



Fine Tuning ~

Change – embrace it & initiate it

The Whole Body System – not just a physical body

Becoming Present – bring your essence to the present



A Spirited Life

Mind ~ Empowering Beliefs | *Matter* ~ Energising Body | *Magic* ~ Engineering Beauty

Module 3 ~ Fine Tuning

Chapter 7:

Mind ~ Empowering Beliefs

***Mind* ~ best friend or worst enemy**

You have realised that beliefs are not always truth. You have understood why you believe what you do and how different influences may form your belief systems.



Not all belief systems are positive, and it is the negative, limiting beliefs that need reworking, rewording and renewing. Now is the time where certain limiting beliefs may be transformed, so they become your best friend and not your worst enemy.

Courage lives at the heart of this journey. We cling to the familiar and sometimes it kills us. We have to step beyond our comfort zone and make a leap of fate onto the growing edge of our soul. Faith in yourself is everything. "I am soul. I am vast. I have a right to fully honour my sacred purpose. I decide how far I go on this path. I am here for a reason, and I won't stop until I find it."

~ www.conversations-with-nature.com

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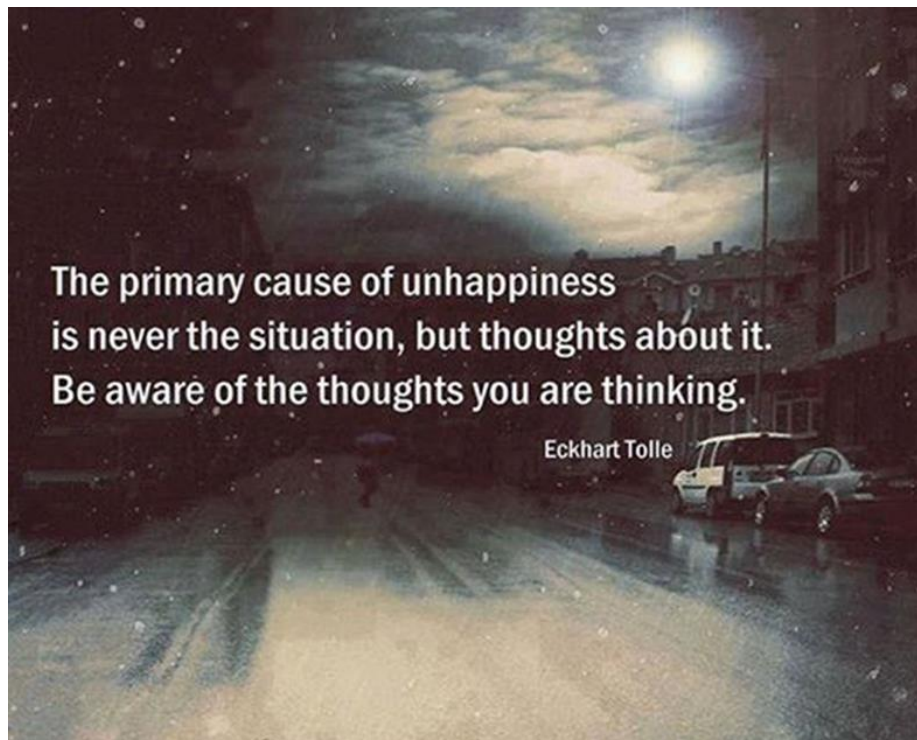
So, you need to be aware of what beliefs you hold inside your mind, your nature, your subconscious, so healing may occur.

If you believe you are unworthy, then you will attract situations, people, experiences that will support this belief. If you believe you are worthy then you actually attract situations, people, experiences that support this belief. What you give out you get in return... like attracts like.

When you stop and listen to your inner chatter you are able to glean insight into what beliefs you hold about yourself, your life, others and the world at large. You realise if your beliefs (mind) is your best friend or your worst enemy.

Best Friend ~ self-loving, self-believing, self-supportive, self-nurturing, self-esteem, self-confidence, loving, open, receiving and giving...

Worst Enemy ~ self-loathing, self-doubting, self-destructive, selfish, controlling, judgemental, limited, closed, blocked, self-sabotage...



We all speak, internally, our own inner language. We each hold different definitions, perspectives and perceptions of words and phrases, due to our own unique individualisation aka 'the mind'.

For example, if I were to say a word that triggers something in you (eg: snake), I will hold a different perception than what you would.

So it is important to understand your own inner language. You get to understand your own inner language when you start paying attention to what you think.

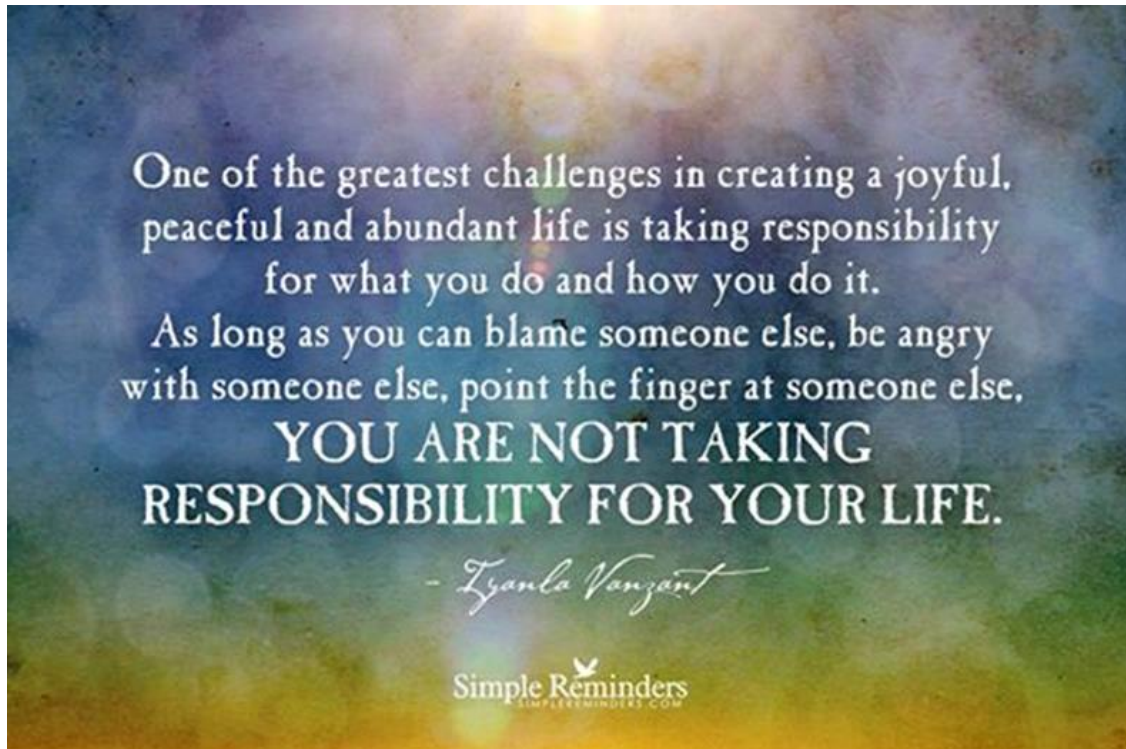
"When we change, the world changes. The key to all change is in our inner transformation – a change of our hearts and minds. This is human evolution. We all have the power to change. When we realise this truth, we can bring forth that power anywhere, anytime and in any situation." ~ Daisaku Ikeda

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How do you know if your mind is your best friend or worst enemy?

Well at times they are either one or the other. Most people have moments, times, days, months, where we feel happy and all is flowing with life. And then we have moments, times, days, months where we can't seem to shift the dark mood we are in. Then there are experiences that leave you feeling reactive and defensive or aggressive and attacking. These moments and experiences are great opportunities to notice what it is you are actually thinking.



When the reality of 'there is no-one else making you feel anything but you' finally hits home, you no longer blame but rather go about changing your awareness, understanding universal truths and lore. You choose to start raising your consciousness so you actually begin to live a long, peaceful, loving, happy abundant life.

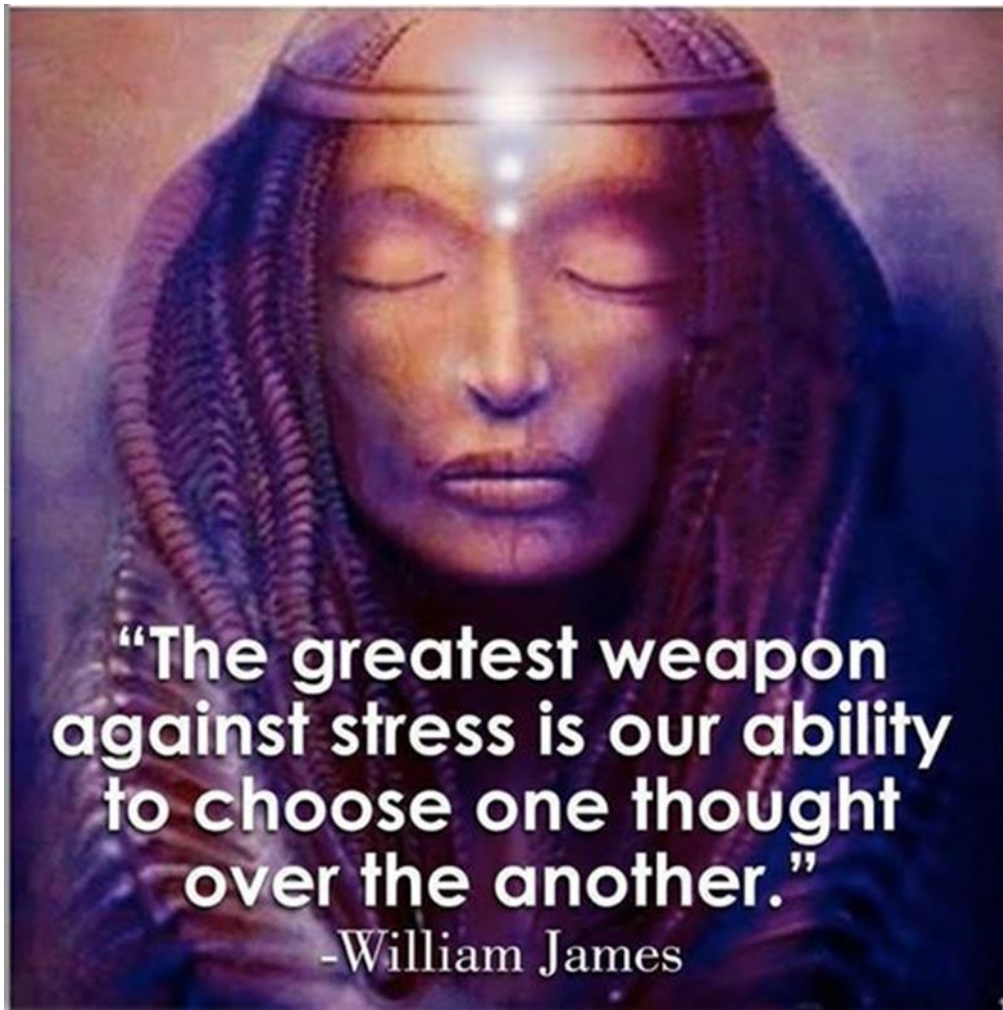
When you understand that you are a powerful creator, and your world is a product of your creation, you realise the responsibility you hold in you doing your part to help this world.

"We are not meant to stay wounded. (Read here: bitter, angry, resentful, fearful, sad, alone, rejected, abandoned, betrayed, victimised, martyr etc)

We are supposed to move through our tragedies and challenges and to help each other move through the many painful episodes of our lives. By remaining stuck in the power of our wounds, we block our own transformation. We overlook the greater gifts inherent in our wounds – the strength to overcome them and the lessons that we are meant to receive through them. Wounds are the means through which we enter the hearts of other people (and ourselves). They are meant to teach us to become compassionate and wise.
~ Caroline Myss."

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If you stay stuck in belief systems that are not of your own making but rather that of close influence, then your world will reflect back to you what it is you believe, reinforcing it even more.

Say it is a belief system that when worded reads: I have to be seen to be doing the right thing even though it goes against what I want to do. You would experience that you notice strongly what other people think and disapproval does not sit well with you. Sooner or later this will intensify to where you either sit with a cloud over you and diminish or you challenge this belief and shine.

“Each person’s inner journey is different. However, the journey must be taken and will be taken by ones spirit whether the ego wants it or not. One can suppress, deny, avoid but the journey will continue none the less, even beyond death. Better to have a good boat, good tools, supportive spirit kin and an adventurous heart... then the journey will be much more fulfilling, insightful and enjoyable. Life is an adventure. Live it.” ~ Meredith Wilson

So shine. Good boat would be your body, good tools would be your wisdom, supportive spirit kin would be your loved ones and adventurous heart would be you.

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Module 3 ~ Fine Tuning

Chapter 8:

Matter ~ Energising Body

Matter ~ the kit and caboodle, our whole body system

Once you know who you are, you know what you are. When you know what you are then you know what you must do.

Know who you are. In the first module ~ Mind, empowering beliefs, we worked through belief systems to get an idea of who we are and what our inner language sounds like. Through the second module we are working on Matter ~ energising body. But we are more than just a physical biological body. We are energy as well.



*Take care of your
body. It's the only
place you have to
live.*

Jim Rohn

*Not to mention it is the only proof you have
that you exist!*

“Humans are clusters of energy waves, moving faster and faster all the time. As a human you have agreed to see yourself as solid forms through consensus reality. Everything you do and think, everything you eat and drink, in fact, everything you put into and around your body effects the overall vibration of your entire being. After all, we are energy, and food is energy for us, thus affecting our energy overall.

Therefore, it is quite essential that you pay attention to the vibrations of the foods you eat. When you eat foods that have a high and rapid vibration, you are more able to hold a strong, healthy, exuberant and joyful state. When, on the other hand, you eat foods of a slower, lower frequency, you lower your vibrations and, wonder why you don't feel quite so good that day.

Each of us has a signature vibration; each food you ingest contributes or detracts to that vibration. Here are some of the foods for lower vibrations that you should avoid, not just for nutrition and toxin's sakes:

- Genetically modified (GMO) food, and conventional food that's been treated with chemicals and pesticides
- White rice and flours
- Sugars, sweeteners (artificial etc.)
- Coffee
- Sodas
- Alcohol

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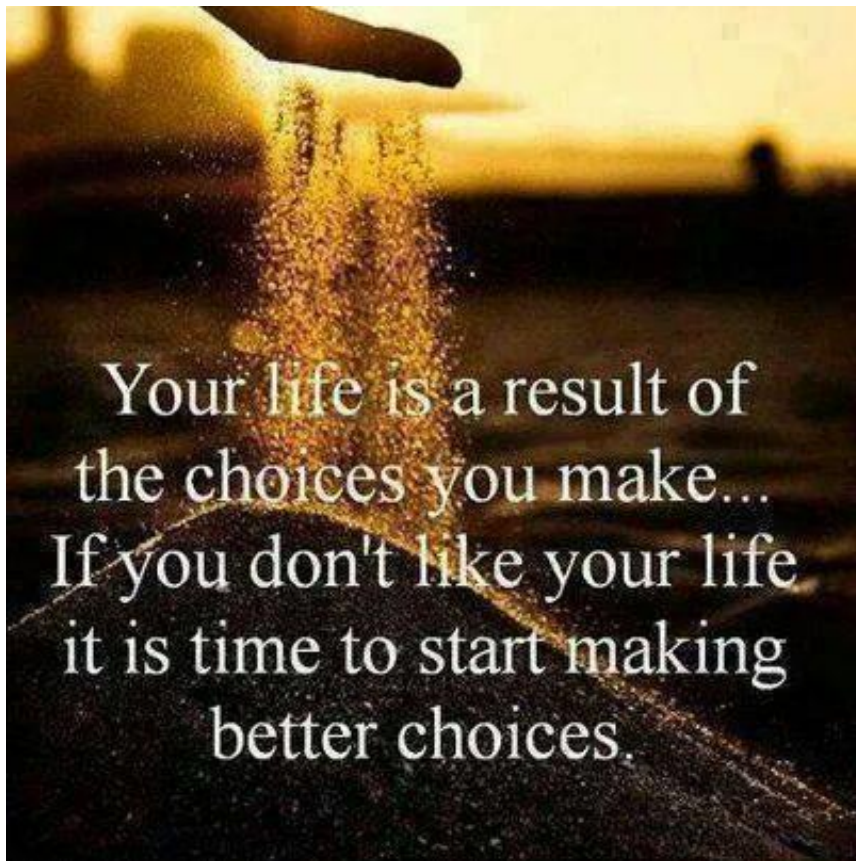
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- Meat, fish and poultry
- *Processed, packaged, canned and fast foods*
- *Unhealthy oils, like canola, cottonseed, margarine, and vegetable oils*
- *Frozen foods*
- *Pasteurized cows milk, yogurt and cheese*
- *Cooked foods, deep fried foods and microwaving food”*

Extract from: <http://www.bodymindsoulspirit.com/7-things-that-can-block-your-spirit-guides/>

So knowing what you are, you know what you must do and that is: eat nutritional food, get enough gentle stretching exercise or frequent movement and rest well... these things at the very least anyway.

Our bodies really do rely on a very delicate balance to maintain health and optimum vitality. And the more our eating habits lean towards the organic, raw and nutrient rich we are more likely to live long healthy lives.



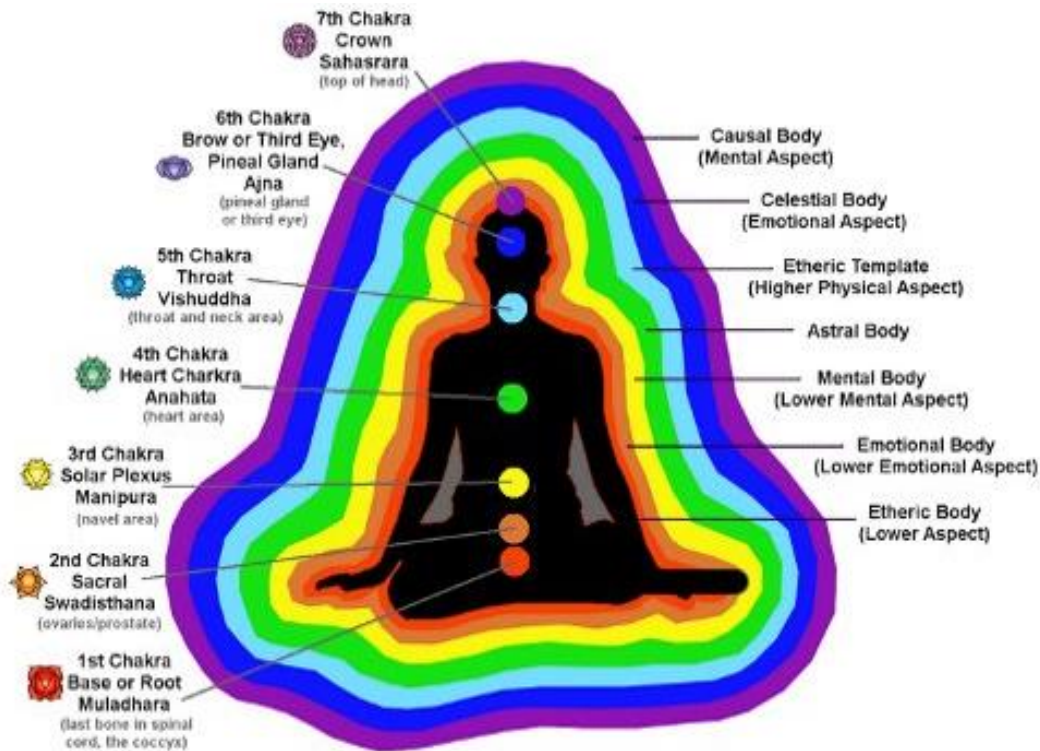
We saw in the previous module thoughts can and do affect our health, and we see in this module that those belief systems can influence how and what we eat. Our physical body is just one aspect in many.

We are energy as well. What do I mean by energy? We have subtle energy flowing through our bodies that also permeates out past our physical body and into the immediate space around it.

I won't go into great detail as that would be a programme unto itself, but here I will cover the basics: physical body, auric field and bodies, major chakras & meridans.

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Auric Bodies and Chakras

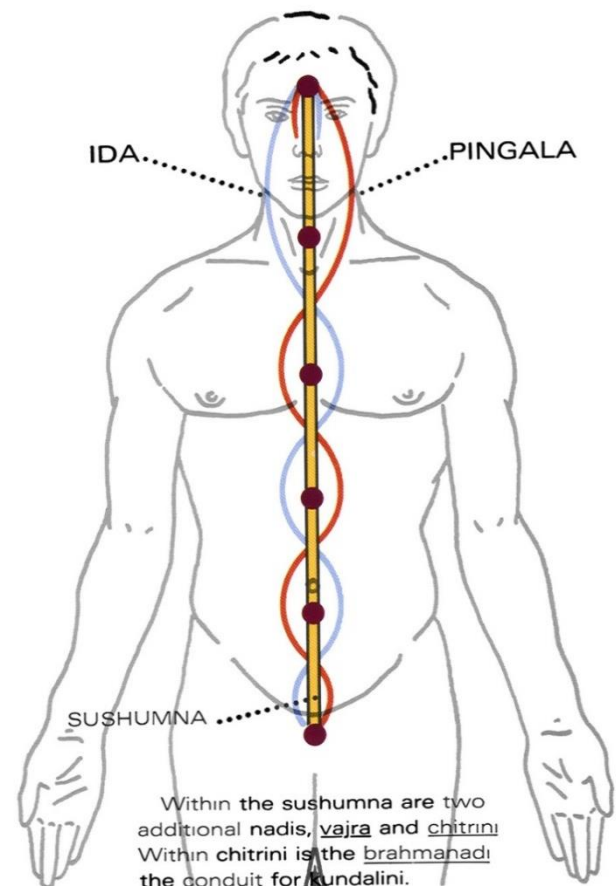
Energy is flowing all the time and floats past us and through us.

How our body receives this vita life force energy is through the aura and into the nadi's (nadi's are channels of energy).

If we could see our energy bodies we would actually see what looks like 'star' bodies. Thousands and thousands of brilliant bright dots of light, not only surrounding us but also in us and from those tiny dots of light energy flows in and out from outside of us to inside of us.

From these star like nadis it flows into the shashumna – the main nadi, then it moves into the ida and pingala nadi's, then into the chakras (which are spinning energy centres) then back to nadi's (also known as outgoing secondary energies) and into the nervous system, then into the endocrine and then finally the blood.

So from the energy field to the physical field. We are energy bodies slowed to a low slow vibration that creates matter, our body. Same for all matter around us.



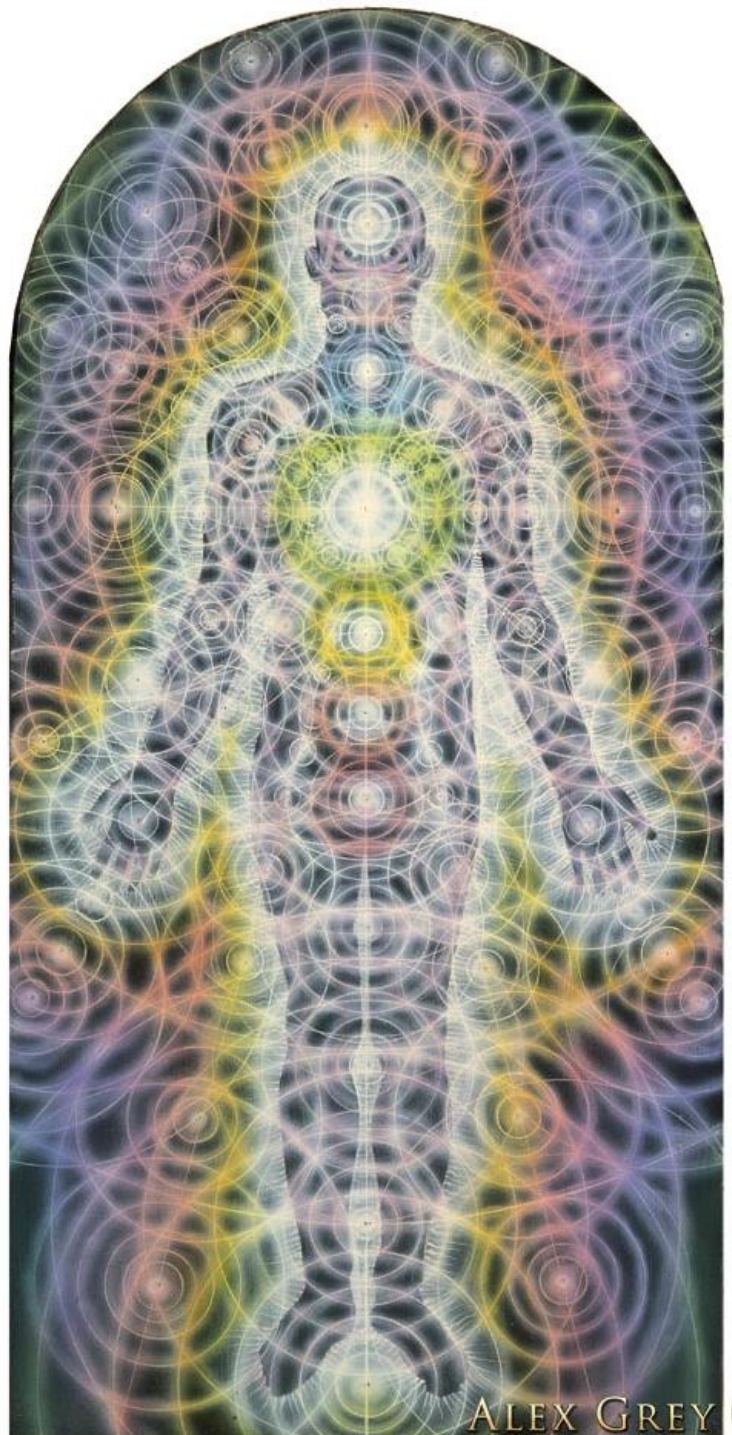
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So as much as it is important to clear the mind and steady the emotions, it is paramount to follow this with healthy body and positive energy.

There are a few different definitions to spirit, however, the view I take is, it is energy. Yes it can take form as in a spirit being ~ energy clustered together or it can flow as in vibration/frequency, it all depends on perspective and/or consciousness.

Our spirit (energy) is expressed through our conscious experience of life.



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Chapter 9:

Magic ~ Engineering Beauty

Magic ~ living in natural time, one way to create magic

The only reason we have time is because we are mortal. What is the need to count the minutes, the hours, the days, the years? But to count the rate of mortality. A building does not care how old it is or how long it will stand, a tree does not count by our 'years'. We are the only species on this planet that lives by 'time'..



**“Man
is a universe
within
himself.”**

~ *Bob Marley*

And how do we end up spending this 'time'?

For the most part living under a blanket of unconsciousness.

Because of this, it is very easy to forget we are alive on a planet floating through space every day, but whether or not we do forget, it doesn't change the fact that we are. And I can guarantee that the universe is not measuring itself by man's invention of 'time'.

No, the universe and whatever else 'matter' is out there or here, it does not measure itself by man's time.

Man is the only species on this planet that looks at its watch to see if it can go and eat.

What has happened is our focus, on a daily basis, is more-or-less of what is front of our faces ~ people, buildings, cards, computers, phones... and couple this with emotional/mental baggage... it is a wonder we remember our planet at all, let alone the universe.

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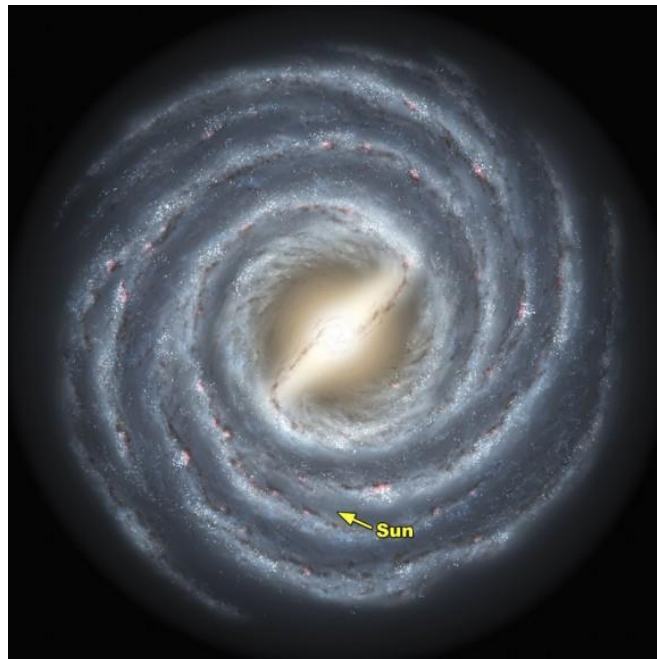
Part of stepping back into yourself, and reclaiming your spirit, is to remember. Sometimes I find it extremely helpful to remember to pull back up out of the world that is immediately in front of my face and look up. But not only just look up, but look and comprehend the shape of the planet in contrast to the sky, then see into the sky and realise what is beyond that 'blue'.

We are on a planet that orbits a sun (our sun is a dying planet in its last throws of death albeit a long death of about another 5 billion years), one orbit takes 365.25 'days' (days are measured by the earth's rotation as it orbits the sun). What we call one year.



On an even bigger scale, this solar system orbits the centre of the Milky Way

“Our sun and solar system move at about 800 thousand kilometres an hour in this huge orbit. So in 90 seconds, for example, we all move some 20,000 kilometres in orbit around the galaxy’s centre.”



Our Milky Way galaxy is a big place. Even at this blazing speed, it takes the sun approximately 225-250 million years to complete one journey around the galaxy’s centre. This amount of time – the time it takes us to orbit the centre of the galaxy – is sometimes called a “cosmic year.” ~ Wikipedia

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But we are here on Earth and this is where we are experiencing life.



On this planet, the sun warms the side that is closest to it, and as the earth rotates and revolves, it is also tilted on its axis, thus creating 'seasons'.

And 'seasons' mark different times of the year based on the earth's orbit, rotation and tilt, and also distance, around the sun. As a result the earth heats up in some areas while the opposite side of the world cools down.

This seasonal shift we go through every year dictates a lot of our behaviour as well as animals and plants. And each season has its own gifts that if we pay attention to can assist greatly in creating a harmonious life.



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For just as technology holds a special place in our evolution, so to can we find a special place in the past that is also assisting our evolution. Nature.



Our ancestors knew very well, Mother Nature and her seasons. While the indigenous ancients knew mother nature and her seasons for surviving, everything being relative, they still respected the land and knew of her 'magic'. Yet modern man acts like they have another planet to go to.

And it is something truly special when you start to really appreciate the 'magic' that enables life and the gift to be able to experience it from a conscious perspective.

Nature has something to teach us, and each season comes with its own teaching as well.

How does a seed know what it must do to crack open and burst forth new life? How does the caterpillar know when to envelope himself in his own coffin? Instinct, but where is instinct stored? In the mind? In the body? Or in every part of our cellular makeup. Everything is energy and holographic as well. Fractals expressing life. Another way to put it, a drop of ocean water contains the entire ocean within it, and the ocean contains the entire drop within it.

We are no different.

We too have instincts left over from our ancestors. We weren't 'made' to stay indoors under artificial light the amount of time we do now. We need the sun, we need fresh air, and it is what keeps our bodies, minds and hearts healthy.

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Module 3 ~ Fine Tuning

Integration and Implementation

It is important to continue journaling, reading and viewing new information, starting with the suggested practices, books and films throughout the programme and beyond.

Journaling Practice:

Grateful Acknowledgements

~ **Every day** journal a positive affirmation

Learning to create from your own inner language, words or statements that will inspire, motivate, encourage, soothe or calm you.

Nutritional Evaluations

~ **Every day** journal foods you chose to eat and how your mind / body felt during the day.

You will be learning to identify what you eating and how it is effecting your overall health, mentally, emotionally and physically. To determine if it is either healing you or harming you.

Spiritual Recognitions

~ **Every day** journal your experience with daily meditation, mindfulness or spiritual practice.

Training your mind to see, hear, feel the subtle changes experienced from your spiritual practice assists in grounding that practice into every day life.

Reading:

Healing Ancestral Karma by Dr Steven D Farmer

~ a deep and transformational guide to heal that which has been handed down generation after generation to initiate positive change in your life.

Viewing: click on the title to follow the link

Ethos

~ an in-depth documentary to understand a different perspective on the power of our own minds and the fight to control it. A hint of warning when watching this documentary, it may be confronting.

Forks Over Knives

~ an in-depth documentary in the food industry, and how nutritional foods heal.

Openhand – 5 Gateways

~ an in-depth documentary to understand a different perspective on our world and our world around us.

