



RUTH OSTROW

LIFE
Magic

How to create everything you ever wanted



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INTRODUCTION

IT'S NOT A SECRET

LIKE MILLIONS OF people around the world, I have enjoyed books like *The Secret*, Deepak Chopra's *SynchroDestiny*, films like *What the Bleep Do We Know!?* and other courses in self-determination. But like many I have been left wondering why, despite best efforts, I haven't been able to manifest some of the important things I want. This little book is the missing link, explaining that it's not until you have unearthed your deepest, hidden beliefs – those sneaky demons that hang out in your unconscious mind – and dealt with what's really blocking you, that you can go forward and create everything you ever desired.

And it makes perfect sense. Before planting healthy seeds, weeds have to be removed and the ground prepared.

This book will help you uncover your tired old beliefs, secret mind-codes and self-defeating habits that disempower you. And then using *Life Magic* as a potent

‘magic wand’ you will learn how to become an alchemist in your own life, and quite literally change dust into gold.



PART I

The Power of Thought

LOVE

WHEN WORKING AS a Sex & Relationships writer a few years ago, I heard two stories that rocked my world. In a period of a few days I met up with two very different women. One was exceptionally beautiful.

A former model and now celebrity beauty consultant with long blonde hair and even longer legs, she was the proverbial 'hot babe'. She was nevertheless lamenting the breakdown of her marriage. Her partner, it seemed, had been cheating on her despite her beauty, wit and brains.

The other woman I met up with was the opposite to what we in this culture are taught to believe is desirable. Whilst still a pleasant looking woman, she was ten years older

than the other and was short, voluptuous with greying hair and not into wearing make-up. She too had just broken up from her marriage. Except she was the one who had left.

‘I am a cheerful person. I love going out. I just got a bit bored,’ she sighed, and since the kids had recently graduated from school and moved into their own premises she had decided to do the same. ‘Nothing lasts forever,’ was her flippant retort.



THE TWO WOMEN independently shared with me the difficulties of being single later in life – the issues facing older single women, getting used to taking responsibility for things otherwise done by their partner, the awkwardness of dating after years of nesting. I watched the beautiful blonde with fascination. ‘Well it won’t be hard for you, just look at you. You’ll have men coming on to you like bees to a honey pot,’ I thought to myself with a twinge of envy. The other elicited in me a feeling of great compassion. I did wonder what life had in store for a 50-something woman who looked middle-aged. I knew one would have a hard time finding love, and for the other, it would be ridiculously easy.

And I was right. A few months later, as I had predicted, there were men dancing around my friend. And in all the

dating havoc, she met her dream man – a handsome multi-millionaire from the States who had several overseas interests and who was just visiting ‘an Australian investment’ when, in a chance encounter, they met and bonded. I actually felt myself turn green with jealousy as the story unfolded of plans for overseas travel and the millionaire being ‘so kind and generous’ as to have won her heart. The other friend remained frustrated and alone – and is still alone to this day.

But here is the punch-line. The friend who ‘got her man’ wasn’t the bombshell! It was the cheerful, middle-aged woman. This story has stumped me all these years. I keep going over and over it in my mind.



LIKE MOST WOMEN, I have always had issues with my body image. Despite the lovely compliments I have received all my life, the disempowering nature of our society and the competitive rivalry fostered between women by the media and glossy magazines has created in me as much as the next woman a sense of not being good enough – not being pretty enough, slim enough, young enough. In short, not worthy of love.

So how could it be that someone, lovely and intelligent as

she is, who does not fit society's prescriptions, had struck gold? And indeed it is not the only story like this I have heard. A dear friend, the mother of five dependent children, ended up with a handsome, sexy man who wanted to help raise her kids. Another acquaintance, who had such bad eczema on his body and face that he was often hospitalised, met a highly desirable woman in the same field of work as him, and they now travel the world living in exotic locations, earning fabulous money, with two lovely children, whilst others of my more 'gorgeous' friends – of either gender – with their peachy skin, great personalities and high intelligence, find themselves alone, depressed and dateless. Meanwhile, who could ever forget the story of Camilla Parker Bowles stealing the Prince's heart over the magnificent Princess Diana?



ALL OF WHICH lends itself to some deeper analysis. What is at the root of being so-called 'lucky in love'? I began investigating stories of *Happy Ever After* and comparing them. And underneath the physical layers – facelifts, make-up, beauty creams, tight butts, big breasts, money, charming personalities, and perfection – lay a fundamentally important truth.

In one group of love seekers – the successful ones – there

was a profound and unshakeable belief in the outcome they would eventually achieve. Not for one second, not even a nanosecond, did any of them doubt their ability to find love, and live a happy, healthy, successful life. They all acknowledged to me the difficulties of single life, but none had ever created a negative story around it:

I will never meet ...

It is difficult to find ...

I am not ...

For those friends of mine who have remained perpetually spurned by love there are stories galore.

I call them **Disempowering Beliefs** or **DBs**. These are self-sabotaging beliefs that prevent us from getting what we want. They are both conscious and unconscious and feel true for us. Because many of these mantras are indeed unconscious, I also refer to them as secret mind-codes:

 *I am not that attractive*

 *Older women can't meet men*

 *Relationships take away your freedom*

 *It will all end in tears*

 *No one will want me*

- 💋 *It's hard to find a man*
- 💋 *Women are too demanding*
- 💋 *I will be suffocated and lose my independence*
- 💋 *There are no single men in this town*
- 💋 *It's hard to keep love interesting*
- 💋 *All men cheat*
- 💋 *I have an ugly body*
- 💋 *Women are ...*
- 💋 *Men are ...*
- 💋 *I will end up controlled or trapped like Mum/Dad.*



MANY OF MY single friends are so knee-deep in disempowering beliefs that it's impossible not to hear them screaming out. Any man walking towards a woman who has the belief, conscious or unconscious, '*All men will let me down*', will find himself tapping into the scent of fear she is emitting. He will intuit the look of downcast suspicion in her body language – her smile will be cynical; her shoulders slumped; her mouth turned down.

Contrast this to a woman who believes, '*Men are so*

lovely, I miss male company'. This woman will look and act welcoming as the male approaches, and may even emit some chemical attractant like pheromones. This is *Life Magic*. No amount of make-up can mask malcontentedness.

They say children of abusive men marry abusive men. The psychological theory is that they either unconsciously know that Mr Sweet will get violent, or they *turn* Mr Sweet violent. The mechanisms haven't yet been fully understood. But the beautiful woman in my opening story had a history of abandonment – cheating men, dying men, men who left. *'I will always end up alone!'* seemed to be her catch-cry. The other woman, who exuded self-belief and personal power over limiting thoughts, was very relaxed, ate what she wanted, lived and loved to the fullest, and believed in a loving, nurturing reality.



IN A SIMILAR fashion to our 'set ups' concerning love, body-image and emotions, we also have beliefs about money that dictate our reality and therefore influence the outcome.

MONEY

WHAT I WITNESSED as a finance journalist during the turbulent 80s, in the world of business and wealth-creation, was almost exactly the same as in the world of love. I even wrote a best-selling book *The New Boy Network*¹ about the rags-to-riches stories I had encountered, so fascinated was I with people who created empires for themselves based on **Empowering Beliefs**, positive, nurturing mind-codes as opposed to disempowering ones.



THERE WERE MEN who had escaped terrible persecution driven by a singular belief that it would be so. In one such story a fellow, who became a great success, was part of a group during World War II being marched from a concentration camp to a nearby gas chamber. He just simply dropped back from the group and started walking the other way. The Nazis, not believing anyone would fall out of line, never stopped to even consider this action a possibility as he walked towards a nearby tree where he hid, and then dashed to freedom.

I wrote about people from war-torn countries who broke out of prison camps, scaled walls, escaped from living hell, came to Australia, and then continued to believe in their own infallibility, scaling companies and breaking

down the walls of corporations, cartels, unions, until they had reached the pinnacle of their professions and the money was pouring in.

'I never stopped, I never looked back,' said one entrepreneur behind one of the country's biggest property developers. *'I kept running and running. Climbing and climbing.'* Like mountain climbers with an irrepressible urge to conquer the summit, there was nothing in sight but success for many of the immigrant businessmen who built the country. And the mantra, *'I must survive'*.

It is worth listening to these entrepreneurs and to note their unlimited capacities borne of self-belief and determination. In stark contrast, people who struggle financially often come from what is commonly referred to in wealth-creation circles as a 'poverty mentality' or a 'poverty script'. These people struggle because their beliefs are framed around the notion that there is a *them* and an *us*, or that you somehow need to be special or have rich parents in order to become wealthy. This was not the case for our great immigrant empire builders.

Some of the things the successful men said to me:

 *I have to do this*

 *I can't stop*

 *You make your own luck*

 *It's not what happens, it's how you deal with it*

 *Defeat is not an option*



Invariably, not all the businessmen I interviewed remained successful. Many hit the wall as the 80s turned into a credit squeeze-inspired bloodbath.

Behind failure there is often fear:

Fear of failure itself: *'I don't deserve ...'*

Fear of not being respected: *'I am not good enough'*

Pessimism: *'This will never last'*

Paranoia: *'People are jealous of me and try to bring me down'*

Exhaustion: *'I am not supported'*

Generic beliefs: *'The government makes it too difficult to do business in this country'*

Some fears can drive a person forward in what certain advocates of personal development term 'the winning

formula' or similar epithets. But I always say, '*What drives you can drive you over the edge*', and at the end of an era which spawned a '*Greed is Good*' mindset there were many corpses burnt out and ruined, lying on the battlefield. For if the Disempowering Belief is allowed to exist unexplored, unchecked, lying dormant in the unconscious, it can rear its head at any time (even at the height of one's success) and there will be inevitable bad results.



*Scratch a person and you will find
the belief behind the behaviour that, in
turn, dictates outcome.*

HEALTH

IT IS THE same with our health. Most people understand the psychology of illness nowadays. It is a psychology where a placebo – a false drug called a sugar pill – can cure illness, stop pain, and help people feel secure and well. Stress has now been proven to inhibit the immune system and lead to cancer. Meanwhile, we now know that ancient tribes could and can quite literally kill a man by pointing the bone, simply because the subject believed death would happen.

There is no longer any question that a mind–body connection exists. The role belief plays in health, wellbeing and beauty therefore cannot be overstated.



I AM INTIMATELY involved with the story of one man who had a history of heart trouble. He had severe coronary blockages and was given a few months to live. His diet was bad, he was a heavy smoker and drinker and came from a family with a genetic disposition to heart problems. And yet he didn't die. He kept on going and going. Though he did eventually die of heart failure, it was 20 years after his six-months-to-live 'death sentence', despite the fact he kept living a poor lifestyle. His belief was powerful and obsessive. He knew with absolute certainty that he wasn't going to die.

Meanwhile a close friend of his, a health fanatic, dropped dead in the middle of a jog.

Genetics, lifestyle and exercise all play an important role in maintaining good health.

But if one maintains the unconscious or
conscious belief:
'Life is short'; 'I can't cope'; 'Live hard, die

young, and leave a good-looking corpse; *I am not good enough*; or *Life is difficult*, such thoughts seem to contribute to longevity or, rather, a lack of it.

It is now recognised in hospitals around the world that the words spoken to patients in intensive care contribute significantly to survival rates.² Workshops have now been developed that teach doctors and carers how to speak to the unconscious mind to save lives and promote healing. But whilst doctors are being trained to talk in a positive fashion to us, we continue to talk in an abusive fashion to ourselves. We wouldn't wilfully put some poisonous chemical into our bodies. Yet we are completely non-discriminating about what we put into our heads. We poison our minds with ugly **Toxic Thoughts**. I have come to the belief that you can feed your body with as many mung beans and wheatgrass juices as you like but it is what you feed your brain that is all-important.

Toxic thoughts and toxic beliefs kill.

Even as I write this there is a story in today's paper:

'A study of 8000 British government senior civil servants working in London found a

strong link between the perception of unfair treatment and the risk of heart disease. Those who scored highly in a test for feelings of persecution were twice as likely to have a heart attack or angina as colleagues with low scores.’³



ACKNOWLEDGING THE IMPORTANT role beliefs play in health is, in fact, how this book came about. I was working on a book called *Total Health* and I began writing a chapter on belief. Suddenly I realised that the rest of the content was not valuable unless **Super Attitude**, more so than Super Food or Super Fitness, was fully addressed. *Life Magic* is the alchemy that results when Super Attitude is deliberately applied to any situation.

I was thereafter inspired to drop the first book and write this one to support people in their journey to become fully awake.

Why do some people get nerve rashes, headaches, arthritis, even when they are fit and healthy? Why do some heavy drinkers and smokers choof along on full steam? Is it a case of Rolls-Royce genes? Or Rolls-Royce

attitude? The question fascinates me because I have known people, despite a genetic predisposition to illness, to defy doctors and those around them by sheer willpower, determination, and certainly belief. Just as I have known many unlikely candidates to get the prize by way of love, money and happiness.

Oh, by the way, the man who thwarted death for 20 years with three blocked arteries and a bad smoking and drinking habit was indeed someone I knew well.

He was my father!



PART II

That Ol' Black Magic: Disempowerment

MAGIC

THERE IS A complex system at play in the psychology of success, whether it be in our money personalities – the personalities we develop through childhood experiences pertaining to money (the miser, the hoarder, the entrepreneur, the saver, the saboteur) – or in what we attract by way of love, health and happiness.

Having studied psychology for many years and worked with multiple clients as a wellness consultant and life coach, I have seen the power of belief create amazing outcomes. I have come to the conclusion, after years of interviewing people as a business, relationships, and now health journalist, that the greatest fortune a man can possess is a positive disposition.

This is because thoughts create.



BELIEFS ARE FORMED about money, love, abundance, the safety of the universe, friendship and sex. These then perpetuate their own reality.



In days gone by, spells were cast by using *intention*. The practitioner would think of an outcome he or she wanted to create and then put time and energy into bringing this outcome into being.

For most of us, our intention – often a secret or unconscious agenda – is to prove our beliefs, no matter how good or bad these beliefs are. In a disempowering belief structure it works like this: Woman thinks,

‘All men are bastards’. She then goes out and unconsciously attracts a cad. Proves belief, *‘All men are bastards’*. The secret agenda, the real hidden intention in this instance, is to confirm the belief, rather than to find a wonderful man.

Over the course of this book, I’ll take you through a step-by-step guide revealing how to cultivate positive beliefs

and outcomes, which I refer to as White Magic or *Life Magic*. *Life Magic* is what happens when you approach each day from a truly creative rather than reactive, victim-orientated perspective. And *Life Magicians*, practitioners of *Life Magic*, literally turn water into wine. But before doing this, it's important we confront the dark side first.



DISEMPOWERING BELIEFS (DB'S)

There are empowering and disempowering beliefs.

Disempowering or 'limiting' Beliefs (DBs) are huge obstacles to happiness because if you don't believe you deserve to be healthy at a deep level or you can't imagine yourself having it all, then you won't. Period. Our beliefs – conscious or unconscious – are that powerful.

DB's create bad or **Black Magic**. They put us in what I call a **Victim Triangle** and keep us trapped in a dark cell! It's like the cookie cutter Mum used in the kitchen. A triangular cookie is cut out of the dough. It is tiny in comparison to the large piece of dough on the bench. And yet all the cookie knows is within the triangle. The triangle is its whole world.

That's how we live. Trapped inside one small cookie cutter; one paradigm of reality, whilst the dough, the bench, the kitchen, the entire house, street and city all exist, but we are unaware of the vastness because as the adage goes, '*You don't know what you don't know, until you know it.*' Like Truman in the movie *The Truman Show*, we bump up against imaginary walls of limitation in an artificial filmset of our own making.

THE VICTIM TRIANGLE

HERE IS A classic example of a DB or Victim Triangle. A friend suddenly developed a theory that I didn't value him any more. This didn't come from any external 'reality', but rather from a sad construct in his head based on an insecure patch he was having.

He then acted with disdain towards me, not returning calls, being rude when we were together and basically giving me a hard time. Not being privy to the workings of his brain, I just presumed he'd decided he no longer wanted my friendship.

Without further ado, I altered my behaviour to accommodate this new situation, finding myself withdrawn in his presence and becoming more and more

aloof.

This gave him all the evidence he needed to support his new belief. *'You see!'* he told mutual friends. *'She never came up to say hello at X's party, she snubbed me in the street. She has discarded me without a second thought!'*

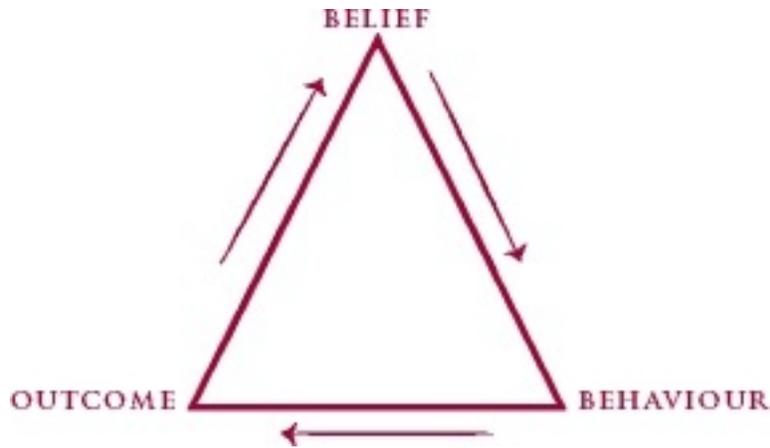
After hearing about his false conclusion, I rang and urged him to process this turn of events. It transpired that he'd been riddled with negative thoughts about many things, arising out of a period of profound self-doubt. He presumed no one valued him because he'd stopped valuing himself. Had we not spoken I would have walked away, which would have validated his initial belief, *'No one loves me, no one cares'*.

In other words

Belief is a self-fulfilling prophecy.

Drawn as a triangle it looks like this:

VICTIM TRIANGLE



- ☞ Belief triggers Behaviour
- ☞ which creates an Outcome
- ☞ which then confirms the original Belief

It's such a simple yet profound equation.

We all live this way. Each of us has at one time or another literally made up/ invented a premise based on a belief and then somehow ended up creating it by virtue of a magical **Law of Attraction**.⁴

Simply put, the law says that we attract to ourselves those outcomes we believe, fear or feel deeply about. Like spell-casting, the belief becomes the intention – the hidden agenda – which leads us to our outcome, which, in turn, simply confirms the original belief.

For example, if we fear that we cannot ever hold down a

relationship, we are going to attract the kind of mate who will not commit to a relationship.

These disempowering beliefs
are not truth. They become true
by our making.



OUR MIND SETS up these beliefs not out of unkindness but to protect us. It sees them as tools we can use so we don't fall and get hurt. Or as my Mum used to say any time I found a new boyfriend, *'Don't get excited just yet!'* Our 'Inner Parent' really thinks we need protecting and the Victim Triangle becomes a make-believe shield against the world. But this is an illusion, it is the arsenal of the dysfunctional child.

As an illustration of this principle, try imagining, *'My boss thinks I'm a great employee'*. Every time you see that boss you'll smile, walk with chest out, perform better because you feel valued, and hence create your own positive outcome with their smiling and praising you, which will validate your initial belief as part of this virtuous cycle.

Now try thinking the opposite regardless of reality.

Shoulders folded in, resentful attitude, you'll feel anxious and probably provoke nasty glances, all of which triggers sluggish performance which will provoke a bad outcome as you continue your downward spiral. It is for very good reason that Buddhists believe we should practise a smiling meditation each day. The smile lifts facial muscles, an act that actually triggers a neurological reaction in the brain, releasing serotonin, which puts us in a good state of mind, hence attracting more things to smile about.⁵

Another example I can share is of a man I interviewed who has the belief, *'Everyone will betray me'*, based on early childhood experiences. He is guarded and un giving around his colleagues. Labelled a scrooge and laughed at behind his back, he is betrayed more frequently than anyone I have ever known. Because people feel duped by him, they feel justified in duping him back.

Similarly, I know someone who believes the opposite, and she literally goes away overseas with her front door ajar to let the dogs in and out, and has not had a person walk in and steal anything in seven years.

INVITING IN PROOF

THE WAY IN which my paranoid client invites people into

his ‘play’ to act out his *betrayal* script – and the way other people attract in those who will play out their abandonment, unworthiness or deprivation scripts – is akin to magic. It’s the Law of Attraction at work. We attract people who mirror our deepest beliefs like bit-players on the stage of our lives or in our private movie. Alternatively, we unknowingly train people how to treat us in a way that fulfils our unconscious beliefs.

In life it’s often our beliefs and unconscious fears that drive reality, rather than the other way around. Although most of us believe we are victims of circumstance, we are often the unknowing creators of our own outcomes.

*We are powerful beyond our
own recognition.*



AS AN EXERCISE, start noticing the degree to which angry people make you feel angry, calm people calm you down, flirty, playful people put you in an open mood. Then note how your own mood affects the world around you. Ask yourself: How am I being, what am I thinking, fearing or making up, that is eliciting the response I am getting?

WHERE DBs COME FROM

ALTHOUGH IT IS eventually the Inner Parent (i.e. your own mind) that dishes DBs out, they are generally formed from childhood lessons: things you were told by your parents or teachers; things you heard your parents say to each other; subliminal messages and beliefs that were circulating in the home whilst you were growing up.

I call these internalised lessons our **Mantras**.



MANTRAS

Mantra Definition:

A powerful word or phrase with deep spiritual significance, chanted over and over until it permeates every cell of one's being, and holds the power to create.

It works like this. I ring my mother. I'm excited. A new project has landed on my desk. A wonderful opportunity to do something I've always wanted to do.

As I sit on the line I can hear it coming. I am hoping against hope it will not, but I know she is going to say it.

It's her mantra. The things mothers say again and again to instil in us their version of the world.

*'Hello Mum ... I got the assignment.
I'm so thrilled.'*

I start mouthing her response in anticipation of it. *'Ruth ... don't ... get ... your ... hopes ... up ...'*

'That's wonderful,' she says. *'But Ruth, don't get your hopes up.'*

'Mum,' I say for the hundredth time, *'Why are you so scared of your loved ones getting their hopes up? What is the worst thing that can happen? We fall down? We skin our knees?'*

'I'm just trying to protect you against disappointment,' she says defensively.

It's no use arguing with parents about their mantras. Because these mantras were passed down from generation to generation. It's in the mother's milk. It has taken over the mother's entire body and soul. She is helpless to stop chanting the mantra, even in the face of logic.



A FRIEND, KIMBERLY, heard the usual mantra from her mum after she announced her marriage.

'Mum, I have met a wonderful man. I'm getting married.'

Without missing a beat, her mother chanted,

'But dear ... you ... know ... with ... you ... things ... never ... last.'

Another friend's mother has an even more disheartening mantra, spoken with a tired tone,

'Jennifer, dear ... No one is interested.'

Even during childbirth, with Jenny screaming in agony, her mother sighed in irritation,

'Jennifer, dear ... Please! No one is interested.'

Which is a version of my grandmother's favourite,

'Pull yourself together!'

or another friend's,

'Dear, who do you think you are?'

which she believed, and later in life spent her time saying

it to herself every time she was on the brink of success, hence sabotaging her chances.

I suppose what Jennifer's mother meant is *'No one is interested in me'*. I know that Kimberly's mum lived a life racked by loss, hence her belief that *'Things never last'*.

And my own mum's early life was about thwarted dreams and disappointments. As a child growing up in war-torn London, hiding in bomb shelters in terror, and finally being wrenched from her family to be billeted out far from home, the mantra *'Don't get your hopes up'* would have summed it all up.

Mum's other favourite is *'Be careful'*. This is the classic parent mantra, said so slowly and painfully as to signify cosmic disaster. As in, *'Mum, I'm going to see that musical tonight ...'* Face wrenched with anxiety, shoulders crunched over, deep breath in, the mother moans, *'Be c-a-r-e-f-u-l!'* No use asking of what. Of everything, of course: bombs, kidnappers, car accidents, food poisoning.



MANTRAS FROM FATHERS traditionally reflect concerns

about money, achievement and self-worth. Growing up in an immigrant household the mantra I heard from my dad was *'Life's difficult'*.

Thankfully, the underlying message was, *'Give it a go anyway'*. But a close friend's father intoned with a shrug, *'What can you do ...?'* reflecting feelings of powerlessness and defeat. It's not surprising my friend has become a bit of a victim. And who hasn't heard, *'You can't have everything!'*



ANOTHER POPULAR ONE for Baby Boomer women was, *'No man will ever want you!'* as budding feminists who elected to wear their hair short, and refused to pander to Daddy's needs, were bullied and put down in a bid to feminise us and show us our place. But sadly it did resonate.

We do absorb the mantras handed down to us. Like religious chants sprouted by Buddhists, Hindus, Christians, Pagans, they get into our blood. They hold the authority of prayer, and the same ancient energy of a spell repeated and repeated over generations until it holds real power. These mantras enter our life philosophy, our set of beliefs and values. Think of anyone you know, and

behind their actions you will find a family creed that will sum them up.

You can never trust anyone

It will all end in tears

Keep yourself nice

Just get on with it

Don't be a pig

Life is unfair

They manifest in a range of attitudes:

I am not attractive enough

No one cares

I can't get thin

I don't deserve love

Women become unattractive after forty

All men are bastards

I am a fraud and when people find

out they will abandon me

Love is painful



A FRIEND TOLD me his Greek grandmother used to say,
without humour,

'Don't worry. Everything will turn out bad.'

She would say,

'Hope for the best but prepare for the worst.'

By fifty she had already bought funeral shoes to wear
inside her coffin.



WE GENERALLY CHOOSE one of the mantras and live by it.
For instance a friend has the mantra, *'No one loves me, no
one cares'*. It is surprising how this gorgeous looking
woman – much like the woman I discussed earlier who
never found love – always seems to end up validating her
initial premise.

Each day we live according to our beliefs.

If a client arrives with a string of broken relationships, I
ask, *'Which of your parents believes, "We're always
alone" or "Love never lasts"?'*



It's interesting to try to find out where the original family mantra came from.⁶ Perhaps you come from a culture that was subject to persecution and you carry that collective belief inside your head, even though you are all safe now. We will examine this in detail a little later.

At this point, simply identify the belief and when it first dawned on you that:

Life is difficult

I can't have the love I want

No man will love me

In my life coaching sessions I spend a session or two showing people their programming, giving them their choices. You can't change conditioning that has been put in your head and your mother's mother's head over eons. It's there forever, like railway lines etched into the subconscious. But you can show people where life will lead if they follow these tracks. And how they can jump trains and end up at a different destination.



THE MOTHER OF ALL MANTRAS

IN MY WORK I have discovered that there are lots of

mantras we live by. A myriad come out when my clients and I do our sessions, but they are often the birth children of the one big mantra. I call it the **Mother Mantra** or alternatively the **Mega Mantra**.

For instance, one client – let's call her Betty – felt abandoned as a child. Her mother was preoccupied with another sick baby, father was absent. No one came in regularly to feed the child who screamed continuously.

Naturally, the child came to the conclusion *'No one is feeding me'* and a host of related beliefs evolved out of this starvation script: *'I am neglected; I will always be deprived'*; *'No one is listening'*; *'I don't deserve love'*; *'I will never be held'*.

These are all valid beliefs. But the overriding Mother Mantra in this instance is, *'I can't have what I want'* (with the ensuing conclusion, *'So I will perish'*), which was the one Betty most reacted to when we workshopped her beliefs, and the one which has been played out over and over again in many aspects of her career and relationships.

Each situation in her life is fraught with partners who withhold, be they lovers, work colleagues, or the man who has come to fix the pool. So fearful is she of starving

to death (emotionally and literally), this woman is over-reactive and anxious to the point that she attracts/creates the very deprivation she most fears as people recoil from her neediness.

An important note here. The Mega Mantra may not come from words spoken by parents and authority figures. Rather it can be formulated by a child's wrongful presumption based on the actions and beliefs of the parent. For instance, the child who is left unfed to cry is the victim of a mother who has her own belief about nurturing: *'Don't want to reward neediness'* or *'Don't want to create a weakling child by fostering dependence!'* The mother's belief may itself have arisen out of the subjugation of her own needs as a result of her own mother's *'Don't overfeed the baby'* life philosophy.

In other words, the Disempowering Beliefs the child develops which become its Mega Mantra may either come from words spoken out loud, or unspoken beliefs embedded in the family structure, acted out in behaviours that could have been abusive, indulgent, hedonistic, irresponsible or other. The child then forms presumptions based on this.

These presumptions – often passed down from generation to generation – form the basis of the Disempowering

Belief and the Victim Triangle. Which, as we noted earlier, is a self-fulfilling prophecy.

Remember, if you don't believe you deserve to be healthy at a deep level or you can't imagine yourself having it all, then you simply won't. Our beliefs can be powerful obstacles that stop us having what we want, as much as they can also be tools for positive *Life Magic*.

Once again:

- 👄 Belief triggers Behaviour
- 👄 Which creates an Outcome
- 👄 Which then reinforces the original Belief



Some common DBs:

- 👄 I don't deserve ...
- 👄 No one cares
- 👄 I can't get thin
- 👄 I can't control myself
- 👄 I have an addictive personality
- 👄 Life is no fun when you're healthy

- 💋 Women become unattractive after forty
- 💋 I'm not pretty enough
- 💋 No one wants me
- 💋 I'm not bright enough
- 💋 All men are bastards
- 💋 You can't rely on anyone
- 💋 I am not capable of ...
- 💋 I am not the exercising type
- 💋 No man/woman is ever going to want me
- 💋 I'm a fraud and people will find out
- 💋 I'm never going to get anywhere
- 💋 Love is painful



PART III

Identifying Your Beliefs

YOU ARE WHAT YOU THINK

GIVEN THE INEVITABLE outcome of Disempowering Beliefs, it is good to rid oneself of them or at the very least to hear oneself say the belief and to then reply, ‘*That is Rubbish!*’ or, ‘*You just made that up!*’

Shining a light on a DB script is the best way to negate its power to influence outcome.

In time it is optimal to replace these with more helpful beliefs or intentions. Having worked on my own pattern I have changed myself slowly and gradually from being an unhealthy workaholic to feeling free, creative and hence living a soulful, nurturing existence.

So let’s help you identify your Mother Mantra (and her

offspring), then work towards creating a new, empowering framework.

The first important thing is taking out a flash-light and shining it on the belief monster – the Mother Mantra – lurking in the forest of your mind. This needs to be done before we can create something new and inspiring.



IDENTIFYING REPETITIVE PATTERNS

SIT FOR A while and write down all the mantras that guide your family and the conclusions that formed as a result of your childhood, then find the one that seems to sum it all up for you. You will feel the ‘Aha!’ moment in your stomach. It is easier to have an interviewer or observer go through the process with you, as I do with people. But doing it alone can work too, and I will provide tips to help you along.

What is your family creed? Life is hard? Keep yourself nice? Don’t show your feelings? You can’t trust anybody in this world? Try to remember what your parents said over and over to you or to each other when you were young.

What is your personal creed? Examine your greatest sadness or loss. Do you always give up when success is imminent? Do you always get bored or tired after a period of time, regardless of the circumstance/ city/ job/ relationship you find yourself in? Do you always feel unsupported at home and at the office? Do you carry the burden for loved ones and colleagues? What is the belief or mantra behind the pattern (i.e. *'I'm not good enough'*)? Is there a link between the family and the personal creed? Dad said that life was hard, I tend to give up when I'm becoming successful; Mum believed she was unworthy, I over-indulge most of my friends in order to keep them with me.



LOVE PATTERNS

ONE MAN I coached kept breaking up with his female partners after a few years. Although a sexy and potent guy, each girlfriend would eventually stop sleeping with him and he would end up rejected. We workshopped his relationship with his mother. Basically a preoccupied woman dealing with three demanding kids and an alcoholic husband, his mother never had time for my friend, the youngest son.

He felt panicked as a child. He yearned for Mother to placate and hold him in her arms, which she never did. As he got older he developed a belief, *'I will be okay when I'm in the arms of a loving woman'*, and later it became more sexualised, *'I will feel calm when I'm inside a loving woman'*. He told me quite seriously, *'Men can only feel whole when they are inside the body of a loving woman.'*

The burden of this silent demand and desperate need – arising from the Mega Mantra my client saw in his own father's behaviour towards his mother (*'Let me in, make me whole, calm me down'*) – was so strong that he projected it onto the sex act and somehow repulsed his women over time.

Ironically, or rather true to script (for we do set ourselves up to prove our script), he kept attracting into his life women who needed a lot of space, women who liked independence and didn't want to be penetrated so 'deeply'. They were emotionally remote women like his mum. His task was then to try to 'get inside' their arms and gain their love as often as possible. Love became a battlefield as it had in his childhood.

As an aside, this needing to repeat the conditions of childhood is a common psychological condition called

‘repetition compulsion disorder’, whereby attracting a woman who would let him in or let him stay would not feel right. The battle to get the woman to allow him in felt right, as (alas) did the ensuing rejection which confirmed his belief.

We are the architects
of our patterns.

After a close examination of his belief, ‘*A man is only whole when inside a woman*’, he really got to see how this tipped him into self-destruct mode. He now focuses on a more generous substitute such as ‘*Abundant love is all around me*’, and is able to control his own rejection anxiety and stop himself from making women feel psychologically raped. This removes the need for them to reject his advances.

Awareness is crucial to breaking patterns.



MONEY PATTERNS

THIS IS A story where a client’s rebellion against a mantra kept him poor. Told by his workaholic father day after day, ‘*You need to put in years of hard work to make*

money’, he decided he didn’t want to fulfil his father’s prescription. He was going to do it his way. To this day, when things start feeling stable he unglues himself and leaves the job or sabotages the success of his budding practice because his father was ‘*a bastard*’ and ‘*I don’t want to be like him*’. Alternatively, he seems to often land in situations where things go pear-shaped, by virtue of the Law of Attraction.

He is very talented but poor. I helped him see that being ‘in rebellion’ against his father’s mantra was keeping him just as disempowered as if he followed it. He saw that his father still had him by the ‘short-’n’-curlies’ because he was obsessed with being reactive to his father rather than creating a successful life for himself.

By revealing this pattern, the man’s poverty script was broken. He can see the futility of his rebellion, and he now says he wants to work hard by choice.



MULTIPLE PATTERNS

WE SOMETIMES HAVE two or more patterns running at once. I recently did a session with a flight attendant who had been trying to set up a travel business. We broke

down one main pattern and identified an additional one as well.

Every time she reached a certain pinnacle of her career she sabotaged it. Again and again. Not that she had yet admitted that it was she who sabotaged it. She just *seemed* to always attract business partners who stole from her, or let her down in some huge way.

We went back into her childhood and really listened to the voice of her mother. And suddenly it came out.

'Who the hell do you think you are anyway?' loomed. At this point my client got very emotional, and we knew we had found the Mother or Mega Mantra.

Of course, *'Who are you?'* is going to make someone unconsciously come up with the hidden response, *'Nobody is who I am, so I should stop pretending I'm going to be successful.'*

Then we worked even deeper. Why the constant string of betrayals? We unearthed another belief that came from an early childhood experience when her mother lied to her about where her dog was, and later confessed that she had sent it away because it was urinating on the garden.

This experience formulated her daughter's

Disempowering Belief, *'I will be betrayed and hurt by love'*. Ironically, the mother herself had been cheated on and had held both the beliefs now owned by her daughter who was carrying the psychic burden, at great cost to herself.

As I said, DBs and mantras are often passed down from generation to generation.⁶

Given that the first mantra, *'Who do you think you are?'*, was the one that made my client cry and the next belief, *'I will be betrayed'*, just had her nodding, it seems that the raw nerve is the first one. The secondary belief around betrayal merely acts as one of the tools to help keep this woman disempowered.



The Secondary Rung or secondary belief is a sort of *'and anyway'* as in *'I am nobody and anyway I will be betrayed by love (because I am nobody)'*. The next sentences that follow this sentiment come from what I now call the Third Rung of Disempowering Beliefs.

The Third Rung of beliefs tend to be universal and common to most of us.

And anyway ...

I am not pretty enough

I am not smart enough

I am not good enough

We all have versions of these swilling around in our heads. These common, lower-rung beliefs are offspring of the Mother Mantra, just there to help make the belief more powerful. They do the Devil's work in helping us stay fretful and in our place.

But remember you *made up* these beliefs to protect yourself, to arm yourself against a perceived hostile world.

But you end up harming, not arming, yourself instead.



WHO'S WHO IN THE ZOO

IN IDENTIFYING OUR own mantras it is often helpful to identify mantras in other people around us first. This is less emotional and can be fun. In doing so we often see ourselves.

Try to focus on any visual or aural clues that help sum this person up. What animal are they, what colour, if they

were a food what would they be, what is a song that captures their essence?

One friend is a perpetual victim. In my mind's eye I see him downcast, wearing pin-striped prison garb behind the iron jail bars singing *'What about me, it isn't fair ...'*. If he were a plant he'd be a clinging vine.

These 'acts' arising from our mantras are often called **Survival Strategies** even though, more often than not, they sabotage our happiness.

By the way, we all have them. Survival Strategies are simply coping mechanisms and it is not a cause for shame to unearth them.



SURVIVAL STRATEGIES (SSs)

AS CHILDREN WE are all damaged in some way. Something happened to wound us, whether it was the dog being given away or more serious abuse which led to a belief about the world, or simply the depressing reality of always being bombarded with the family's Mega Mantra, *'Life is unfair, and people will always screw you!'* or *'Oh, woe is me'*.

We then form a Survival Strategy, like a turtle's shell, to deal with our childhood experiences and beliefs. Another word for this SS might be 'personality'. In our Victim Triangle we call a Survival Strategy '**Behaviour**' which leads to the Outcome.

As a SS one child might

 Become manipulative and seductive

Another child might

 Become a warrior

Yet another child might

 Become a humorist

 Become reclusive and bitter

 Become an artist documenting unfairness

 Become an activist fighting against it

Our Survival Strategies are often appropriate when we are under threat. It's good to be a warrior when faced with a savage enemy i.e. a nasty telephone company that refuses to reconnect your phone line. But it is not so appropriate to overreact in everyday life, or to use humour in a serious situation, or to be reclusive when a job is needing to be done.

The irony is that even though the Survival Strategy is born of the disempowering thoughts we have as children, the SS is often the opposite to the DB. For instance, a person who believes '*I am unimportant*' may have behaviour that makes them feel important, i.e. becoming a famous film star.



LATER, I WILL demonstrate that SSs will inevitably lead back to the Disempowering Belief in the Victim Triangle. For no matter how important the person appears to feel, or looks to be, there will be an inevitable behaviour which confirms the worst, as seems to be the case with so many singers/celebrities/actors who end up in drug rehab or in constant crisis despite the public adoration.



PERSONALITY ARCHETYPES

THE ENNEAGRAM IS a universally renowned system for describing different personality types or Survival Strategies, which we can turn 'on' and 'off' when we need to. Other personal development systems call SSs by other names: the racket; the win-lose formula; the game; the script; Ego. There are many archetypes in different

personality systems. I like the enneagram because it is clear.

The enneagram lists nine main personality types and their attributes. We are predominantly one type, but are influenced in some measure by others.

The Perfectionist

Orientation: *I/It must be perfect* DB (or fear at the root of the type): I am not perfect SS: Needing to be right, being anal, didactic, helpful, judgmental Typically: A teacher or religious leader

The Giver/Martyr

Orientation: *I need you to need me* DB (or fear at the root of the type): If I am not of use I will be rejected SS: Doing anything to win love. Burden Enduring. Controls through guilt and obligation: *'I did it all for you!'* Typically: A Jewish mother or a nurse

The Performer

Orientation: *I am what I do* DB: If I am not famous or successful no one will love me SS: Workaholic, performaholic, exhibitionist (*Hey Daddy, look at me!*) Typically: A celebrity, politician, high-powered executive or barrister

The Tragic Romantic

Orientation: *I am special* DB: Behind the magic cloak I am nothing, I don't fit in, life is filled with loss and pain

SS: Creating high drama and deep connections with people in order to feel filled-up, soothed, validated

Typically: An artist, poet or musician

The Observer

Orientation: *I'm the voyeur, sitting in the bleachers watching the game*

DB: If I don't keep my distance I will be consumed, exhausted

SS: Uses knowledge, not heart, in order to stay safe

Typically: An academic or computer geek

The Cynic

Orientation: *You're trying to screw me*

DB: Being loving and trusting will undo me

SS: Being sarcastic, laconic, well-researched, intelligent, counterculture: *'I'll get you before you get me'* Typically:

A journalist or lawyer

Peter Pan

Orientation: *Get me outta here*

DB: If I don't keep moving I will drown in a wave of

regret

SS: Having fun, indulging in hedonistic pursuits, avoiding intimacy, commit-a-phobic bon vivant Typically: A marketing guru or music promoter

The Boss

Orientation: *I need control*

DB: If I don't hold power everything will unravel and I won't cope

SS: Taking control at all costs, bossy, angry, combative, but can be a big, cuddly bear, and a rescuer

Typically: A CEO or political leader

The Mediator

Orientation: *Keep it nice*

DB: I am not important, my own needs don't matter as much as keeping the peace

SS: Suppresses feelings with drugs, TV, food or sleep.

Passive aggressive, resentful, supportive, withholding

Typically: A social worker, legal mediator or secretary

Helen Palmer, the pre-eminent authority on the enneagram, has written much on these personality types in her books.⁷



MORE PERSONALITY ARCHETYPES

ALONGSIDE THE ENNEAGRAM there are many different personality systems for examining archetypal Survival Strategies. The ancient Greeks believed humans were polyphrenic and consisted of many personality types: i.e. the trickster, the romantic, the fool, the rescuer, the warrior, the ship captain. They believed we changed constantly depending on the situation.

Transactional analysis simplifies this to three archetypes which we constantly move between: parent, adult and child. Others believe we consist of one main persona. At any rate, our archetypes do correlate with our DBs.

Archetypes can be found in film, literature, psychology, mythology or sourced from your own common sense. Here are just a few examples I came up with on reflection.



Oliver Twist with the begging bowl

'Please, sir, I want some more (soup)' DB: There's never enough for me SS: Playing the Victim. Life is unfair.

'Poor me' (violin in hand). I will survive through eliciting sympathy

The Damsel in Distress

'I always rely on the kindness of strangers', (Blanche from *A Streetcar Named Desire*)

DB: I can't do this on my own. Won't you help me?

SS: Batting eyelids, cultivating vulnerability, coquettish, seductive, manipulative

Xena Warrior Woman/ Spartacus

'I'm going to win this war if it kills me'

DB: Life is a struggle. Fight or lose all

SS: Strapping on the armour, be it sword or sexy lingerie.

'Prepare for battle!'

The King, The Queen

'All hail to my greatness'

DB: I am not important; I am not good enough

SS: Has a Narcissistic personality structure. All will admire me in my own court

The Needy Child

'Feed me, Mummy'

DB: No one hears me or sees me
SS: Has a Hysterical personality structure, prone to hypochondria, catastrophising and drama. I'll find a way to get attention at all costs

Rebel Without a Cause

'I protest!'

DB: Unless I stand against something I will not be noticed in this big family/ community SS: Whatever you do or say I will challenge you to a duel at dawn



SELF-FULFILLING PROPHECIES

WE ALL RUN different scripts at times in our lives. And whilst we think we are just having an argument with our mother or the shop assistant, we are actually Xena Warrior Woman drawing a sword on The Queen. Meanwhile a fight with our family member might see Oliver Twist come out to rail against The Boss. We constantly fall into type when we are under stress.

Similarly, we see those around us through our own wounded filter. For instance, as in the case of 'Betty' mentioned, if a woman has a Needy Child script and the pool man doesn't turn up as planned, then she will become over-reactive and panicky in her belief that *'I am going to starve!'* The pool man suddenly becomes Mummy withholding breast milk, as does a shop assistant not serving her in time. A Queen also interprets things

through the filter of her script. The grocer says, *'We've run out of oranges,'* but she hears, *'You are not important enough for me to have kept some aside.'*

We then react inappropriately and too dramatically; yelling, demanding, accusing, when perhaps the pool man's car just got bogged. We experience the entire world through the filters of our sad, old DBs, and in doing so attract or create the very thing we fear, for what pool man wants to work for an angry woman running a *'Look how you let me down!'* diatribe?



COMPENSATORY BEHAVIOUR

AS YOU CAN see, people often, although not always, act out a SS which is the opposite behaviour to their belief in order to avoid experiencing the feelings that go with that belief.

It's like a rebellion against the belief.

The Queen will look so regal but it masks a very painful *'I am not important'* script which Jungians may term the 'Shadow' side of her powerful visage.

The Warrior will often hide a frightened child which leads

to defensive action, presenting as a person who is tough and ruthless on the exterior (*'Halt! Who goes there?'*).

This is what William Whitecloud, author of the book *The Magician's Way*⁸, calls 'compensatory behaviour'. It is coming from being reactive not being creative.

If you believe *'I can't get what I want'*, the reactive behaviour is that you often do *whatever* it takes to get what you want. Thus the Needy Child often adopts a manipulative persona in order to get herself fed using such tools as:

legal action

seductive behaviour or sex

strategic planning

warmongering

emotional terrorism

And thus may resemble another archetype. But no need to get too complex about it at this stage. A simple awareness of your general DBs and scripts is sufficient for *Life* Magic work.



AS I SAID earlier, your Survival Strategy can be a win-win

formula in some instances, such as getting something done for work. But it should be used sparingly, like chilli or a rare condiment. Firstly, an over-active adrenal system and an overproduction of stress hormones coming from aggressive behaviour can cause burn-out, depression and deplete your immune system or life-force. In short, your own SS can make you physically and mentally ill. Secondly, reactive behaviour often isolates and upsets those touched by it as I explain later in *The Sabotage*.



SECRET PACTS

ANOTHER INTERESTING Disempowering Belief phenomenon is script fulfilment. The Queen will attract a loyal subject in keeping with her Survival Strategy in what I describe as the Mephistophelian Pact (MP). In the Faust legend, Mephisto makes a pact with the Devil in order to gain immortality.

Marriage is a great example of the way the MP is played out. But friendships are collusions, too.

Two people join together and fulfil each other's deepest coding of their scripts in a secret, unspoken, usually unconscious pact:

'I will make you feel important, Majesty, as long as you rescue me, or feed me.'

'I will feed you, Damsel, and make you feel protected, as long as you continue to act with reverence and gratitude and keep me feeling powerful and important.'

Deal done! All in the blink of an eye. In a split second, two people jostling for power or begging for belonging will form a collusion to make each other feel secure in this big, scary world. It can happen over a coffee, with just the way one woman drops her eyes in deference or allows the other to order for both of them – the non-verbal language where domination or submission is expressed, and unconscious pacts can be formed to feed DBs.

'I will be your friend if ...'

The Damsel and The Boss, in collusion, formed a typical 1950s marriage.

It is common for one of the Burden-Enduring personality types to team up with one of the Narcissistic types. The Burden-Enduring types (*'I did it all for you ...'*) would be the Damsel, Martyr, Giver, Victim. They will often be seen hanging off the coat-tails of one of the Narcissistic types (*'It's all about me. Adore me, honour and obey me'*)

such as the King, Queen, Warrior, Performer, Boss or indeed the manipulative Needy Child.



THE WICKED CATCH

BUT THERE IS a wicked catch. Despite appearances, the supporter often holds more power than the Star he or she serves, due to the fragility of the Narcissist's ego. As the saying goes, there is no greater victimiser than a victim. And Burden Endurers, despite all their puffing and panting, and carrying the heavy load, are only loyal whilst it suits them to be loyal, whilst it feeds their own 'Need Me' script.

There will come a time where the subject will not be loyal; circumstances may change, resentment might set in and the Queen's or King's 'I am not important' script will be fulfilled. Alternatively, the Queen might find another more adoring fan, ditch the loyal subject, i.e. the Damsel, who is again left homeless, abandoned, singing that line from her favourite song, *'What about me ... it isn't fair ... you just take more than you give'*.

Victims will attract Perpetrators, Damsels will attract Rescuers, and all Survival Scripts will play themselves

out, but the DB will inevitably win.

The point is, once you are aware of your script you can name it, laugh at it, and avoid getting sucked in to the inevitable power struggles that ensue. Genuine, lasting relationships are not built on these false scripts or DBs. Similarly you can work out what your friends are up to with their strategies and respond in a less emotive way.

Knowledge is power.



HOW IT ALL WORKS

TO REALLY FIX this self-perpetuating scenario you need to understand it in a bit more depth, how we set ourselves up for failure and sabotage. You don't need to remember this. Just knowing that it exists is enough to help understand that there is structure behind repetitive, self-defeating behaviours.

You can see this in the **Detailed Victim Triangle**, which is a more in-depth version of the Victim Triangle discussed earlier.

DETAILED VICTIM TRIANGLE



THE SABOTAGE

SO YOU'VE GOTTEN what you want, or have you? You have made life fair, won Daddy's attention, been rescued, or have you? At what cost? By playing out your SS (Survival Strategy) you have used people to feel secure and now there is a backlash. Those in your Mephistophelian Pact are backing away. Some feel bullied, cajoled, manipulated. Burden Endurers are feeling powerless and resentful, Narcissists are suspecting that they haven't been loved after all, merely used by you.

You yourself are beginning to feel exhausted and resentful at having to be continually placating and pandering to your crew in order to keep getting what you

want. You may even be getting sick.

By going for what you want, you paradoxically created what you most feared. *'I can't really have what I want,'* you fret, as you experience feelings of suffocation, loss of personal power and freedom, brought on by trying too hard to make things/people as you want them to be. Worse, you suspect you are not being loved, or loving with authenticity.

This is what I call the Sabotage stage – the point in the Victim Triangle where the Mephistophelian Pact made between you and a city, you and a job, a friend, a partner, a situation, is suddenly under stress and begins to unravel.

Trapped by your own patterns, blaming others for the fact you still don't feel important, secure, loved or successful enough, or suddenly feeling used and taken for granted, you will attempt to change things by sabotaging the current relationship or situation. This again leads to Outcome confirming the Belief as yet another job, friendship or love affair ends in tears.

'I am going to starve after all,' you weep into your hanky.

It can also happen that before you've had enough of your Pact, the other party (boss, husband, friend, employee)

may be nearing the end of one of their script cycles, and blaming you for their poor set-up.

They themselves may be ready to sabotage. Without understanding your partner-in-crime's script and how you have unconsciously *chosen* a partnership structure that from the outset was always destined to unravel, you will be left believing yet again:

I am powerless

No one likes me

I am unworthy

I will starve

I'm not pretty enough

An example is a male who says he is desperate to get married but who only chooses to fall in love with married or unavailable women. And then gets heart-broken when they are not ... yep ... available!



REPETITION COMPULSION

REGARDLESS OF WHO pulls out of the Pact first, we are

destined simply to repeat the script over and over again.

It's like the psychological condition called 'repetition compulsion disorder' because we leave the SS intact even though it doesn't work. We don't ever question the belief as faulty, rather we play 'the blame game' believing optimistically

it was this city

this husband

this country

this friend

this job

and start over again.

As each situation ends in the same way, we just believe the premise even more. 'See, I knew friends would betray me', 'You can't trust anyone', 'No one likes me', 'I just can't cope', as if such beliefs were the **Result** not the **Cause** of the triangle.

Blame Disempowers. Taking responsibility empowers and allows you to alter your circumstances.



SWITCHING OFF

SOME MEPHISTOPHELIAN PACTS last a lifetime with great benefits. But if built on a dysfunctional premise they come at great cost to personal integrity and freedom, and there is always power inequity.

The lesson is to have the awareness to choose to ‘switch on’ Survival Strategies when they are appropriate and ‘switch off’, when not.

Then we are awake enough to be the puppeteer and not be the marionette of those beliefs and strategies.



PART IV

White Life Magic: Empowerment

FIXING THINGS

WE SHOULD NOT get too caught up with the complexities of the triangle scripts. Just be aware that your DBs, your SSs and your patterns can help you (yes, sometimes it is useful to twist your boss or lover around your little finger). But more often than not your patterns will hinder you. As I said earlier, *'What drives you can drive you over the edge'*. We need to harness our beliefs, use what is good and toss out what does not serve.

Being able to name the truth and behave consciously, making intelligent and appropriate choices, is the key.

Above all Know Thyself

As self-transformation guru Robert Fritz says in his revolutionary book *The Path of Least Resistance*⁹, it is wonderful to know **Current Reality** – where you are *Now*.

But the second part of the process of fixing things is identifying the **Vision** – where you are heading – so you can create a fantastic new belief system free of disempowering thoughts and actions and full of **Empowering Beliefs**.

Once these new beliefs, intentions and visions are established, the old ones will shrivel and die and you will be drawn into what I term a **Vision Triangle**, as opposed to the *Victim Triangle*.



BECOMING A *LIFE* MAGICIAN

WE ARE NOW moving from being *reactive* to being *creative* using *Life* Magic. Most of the time we tend to react or be in response to things that happen to us. We are purely in survival mode. Now we are moving into a new way of being where we create what we want despite what's happening around us. Creators and *Life* Magicians don't take hardship or a negative response as their reality; rather, they aim for a bigger picture.

You can't change your past, but you can choose your future.

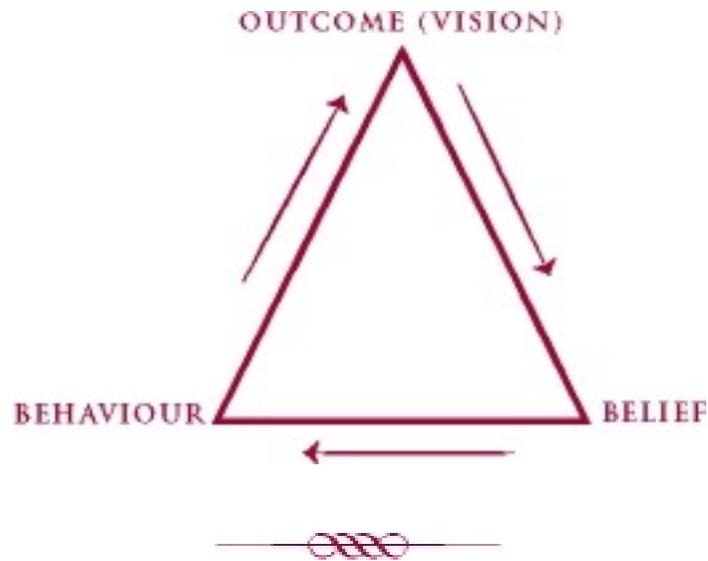
CREATING THE VISION

IN ORDER TO have a happier, healthier, richer reality you need to create your Vision. This is where the imagined positive Outcome in any belief triangle actually helps create the belief rather than vice versa. If your projected Outcome is a fantastic loving relationship, then your belief will have to change in order to accommodate this Vision (*'I attract love into my life, easily and without effort'*).

In the Vision Triangle we turn the Victim Triangle around a notch to where Outcome informs Belief.

-  Outcome (the Vision)
-  informs Belief
-  which leads to Behaviour
-  which confirms Outcome

VISION TRIANGLE



IN ORDER TO change our beliefs from DBs to Empowering Beliefs we need a Vision that is so compelling, so exciting, so glittering, it overrides the old belief structure. It has to be bigger and better because it has 20, 30 years or more of established, crusty old patterns to compete with.

As a note of caution: do ***not*** try to create the exact opposite.

Doing that would be a bit like saying,
'Don't Think of Pink Elephants!'

Simply changing the old Vision or Mother Mantra to '*I can have what I want*' won't work or I wouldn't be writing this book. It is not believable to the sub-conscious after decades of conditioning and self-hypnosis. Standing

in front of a mirror repeating some New Age affirmation will not work either. You are a member of your own cult – in short you have already brainwashed yourself to believe you really can't have what you want.

Furthermore, as I pointed out earlier, we often act out the opposite of our belief anyway, as part of our SS in order to counteract the pain and fear of the belief. This compensatory belief (*'I can have what I want', 'I will get fed', 'I will be important'*) belongs in the same triangular prison and as such keeps us in the negative pattern.

What you resist, persists.



HAVING IT ALL

YOU CAN HAVE what you want but you need to create a totally new belief structure.

A Vision that is far grander, bigger and more magnificent than simply being the opposite of what you fear.

The opposite is merely another place inside the triangular cookie cutter.

Get out of the metaphorical cookie cutter and jump into

the wild, wide world beyond!

The best way to do this is to give your Vision life. It needs to be as visceral and optimistic as possible. So real, so alive, so vibrant that you can taste it, touch it, smell it.

To start the process ask yourself: When I close my eyes, and I go deeply into the Land of Limitless Possibility where I can have anything I want, what does my world look like?

How do I feel: safe, loved, happy, popular, rich, nurtured, successful? Am I dancing? Painting? Lecturing? Do I have a lover? Where am I living? What does my home look like? What sort of faces are around me?

Dare to Dream.



SPELL-CRAFT

ONCE YOUR FANTASY is established you need to create. The term that alchemists use to describe this magic-making is ‘manifesting’ – trying to bring into reality something one yearns for or dreams of. In spell-craft the more feeling that you have and the more senses you

engage, the better. That is why I say, *'Keep the Vision simple and heartfelt'*, so that your feelings can surround one concept rather than too many images and ideas competing.

The Vision has to have the power and intention of a spell.

What we are attempting to do is to plant a seed in the garden of the psyche and make it take hold. At this stage, keep the Vision large or broad-brush, and singular. We can fill in the exact details of what this all means once it has taken root.

Now you can formulate an Empowering Belief to accompany your Vision, i.e:

 *My life is filled with abundance and prosperity*

 *I am surrounded by wonderful people and experiences*

 *Every day my life is full of creative opportunities and adventure*

 *Love, light and laughter are all around me*

 *Life is warm and nourishing*

 *Health, wealth and happiness come easily to me*

- 👄 *I am a powerful creator*
- 👄 *Every day is a clean page upon which I can paint*
- 👄 *I live in bliss*
- 👄 *My life is filled with generosity*
- 👄 *Great people come into my life*
- 👄 *Each day I turn dust into gold*
- 👄 *I create effortlessly.*



ABUNDANCE AND NOURISHMENT

I DON'T RECOMMEND beginning this process with a narrow Vision like finding a wonderful partner. Finding a partner will come naturally if you have joy around you. And by focusing on one aspect of happiness you may be excluding bliss at other levels you may not have considered. Keep it general at this stage.

A friend whose belief was *'I am not smart enough'* now says *'Everything I do makes a difference to the world'*, which has become profoundly true. But it is a side-step away from his Mega Mantra. To directly deal with intelligence would be a 'small' Vision, and not a

particularly life-enriching manifestation. And it would not be believable to the unconscious mind.

Another friend who has limiting money beliefs went from *'I will never have money'* to the broad-brush Empowering Belief, *'I attract abundance into my life'*. The great thing about the word 'abundance' is that it denotes wealth on many levels. It doesn't matter if there is cash around as long as there is abundance, which might come in the form of getting a job where there's a lot of all-expenses-paid overseas travel or ending up with a generous partner who takes you to fabulous social events, or living on a tropical island.

In other words, it is difficult for a person with a limiting money belief to force themselves to see money, whereas they can easily imagine abundance, lots of wonderful, loving, nourishing experiences around them where money is not even an issue. So trick your mind if need be.

Remember to couple your new Vision and accompanying mantras with visual images and smells, sights, tastes that help them take root in your brain. The more vivid the image, the more it grounds in the unconscious.

Keep it simple.

Too many words make it all feel overwhelming.

I have included concepts like nourishment in my own new Mantra/ Vision. A key word like 'nourishment' is easy for me to keep in mind as I flash on visions of warm soup, cuddles, feelings of love and open-heartedness as friends congregate around me, perhaps a cat curled on my lap. I can feel nourishment in my body, it smells like baking bread, it has a warm orange glow like an open fireplace, and it makes my body feel elated. Meanwhile, for me 'abundance' feels like being on a tropical island, lying in a pool, drinking a sumptuous cocktail. It sounds like jazz, people laughing and applauding.

This can be extremely profound work and may require you to go deep inside your soul. You may need to go into a meditative or dream-like state before you start visualising, or to visit a qualified hypnotherapist or do a workshop which promotes this sort of 'Visioning' and goal setting⁸. Remember, when you open your eyes write down everything you saw.



FIRST MINIMISE

ALONG WITH CREATING the Vision there needs to be a way of dealing with the noise in our heads that DBs make.

It's like knowing your neighbour is renovating next door. You will hear noise in the background and initially it will be loud and annoying. Then, you just get back to your day, and often the noise is magically drowned out. The point I'm making is this: you can minimise your DBs by accepting that you have a belief; do not focus on it, and do not try to eradicate it or do the opposite of it, which will only reinforce it.

Your DB is simply your personal belief, not the objective truth. Let it shrivel and shrink away compared to your glorious new Vision which is in front of you. Move ahead and let the old patterns atrophy through lack of attention. Otherwise put,

'Feel the fear and do it anyway'.

Another metaphor is to imagine that your DB or victim-self is a room that exists inside your inner house. It is there, full of fear, sadness, grief and disempowerment. But you don't have to go in there. Or you may want to go in for a while each day to sit with fear or shame, feel a bit

sorry for yourself, have a cry, lay some flowers at the altar of a lost love, hate everything about yourself, feel tired and fed up. By all means, do so. This respite might even energise you like a winter hibernation before spring. But limit the stay and come out again soon. It is only one tiny room. There are lots of other bright and glorious rooms in the house to visit. There is also an exquisite garden ...



PREPARING THE SACRED GROUND

YOUR VISION IS not yet fully fleshed out.

It is just a seedling. I will shortly help you develop and cultivate it. But first we need to find space for it in your inner garden.

At this stage your budding Vision is in a saucer sitting in cotton wool on the kitchen bench, beginning to sprout. But as the seed develops, it will soon need to be planted in the garden – being a metaphor for your life – in order to keep it alive.

And before this happens there will need to be some serious weeding, yanking and redesigning in order to till the soil and prepare the ground for the seedling.

This is something they never tell you in New Age courses. Having made a brave new declaration, a bald statement of intention, the ground has to be constantly weeded and tended so that the new seeds don't get strangled or die.

Not only does the garden have to remain tended and watered, but each person who wants to enter your life has to be ruthlessly judged and assessed in accordance with the Vision. This too is *Life Magic*. If you take the metaphor of the people in your life being plants, then you must decide whether an offshoot of that tree or that pretty but toxic flower will be planted in your garden. After all the pruning and landscaping you're doing, you wouldn't want to plant someone who is only going to drain all the life force and food from the soil, or block the view.

Assess each new situation. Will going overseas make you feel nourished or drained of funds and worried? Will that new man make you feel nurtured or depleted? Check if it lines up with your new philosophy.

Life Magic does happen! But it needs to be cultivated.



AUTUMN

Like a field being prepared for the new
harvest to grow

The old field has to be emptied first

Some plants pulled out

Weeds killed

A large old tree in the garden may be
drinking all the water and nutrients
yet not yielding fruit

There might be creeper vines or
poisonous ivy

Heavy foliage may be blocking the sun

Plants – old lovers, dear old friends –
may need to be felled to clear the
way for the new

Creepers that threaten to strangle
your infant Vision may need to be
poisoned

The fallow ground then sown.

WINTER

A barren wasteland may lay empty for
quite a while

Many many tears will be shed

Much doubt will arise
People who used to visit your old
garden will turn away,
Now that the ground has been sprayed
with a new fertiliser not to their
liking
Some plants will dry up and atrophy
without needing to be cut away
No longer feeling fed by your patterns
But ask yourself: Does it nourish me
to make The Queen feel good? Does
it give me a sense of abundance to
cling like a vine to The Boss?
Let it go, let it all go
Feel shame for wasted years and
forgive yourself, you knew no better
Feel grief for old entrenched patterns
which are now dying
Feel sad for what you might have
been, your original purpose which
was obscured
Feel anger for what you carried that
wasn't yours
Feel pain for what is passing or

rejecting you

Feel fear for what may or may not come

Feel out of control for a while

This is the time of winter, a natural
time of introversion and cold

It is the Hero's Journey into the

Underworld; a time of great personal
growth

Pain is a necessary part of the process

Weep for what is lost

Weep and allow your tears to water
new Visions taking root

For spring and regrowth are on the way!

GETTING THROUGH THE COLD

COURAGE AND FAITH are required during this winter time. Particularly as the Disempowering Belief Monster – *the Creature from the Black Lagoon* – tries to drag you back down into a swamp that sits on the perimeter of your garden. The Hero's Journey in mythology is to battle a great monster in order to be free. The Belief Monster has existed for decades and will come back even stronger in order not to die.

As I said earlier, to battle it head-on is not the way to go. Giving the Belief Monster attention only gives it power. Name it. *'I see you. I know you think you are helping me. But I have no use for you now.'* Shine your spotlight on it, and watch it flinch, shrivel, then disappear back into the slime.

What can help the Winter Blues:

- 👄 Reading
- 👄 Painting your Vision
- 👄 Yoga
- 👄 Massage
- 👄 Hot baths
- 👄 Self-nurturing
- 👄 Warm meals
- 👄 Lots of tissues and sad songs
- 👄 Gratitude meditation
- 👄 Keeping a journal
- 👄 Creating a support network of friends who've done

self-development

- 👄 That hobby you abandoned in order to earn

money

- ☞ Ritual or sacred ceremony with trusted friends
- ☞ An icon of some sort to remind you of your
Vision: a necklace; a statue of a god or goddess;
a rock; a feather.



PART V

Results: Magic Happens

SPRING

Then one day green shoots will emerge
from the water of those tears

First one then another

Flowers will start blooming, life will feel
adventurous, colourful, nourishing

One of the facets of this process is
magic

Once you decide to change your life,
new opportunities will mysteriously
appear

And old prospects vanish

People you think you want to see, but

who no longer fit the Vision, will
suddenly stop calling

Your ex will unexpectedly leave town.

This will feel painful at first, but as
new buds grow, it will feel liberating

More and more nourishing beliefs will
take root and lead to nourishing
behaviours

Which will attract nourishing people
proving a nourishing script and

Outcome

You feel fed, and adventures will begin

And a new Vision Triangle, a new

Empowering Belief system, is born.

Write down all the great and magical things that happen
to you in a journal. This will help remind you of the
power of *Life Magic* and correct thinking when the
Creature from the Black Lagoon looms up from time to
time.



SUMMER

The garden looks magnificent
You are pulling weeds and cleaning it
with pride on a daily basis
You are standing guard at the gate like
an ancient sentinel
You will not allow harmful people,
situations or disempowering
thoughts into the sacred garden
Just like you would not put toxins
into your mouth
Existence itself will guard the passage
to your Eden
You will hear yourself say disrespectful
things to yourself and it will feel
incorrect for the first time
You will hear others make
disrespectful comments to you and
you will feel that this is not
appropriate
You will lose patience with games and
with people who try to draw you into
their Mephistophelian Pacts
You will lose interest in that Narcissist
you've always fancied

You will lose interest in that friend
who colludes with your old version
of the world and doesn't challenge
your DBs

You will not need to change people in
order to get your needs met

You will not blame

Blame disempowers you

All love will come easily

The partner who adores you will not
seem boring at all

You will find nurturing things to do
together like travel and starting a
business

Not the excitement of endless drama

But the excitement of true abundance
as old patterns shrivel on the vine

And you become who you would have
been

Before the wounds inflicted in your
early childhood forced you
to be other.

You will be practising genuine Free Choice.



REFINING THE VISION: THE MIRACLE OF MANIFESTATION

I HAVE ENCOURAGED keeping the Vision simple to begin with. And creating a broad overview. But now that your seedling has taken root in your garden, you can start going into detail. Like a home renovator whose final job is to choose the fittings and coloured paints.

How does being nourished look to you?

To feel nourished I need:

-  more money
-  a partner
-  a child
-  to leave Law and become an artist
-  to live in New York
-  to travel
-  to write a best seller
-  to stand in front of a thousand people being cheered.

If you want a partner, what does he/ she look like? Which

country does he/ she live in? Most importantly, what does it feel like to be in your lover's arms?

Feel it, see it, experience it Make it luminous Don't let the minor details limit you the way your DBs did Open all doors and possibilities, not just those that fit your former expectations of life Let it all go Fall without a safety net, into a new reality.



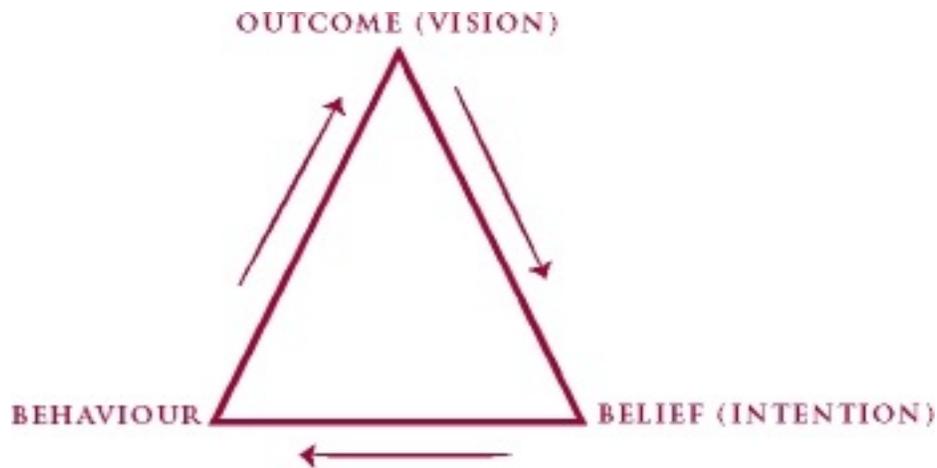
THE PRIMARY CHOICE

AT THIS STAGE there are choices to be made and actions to be taken as part of the final steps in *Life Magic*.

But first you will need to set your **Intention**, which I call making your **Primary choice**.

Let's go back for a moment to the Vision Triangle, which is the reverse of the Victim Triangle and where Outcome (or the desired Vision) creates itself, as opposed to Belief confirming itself.

VISION TRIANGLE



Your Primary choice is a firming up of the Belief into an **Empowering Belief**, or otherwise referred to here as the Intention, which will form the basis of an inspiring and concrete Outcome.

SETTING YOUR INTENTION

YOU ARE NOW leaving the state of passive dreaming and entering a more proactive phase of creation. Setting your Intention is a powerful tool used by *Life Magicians*.

*You are ready to ask for
what you want out loud.*

If your Vision or intended Outcome is *'I am surrounded by abundance'*, then your Intention would be *'I choose to attract abundance into my life'* whilst imagining a positive enriching situation. The Vision *'Everything I do*

comes easily to me’ becomes the Intention *‘I choose that everything I do today will come easily’*.

It is a more practical statement which works in harmony with the Outcome. Positive Behaviour then flows naturally from this Primary choice, which reinforces the wonderful picture. We naturally start behaving in a more relaxed, open, confident and receptive fashion. And we magically attract in players who will fulfil our new abundance, generosity or nourishment scripts.

It is something that we should try to do every day. Repetitively reset the Intention. Lock in the Outcome/Vision before anything begins. The challenges of the day can be met by specific, smaller Intentions that align with your overall grander Vision.

‘I choose that getting the car serviced today will come easily’.

‘I choose that meeting the boss will be an abundant experience’.

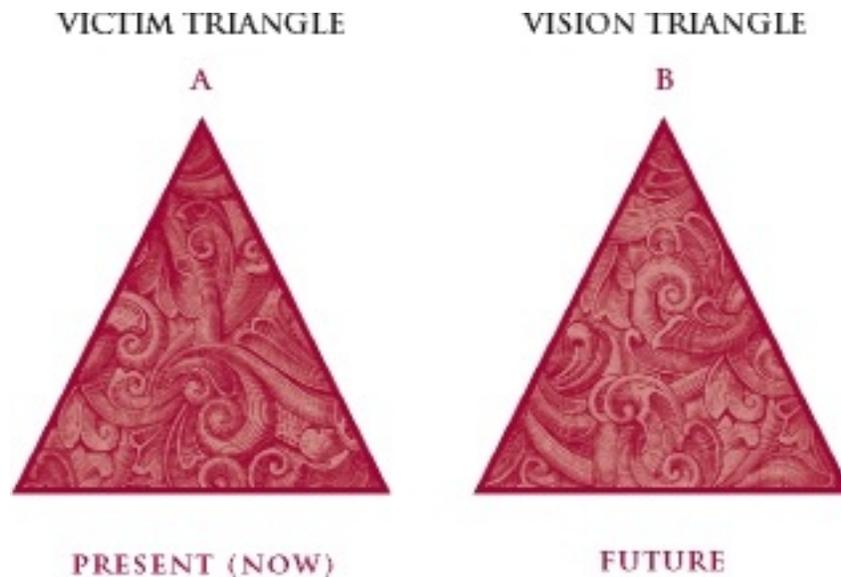
THE ALCHEMY

THE STRUCTURE WE’VE been looking at in this book has had a purpose I have not yet revealed. We have been looking at two states of existence.

We began by checking in with where we are *Now*: the dark side, reactive *Victims* in our self-defeating Victim Triangle and always in survival mode.

And then we looked at where we want to be: alchemists using *Life Magic*, *Creators* in our Vision Triangle.

Loosely illustrated it looks something like this:



Setting Intention was a Primary choice which has helped to consolidate the seedling Vision in our Vision Triangle after we had weeded out all the detritus and thrown it back over the fence into Victim Land.

Now we need to take **Secondary choices** and actions that further develop the Vision and stop us slipping back towards the Victim Triangle and our tired, old

Disempowering Beliefs.

To stretch the metaphor, Secondary choices will take you from point A to point B.



SECONDARY CHOICES

AS I'VE EXPLAINED, there are the Primary choices, which are those made around hatching the Vision and putting in place the Intention. Then there are Secondary choices that support it.

Consider your Secondary choices as something that self-development guru William Whitecloud terms 'The Bridge'.⁸ The Bridge is simply what is obvious that needs to be done in order to get you across the great ravine between your survival mode (A) and your creative mode (B).

As a simple, general example: an architect's Primary choice may be to create the perfect house, while their

Secondary choice is to make that happen by purchasing the necessary draftsman's paper and pencils.⁹ If your Intention was to be surrounded by joy then you'd make a

Secondary choice to:

-  *go to that party instead of staying home*
-  *make that call*
-  *put in that job application*
-  *take rightful action*

Simple, daily choices help bring your dream to fulfilment.

These Primary and Secondary choices become more obvious than they otherwise would once you can realistically assess where you are *Now* and compare it with where you want to *Be*. It becomes very ‘Aha’ as in: ‘*Of course! I should ring him and ask for the job*’; ‘*I will stop eating cakes*’; ‘*I choose to only go out with men who are kind to me*’.

‘Aha!’

Relax, shut your eyes if you want, and let your intuition tell you what you still need to know.

As an aside, Robert Fritz advises not to focus too much on the **How** of your Vision.⁹ This could put you back in your Victim Triangle (‘*Oh, it’s all too hard! I feel overwhelmed*’). Rather, stay with the **What** of your desires and let things unfold naturally using the tools we

have discussed. Yes, there are choices to be made at every turn – big and small – and rightful actions to take. But don't obsess too much, or push too hard.

Manifesting is a combination of two things: making Primary and Secondary choices to support the Vision but also, equally importantly, having a deep trust in the magical nature of things.



DON'T PANIC

REMEMBER THAT. WHEN you choose to go to that party, but you feel dreadful, it is not because the new Vision is not working; it is because it *is* working. This is perhaps a party where people are not speaking your new language.

Or where the right people – those you have Visioned will bring nourishment and abundance to you – are not in attendance.

No use fishing in fresh water if you want saltwater fish and then getting upset because you aren't catching any, and using this experience to feel disempowered.

It is often what we make a thing *mean* that's

the problem, and it is far too easy to fall into the old Mother Mantra at the drop of a hat.

Let everything that happens (no matter how difficult or rejecting) be a sign from above that you have made a choice that is either consistent or inconsistent with the Vision. If fish are biting easily, enjoy the day. If your best efforts are yielding nothing, get the message quickly and make a choice to cut your losses, and choose better next time.

Eventually the right and wrong decisions will become clearer, and yes, there will be errors of judgment along the way. But that's wonderful. These errors will be your guide.

Above all be patient! This is your Vision in motion, and it can sometimes take a while to come to fruition or for you to break life-long patterns. When you feel yourself panicking, doubting you are getting anywhere, feeling unsupported and going off the rails, be kind to yourself. Acknowledge you are back in your Victim pattern for a while, and when you have strength, gently, gently return to *Life Magic* and your Vision Triangle.

Choose again!



SYNCHRODESTINY

AND YOU WILL be helped along by an inexplicable energy that self-help guru Deepak Chopra calls SynchroDestiny. Others call it the Law of Attraction⁴.

Watch the films *The Secret* or *What the Bleep Do We Know!?* and see how many credible characters, famous doctors and philosophers, businessmen and authors believe that what we imagine, good or bad, we manifest – as if by magic.

When *Life Magic* is happening you will notice a combination of forces working in harmony.

Opportunities, wonderful new people, strange portents and coincidences Will all come into play As if directed from above. Sadly, there will be situations that spit you out mysteriously as the old ways of being become redundant. But this is all consistent with a grander plan Now you have opened up to the infinite possibilities of Life, Life will be a flower opening up to you.

Make those simple daily decisions that put you in the right place at the right time and put you in the right frame of mind to be receptive to the gifts that are soon to be

bestowed upon you.

Choose to live your life
Fully Awake!

And above all, remember this precious motto I once saw
on a shop window:

Be Realistic: Trust that Magic Happens!



PART VI

Ten Tips To Happy Ever After

- ☞ List all your Disempowering Beliefs
- ☞ Name your primary Mega (Mother) Mantra
- ☞ Name other people's DBs and notice when you are making Mephistophelian Pacts
- ☞ Use *Life Magic!* Create a new Vision. Not simply the opposite of your DB; rather, something much larger
- ☞ Prune the garden. Clear space for planting. Then sow the seeds of this new Vision
- ☞ Allow the fallowed field to sit for a while. Winter before spring
- ☞ Your Disempowering Belief Monster will often rise up. Shine a light on it and watch it slink away

- 🌸 Make choices and take actions that help your garden thrive
- 🌸 Don't allow in anything toxic into your new paradigm
- 🌸 You are now a *Life* Magician. Stay open to the alchemy

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