



The Nut Cracker ~

Empowering Beliefs – change those negative thoughts

Healthy Diet – what it actually means

Tuning In – expand your awareness



A Spirited Life

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

Module 1 ~ The Nut Cracker

Chapter 1:

Mind ~ Empowering Beliefs

Mind ~ beliefs versus truth, reality check please

Mind, they say, is what creates our actual experience of reality. Through the mind is how we physically manifest this physical reality. It is all about perception and what you believe. We think therefore we exist.

For what would we see, what would we feel, what would we do, what would we be, if we did not **“think”**? What is it ‘To think’? Every moment, every thought, we are thinking (meaning: use of one’s mind actively to form connected ideas, ie: lines of thought). ‘Thinking’ is not made up of random thoughts, it is made up from words strung together, that when put together and read out loud, form your ‘beliefs’. When analysing these thoughts, these beliefs may appear random on the surface, but there are deeper connections between beliefs that we are unconscious and even unaware of.

Our beliefs are formed at very early stages of our lives, and these beliefs literally form how we interpret life later as adults. For some people those beliefs are grounded, nurturing, healthy and positive from healthy positive childhood experiences. However, not all early life experiences set those kinds of foundations. Those that are not aware of what their foundational belief systems are, tend to run on automatic pilot, where they are just existing in life. Yet meanwhile, behind the auto-pilot, there lays thoughts buried so deep, they are actually walking ignorantly blind to the influence these beliefs have over them and also to the potential for healthier more empowering thoughts & beliefs.

And when an individual begins to ‘awaken’, (*ie: when someone starts to become aware of themselves and that their ‘thoughts’ are the building blocks to their experiences – self-awareness*)... they start to become aware of those buried beliefs and lines of thought.

If there is one thing all the great Masters tried to tell us it’s that the answers are within, life is a journey of self-awareness and maturity, ie: self-mastery. There are many opportunities which may begin the journey of self-mastery: when we find ourselves in life changing experiences, a desire to self-love & self actualise, major arguments, a crisis, and/or at major crossroads.

It may be at those moments when either the emotional pain or the realisation that something has to change is so evident that you must start to look at yourself. When the pain of holding on outweighs the pain of letting. And it is at these moments those ‘buried lines of thought’, are pushing their way up to the surface to not only be acknowledged, but understood, accepted and integrated with love, compassion and empathy.



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TOOL TIP: *keep an open mind.*

I find it wise to remember that every person on this planet holds a unique, personal perspective on life, specific and relative only to him or her. Their life and their beliefs have only happened to them, and has happened through their own interpretation from external experiences and influences. We can only ever interpret another person's experience through our own lens and filter of our own life experiences and formed fundamental beliefs.

However, beliefs do not make something true, right or wrong; it just makes it your belief. For the most part, beliefs are just a matter of opinions rolled up to look like truth. When we start to question those beliefs that are negative and/or limiting, we begin to realise what those opinions and judgements are that we believe.

Every person believes in something! Even the ones that say they believe in nothing, well that is still a belief in something, it just happens to be 'nothing'. Whether we realise it or not we all hold beliefs, and in holding these beliefs we inadvertently believe in our beliefs. Believing in our beliefs means we believe everything we think. To me this is one the surest, quickest, most simplest way to attract small mindedness and bigotry into our lives.

So, the danger begins when we believe everything we think. Whereas generally our thoughts are assumptions not facts or universal truths.



I prayed for Change, so I changed my mind.

I prayed for Guidance and learned to trust myself.

I prayed for Happiness and realised I am not my ego.

I prayed for Peace and learned to accept others unconditionally.

I prayed for Abundance and realised my doubt kept it out.

I prayed for Wealth and realised it is my health.

I prayed for a Miracle and realised I AM the Miracle.

I prayed for a Soul mate and realised I am the One.

I prayed for LOVE and realised it's always knocking, but I have to allow it in...

-Jackson Kiddard

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Most people will seek out evidence to support their beliefs, so their beliefs in turn get stronger. Whether their beliefs are true doesn't seem to matter as long as they find evidence of some sort to support them. On the other hand, beliefs will become weaker and open to correction when they are questioned, especially in the face of contradictions.

Which comes first though? The thought or the belief?

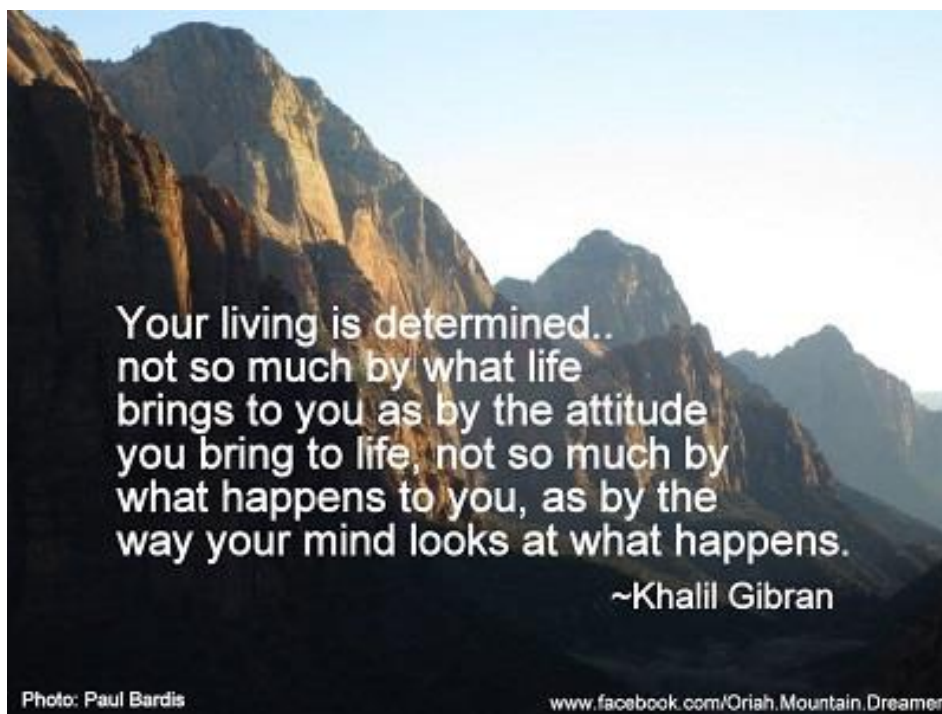
It is the thought that comes first, and even though as adults we may not remember our thoughts from childhood, our early childhood experiences are stored in our implicit memory and form the basis to our beliefs. It is the combination of these thoughts that then make up our belief systems. If we think something long enough, we will experience it because that is the thought we are thinking, thoughts have energy and will attract that which we focus on, this then supports the beliefs, thus setting up a repeating cycle of that experience.

Remember: Where thought goes, energy flows, reality grows, results show.

Tool Tip:

Question those thoughts. Don't believe everything you think. We see only one very small aspect of any given thing, while ignorantly and arrogantly easily dismissing another's experience or perspective and believe our own assumptions and/or presumptions.

More often than not when we think something or what someone is doing that is impacting on us, is all about them, it is usually about ourselves. And when we think it is all about our self, more often than not it is all about the other. Then ultimately, either way, it comes down to how we are managing our own selves. In other words, it is up to us to stop taking things personally or we need to self-correct.



When we learn to challenge our thoughts that limit us, hold us back, or are self-damaging, we open ourselves up to opportunities for change at fundamental levels.

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Tool Tip:

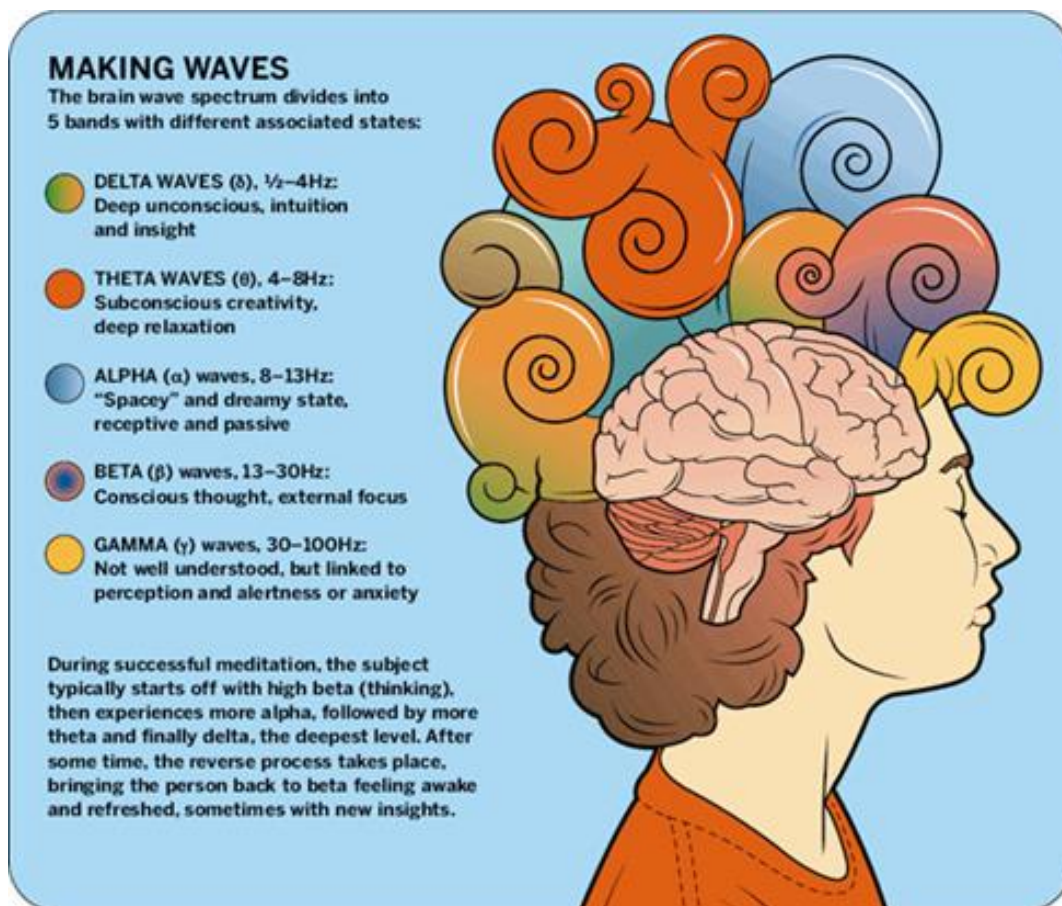
To assist in challenging these limiting thoughts start writing them down in a journal, without editing, censoring, judging or holding back. Allow them to flow onto the page. When you have exhausted your thoughts in writing, wait a few days before going back over them and challenge to yourself what you have written, ask yourself 'are those thoughts true?'

Practice maintaining a healthy balance between thinking and doing. Allow yourself time every day, whether it is 5 minutes or 50 minutes, to sit silently in a safe quiet space and ask yourself what do I need? If an answer doesn't come straight away, be patient, you are learning to know yourself. Every day **do** something positive that your future self will thank you for, for example: drink plenty of clean water, eat fresh healthy nutritional food and/or go for a walk.

I find the time between sleep and awake, and the time between falling asleep and asleep, are powerful times to listen to our thoughts and rephrase those thoughts to more constructive, positive thoughts. This in turn helps to reprogram the subconscious mind. Both of these times are when the subconscious and conscious mind are open and on the same theta brainwaves allowing the healing of any negative implicit memories.

Practice maintaining a healthy balance between conceptualising and experiencing. Take time to be creative with your ideas and then find ways to implement them. Take small steps at a time. Is there an easier way you could be doing something? Have you a business idea to express your passion? Then take courses, join networks or groups and take yourself there.

The mind is a tool. Allow your heart to be the driver and use your intuition as the navigator. It is in the doing that shows your being the change you are seeking.



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Module 1 ~ The Nut Cracker

Chapter 2:

Matter ~ Energising Body

Matter ~ what do you eat & why?

“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 healthy body, sound tools, supportive kin around you and an adventurous heart... then the journey will be much more fulfilling, insightful and enjoyable. Life is an adventure. Live it.” Mim



It is health that is real wealth and not pieces of gold and silver.

- Mahatma Gandhi

When we look at what we believe, we can see that belief in action with what we feed our bodies.

For example:

Time Poor ~ I do not have time to eat healthily... this in itself speaks volumes of your own self-worth but also where your ***priorities lie***. And notice that play on words in italics? Priorities Lie. Just because something is a priority doesn't mean it is good for you. So you value what it is that is hurting you, over doing something that would support and nourish you.

What is more important than feeding your body the correct foods, nutrients and water for amazing healthy living?

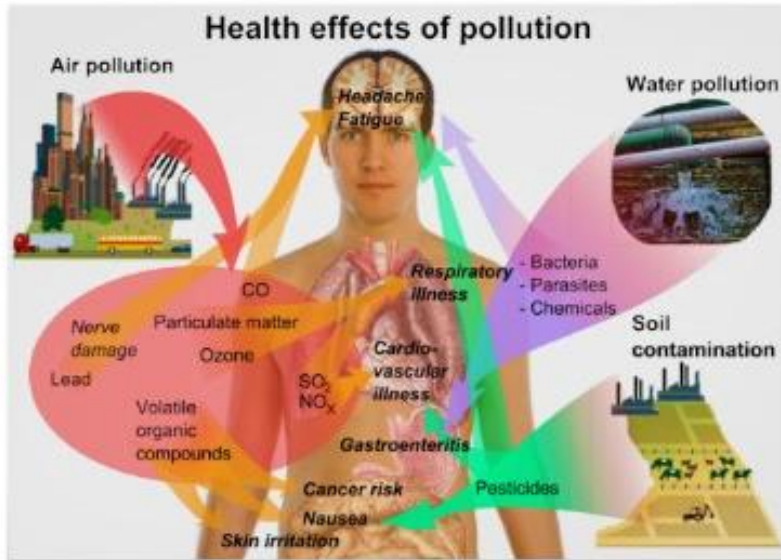
Another belief could be that it takes a long time to prepare healthy food to eat... how would you know if you haven't researched and practised? Once you start, you realise that it is not difficult nor time consuming.

In the long run it is not as expensive as having to pay a doctor or pharmaceutical company to try and get better, and end up actually worse.

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We live in an environment that is heavily polluted and in an age where corporations are slowly poisoning us with their chemical toxic products.



If you think all food-manufacturing corporations have your best interests at heart, think again. What is wise to remember is that 'corporation' is just a label for a group of people doing business. By using labels like 'corporations', it ends up removing the realisation that is people making choices, decisions and actions that puts profits before people.

"I think the American people should see that the corporations abandoned them long ago."



That people will have to build their own economies & rebuild democracy as a living democracy. The corporations belong to no land, no country, no people. They have no loyalty to anything apart from... their profits. And the profits today are on an un imaginable scale; it has become illegitimate, criminal profit - profits extracted at the cost of life."

Vandana Shiva
www.vandanashiva.org

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One morning many years ago a morning show was on the television and they were broadcasting on how medical professionals were making lap band surgery the treatment for obesity. This is still a band-aid solution unless it is accompanied with education regarding mind-body health and guidance in making healthier choices for the body, which will assist in changing their conscious and subconscious habits and heal.

It would appear that we, as a collective society, are still ignoring that our 'minds' play a crucial role in healing.

We know now that certain foods are addictive! Refined sugar is the most addictive substance on the planet and yet while we know this, people are still feeding their bodies with the addictive substance.

Too much of ANYTHING is not good for you! Everything in moderation.

Everything in moderation is probably the best advice that may be given for everything. From foods to thoughts, from activities to meditation.

"If you want to understand a society, take a good look at the drugs it uses. And what can this tell you about American culture? Well, look at the drugs we use. Except for pharmaceutical poison, there are essentially only two drugs that Western civilization tolerates: Caffeine from Monday to Friday to energize you enough to make you a productive member of society, and alcohol from Friday to Monday to keep you too stupid to figure out the prison that you are living in."

-Bill Hicks



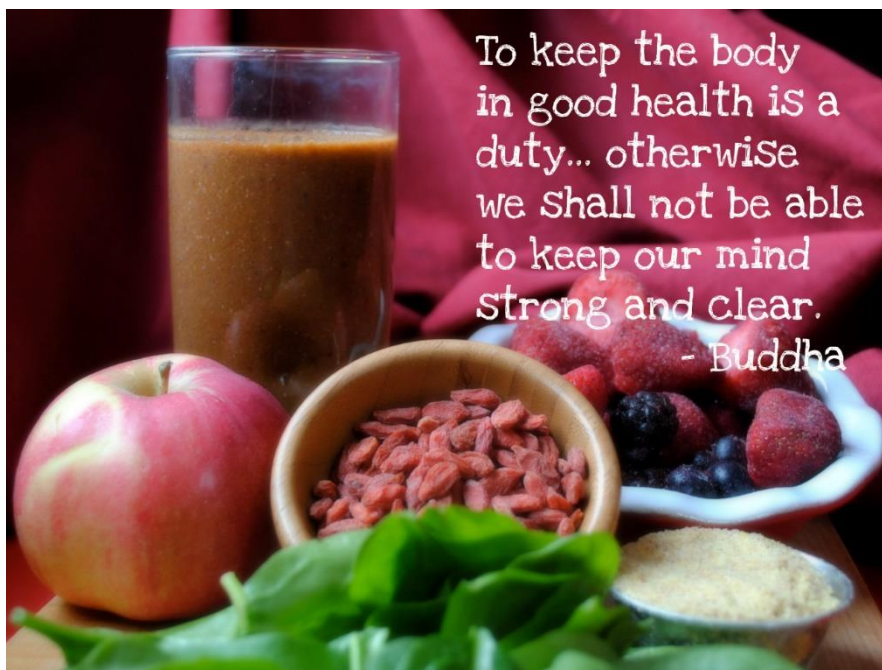
So when beginning to change your dietary lifestyle, remember moderation. If we focus too much on one thing, we may deplete our bodies of nutrients needed by excluding other foods. If we do not focus and just eat whatever, we certainly will be depleting our bodies of essential nutrients, trace elements, vitamins and minerals. These are the building blocks to healthy bodies.

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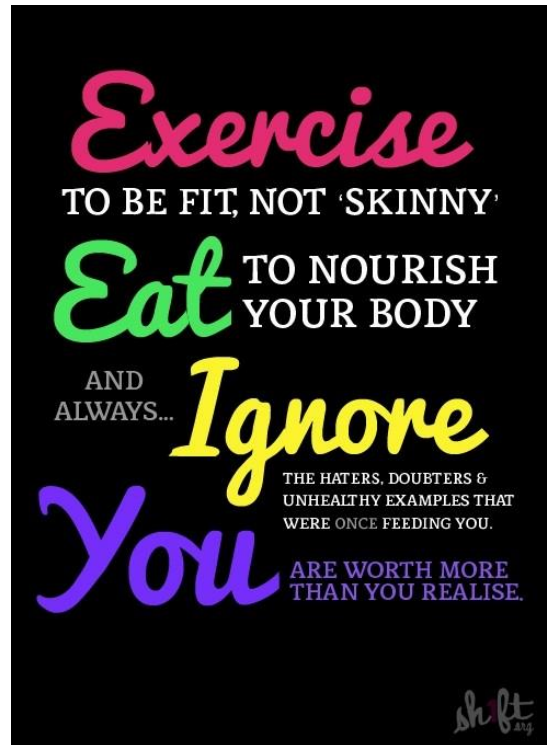
There is strong correlation between a strong and clear mind and good health. We see this in action when we are not well. How feeling unwell affects our thinking and our emotions. We are 'matter' but matter is also energy and energy is not limited to physical matter. Our thoughts, our emotions emit a frequency, a vibration, and when we are sick, it does affect our emotions and/or thoughts and vice versa.



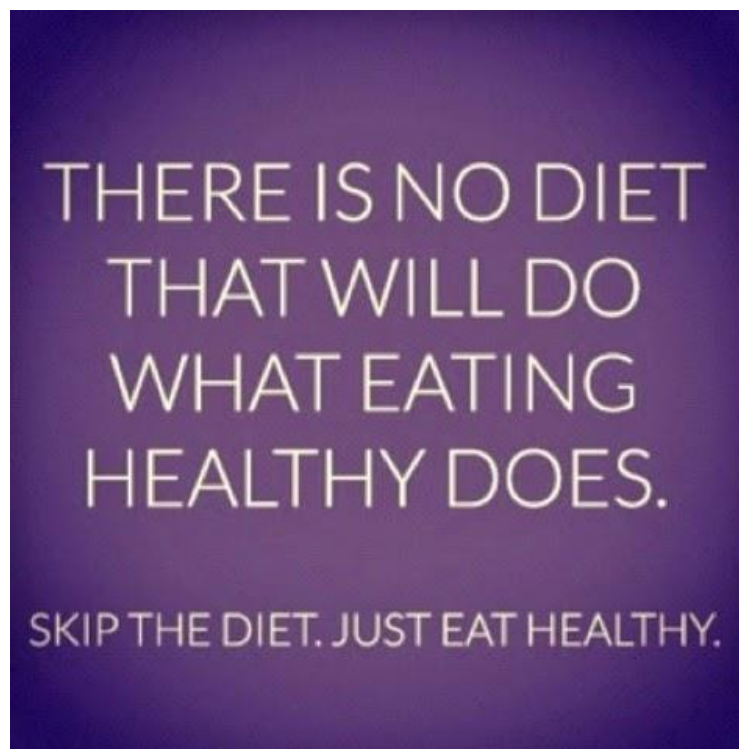
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An unbalanced life is a result of how our society, culture and governments have conditioned us, however, finding a balanced life is an ongoing choice every day.



Everything in moderation and you won't tip the scales into an unbalanced life.



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Module 1 ~ The Nut Cracker

Chapter 3:

Magic ~ Engineering Beauty

Magic ~ space is NOT empty

Our senses, let alone our eye sight, is limited! And space is not empty. “Humans can never experience the true texture of quantum reality, because everything we **touch** turns to matter” ~ The Holographic Universe, Michael Talbot



“One man's
'magic' is another
man's
engineering.

'Supernatural' is
a null word.”

Robert A. Heinlein

And '**touch**' here means: see, smell, touch, taste, hear. Wherever and however any of our 5 major senses perceive and interpret our world around us.

For me, the following book extracts puts into language how we are able to sense and experience energy beyond the physical realm.

“Since frequency is a measure of the number of oscillations a wave undergoes per second, this strongly suggests that the brain might be functioning as a hologram does...”

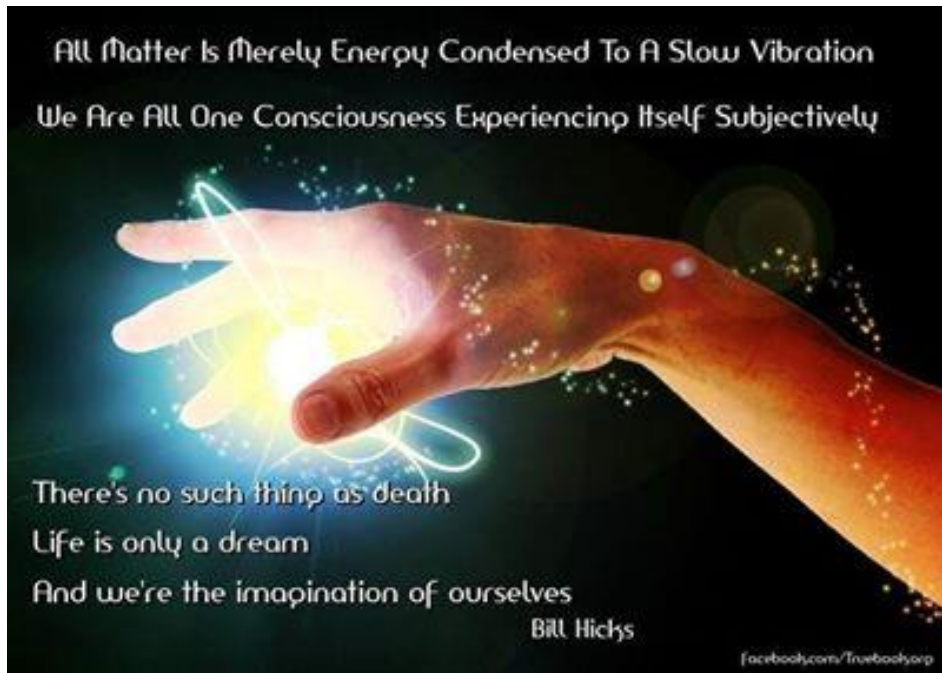
“Our bodies, including our brain, interprets 'outside influences' as a combined effort of waves”... ~ The Holographic Universe, Michael Talbot

If everything is energy, and quantum physics is proving this to be so, then we and all that is around us, is energy at a subatomic level. And we perceive this energy through our subtle senses mostly, while a growing number of people are beginning to perceive this energy with this 5 major senses.

So between you and me right now, whether we are seated across a table from one another or if we are seated kingdoms apart, there is energy flowing.

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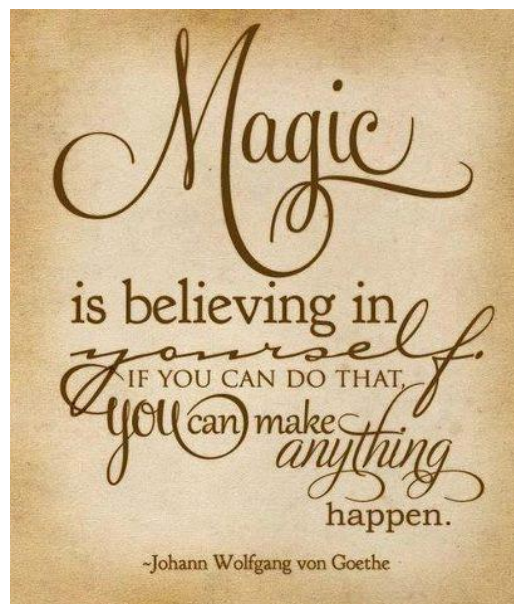
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All energy is vibrating, moving to and fro in a continuous repetitive cycle. Giving and receiving signals so to speak. The more cycles per second, the faster the vibration, thus the higher and finer the frequency. The slower the vibration, the heavier and denser the frequency, thus energy becomes physical matter but the vibration remains in the subatomic particles.

Experiments with subatomic particles have shown that light and other energies react to observation, ie human consciousness. The subatomic particles change their appearance or behaviour as a result of human conscious influence. It has been proven that physical light (visible light, ultraviolet light, and infrared light) behaves as a particle when we are directly observing it and a wave when not.

This means we can influence energy by observing it. But it goes even deeper than that. It is one thing to just think you can influence energy around you just by observing it, you need to believe it and this takes an understanding of yourself to know what you truly believe in, down to your core. Then with intent, you can influence energy around you.



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We emit energy with our thoughts and emotions. In addition, our auric bodies channel energy into and out of our bodies every moment of every day and night as well, and it is this energy that influences our worlds.

A classic example is when your focus is on a loved one and you are having ill thoughts towards them, the other person can pick this up through their subtle energies and respond differently towards you. Turn your focus to love and acceptance, and notice the change within yourself and soon, the change in response.

Dr Masaru Emoto conducted experiments with water using similar methods but with the focused feeling towards water and stated the water particles changed. (Yet to be proved by other scientists or methods). But while this has not been 'proven' it still holds a ring of truth, especially for the person doing the focusing. If we hold the intention of love and peace in our vibration, our frequency is more harmonious. While if we hold the intention of fear and anger, our vibration our frequency is more discordant. And this does affect our energy!

On a spiritual level, this higher, finer vibration and frequency enables us to tune more and more into our subtle senses and our intuitive side enabling us to sense and perceive energy.

The first port of call is to start sensing your own energy. Understanding and comprehending how your body and senses picks up and perceives subtle energy, is how we begin to influence our worlds around us. We don't do it by focusing on the energy of other people or places, we begin on ourselves.

The finest vibration and frequency to hold is love, peace, a total comprehension of the universe, energy and you in it. But to experience that energy at its finest, we would overload and cease to exist, or blow ourselves apart into tiny winy subatomic particles.

So there are differing vibrations to the frequencies, and they are:

- Love/Oneness/Universe/God/Source
- Love... slowed down yields thought
- Thought slowed down yields feelings
- Feelings slowed down yields magnetism

Down to the physical energies, which are:

- Magnetism is the fastest vibration of physical energy
- Magnetism slowed down yields light
- Light slowed down yields heat
- Heat slowed down yields sound
- Sound slowed down yields matter

The difference between light, sound and matter, is frequency, the speed of the vibration at the subatomic level. There is also a certain difference in their level of consciousness, as the purpose of each is specific.

Conscious is not 'real' in the sense that you can touch it, but it is an energy that is able to be expressed in a myriad of ways. And each of us has a unique consciousness that interprets and expresses itself individually, separate and different from anyone or anything else.

We live in a world that is based on man-made constructs and concepts, and we have been conditioned NOT to be aware of the subtle world, the energy fields, or the truth of matter. We are taught that life happens to us when in actual fact it happens from us.

Problems begin to arise when we start to pool energy, loop energy, become stuck in energy, whether it be from an outside influence or a repeating negative belief we hold within our consciousness or fear of healing an aspect of our conditioning.

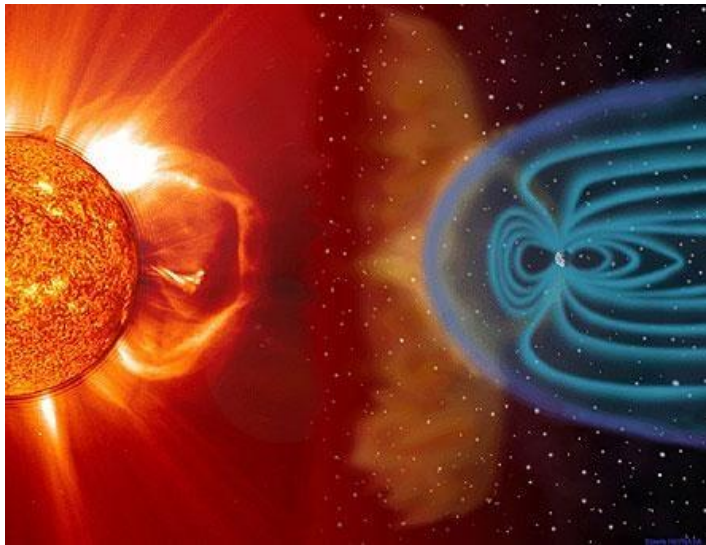
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When this occurs energy has a way of turning back in on itself and become stagnant and/or destructive and it has a vibration, and it sends out a frequency to the world around. And we usually get to carry this around with us every day in our auric bodies. We also leave energy footprints behind for other beings, animals, flora to experience. And we attract what we vibrate, magnetism.

And we *are* constantly moving, changing and passing through energy all day every day... our, others, anyone's, everything.

Earth is not still either, it is spiralling through space. So while we may appear to sit still in a chair we are actually not still, not in the grander sense of the term, and we cannot help but pass through energy that is of a grander scale – which is energy in another form yet again.



And Magic begins to happen when you can see beyond the looping energy. Tune into your subtle senses and awareness and realise that there is more, much more, to this world than meets the eye.

And with this new found awareness you realise you do have the power to create, manifest and change how you perceive the natural world, the modern world, the ancient world, and how to live within it and utilise its tremendous gifts and empowerment.



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Module 1 ~ The Nut Cracker

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 what you are grateful for either in general, something from that day, personal or collective.

Learning to define and acknowledge gratitude assists in bringing your awareness to the positive aspects of your life thus shifting your mindset.

Nutritional Evaluations

~ **Every day** journal foods you buy continually and journal the ingredients

Learning to identify what you are buying by researching any ingredients you don't actually know what they are.

Spiritual Recognitions

~ **Every day** journal your beliefs around spirituality, mundane every day life, cultural conditioning, social constructs

Learning to identify what your beliefs are assists in giving you a glimpse into your psyche, learning where each originated from – personal, ancestral, collective

Reading:

I Need Your Love – Is That True? By Byron Katie

~ Helpful tools to question your beliefs around love and self identity and how they may not be true and how to shift to healthier habits and beliefs.

Viewing: click on the title to follow the link

[A Virus Called Fear | Documentary on the Psychology of Fear](#)

~ a short documentary to understand a different perspective on fear and how fear is perpetuated in today's society and cultural conditioning.

[Hungry for Change](#)

~ a documentary exposing the food industry and how conditioned we are to eat without thinking.

[Jim Carrey](#)

~ a very short inspiring film in which Jim Carrey shares his perspectives on life.

