

***“RAISE YOUR FREQUENCY, OPEN YOUR HEART  
AND LIVE AN EXTRAORDINARY LIFE”***

Everything changes when you start to emit your own frequency rather than absorbing the frequencies around you,

when you start imprinting your intent on the universe rather than receiving an imprint from existence.



**“The better you feel about yourself  
the more successful you’ll be”  
*Richard Barnsley***

**LIFE ISN'T ABOUT FINDING YOURSELF.  
LIFE IS ABOUT CREATING YOURSELF.**

**GEORGE BERNARD SHAW**



**...OR “RECREATING” YOURSELF *Marita Mason***



## Why this booklet? Marita Mason

There are many awesome people in my business who are really passionate about the products and business potential, but it just doesn't come together for them. So what's the secret? I asked a few Leaders what their "X-Factor" was and this is what they said:

**Ian Davies** Having the magic to live with the fire of purpose and uplift humanity and to do good in this world. "To live like a dog with a bone". **Woof Woof!!**

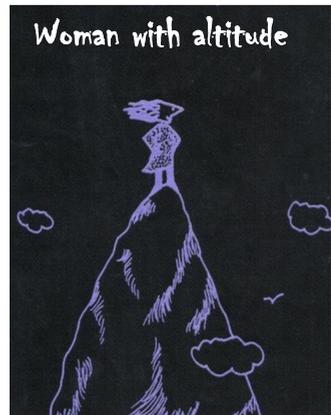
**Tony Hayden-Smith** I was compelled to help others after the profound improvement in my own health. But how? Passion, love, joy, hope, when understanding what the body can do if given a chance. Many people lose hope—my faith in God gave me hope a long time ago. I also learnt to press forward through the obstacles thrown at me.

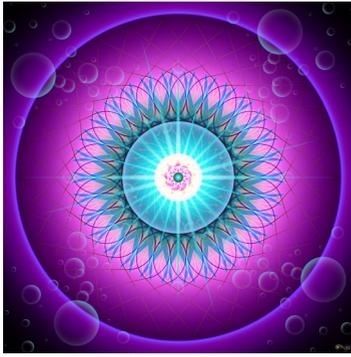
**Sandra Barnsley** Living with passion and focus and being the best version of myself by dealing with limiting beliefs and emotions as they surface.

**Linda Hoggard** To strive for excellence as a Leader, eliminating all negative behaviours and live with passion and conviction. To educate, inspire and help as many people as possible. "I'm on a mission".

**Marita Mason** To constantly "awaken" to my full potential, be "authentic" and bring health and healing to as many people as possible.

So, it's not about working hard—it's about passion, purpose, faith in God and releasing negative emotions. Limiting thought patterns always diminish the passion we need to fulfil our dreams. This booklet won't be everyone's "cup of tea" and many will find it "over the top" and unnecessary, but for those who feel "something is missing" from their lives, I hope you find it helpful—one simple technique can be life changing. It relays much of the wisdom I have learnt over my 38 years on a committed spiritual path, although I am still very much a "work in progress"





My journey began in 1979 when I was completely traumatised. I didn't want to live, but I never considered ending my life. Instead, I went on my knees and cried out "GOD HELP ME". I then found myself at a Charismatic Meeting—eventually surrendering my life to God. Every Thursday night at the meeting I cried as I felt Jesus' love filling my heart. I am so grateful to the Charismatic Church for awakening me to this love. For many years

after that I was on the Healing Team at the Monastery in North Perth as my passion to help others find peace and my natural healing gifts emerged.

Since then my journey has been very unconventional—full of twists & turns, but never dreary. I read all the books—studied at Mystery School (ancient healing techniques) for a year in Mt. Shasta, California; trained at the "Oneness" University Campus in Fiji and became a "blessing giver". Once, when my dad had a serious case of shingles, I did that blessing with him and he was instantly healed. I became a Mentor for Gavin Ashley's "the Belief Reset" and a "Universal Intelligence" Mentor with Daniel Rechnitzer. I studied Richard Bartlett's Matrix Energetics and created a meditation CD "Infinite Potential" using the "morphic field"; I'm also a Soul Re-alignment Practitioner for Andrea Hess. The book Conversations with God was hugely inspirational for me and A Course in Miracles was my "bible" for 6 years.

Saying I was obsessed is probably an understatement. I was so on a mission. Meditation must have been a challenge at first (as it is for everyone), but I've been doing it for so long that it's now the most wondrous part of my day. I run meditation groups and have a number of guided meditation CD's.

In 2002 my life was challenging—I wanted to spend time meditating, but needed to earn money and was close to losing my home. All the spiritual stuff I knew, wasn't helping. Mark O'Neill contacted me and did 2 "Healing the Etheric Family Pattern" sessions with me. I was carrying a "poverty mentality" from my father's ancestral line and had a "fear of annihilation" in my mum's line. The healing completely changed my life and now is one of the main modalities I use when working with clients. That year, I made \$80,000 from a MLM health product and had no problem as a Leader. Who knows what the "one thing" is that can transform our lives.



## DESIRE, GRACE and SURRENDER

In my meditation recently, I asked what the key components were for transforming stuff and those are the words I got. Brendan, my daughter's partner recently asked me where I thought "desire" came from and unconsciously I said "It's my highest potential pulling me forward

with an "idea" of what can fulfil my life". "Grace is a gift from God, the unmerited loving favour and His abounding compassion." We all know what "Surrender" is. It's important to surrender what blocks us and also surrender to all that's possible, The thing about this, is that it's important to **believe** that God/the Universe/Spirit is on our side—this in itself can be a long journey (particularly if, like me, you were brought up in a religious school and believed you were a sinner) Knowing God's love for me is one of my greatest joys. Maybe Desire, Grace and Surrender are also the way to find this??

## SO WHERE DOES "FREQUENCY" FIT IN?

When you raise your vibrational frequency you open the doors to abundance, happiness and greater prosperity. You become the vibration plane that you wish to exist on and attract, like a magnet, all the goodies equivalent to that energetic frequency. When you alter your frequency, you directly affect your physical world. Thoughts and feelings of fear, hatred, anger, grief and despair vibrate at a low frequency, while thoughts and feelings of love happiness, joy and gratitude vibrate faster. Your vibrational frequency is the magnet that attracts your experiences.

Your positive energy vibrations depend on the waves of love— not just the love you give others, but also the love you give yourself. You need to become your own best friend and be patient with yourself. Your mistakes are opportunities to learn and grow from where you are to where you want to be.

Love, kindness, compassion and forgiveness can heal you from the inside out. Tell yourself how beautiful you are; that you're a winner, that you deserve success and abundance; and that you may fail or lose at times, but you will never lose your lessons.

It's easy to forget you're a spiritual being, when the world around us promotes material living continuously. In truth, you're a spiritual being having a human experience. Focus on who you want to become—because you know you must **BE** the change you want to see in the world.

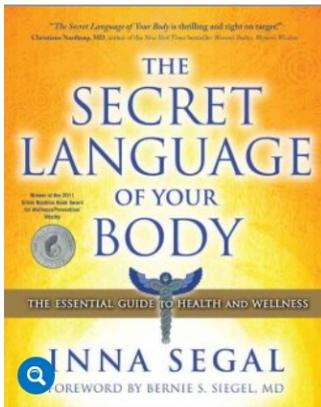
Through meditation and self-correction, you can transform behavioural patterns that don't serve you. Your mask must come off so you can live an authentic life that touches the very essence of your true nature. When you understand the power your feelings, emotions, thoughts and words possess, you'll evolve exponentially and attain a life equivalent to your wildest dreams. You must appreciate that every day is sacred.

## SIMPLE WAYS TO INCREASE YOUR VIBRATION

**Adopt an active lifestyle—it triggers the positive biochemistry in your body; Walk outside in the fresh air and do something you love, just for the joy of it; Deep breathe; Do yoga; Eat organic food and drink pure water; Play with kids; Dance; Listen to great music; appreciate the beauty around you, especially nature (allow yourself to fully live the moment); Clean out unwanted stuff; Get your bare feet in the ocean or river; Watch an uplifting movie; hang out with a special friend; Pamper yourself; use pure essential oils—they access the limbic part of the brain where emotions are stored; Take a magnesium bath; Hug a friend—and fully open your heart to give and receive the love; take a holiday; laugh - be silly; Sing in the shower, in the car; whistle (if you can); Smile (a lot).**

You must appreciate that every day you're alive is sacred. Every breath supports your life. Every meal is nourishment, and it all contains vibrating energy. You're a being of vibrating energy. That's why you must direct that energy to where you want it to go, You're powerful. The idea of perfection should disappear. The thing you're most afraid of, is what you most need to face. When you live outside your comfort zone, you're free to uncover new and greater possibilities and opportunities.

All the above stuff is awesome and should become a part of your life to maintain a high frequency. Personally, I believe we need more to know what our "actual" roadblocks are, and then we need the tools to let go of the things that don't serve us. EFT on page 16 is a great tool and the information by Inna Segal is also extremely helpful. Healing the Inner Child and persisting with meditation to get your own answers are paramount. P.4



## SECRET LANGUAGE OF YOUR BODY

Louise Hay's book *You Can Heal Your Life* came into my life in the early 90's and has been a great resource for me. Learning so long ago, that it's the mental and emotional patterns that create disease has helped understand what aspects are out of sync. Inna Segal's book *The Secret Language of your Body* is now my bible on this subject and I recommend it to all my family, friends, clients & business associates.

Once we take responsibility for what's showing up in our body, we can start to unravel the emotional crap that has caused the dysfunction in the first place. Bernie Siegel, M.D. in the Forward to her book suggests that by paying attention to the messages from within our body we can stop living our untrue self's life which others have imposed upon us. We must be willing to pay attention to our body and feelings and not live solely in our head.

The reason most people have a hard time paying attention to their feelings is because **their feelings are painful**. The effect of words upon children is hypnotic and very difficult to overcome when they grow older. Often the search for better feelings leads to a variety of addictions. So learn from your body and your problem and let the charcoal under pressure become a diamond which frees you from darkness and disability. This is not about doing it right or wrong, being good or bad, but about being open to the universal language of the spirit and unconscious as spoken through our bodies.

In the Introduction, Inna says: "Learn to heal yourself, release negative beliefs which keep you imprisoned, let go of destructive patterns and emotions such as resentment, fear, depression, anger, failure, jealousy and hopelessness. Connect to the wisdom of your body, learn to use your intuition, open your heart and experience joy, compassion, clarity, relaxation and love. Discover the innate intelligence of your body and how to use it to create amazing transformations.

**When you let go of the shell that covers your true nature, you discover the radiance of your authentic Self.** Throughout history, many of the great masters have said "Know thyself".

This is a great concept, but most people don't know how to do it. Once you begin to feel the amazing benefits, expand your awareness and experience the power of self-healing, you will never want to turn back.

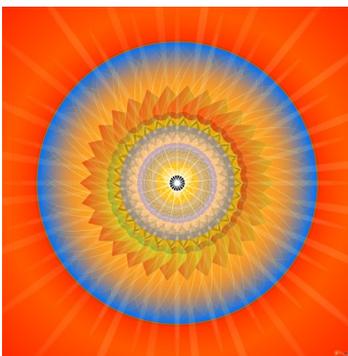
The book is very comprehensive when it comes to most ailments. I have learnt to consult it immediately something is going on in my body. For example, if I kicked my big toe and it was painful, she says: This represents your direction in life. Are you moving straight ahead or have your dreams been halted? ...." Personally, I would then take stock of where I was heading and adjust my sails accordingly. I have found that if I don't pay attention to these small signs, then worse things start happening.

**Lower back pain:** "Feeling insecure about how you will support yourself financially. Constant worry about your survival and how you are going to pay the bills". Inna then has many remedies and affirmations, one of which in this case is: **"Divine Healing Intelligence, please install feelings and experiences of support, confidence, self belief, trust, freedom, abundance and success. Thank you"**.

**Knees.** Feeling stuck. Frozen desires and unfulfilled dreams. Difficulty making decisions and keeping commitments. Fear of moving forward.

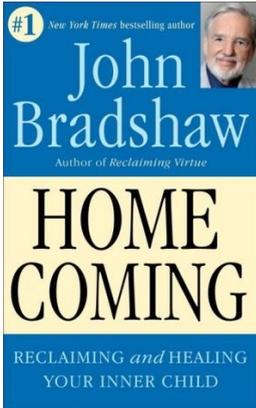
**Remedy:** Ask: "Am I willing to let go of controlling, blaming and judging myself and others? Can I give myself permission to move forward with trust, love and certainty?" If the answer is yes, imagine cutting yourself free from heavy ropes of control.

**Diabetes.** Fear of fully participating in life. A belief that you are unworthy or undeserving. Constant need for sweetness to mask the feelings of weakness, limitation and belief that there is not enough.



**Allergies.** Feeling annoyed and aggravated by other people. Blaming people for your negative reactions. Obsession with people who have hurt you. In 1990 I cut down a beautiful pepper tree in my garden as every time my skin touched it, it came up in welts. Shortly after that I discovered Louise Hay's take on allergies. I was actually "allergic" to anyone aggressive like my mum had been. Once I healed this in myself, I had no more allergies. **Boom Boom!** P.6

## HEALING THE INNER CHILD



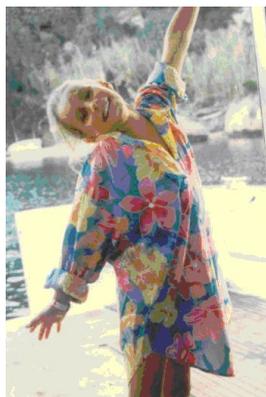
Many moons ago, John Bradshaw's book took me on a journey that I believe many spiritual seekers will need to travel. Using a wealth of practical techniques, he demonstrates how your wounded inner child may be causing you pain. You'll learn to go back, reclaim and nurture that inner child - and literally help yourself grow up again. It shows you how to: Validate your inner child; Give your child permission to break destructive family roles and rules; Adopt new rules allowing pleasure and honest self-expression; Deal with anger and difficult relationships and pay attention to your innermost purpose and desires, and find new joy and energy in living.

My parents were amazing and my mum did all she could to give us the education she never had. She worked extremely hard and was always stressed. I had not been planned, so always felt like I was a burden—I was belted a lot and was actually very frightened of her. This made me timid, but as a teenager I drowned my sorrows in alcohol, and actually thought I was pretty “hot” (big ego problem there!!) Someone read my palm when I was 19 and saw from the break in my heart line that my childhood was pretty messed up. I denied this, because, at that stage I hadn't faced up to my pain. Also, on the surface, it looked like I was “together”. I was very athletic, looked good, had no trouble getting boyfriends, travelled and had fabulous jobs. What more could there be?? Little did I know that my heart was completely shut down and broken. John Bradshaw's book was a breath of fresh air. It helped me see and heal the pain that had always been there. **I am eternally grateful for the information in this book.**

By becoming a “parent” to my inner child, I started the long, arduous journey of bringing my little girl into love. The main technique I learned. was to imagine my little child sitting on my lap and saying (once I knew the issue) “I'm so sorry you had to experience this. Your parents did the best they could, but they weren't taught to love themselves. I'm going to put my hand on your heart and send healing love. Breathe the sadness (anger, etc) out through your feet and imagine golden light filling you up and spreading through your body. You are so loved, precious and perfect just as you are. I will always be here for you. You are safe and beautiful”

## ‘RETURN TO INNOCENCE’

I used this picture of my daughter Estee for the cover of my CD “Return to Innocence”. My children, Estee and Matthew were the greatest gifts to me as far as healing my inner child was concerned. I gave them what most children need—love, cuddles, gentle discipline, play, etc. and I had so much fun. Now, with my grand-daughter who is 6, I often imagine we are both children playing together where it is safe, fun, creative and innocent. This is a huge blessing for me.



## “SUB PERSONALITIES”

In a book called “Soul Love” - Sanaya Roman talks about our personality being composed of many parts, ie, there may be an obedient self, a rebellious self, a fearful self and so on. She calls these selves “sub personalities” and they developed in our childhood. They decided what was best for us based upon our environment and how to survive it. We now need to update them so they can cooperate with us to achieve our goals.

Any time we find resistance to goals, we can look to see who is running the show. When I’m working with a client, I may see that at a particular age, the child went into lock down and is stuck there. I ask the client to imagine going to the top of a mountain (where they create from), sitting their little child on their lap and having a chat about how that behaviour is no longer necessary—that they are now safe to let go. Once they give their child the love that it needed (by sending love into the child’s heart), the child can let go and come back into wholeness. I then ask that they imagine the child becoming light and morphing into them. This is a total transformative experience.

Until I discovered this info, the inner child work I did always had something missing. If you feel stuck in a limiting pattern, find a quiet place and ask: “Is there a sub-personality running the show here? How old was I, and what did I believe?” “Listen” with your heart for the answer. You may get that at 7 it was best (and safest) just to keep your mouth shut and not voice your opinion. See yourself at that age sitting on your lap—tell them that they are now free to express themselves exactly as they want and you totally support them. You may need to allow them to throw a tantrum and release any anger. Then they can turn into light and morph into your body.



## FASTEST WAY TO ENLIGHTENMENT

by Jane Tredrea

As we all know, self love is the root from which everything grows. You cannot love someone until you love yourself. So this is a process which Teal Swan (The Spiritual Catalyst) began and I am sharing it with you now as it is one of the most valuable pieces of information I have ever acted upon.

It starts with a commitment. So for 21 days you will ask yourself this question for every decision you have to make (no matter how big or small) The question is “What would someone who loves themselves do?” You will receive the answer. Then most importantly, you Act on that answer.

So let me give you an example; What am I going to have to eat? An apple or an orange? So you ask yourself that question. Immediately you get the answer in a quick flash of intuition. You do not know Why that is the answer, it just is! You received the answer Apple, so you take action and eat the apple.

Asking yourself this question every time you have a decision for 21 days creates a habit and you literally can't live your life any other way. It is one of the most difficult processes you can do as every single thing that is in the way of your enlightenment will surface, demons and all. Good luck!

### Marita's Prayer

I recently discovered the following prayer that I composed many years ago. I would have said this prayer daily, and then, as we do, discarded it for whatever the latest thing was, probably never believing I could create it. The interesting thing is, that I realize now that I have achieved most of what I put out for then—it's sort of like people who do vision boards and then find that they have materialised what they set out to. I can't remember now why it was important to tap the occiput while you are saying the prayer, so I checked with my friend **Diane Livingstone** who said the following:

*“The occiput is the gateway where all sensory information enters and exits the brain for processing. The signals our body has picked up or stored have to pass through the occiput region into various part of the brain for processing. It may be that by tapping this point we can bring to awareness, unconscious programming and have the choice to change it”*

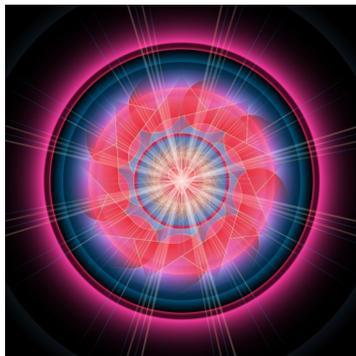
So the instructions with this prayer are: **Tap the top edge of bone above the hollow section of the back of your skull (occiput) and say the prayer.** At the end hold the point and take a full slow deep breath and release it. (My prayer may be a little over the top for some, so just make up your own crazy prayer if it resonates to do this. Aim high though)

“I am discovering daily how incredibly talented, creative, confident and beautiful I really am. It’s as though the veil has been lifted and I see through different eyes. Beauty surrounds me, people love me and I feel confident and free expressing myself. Every day brings magic and I live in wonder and awe at how simple life can be. I find the birds singing to me, the sun smiling at me and the breeze whispering in my ear “You are loved, you are precious and you are beautiful”.

The child in me is delighted at my newfound sense of freedom and I am always seeing the funny side of life – I just don’t seem to take things so seriously any more. There’s a twinkle in my eye and a zing in my step and I seem to be laughing more than ever. Past hurts are dissolving and I live fully in the present moment, enjoying the delicious “Now”. Even when I get stressed or start to worry, I stop, brush myself down and bring myself back to the eternal “now” where all is well. I seem to be a magnet to beautiful caring people who love to share my life.

My days are spent doing things that make my heart sing, and I find money flowing to me from many areas. I feel like I’m “in tune” and am grateful, content and blissfully happy. My body is trim, taught and terrific and I literally “glow” with vitality. There is always a song in my heart and I enjoy feeling sensuous and alive. My relationships are a source of great joy and fulfilment and my heart is always open and trusting.

My life is lived to its grandest destiny and I achieve miraculous things. My Spirit makes its present felt as my heart opens more and more to Divine Love. I feel very guided, blessed, expanded and aligned with my Essence and whatever I need to know comes easily to me. I feel that the love of God is always shining through me bringing blessings, nurturing and support.



Father/Mother God, thank you for my life, for your love and for the beautiful person that I am. Continue to work your miracles in me, making me transparent and pure and a remarkable example of your love. I honour and bless the God within and surrender to my highest potential. I am indeed at one with Divine Spirit.”

**AND SO IT IS.**

## HAFIZ POETRY

### WITH THAT MOON LANGUAGE

Admit something: Everyone you see, you say to them, "Love me"  
Of course you do not do this out loud, otherwise  
Someone would call the cops.  
Still, though, think about this, this great pull in us to connect.  
Why not become the one who lives with a  
Full moon in each eye that is always saying,  
With that sweet moon language,  
What every other eye in this world is dying to hear?

### HOW DID THE ROSE?

How did the rose  
Ever open its heart  
And give to this world all of its beauty?  
It felt the encouragement of light against  
its being,  
Otherwise we all remain too frightened.



### IN A TREE HOUSE

Light will someday split you open. Even if your life is now a cage,  
For a divine seed, the crown of destiny, Is hidden and sown on an  
ancient fertile plain You hold the title to.

Love will surely bust you wide open Into an unfettered, blooming new  
galaxy. Even if your mind is now a spoiled mule.

A life-giving radiance will come, The Friend's gratuity will come—  
O look again within yourself, For I know you were once the elegant  
host to all the marvels in creation.

From a sacred crevice in your body A bow rises each night  
And shoots your soul into God.

Behold the Beautiful Drunk Singing One He is conducting the affairs  
of the whole universe While throwing wild parties In a tree house—  
on a limb In your heart.

### THE PLACE WHERE YOU ARE RIGHT NOW

The place where you are right now God circled on a map for you.  
Wherever your eyes and arms and heart can move  
Against the earth and sky The Beloved has bowed there –  
Our Beloved has bowed there knowing You were coming.

## A Mystic Memo

And so it came to pass that mystic lover was munching hors d'oeuvres and sipping a passable merlot, when another guest at this swank California party munched her way from the pretzels, through the chips and guacamole, occasionally smiling with twinkling eyes in his direction.

She eased in a bit closer than what could be considered the usual platonic social distance, and quietly asked: "What do you do?" The mystic lover washed down a wheat thin smothered in cream cheese, devoured in one gulp the last half of this glass of wine, smiled, and burped.

He put his hand on her heart and began speaking so suddenly she just couldn't do anything but abide, transfixed, his eyes but a few inches away, wide and filled with playful light:

"What do I do? What do I do? Well, I will tell you what I do, I will!

I die with every breath. I die into the presence of the Ever Shimmering One radiating to me through all created things: moonlight sifting through silver-edged clouds, laughter of a child, tears of the grieving.

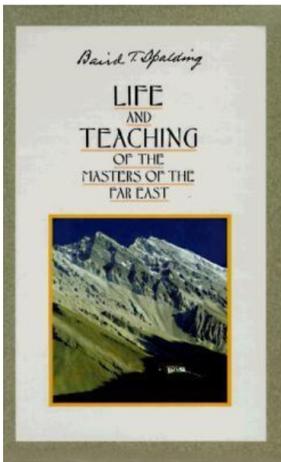
I die into the Mystery of the Ever-Nameless One beyond all comprehension, transfixed and astounded and liberated by the sheer force of my Divine Ignorance. I die into the intoxicating and sensual caress of the Beloved One whispering sweet everything's wrapped in So Much Love as all of life's blissful emanations reach to kiss me, intoxicated in their devotion to give all of their essence to one of God's children .....me!



Then, what I have been given flows from me into this world as flowing Mystery, Radiant Love's Presence and Intimate touch of the Beloved. These three: The Ever-Shimmering One, The Ever-Nameless One, The Ever-Beloved One. This is what I do. This is what I AM."

"What do you do?" he asked, coating one final cracker with delicious cream cheese. P.12

## LIFE AND TEACHING OF THE MASTERS



Baird Spalding, a Scientist (one of a research party of 11) visited the Far East in 1894 and stayed for 3½ years to study the “Masters” who were able to walk on water, bi-locate and perform seemingly “miraculous” feats. The 5 Volumes of Life and Teaching of the Masters of the Far East is a record of Baird Spalding’s personal notes taken during the first year’s experience of the expedition in relation to the Masters. “The Masters accept that Buddha represents the Way to Enlightenment, but they clearly set forth that Christ IS Enlightenment, or a

state of consciousness for which we are all seeking – the Christ light of every individual; therefore, the light of every child that is born into the world” Baird T. Spalding

This Publication came across my path about 25 years ago and it has been one of the greatest influences in my spiritual life. It opened me to a world that I never realized existed and inspired me to go beyond my own boundaries and know that anything was possible with a pure heart. I memorised the following prayer and say it regularly because I am a great believer in trying to get back to the “innocence” of childhood.

“I now realize that there is within me a spiritual joy-body, ever young, ever beautiful. I have a beautiful, spiritual mind, eyes, nose, mouth, skin – the body of the Divine Infant, which now is perfect. There is a divine alchemist within who has caused dead and worn out cells to fall and the gold of new skin to appear with perpetual health and loveliness. The divine alchemist is within my temple, constantly coining new and beautiful baby cells. The spirit of youth is within my temple, this human form divine, and all is well. I smile in the sweet way of a child, the real smile of true beauty – the artistic work of the Inner Ruler Immortal. I think a kind thought for all the world. May all the world be happy and blessed. I visualize daily my beautiful being until I breathe it into expression. I am a Divine Child – all my needs are being now and forever supplied. Infinite Love fills my mind and thrills my body with its perfect life. I make everything bright and beautiful about me. I cultivate a spirit of humour and enjoy the sunshine”. P.13

## HO'OPONOPONO

Dr. Hew Len is an Hawaiian therapist who cured an entire ward of criminally insane patients, without ever meeting any of them or spending a moment in the same room. He reviewed each of the patients' files, and then he healed them by healing himself. How did he affect those patients "out there"? The secret is there is no such thing as "out there" – everything happens to you in your mind. Everything you see, everything you hear, every person you meet, you experience in your mind. You only think it's "out there" but you are responsible for everything you think, and everything that comes to your attention. You can use this technique for healing relationships with others or with yourself. This is a phenomenal story, powerful technique and there are lots of books and info on the internet about it.

There are four simple steps to this method, Repentance, Forgiveness, Gratitude and Love are the only forces at work – but these forces have amazing power. The best part of it, is that you can do it yourself, You can "say" the words in your head. The power is in the feeling and in the willingness of the Universe to forgive and love.

**Step 1: Repentance – I'M SORRY** You are responsible for everything in your mind, even if it seems to be "out there." Choose something that you already know you've caused for yourself. Do you have anger issues? Health problems? Start there. That's the whole step: I'M SORRY.

**Step 2: Ask Forgiveness – PLEASE FORGIVE ME** Don't worry about who you're asking. Just ask! PLEASE FORGIVE ME. Say it over and over. Mean it, as you ask to be forgiven.

**Step 3: Gratitude – THANK YOU** Say "THANK YOU" – again it doesn't really matter who or what you're thanking. Thank your body for all it does for you. Thank yourself for being the best you can be. Thank God. Thank the Universe. Thank whatever it was that just forgave you. Just keep saying THANK YOU

**Step 4: Love – I LOVE YOU** Say I LOVE YOU. Say it to your body, say it to God, to the air you breathe, to the house that shelters you or your challenges. Say it over and over. Mean it. Feel it. "I LOVE YOU"

That's it. The whole practice in a nutshell. Simple and amazingly effective.





## Emotional Freedom Technique

I first learnt EFT in 2000. It is a powerful technique that works through the meridians of the body. After exploring many different techniques of “tapping”, I developed a short version that seems to have a profound impact. I have taught this to family, clients etc. and combine it with a modality called Be Set Free Fast (commanding the subconscious) and also

Divine Decrees. What I love about this is that you don’t need to know how to meditate for it to work. Once you know what the problem is that you’re dealing with, you can use it anywhere. I recommend that anyone who resonates with this, learns the words so they can use it whenever they need it. Its extremely powerful.

**How Does EFT Work?** EFT focus’ on the healing disruptions in your body’s energy system. These disruptions hold in place deeply set ‘unconscious, psychological beliefs’ that block healing or stop advancement or success. Depression, anxiety, ineffectiveness and physical illness can be caused by unseen aspects of your humanity, eg disempowering attitudes, beliefs etc. These imbalances and beliefs exist without you even knowing, They literally frame your world view, and yet you are largely unaware of the fact that you don’t think a single thought that isn’t in some way influenced by them. They literally create the boundary of what is and is not possible for you in the areas of life they relate to.

The effect of EFT is often miraculous, seemingly impossible things can and do happen and sometimes they happen very fast! \_Clear your past, enjoy the present and create the future of your dreams now. In minutes you’ll be tapping into your awesome potential. Clearing phobias with this method is very effective.

The **first part** is the “Set Up” where you speak **what is actually true now**, Some examples may be: I don’t feel worthy of success; No one listens to me; I’m not moving forward; I feel second rate; I’m broke; I cant find my passion.

**Part 1. Set Up:** Tap side of hand firmly (karate point) and say out loud three times: “Even though I ...(don’t feel worthy of success)..... I accept myself”

**Part 2 1st Point.** Tap eyebrow point (just above bridge of nose on eyebrow) firmly with 2 fingers and say: I am eliminating all of the sadnesses ***in all of the roots & the deepest cause of all of this problem of (not feeling worthy of success)***

**2nd Point.** Tap the bone under the eye firmly with 2 fingers and say: I am eliminating all of the fears ***in all of the roots and the deepest cause of all of this problem of (.....)***.

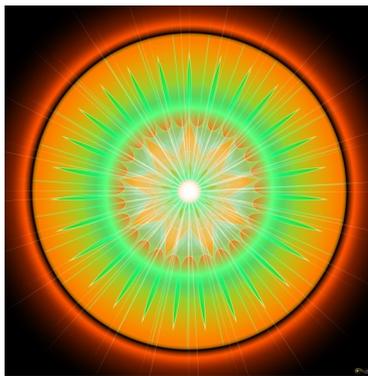
**3rd Point.** Tap left hand little finger nail at base firmly and say: I am eliminating all of the angers ***in all of the roots and the deepest cause of all of this problem of (.....)***

**4th Point.** Tap eyebrow point again and say: I am eliminating all of the emotional traumas ***in all of the roots and the deepest cause of all of this problem of (.....)***

**Then say as a Command: “SUBCONSCIOUS MIND - TREAT NOW - FREE”** Take a big breath. (This is a Be Set Free Fast technique).

### **DIVINE DECREES**

Divine Decrees when said 3 times from the heart become law. They’re great to use after EFT to solidify the good stuff. It’s good to learn the words so you can say it at any time. If the issue was not feeling worthy of success, you might say:



**“By Divine Decree in the Name of God under the Law of Grace** I release the belief that I am not worthy of success” x 3. Take a big breath between each sequence.

After “releasing” the negative stuff, you might then do another Decree as follows: **‘By Divine Decree in the Name of God under the Law of Grace** I allow Healing Love to flow into all those parts within me that didn’t feel worthy of success” (said 3 times)

Other examples are: I release all sadness at being dominated; I release all my anger at being shut down as a child; ***Release the old beliefs first, then give yourself permission to get what you desire.*** I give myself permission to be abundant; I give myself permission to know that I am lovable and capable; I accept that people listen to me etc. Make up whatever you need.

A few days ago I realized that I still carried a belief that I needed to be perfect in order to be loved. So this was what I did:

1. **Set up:** Tapping karate point “Even though I grew up believing that I needed to be perfect in order to be loved, I accept myself“ x 3.
2. **Tapped Eyebrow point:** “I’m eliminating all the sadnesses in all the roots etc.....problem of needing to be perfect to be loved.”  
**Tapped under eye:** “I’m eliminating all the fears.....problem of needing to be perfect to be loved”  
**Tapped on the little finger nail:** “I’m eliminating all the angers etc. ....problem of needing to be perfect to be loved.”  
**Tapped on eyebrow point:** I’m eliminating all the emotional traumas .....problem of needing to be perfect to be loved”.
3. **Out Loud “Subconscious Mind Treat Now—Free”**
4. **By Divine Decree in the Name of God under the Law of Grace** I release the belief that I need to be perfect to be loved x 3. Breathe
5. **By Divine Decree** etc. I allow Healing Love to come to all those parts of me that felt I needed to be perfect to be loved x 3. P. 16

# CHAKRAS



## CHAKRA MEDITATION

The basic human chakra system, consists of 7 chakras from the base of the spine to the crown of the head They are as follows:

Root chakra	base of the spine	red
Sacral	just below the naval	orange
Solar Plexus	stomach area	yellow
Heart	centre of the chest	green
Throat	base of throat	blue
Third eye	above area between eyes	indigo
Crown	top of the head	violet

Even though the 7 chakras are associated with specific parts of the body, they are not “physical” entities per se, but belong to the realm of “subtle energy”. They can be described as the crossroad of the material and the immaterial, the biological and the spiritual and pertain to the body, mind, and spirit all together. When properly balanced, each of your 7 Chakras work together to create an optimal life. If you are like most of us your energetic ecosystem could use some help.

There are many free “chakra meditations” online, but its easy to do by just getting quiet, putting some high frequency music on and imagining the colours expanding in your body, one by one. Breathe!! See brilliant red in your base chakra and bring in the qualities of that colour that absorb all the old flight/fight mechanisms in your body. See orange filling your sexual centre bringing creativity and healing to any old wounds there. Fill your solar plexus with the golden sun and feel your power expand. Bring soft green into your heart and feel your heart expanding with self love. Blue into the throat can heal thyroid issues or being “shut down”. Indigo into the third eye can awaken dormant connection to intuition and spiritual guidance and focusing on violet filling your crown chakra can open your connection to the Divine.

**“Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life.” Tony Robbins**

**Adam Roa:** Restart today—take a look in the mirror and say “I am who I’ve been looking for. The person looking back at me is the only one that can make me happy. I am already enough”. Look through all your fears and see clearly—when you see it you will be it. Your world will get brighter, your load will get lighter. You deserve it—are worth it. Treat yourself like someone you love.

## How Do We Know Where We're At?

There are many clues to this. The most common, is how we react in any given circumstance where we may carry a wound from the past, eg If you get by-passed at work for someone less qualified, how do you feel? If you are upset, it may mean that you were in some way pushed aside as a child (I know this one well). The thing to do, would be sit quietly and simply “ask” “Is there anything that needs healing here”? Listen for the answer and then you may need to do some inner child work or EFT. Perhaps your partner, or boss is dominating you and not listening. As soon as you can, sit quietly and ask what the lesson is. If you are upset, there is always an opportunity to heal at a deeper level. Ultimately, you can get to the point where you don't “react” but simply “respond” graciously.



Another clue would be if there is something going on in your body—do you have specific aches, pains or health issues. I highly recommend having Inna Segal's book *The Secret Language of the Body* to give you insight into the emotional cause of anything that's troubling you.

Annette Noontil in her book *The Body is the Barometer of the Soul* has a section that relates to your car. She says “the car is the barometer of your direction”. Think of how you feel when you drive a new stylish car. You have upgraded your thinking to a new outlook. A few examples are: **Boot won't stay open**—You need boundaries. You need to tell people what these are, otherwise they do not respect your wishes. **Bump into front of car**—you are blocking your direction to grow and go forward.

You may just become aware of sounding (negatively) like one of your parents when speaking to your own child. To heal this, I would sit with my child (myself) and do the inner child work. She may need to get angry as she was never free to do this as a child. Then send lots of love to her heart.

Do you carry limiting “beliefs” about money from your parents. Did they believe you have to “work hard” to get ahead? Often our lack of business success or place in society is because of programming from our parents. We may also believe that we have inherited specific health conditions, but this is simply a mind set. You can do EFT on this stuff.

## PRACTITIONERS

**[simplyonequestion.com](http://simplyonequestion.com)** Free online space to learn, grow & find daily joy and inspiration in the 4 main areas of our lives - self awareness, health and vitality, wealth creation and enriching family and relationship connections. **Estee Manning**

**[annettejanover.com](http://annettejanover.com)** A form of energy healing called The Body Code, where imbalances that cause emotional and physical problems are identified and corrected  
**Annette Janover**

**[robertboydmusic.com](http://robertboydmusic.com)** High frequency music to heal the spirit and soothe the soul. For meditation and backing guided meditations.  
**Robert Boyd**

**[Marita Mason](#)** Healing of the Heart. Ph. 0432 986 6555 **Marita Mason**

**[Mary Sayers](#)** Intuitive Healer mental emotional & spiritual block, Ph. 0410594515

**[allergyandhealthclinic.weebly.com](http://allergyandhealthclinic.weebly.com)** Testing and clearing allergies and food sensitivities with a holistic approach. Buderim, Qld **Jane Tredrea**

**[www.theholistichub.com.au](http://www.theholistichub.com.au)** Yoga and Meditation Detox Retreats. Yoga Chi Gung, Brisbane. Ph. 0407 033 779 **Lynette York**

**[hillcrestharmony.com.au](http://hillcrestharmony.com.au)** Bowen Therapist, Hervey Bay **Karen Alexander**

**[Sue Hall](#)** Iridologist, Eumundi Ph. 0448 336 993 **Sue Hall**

**[aptherapies.com.au](http://aptherapies.com.au)** Remedial Massage Bowen Therapist. Ipswich. **Andrea Plumb**

**[dianelivingstone.com](http://dianelivingstone.com)** Emotional Mentoring, Reflexology, Woombye Qld. Ph. 0421 519 118 **Diane Livingstone**

**[sharomullan.com.au](http://sharomullan.com.au)** Stress, Trauma, EFT. Ph. 0498383232 **Sharon Mullan**

**[Christine Roberts RN](#)** Bowen Therapist EFT, Gold Coast 1800 448 003

**[shantipathyogaspace.com.au](http://shantipathyogaspace.com.au)** Private yoga, meditation, reiki, stress management classes in your home or mine or group yoga, Peachester, Qld. **Rachel Rukmini**



“Ascension”