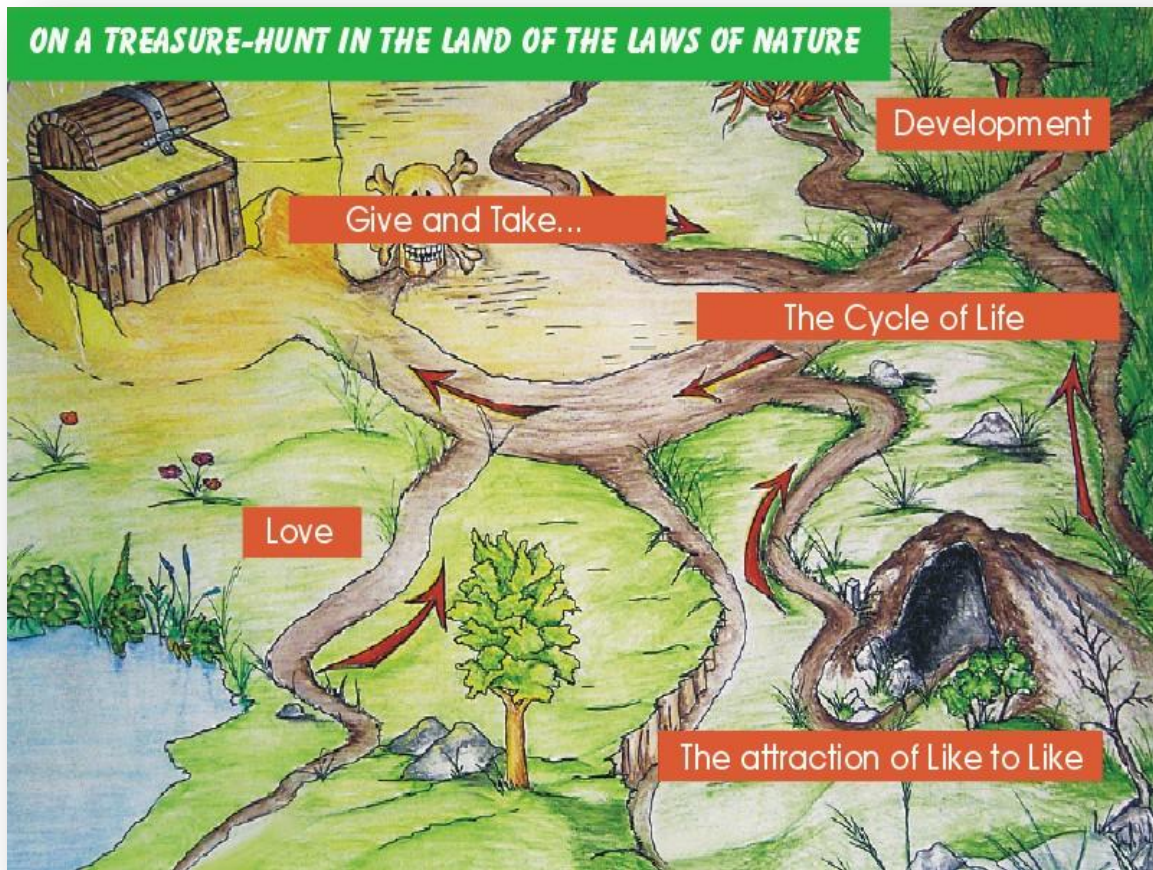
“Are we as fragile as we believe to be?” asks the cell biologist Bruce Lipton. You might guess the answer. Our consciousness sets us limits about our own capabilities.

The art is to let go of our deep doubts, anxieties and deep fears and to lead our life with great trust.

Part B- The laws of Creation

The second part of this chapter 2 will be devoted to the Laws of Creation again. We cannot be successful if we do not know them and not adapt to the Laws of Creation. Many people are not aware of them, but as we are spiritual beings it is important if we want to experience success with our endeavours and happiness in life to acquaint ourselves with these laws.

Have a look at following map:



THE destination on this map leads to the fulfilment of our longing (here metaphorically symbolized by a full treasure chest of gold). Our yearning and the roads which lead to our destination are the paths of the Laws of the Universe. Here on this map there is the path of development as everything is in constant development, there is never a standstill and also we have to develop and stay in constant healthy movement. The path of the cycle of life refers to the stages of our natural life cycle. From childhood to being a young person and then to the stages of maturity which leads to old age and during the time of old age we already prepare for a new beginning and further development in the afterlife. Then there is the path of the law of reciprocal action which is the same as the path of give and take and the path of attraction of like to like, as what we sow we have to reap and same always attracts same. If we observe

these laws we will only sow what is of benefit and also only reap what is of benefit. Then we also have the path of love. It refers to the highest power in this Creation which can lead us to salvation. "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, 'Love your neighbor as yourself.'"

If we consciously observe the lawfulness of life and adapt to it, this will lead us to inner riches, joy and freedom.

We carry as individuals the responsibility for all our thoughts and actions. Therefore it is important for us to understand the laws in the universe, so we can live in a way which only brings happiness to us. If we turn towards the good, all else also becomes good. It immediately manifests in relationships, the family and finally on the whole people.

This means that joy of life is anchored in lawfulness. From us people emanate constantly movements: We constantly want something, we constantly think on something, say a lot, do a lot- or also fail to do something....and we are surprised if life bestows us with happiness or adversity. Decisive would be, to recognize the connection between all our deeds and the homogenous retroaction, to anticipate the lawfulness which governs life and is woven into everything. As in that lies the key to lasting happiness and joy in life.

It is simply about us working on a fundamental tone in our life, which is fed by confidence and trust- out of the knowledge which we can gain from the understanding and observance of the laws of life and with using them we can work on happiness and joy step by step, whereas lack of knowledge leads further away from happiness.

Not understanding (lack of knowledge) about the lawfulness in life leads to: Resignation, helplessness, and ignorance.

Understanding (knowledge) of the lawfulness in life leads to: Awareness, trust, security.

The laws in Creation, the natural laws operate uniformly throughout the whole Creation; we find them everywhere, in the earthly sphere as well as in the invisible parts of Creation. We already looked at them in Chapter 1. Let's look at them in more detail again and how these laws refer to our own happiness.

A: THE LAW OF RECIPROCAL ACTION - OR THE LAW OF Cause and Effect (Give and Take)

The Law of Cause and Effect is like all the Laws of Creation clearly visibly in the material world.

What we sow we will reap. The bible passage (Gal. 6.7) says: "Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap." So we *cannot* reap, but we *shall* reap! This Law applies not only to the earthly sowing and reaping! If we sow thistles in our garden we cannot expect to reap strawberries. If therefore a person puts good thoughts, perceptions and deeds into the world according to this Law he will harvest, at a certain time, a multitude of goodness, but if the volition is evil many dark reactions will return.

All our thoughts or deep feelings, if felt strongly enough, tend to take on form in our life. This is why we have to observe our thoughts carefully if we want to have success in life. If we think for example very often on financial difficulties, we invite the difficulty to stay in our life.

Whatever you focus on, for whatever you use your energy, this will become more!

It is like a field: If you sow seeds you will harvest a multitude of what you have sown. If you focus your thoughts onto the good, then you invite fulfilment, affluence and success into your life. But if your thoughts constantly circle around your problems, constantly circle around, e.g. why you don't bring home enough money each month, you will go on feeling frustrated and needy.

Our thoughts become reality.

If we look at this law of Reciprocal Action in regard to our happiness, happiness can be summed up in one sentence. "If you want to be happy, you have to make others happy!"

As it is so vital to understand this law, let's look at it from a different angle. He who does not sow will not reap. Finding depends on seeking. If we want something we must first sow it.

Even if the land has been in the family since the Stone Age, "there is no food for the lazy man". To get something out of nature, it is necessary first to give same. In this giving (the sowing), and of the right kind, that can give us what we desire, irrespective of how ardently we may pray, lies a basic law we have to observe. A weightlifter, for instance, does not add strength to his arms by tying them up for months in order to conserve the little strength he has in them. It would only weaken his muscles. To gain strength he must exercise the arms. He must first give out what he has. Thus if we want love, we must first give love; if we want kindness, we must give kindness, and so on. The output depends solely on the input!

We are reaping at present what we sowed previously. Even if we did not know what was sown, we obtain knowledge of it as the seed germinates and grows. Certainly, we are in no doubt of the harvest even though we might not be conscious of when the seed was sown. One may well imagine the attitude of a gardener who finds carrots growing where he planted salad. Yet, it is especially this aspect of the law of sowing and reaping, which we readily accept with respect to gardening that we reject in our everyday life! We insist on seeing the cause before we can believe the connection with our experiencing at the time!

To reap a different fruit, we must first sow a different seed. This is not always very obvious to us. If we find ourselves in some unpleasant situation, the solution cannot lie in trying stubbornly to tackle only the effects. We must seek the cause and plant differently.

Take someone who resolved in the morning to desist from talking harshly to the neighbour and discovers, to his chagrin, that by the evening his defences had not only broken down but he was even more abusive. Repression has the same effect as a pressure cooker. It ends up aggravating the situation. So what should we do? If, for example, electricity suddenly goes off in a room, plunging us in total darkness, do we bring out a shovel to laboriously scoop out the darkness? No! We light a candle or use a torch. To change the fruit we must change the seed!

B. THE LAW OF ATTRACTION - OR THE LAW OF ATTRACTION OF THE HOMOGENOUS SPECIES

Every thought is energy, and it attracts through the law of attraction things, people and circumstances into our life, which correspond to the energy of these thoughts, -like a magnet. Ill thoughts attract ill experiences. Beneficial thoughts attract beneficial experiences. This can also be explained through the findings of Quantum physics.

The Movie the Secret brought this Law into the awareness of many people nowadays. Unfortunately there are still lots of people in our society who do not like this law. Through the exact lawfulness just explained do we also attract work colleagues, partners, neighbours etc.

If you experience problems, your opposite is just mirroring to you who you are, showing you your own weaknesses and also strengths. You can discover your own capabilities in others or you can discover what still needs worked on in you. The outside mirrors to us what we carry in our inner world. I will explain this in more detail in a later chapter as to understand the mirror effect in our life, can open our eyes about ourselves and help us in tremendous ways.

Who gives, receives gifts; who loves, experiences love. Happiness arises from happiness. People who are optimistic are happier than pessimists. Whoever is used to seeing the good, constructive and the gratifying will more often go through life smiling than someone who is a personified probe for errors and problems and who judges the cheese, as it were, because of its holes.

A sympathetic, value-oriented attitude produces not only constructive ideas, but also good friendships. "Birds of a feather flock together," says the adage from generations of experience, because the Law of Homogeneity unites not only the material, but also furthers emotional and spiritual homogeneities.

We know that sound is a form of motion. So are our deeds which, like motions in Nature, describe elliptical orbits. Thoughts emanating from us will prescribe this pattern and will return to us one day, but with a difference. Through the law of attraction of similar types, the thoughts return to us heavily laden, having attracted similar thoughts on their journey. It is then the time of harvesting. Some call this KARMA. It is the law of cause and effect. It matters not to whom the thought was directed, it will come back to the originator. The person targeted only incurs karma if he himself chooses to return evil for evil, for he thereby sows evil, which he will have to reap one day.

We are judged not by what others do to us but solely what we do to others!

If today there is so much confusion, famine, so many brutal killings, wars, catastrophes, disasters and so on everywhere, we must accept that we have brought these upon ourselves by thoughts and actions that have not been very noble. So too evil thrives among mankind. If the air is charged with envy, hatred, unhappiness and conflicts, these are what we have been sowing for thousands of years.

The law of attraction is immutable. No one can evade it. What we experience tells us clearly that we OURSELVES must have brought them about. The adamant Laws of Creation, which express the Will and embrace the Love and Justice of God, cannot dispense to us what does not belong to us.

But in the weaving of these laws we can find Divine Justice. We can read in the Grail Message that Divine Love weaves only what benefits the human spirit, namely what helps him to achieve the purpose of his existence, which lies in making fully conscious use of his spiritual potential for the benefit of Creation. Since this meaning is inherent in any kind of suffering, there is no "useless" life either, which could be obliterated or cast away. Nor are there any "spiritually handicapped" persons, only the instrument, the physical body is impaired, so that the indwelling spirit cannot be fully effective on earth. It suffers under this incapacity, under this disabled instrument of communication, but it experiences as does any other spirit, and with the proper insight it can release itself from what, in any case, is heavy guilt. We have to remember that

justice is always accompanied by Love. If we carry our fate and accept it, our live can turn into clarity. Help will come into our life and we feel lighter and freer. There is always a path way out of our suffering. Also a handicapped person for example who is blind, can if he accepts his fate gain something instead. He can develop his inner seeing, his deep empathy which lets him sense and see perhaps more clearly than a person with normal eyesight. A person restricted in physical movement can go inside, exploring and listening to the inner world and gaining a lot from it, which he would not be able to do if he did not had the impairment.

Please also note that to help others in need is a task we as humans have as we must transform and pass on this Love we receive from God and the suffering of others gives us this opportunity. We also are thankful if others help us in our own suffering as we too are on our path of further development and we too are making many mistakes and have weaknesses. For it would, of course, be wrong to leave the sufferer helpless on the assumption that his fate is self-inflicted. True help, however, must also include the spiritual; it must elucidate what has happened for the one affected. If a person does not accept personal responsibility for what he experiences a liberation cannot happen.

So with what I just said you also can find a reply to the common question people ask "If God is loving, why does He permit so much natural disaster and suffering?"

It is not God who gives us the hardships, it is us ourselves.

Many modern psychological helping approaches still disregard the personal responsibility factor and although people might gain some short term emotional help, a true change and healing cannot occur as long as a person does not accept personal responsibility.

C. THE LAW OF GRAVITY

We can observe, for example, how a piece of iron sinks to the bottom in a glass of water, whereas a piece of cork does not go under, but stays on top. The effect is exactly the same in our human life. According to our good or evil volitions, a human soul makes itself lighter or heavier.

Happiness is lightness. Zest for life, a sense of fun, cheerfulness...such emotions, which elate us inwardly and express themselves freely, are the exact opposite of a depressing, adversely affecting mood.

All the great, encompassing Laws of Creation are characterized by the fact that they apply to both the visible, physical world and to the emotional and spiritual world. In language we use the same words for the outer and inner processes for good reason. We must does watch to un-burden ourselves inwardly, in order-like a hot-air balloon that has been released from its anchor-"to swing happily upwards".

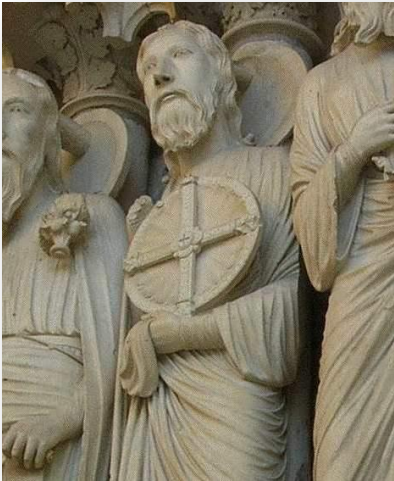
Like all forces in nature, the force of gravity can work for us or against us. Habits have for example an enormous force of gravity. For example, the overcoming of rigid attitudes or expectations is important, for the reason as they are an emotional burden. Fixed ideas or comparisons can also be important in this respect, since they can literally drag us down.

Envy is an artificial mountain, which obstructs the view of simple happiness in life. Whoever manages really to overcome the burden of fixed ideas and obsessions, such as how life should be compared to others, immediately gains in inner lightness.

The direction of the force of gravity concerning some of our habits can prevent us, to go where we want to go. To change deep seated habitual tendencies like self-doubt, impatience, being overly critical or egocentricity, characteristics which literally pull us down, ask more of us than just a bit of will power and some minor changes in our life. We are required to use an enormous amount of exertion to free ourselves from the gravity force of these habits, but if we have done it we experience a freedom on a totally new dimension.

Change- true change- comes always from within, from inside out....Change happens through the concentration on the ROOTS- on the tissue of our thoughts, the fundamental, essential thought patterns, which make our character and form the lens, through which we perceive the world.

Also here I want to mention that thoughts alone can pull us down, and under circumstances it demands greatest effort from us, to bring ourselves "up" again.



The human spirit is asked to be in constant movement, to be able to further develop. With standstill there is already regression. Without movement there is no development.

These three universal laws remind us daily, yes hourly, yes each moment that we are fully responsible for our thoughts, words, and deeds. Nothing happens to us coincidentally. All happenings are based on the law of Reciprocal Action (=Action/ Reaction) Cause-Effect and will come always strengthened back to us, not caring if

the impact on us is pleasant or unpleasant.

All these reflections are nothing new. "All are architects of Fate," says the poet, and a proverb says that "Heaven and Hell lie within one's own breast." This also means that we have the power in this very moment to change our own fate for the better.

Let's repeat. There are three major Creation Laws, which determine our path to real, lasting happiness. The Law of Gravity, The Law of Homogeneous Attraction and the Law of Reciprocal Action. They can be simply be graphically symbolized: the Law of Gravity as a vertical line, the Law of Homogeneity as a horizontal line and the Law of Reciprocal Action as a circle, because here the end leads exactly to the beginning. Taken together, this results in the equal-armed Cross within the circle- an ancient symbol of Truth.

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