The Power Within (You)...to Heal Your Life

What I believe:
1. I am not better than you.
2. You are not a victim.
3. The same thinking that created the problem, can certainly not fix the problem.
4. You are doing the best you can with the tools you have (as did your parents and their parents). Today, you receive new tools.
5. Every abuse and addiction (attachment) comes from fear.
6. You are worthy of a healthy, happy life.
7. You can heal your life.

What is Addiction?

Addiction is the not knowing how to manage emotions, and hence an addiction is fed with the emotion that triggers the behavior. Anytime one feels the trigger emotion, they will look to the same means of escape. This is how something neutral becomes abused.

Internalized unworthiness is the breeding ground for addiction – overeating, overdrinking, controlling partners, etc. If one considers herself unworthy, she behaves without respect or consideration for herself, and attracts those that treat her unworthy. On the flip side, when one considers himself worthy, he behaves with respect and consideration for himself, and attracts those that treat him worthy.

Addicted and abused, many children, families, generations, and groups look for answers and solutions outside themselves. Feeling cheated and victimized, they want someone or something to fix their self-created problems.

*If you change the way you look at things, the things you look at change.* – Dr. Wayne Dyer
The principles at play:

- Your thoughts become your words, your actions, and ultimately your reality.
- You choose your thoughts and emotions. You choose love or fear at every moment.
- The same thinking that created the problem certainly cannot solve the problem.
- When you are loved and accepted unconditionally, you have self-worth.
- When you have self-worth, you will not abuse.
- When you love yourself, you won’t hurt yourself.
- Self-love is the secret to health and happiness (for you and your children).

Saying negative words to yourself and your child will only give you more of the same. A parent’s anger and resentment will create a child’s feelings of shame, guilt, and unworthiness. The parent’s conditional love will create the child’s conditions of love. It is an unconscious web of abuse and addiction. And it can end today, if you choose.

You can make a shift in consciousness. You can choose healthy emotions. A new way of thinking, a new perspective, a new paradigm changes your behaviors, which changes the outcome. You can create the health, work, relationship, etc. you want by examining your own interpretation and intention, and choosing to see things differently.

What is the role you play in your life, specifically your health and happiness? How is the way you think about yourself creating the situation you say you don’t want? What are you going to do about it?

If you are waiting to get in shape, to get a new job, to stop smoking, and to start taking care of yourself before you decide to start living your real life, you will never get to it.

The change cycle is “I am, begets I do, begets I have.” Translation: how I think creates my behavior, which produces my results. Effective change must begin at the “I am” (thinking) stage. Focusing on the behavior will not produce long-term, sustainable results.

Why then do you spend so much energy focused on the behavior? Trying to stop smoking, trying to not drink, trying to eat healthier, trying to lose weight, trying to lower your blood pressure. And tell yourself when all this happens, I will live the life I want.

You are attached to your FEAR (False Evidence Appearing Real). There is great power in fear – the power to hold you back or the power to propel you to new heights. You give strength to whichever you choose to feed.

Consider for a moment the potential for your growth as a person that lies in your FEAR (False Evidence Appearing Real).
Try this exercise and experiment with the Change Cycle:

Think:

- I am a cyclist. I plan my rides, meals, recovery, and sleep accordingly.

Do:

- Bike ride.
- Go to the gym. Hire a trainer. Join bootcamp.
- Eat healthy – for endurance and building muscle.

Get:

- New friends.
- Better Health.
- Better Body.

The new you is a happier person, a more trusting spouse, and a more loving parent. And, this new you is now the baseline for more growth. The new you understands that change in one aspect of life produces change in all aspects of your life. The new you has better sex. The new you gets the career you love. The new you inspires others.

The story about not having enough (fitness, health, time) has already been written. It’s time to write a better story and lead a fuller life.
What are Emotions?

Emotions are the state of mind derived from life circumstances. There are only two emotions – Love and Fear. At all times, we are operating from love or fear.

Fear Matrix – achieving, accomplishing, accumulating, comparing, competing, conforming, perfecting, performing, pleasing, anxiety, anger, hate, loss and sadness, depression, frustrations, jealousy, judgment, guilt, resentment, unworthiness.

- Guilt always seeks punishment. We are our own judge and jury.
- Resentment is anger.
- Depression is usually internalized anger.

Love Matrix – acceptance, forgiveness, patience, courage, compassion, authenticity, purpose.

- When you love and accept yourself, you will not seek punishment.
- Only when you accept and forgive yourself, can you love another person.
- My favorite question to ask myself in emotionally charged times: How would love respond?

So here’s the exercise: Stillness. Next trigger, sit with your emotions. What is it that you want to escape? How do you practice mindfulness?

What is Mindfulness?

Mindfulness is present moment awareness of mind and body.

- The environment is neutral. You give it the meaning and the emotion.
- Check your interpretation & your intention. (Fear vs. Love)
- Detach from your expectations, which are usually fear based.
- Accept the as-is-ness of every given moment.
- Go with the flow, the path of least resistance.

What activities bring you back to the present moment? Hint: They usually include the right brain. Creativity, Nature, and Exercise are right brain activities that reconnect us to our center. Artwork, hiking, yoga, running, cooking. What are your favorite right brain activities?

*The point of power is in the present moment.*
Other mindfulness activities:

- Gratitude Journal
- Vision Board
- Volunteer for a favorite cause—The best policy for receiving is giving (time, talent, treasure).
- Random Acts of Kindness – Pay it Forward
- Affirmations
- Maintain your health – Honor your body with proper nutrition, exercise, and sleep. Again, change your thinking about food and sleep. Food is my energy. Sleep is my time of healing and repair.
- Maintain your blessings – Change your thinking about household responsibilities. It does not have to be a “chore” to clean your home or take your car in for an oil change.

*Giving up doesn’t always mean you’re weak; sometimes it means you’re strong enough to let go. - Unknown*
4 Easy Steps to Calm = STOP

S - T - O - P

Often when a situation gets hot, out of control or very uncomfortable the mind stops thinking rationally. Emotions take over and speech or choices become impulsive. When you are experiencing such stress follow these very quick and easy steps to bring your mind back to a stable and neutral state so it can function properly.

1. **Stop** whatever you are doing, whether talking, planning, trying to calm someone, worrying, feeling anxiety, etc.

2. **Take a Breath** - bring your attention to your breath, quietly inhale & exhale for a few seconds

3. **Observe what is Present** - tune internally with your body, mind and emotion. Ask what is here? Is it judgment, chaos, a feeling of rush, anxiety, fear, sadness, physical pain, fatigue? Stay with it for a moment and feel what is present and

4. **Proceed** - By giving your attention to what is present, most symptoms of anxiety and chaos disappear. This is the nature of impermanence. All things that arise must pass. The sooner you get in touch with that which is uncomfortable the sooner it passes. In just a few seconds the mind becomes calm and you can proceed from a place of detached, neutral & wellbeing.

Remember this Acronym of STOP and practice it several times a day so you can become good at it.

*The only thing you lose when you Let Go of something you are afraid to live without is the fear itself.* ~ Guy Finley
Self Love & Worthiness are the key to your healing. All the remaining weeks are how-tos. How to interview for a job, how to manage your money, how to eat right, etc. If you don’t first love yourself and believe you are worthy of the better job, saving money, being healthy, you will not be.

**What is Law of Attraction?**

Law of Attraction is the magnetic power of the Universe that draws similar energies together. It is the thought that like attracts like, that thought manifests the physical. To use LOA to your advantage is to focus on what you want to attract, not on what you don’t want. Focus on health (not sickness or dis-ease) to attract health into your life.

What you think about grows in your heart. The seeds you plant and cultivate are the fruits that grow. If you think "Life Sucks," you are the victim of your own poverty of thinking.

Poverty thinking is fear-based. It is a mindset of unworthiness, lack, and not enough. Abundant thinking is love-based. It is a mindset of worthiness, plenty, enough to share. Making the shift from poverty thinking to abundant thinking begins with thoughts of love and a heart of gratitude.

Are you tired enough of being put down and beaten up by your own thoughts that you are ready to rebel against this inner tyranny?

*With a greater awareness and a new understanding, you see the situation with new eyes.*
Shift the energy and activate the Law of Attraction in your favor.

Here is a new way to think about letting go of the familiar and to see a new view:

- You are always right where you need to be to take the next step beyond yourself.
- See the upset not as an exterior circumstance to be remedied, but rather as an interior condition to be understood.
- That bad feeling you don’t want to feel is the feeling of not wanting that bad feeling.
- If life knocks you flat on your back, open your eyes: Above you are the Stars.
- Defeat is a memory.

Chasing after a pleasure to ease a pain is like running after a breeze to cool you down. ~ Guy Finley
**LOA Detox Program**— Eliminate the toxins in your mind and body and attract health & happiness.

ELIMINATE NEGATIVE WORDS FROM YOUR VOCABULARY— STOP SHOULDING ON YOURSELF:

- I Should...... instead say “I could”
- I Have to ..... replace with “I choose to”
- But ..... make it “and” instead
- I Can’t ..... if you think you can’t, you give yourself permission to not be able. Once you announce “I can” you open the possibility.
- I Hate ....then why are you doing it? Two choices: Change your thinking about it OR stop doing it!
- I Never.....never enough, always lacking,victim of your own thoughts.
- I Always.....victim, again.
- I’m sorry....are you really? It’s okay to admit the choice you have made.
- I’m busy....
- Okay to say No!

ELIMINATE TOXIC FRIENDS AND NEGATIVE RELATIONSHIPS THAT POISON YOUR LIFE.

- Frienemies – people *and things* that seem to support you, always there for you, when in fact they are holding you down.
- *A friend* would not hurt you or encourage you to do something that would hurt you.

ELIMINATE TOXIC FOODS FROM YOUR BODY.

- When you love yourself, when you are worthy of health and wellness, you will not want to poison your body.

- **TOP 5 INGREDIENTS TO AVOID @ www.cookingwithOlivia.com**

1) **Hydrogenated and Partially Hydrogenated Oils.** These are man-made fats which actually stay in the body for up to 90 days and have been linked to high cholesterol. They are commonly found in margarine, and in many pre-packaged desserts and baked good to keep them soft and shelf stable. More or less, these fats allow products to sit on the shelf for years without going bad.

2) **Artificial sweeteners.** These are toxic to the body, particularly to the nervous system (can trigger migraine headaches) and to the thyroid (which can lead to fatigue and difficulty losing weight). These actually keep your body from secreting leptin, a hormone that tells you that you’re full. Studies have repeatedly proven that artificial
sweeteners contribute to the obesity epidemic, because they actually make you brain addicted to sweets. *This includes pink, blue and yellow (Nutrasweet, Aspartame and yes, Sucralose, which is Splenda).* Instead choose **stevia** (Truvia or Xylitol), which are all natural calorie free sweeteners, which are also high in fiber, and do not elevate blood sugar as much as pink, blue and yellow do. These are found in most “diet” products and in most “sugar free” products.

3) **High Fructose Corn Syrup.** Just because this was once corn, does not make it natural or healthy. Studies in Europe have linked HFCS to **Hyperactivity and ADD**. Recent studies published have proven a link between **HFCS and Type 2 Diabetes, and Obesity**.

4) **Artificial Coloring.** This has been linked to **hyperactivity**. So many brands offer fun colored food colored by fruits and vegetables, rather than artificial coloring, which is toxic to the body. *Found in many juices, fruit chews, fruit bars, children’s cereals and snacks.*

5) **MSG.** Mono-Sodium Glutamate has also been linked to **migraine headaches**. It is also a **neurotoxin**, which decreases nervous system function. Be careful of this in some **lunch meats, hot dogs, bacon, sausage**, and flavored boxed foods.

**ELIMINATE THE FEAR - SEE NO EVIL, HEAR NO EVIL, SPEAK NO EVIL**

Make conscious choices about what you want to look at, listen to and talk about. Look for the beauty in everything you see, turn off the negitude and tune in to happy words, thoughts and deeds. Speak about what you love, what you appreciate and what you want. When you do these three things regularly, your *will* attract more beauty, happiness, and love into your life.

I have a charmed life...because that’s how I choose to see it. Don’t be jealous; join me. It is not that I can afford to think this way. But rather: I think abundantly, therefore I have abundance.

2 of my personal best practices of mindful living:

Weekly Compass – plan moments of mindfulness, put the first things first, spread the love, maintain your blessings, give gratitude

**www.mychildsgardener.com/weekly-compass/**

Affirmations

**www.mychildsgardener.com/creative-inspiration/**

*When you see something new about yourself, you are released from who and what you have been.*

~Guy Finley
Key Lessons, excerpts from Life of Learning Foundation by Guy Finley @ www.guyfinley.org

Key Lesson: It's impossible to be concerned with how others see you... and be true to yourself at the same time.

No one can give us the approval we seek, because it isn't his or hers to give. And the more we understand the truth of this higher fact, the less inclined we'll be to give ourselves away.

Believing we can't be happy without the approval of others is like thinking that we can't see beauty without someone else's eyes! Time and time again, we come to the same spiritual lesson: no one can give us that which can only be found within our Self.

Key Lesson: Self-pity is the campsite of self-defeat; it is a dark refuge for those parts of us that would rather wallow in what cannot be than dare to explore what is possible.

You do not have to accept your present life-level. Life-level is what determines whether you sail through this life or sink in it. At present, it may seem to you as if there are times when you don't have much choice in your own life. I want you to know that this is a lie. This temporary feeling of being trapped is part of your current life-level, where you sincerely feel as though your choices are limited. Again, I want you to know this is simply not true. There is always a choice.

The problem is that most men and women insist upon their choices. You must see this. Your present life-level has been determined by the choices you have already made. Why go back to the same field of choices? You already suspect that it will yield no real harvest of happiness. Go ahead and confirm your suspicion. Nothing bad will happen to you. In fact, only something good can occur once you stop clinging to useless ideas. You could say that your new choice is to stop choosing for yourself from yourself. This is the first necessary step for changing your life-level. Here is something to help you see the wisdom of your new and higher choice.

If your choices so far have left you feeling dissatisfied and incomplete, you must stop blaming your selections and see that the problem lies with the chooser -- you! You and what happens to you every day are the reflections of your life-level. We are wrongly led to believe that life makes us into the kind of person we are. The truth is that the kind of person we are, our life-level, makes life what it is for us!

The power is within you to heal your life!

Release always follows revelation and real revelation is always a glimpse of something that was only just out of sight.