



## *Getting Real ~*

Thoughts & Habits – how to change them

Why a Healthy Diet – your future self will thank you

Self Awareness – the you that makes you you

# A Spirited Life

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

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## Module 2 ~ Getting Real

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### Chapter 4:

#### **Mind ~ Empowering Beliefs**

**Mind** ~ what DO you think & why you might

If you challenge your thoughts that limit you, you challenge the belief system that keeps you limited.

So what DO you think?

So much of our everyday life happens on auto pilot that a lot of the time we are unaware what thoughts are driving that action. But when you begin to live a more balanced life between stillness and doing, play and chores, work and rest, passion and mundane... you create space to hear what you think.

One way to hear what you think is to start observing your behaviour, observe what you speak as opposed to what you think. Whilst another way is to conduct research into subjects, topics you have not researched before to expand your knowledge and awareness, which assists in exposing the limited, unaware beliefs you had before the research.

Another powerful way to hear what you think is by looking at what is happening in your life.

When you take a metaphoric step back and have a look at your life from a grander 'time' perspective... what I mean by that is, sit in contemplation, think back over your past, to where you are today and then project into the future... you actually get an insight into whether you are on 'track' so to speak.

Are you where you thought you would be?  
Are you happy where you are right now?  
What is the quality of your life really like?

If any of it is distorted, discordant, out of balance or disheartening then you know that there is something inside of you that needs acknowledging and accepting to create change.

#### ***The acknowledging and accepting ~***

One could say we are born a 'clean slate', a mind that has consciousness but very limited awareness. And for the rest of our lives our minds and consciousness take in our surroundings, environment, and experiences and attempts to learn off them. So you can see that it would have been your immediate care-givers, parents and siblings, immediate family and whoever was a strong presence in your early life were the ones that influenced your take on life and assisted in building the foundations to your belief systems.

If only all children, had super umbrellas to ward off trauma, abuse, negativity, neglect and control.

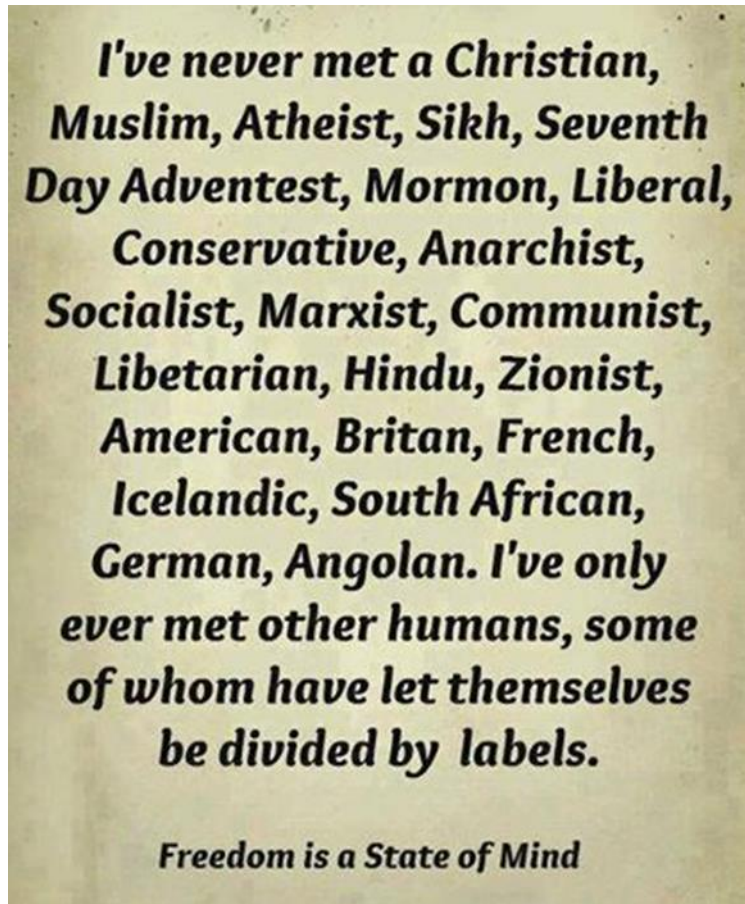


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We are not born prejudice, we are not born bigoted and we are not born religious either.



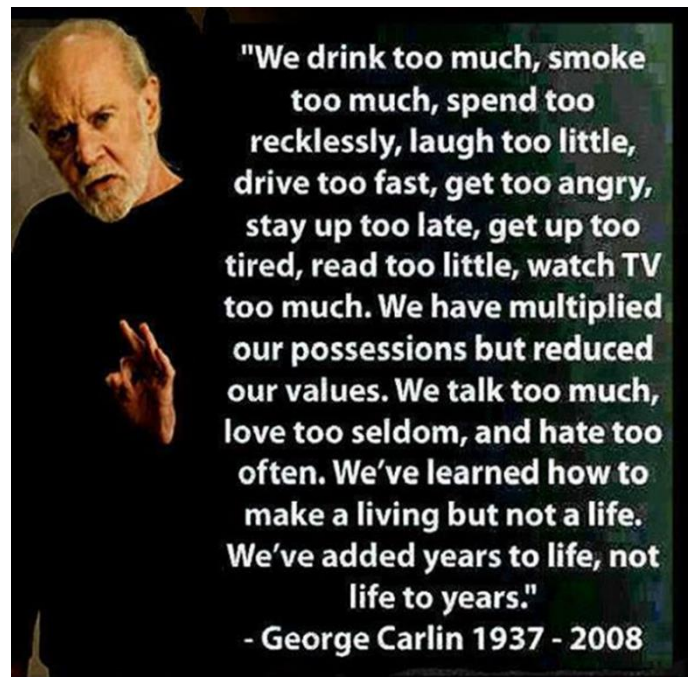
From the day you were conceived, all limiting thoughts and negative beliefs were influenced from your life experiences with those around you, and how you interpreted those experiences.

As children we did not have the world experience, or language and understanding to not internalise and personalise those negative experiences.

Then on top of the close personal relationships and life experiences, there is the media, television, unscrupulous advertising and marketing campaigns. There is also the education system, the health system. All influencing what you believe today!

Phew, it is no wonder we do not realise all it is that we think and believe. It would be neuron overload!

Our mind takes in far more every day, every minute than we are consciously aware of.

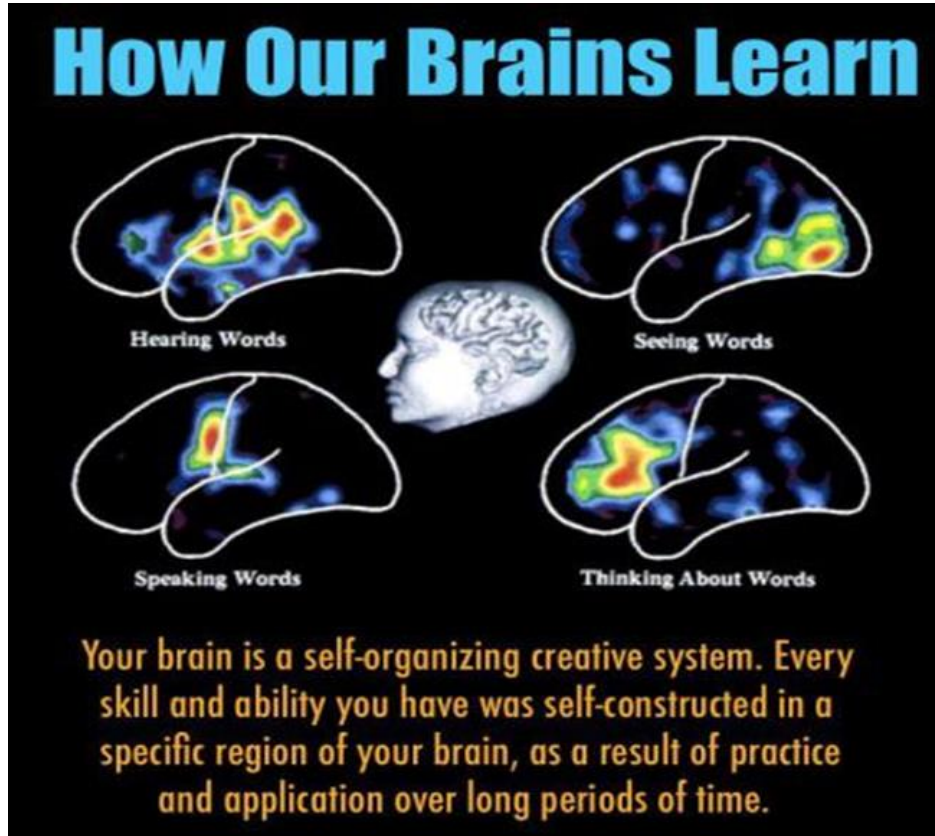


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That is why it is important to take time to reflect in on yourself, check where you are at and realise what life you are living.



There are also other factors to take into consideration when considering your beliefs. You are a product of your mother and father, literally. Their egg and sperm is what made you today. And in each and every living cell there is a memory of them. And in them a memory of their parents and so on and so forth.

So some of our beliefs we actually inherit through our family lineage.

There is also past life (or 'simultaneous lives' as time is a man-made concept) and in spiritual teachings we learn that our consciousness exists beyond time/space or cellular memory and experience and we carry that through with us via our soul. And some of those beliefs we are actually here to heal.

Whatever the origin, in the end it doesn't matter as they are beliefs you have now and 'now' is when you can do something about those beliefs. Now you can begin to heal the untruths that have you under a spell ~ conscious awareness of language, words and energy.

Understanding what it is you believe and what it is that you think takes time, practice and patience. You didn't learn to run without learning to crawl first. So it is with anything we are new at. Practice and perseverance.

"The seed remembers, in every cell is the seed of everything. The mystery of energy is the magic of a miracle."  
Carl White Eagle Barnes (Cherokee)

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## Module 2 ~ Getting Real

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### Chapter 5:

#### **Matter ~ Energising Body**

**Matter** ~ doing and being, finding the balance

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

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



**“Don't mistake  
activity with  
achievement.”**

~ John Wooden

What is 'doing'? – doing is defined as...

1. to perform (an act, duty, role, etc.): "Do nothing until you hear the bell."
2. to execute (a piece or amount of work): "to do a hauling job."
3. to accomplish; finish; complete: "He has already done his homework."
4. to put forth; exert: "Do your best."
5. to be the cause of (good, harm, credit, etc.); bring about; effect.
6. to render, give, or pay (homage, justice, etc.).
7. to deal with, fix, clean, arrange, move, etc., (anything) as the case may require: "to do the dishes."

What is 'being' – being is defined as...

1. The fact of existing; existence (as opposed to nonexistence).
2. conscious, mortal existence; life: "Our being is as an instantaneous flash of light in the midst of eternal night."
3. substance or nature: "of such a being as to arouse fear."
4. something that exists: "inanimate beings."
5. a living thing: "strange, exotic beings that live in the depths of the sea."
6. a human being; person: "the most beautiful being you could imagine."
7. (initial capital letter) God.

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We are Human Beings not Human Doings. And what is 'being' while you are 'doing'? This is when you are consciously aware of 'being' in the present while you are 'doing' whatever it is you are doing. Bringing your focus, awareness, attention, attitude, mental astuteness, emotional response into the present moment and NOT thinking about yesterday or several years ago, projecting into the future or worrying about what is to come, stewing over what you said or didn't do or what you didn't say and did do.

It is 'being' fully in the present moment. Consciousness is the being in the doing.

And that is done through conscious choice and thought.



What about the unconscious...unconscious/subconscious is our bodies amazing ability to breathe, cells renewing themselves constantly, biological systems doing their thing, turning food into fuel, and so many other things as well. We don't have to tell our body to do these things, we don't have to tell it to do that, this or the other, it does it as that is how our minds and bodies work. Disrupt that and it can have catastrophic repercussion. For example, severing a spinal cord or stroke.

This amazing ability of our bodies innately know what to do actually frees up our conscious mind to think, rationalise, reflect, improve etc.

DOING	BEING
accomplishing	self aware
reacting	insightful
behaviour driven	values driven
conscious	unconscious
driven by success	not afraid to fail
changing	transforming
answering	questioning
Answer to How	Answer to Why

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Major health issues arise when we consciously ignore what our bodies are telling us. If we become fully present we have the ability to listen to our bodies... am I really hungry or is that signal telling me I am thirsty?

If we are too busy worrying about external influences then we will miss what our bodies are telling us.

'Be' while you 'do' – don't go into auto-pilot and allow old patterns of behaviour and thought to infiltrate and disturb the status quo. Step out of the old comfort zone and approach new ways of being and doing.

Conscious awareness firmly requests you stay aware of who you are. Don't follow trends, you are not a mindless body following marketing or advertising orders. You have a mind and a body to listen and guide.

Think for yourself (BE)  
Act for yourself (DO)

A silhouette of a person standing on a beach at sunset, with their reflection in the water. The person has their arms outstretched. The background is a soft, orange and blue sky over the ocean.

**Cultivate your relationship with your soul  
so your presence is a source of blessing.**

**In any situation, the clearest,  
strongest energy prevails.**

**Bring the honey of peace  
to the bitter tea of conflict.**

**Spread the balm of kindness  
on the wounds of the world.**

**Your being, as much as your doing,  
restores your world to Wholeness.**

**—HiroBoga.com**

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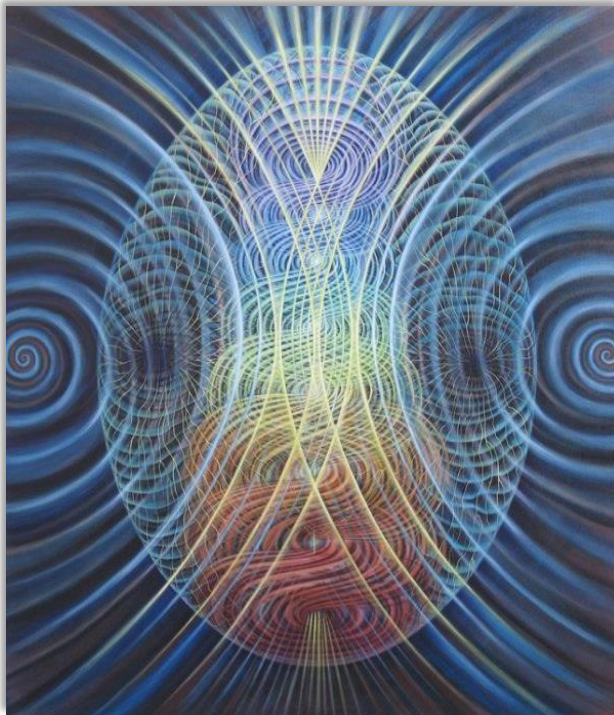
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### Chapter 6:

#### *Magic ~ Engineering Beauty*

*Magic* ~ energy & collective consciousness

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



*“To understand the true nature of the universe, one must think in terms of energy, frequency and vibration.”*

*~ Nikola Tesla*

Princeton University and the Institute of Noetic Sciences conduct projects that measure what they call ‘The Global Consciousness Experiment and Random Number Generators’.

*“The global consciousness experiment is an international, multidisciplinary project between multiple scientists and engineers. It collects data constantly from a worldwide network of physical random number generators located all over the planet. The data is transmitted to a home base, which now has more than 15 years of data stored in it.*

*Our purpose is to examine subtle correlations that may reflect the presence and activity of consciousness in the world. We hypothesize that there will be structure in what should be random data, associated with major global events that engage our minds and hearts.*

*RNGs are systems created by Princeton researchers that are sensitive to and respond to the intentions of individuals, in other words, the influence of consciousness. They also respond to marked shifts in attention occurring in their environment. Peaks of order are commonly recorded during moments of shared attention and emotions. RNGs also responded, and had the largest effects ever recorded by the Global Consciousness Project during major world events, like 9/11. (6) Other large recordings have occurred on presidential inaugurations, tsunamis and the deaths of public figures. These findings stirred deep questions about the nature of consciousness and its connection to our physical material reality.” ~ <http://noosphere.princeton.edu/>*



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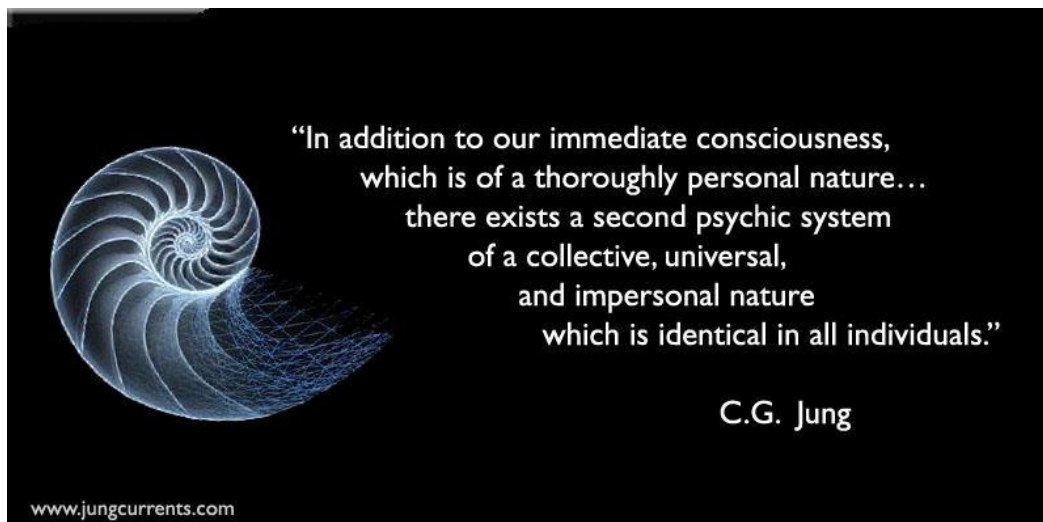


So they could measure the world's reaction to Princess Diana's death and 9/11. Measure energy that collectively, was powerful enough to register in their experiment.

It has also been shown that large groups of people all meditating together are able to effect the greater population. As we have learned that all is energy, and depending upon its frequency, its vibration, it is energy that can be 'pooled' together.

A Russian scientist, Dr. Konstantin Korotkov, a professor of physics at St. Petersburg State Technical University explains how you can influence the world around you with your mind.

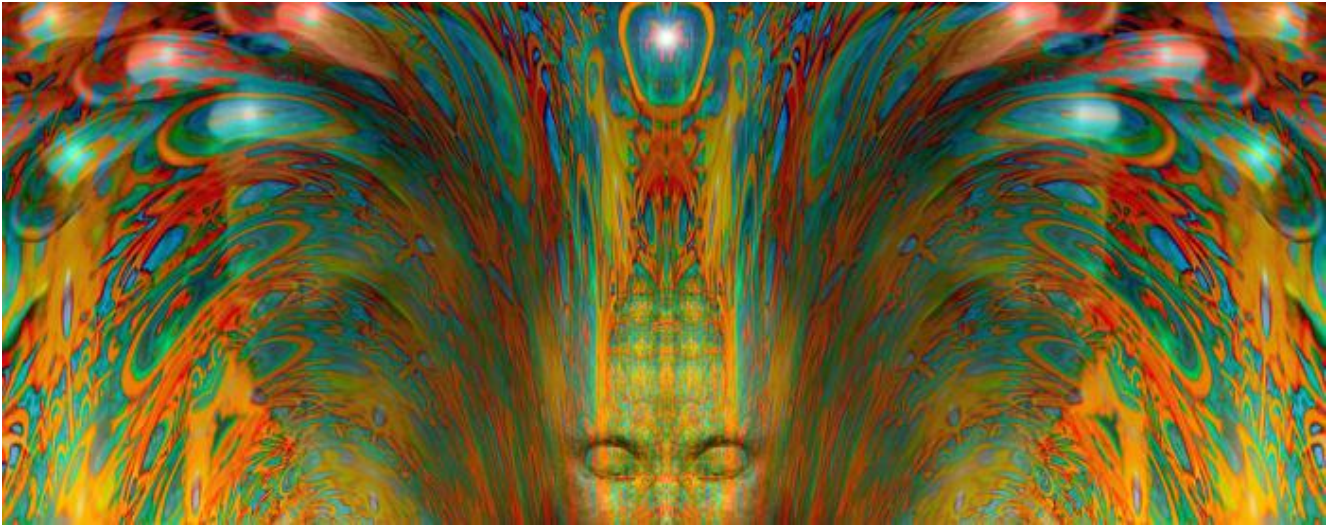
According to the superstring theory in physics, waves of vibration flow from everything in the universe, affecting the collective consciousness of others. Groups can enliven that field. Group meditation can be similar to a tug of war. You are all pulling on the same side, a certain synergy of energy is created, and a common goal is achieved. It is the same when you meditate together: the collective consciousness raises, and it acts like the 'rising tide that raises all boats.' The peace that is created actually becomes palpable, which is a special, collective experience and accomplishment.



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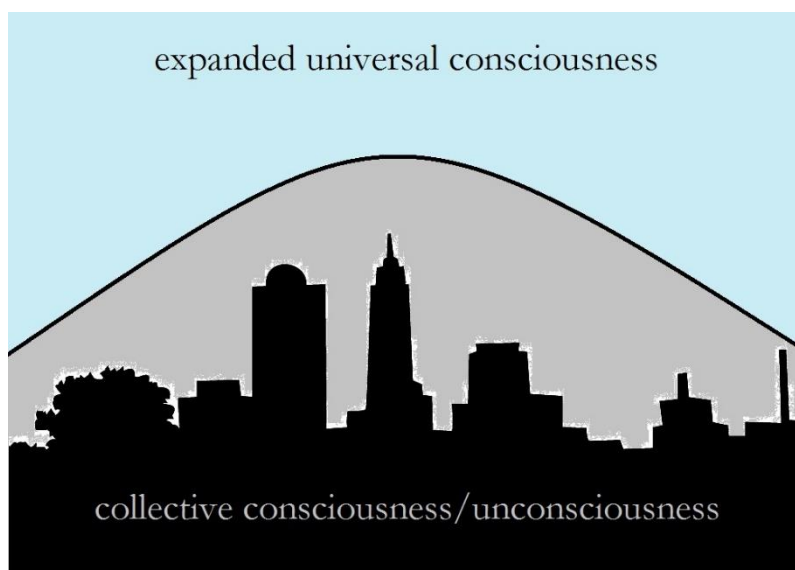


The immediate consciousness, our minds, consists of thoughts and feelings. It is definitely an energy system, albeit an even subtler one than physical energy. Our immediate consciousness is energy that is conditioned and can be directed by human will.

However, because we are made up of more than just our immediate consciousness, we are also made up of a 'second psychic system' this leaves us open to the 'collective consciousness' and vulnerable to influence and/or manipulation from the energy of the immediate consciousness. The way you think, the way you feel, the way you live affects every other human on this planet ~ in the subtle second psychic system. Remember not everyone on this planet is conscious, living in awareness and holding a frequency of unconditional love.

You can actually assist yourself to not be affected by the collective consciousness in a negative way.

With awareness, healing, embodying a healthy body and reconnecting back into your own essence, your own spirit and through meditation you can raise your frequency/vibration above the din.



The expanded universal consciousness is just another name for universal energy, life force, god, higher frequency, and so on.

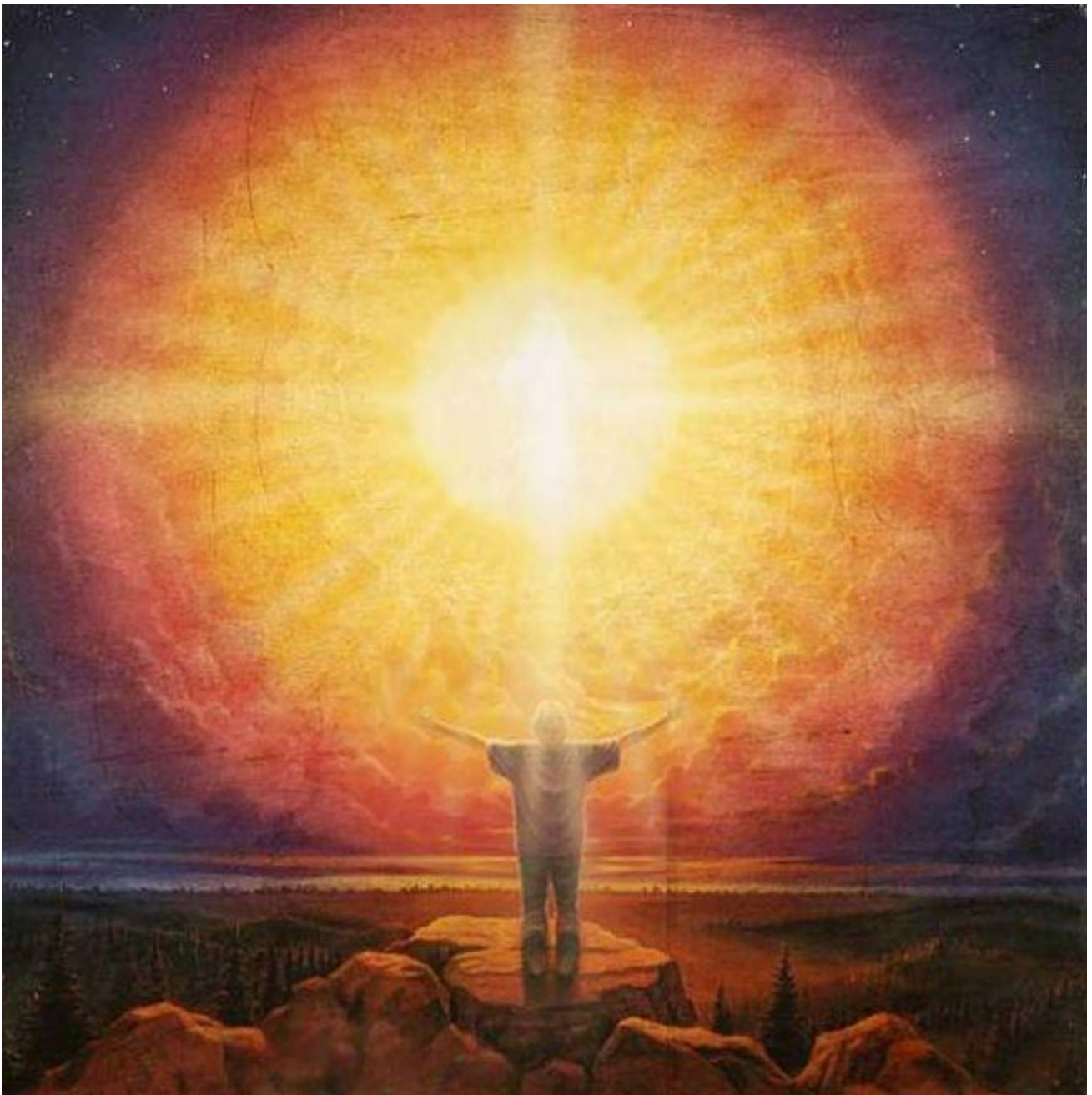
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Thoughts and feelings of a higher frequency, (peace, love, forgiveness, truth, acceptance, empathy, compassion etc) have so much more power than lower frequency feelings, and by raising our frequency to tap into the expanded universal consciousness and include these powerful energies, we are able to not only heal and assist ourselves, but the world as well.

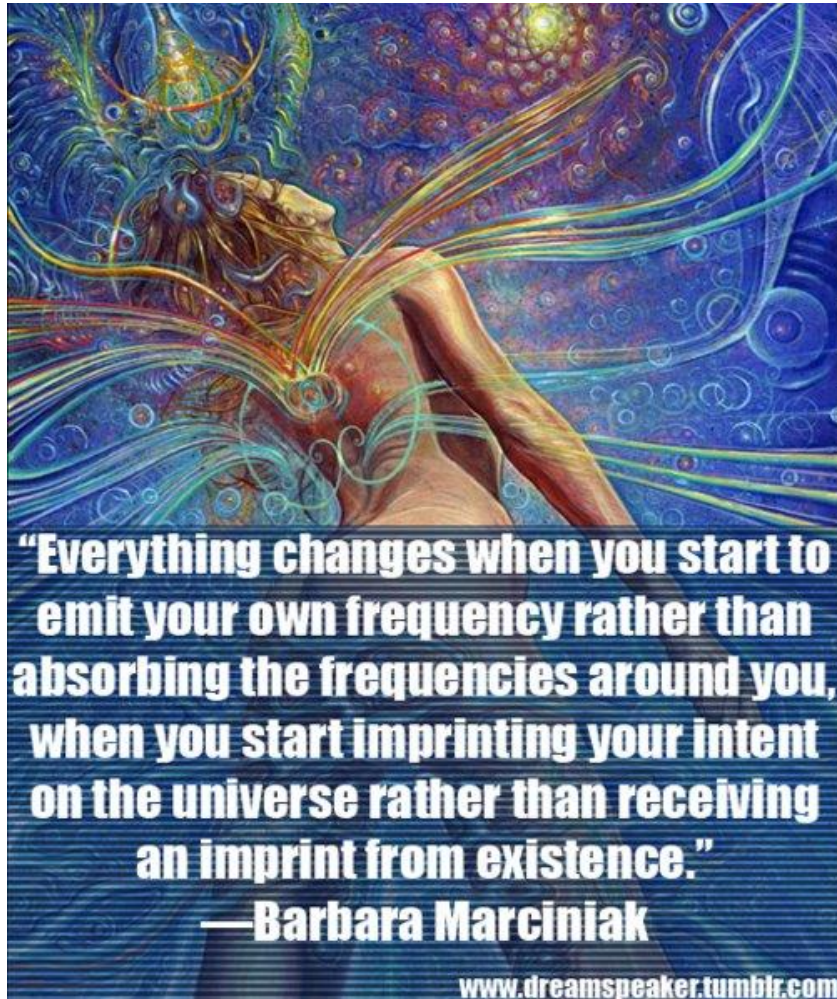
Be the change you wish to see in the world.



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The collective conscious/unconscious is limiting in its definition and concept unless we can do our bit to help heal it and raise its frequency even higher.

We are not just the product of our ancestors or past lives. We are not limited to the collective consciousness and the archetypes therein held. We are individuals who may be influenced by these energies but we do have the power within to overcome the limits they impose and evolve to higher states of consciousness, if only the effort were put in.

THE CONTENTS OF THE  
COLLECTIVE UNCONSCIOUS ARE  
ARCHETYPES,  
PRIMORDIAL IMAGES THAT  
REFLECT BASIC PATTERNS THAT  
ARE COMMON TO US ALL, AND  
WHICH HAVE EXISTED  
UNIVERSALLY SINCE THE DAWN  
OF TIME.

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The energy from our souls make up the collective consciousness, however, it doesn't just end there and that is all there is to experience! We have a spirit that is an even finer vibration than the soul.

Our soul is here to evolve, our spirit is our guide through that evolutionary process.



Our souls are subject to lessons, wounding, negative patterning and fear. Our spirit allows and assists our soul to transcend these earthly experiences.

If we are disconnected to our spirit then our soul may suffer immensely. Reconnecting to our spirit as your true guiding light, greatly assist in dropping the ego specialness that sometimes we attach to from our souls' lessons.

In the end, we all have free will and choice how we get to 'experience' our earthly life. And when I use the word experience, I mean; we are able to choose what perception, perspective, belief to hold about it, knowing that that is what dictates our interpretation of what we experience.

You are free to stay in ego, you are free to choose to stay embodied in your souls' lessons and you are most certainly free to choose to connect to your spirit and live your life accordingly.

Staying stuck in ego, for some, is a life's lesson and one to be walled in. Although staying embodied in your souls' lessons reinforces a closed mindset and reinforces the lower aspects of the collective consciousness.

This programme is designed to get you connected to your spirit, the invisible energy that exists in all things and the transcendental experience of living a spirited life.

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## Module 2 ~ Getting Real

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### 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 thought about yourself, and journal a negative thought yourself

Learning to listen and acknowledge both aspects to your character. Once you know what it is you are thinking you can challenge the negative one, accept the negative and learn to accept and embody the positive ones.

##### Nutritional Evaluations

~ **Every day** journal foods you chose to eat and foods you chose not to eat and why.

Learning to identify what you are buying and eating assists in knowing where you can make healthier choices to your dietary lifestyle, creating a healthier future for yourself.

##### Spiritual Recognitions

~ **Every day** journal your experience with pre-cognition and synchronicities

Training your mind to see, hear, feel the subtle messages, messages that can be so easily overlooked, ignored or simply go unnoticed.

#### Reading:

##### The Four Agreements by Don Miguel Ruiz

~ Wise perspectives & helpful tools to help perceive your body & uniqueness and not as an extension of others.

**Viewing:** click on the title to follow the link

##### [State of Mind the Psychology of Control](#)

~ 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 will be confronting.

##### [Food Matters](#)

~ a further look into the food industry and the foods we eat and how some foods are actually healing foods.

##### [Awakening the Dreamer – Changing the Dream](#)

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

