

Unlimited Golden Success

Secrets to Transformational Winning



Metaphysics

The Doorway to Success

Dr Geraldine Teggelove

Metaphysics

The Doorway to Success

Geraldine Teggelove

© Geraldine Teggelove - NS Enterprises Australia 2019

The material in this booklet is intended for course participants only. Unauthorised copying or distribution is not permitted.

Metaphysics 101

Probably the best place to begin with anything is to define what it is, but this is where we run into a problem because Metaphysics is something that is quite difficult to define! It covers just so many philosophies and ideas that it is near impossible to clearly state what it is or what it means.

What we do know about metaphysics? Metaphysics is a branch of philosophy, which like most philosophies is in a constant state of being studied and being qualified and quantified. Fundamentalist Metaphysicians would probably not agree, but metaphysics these days takes in areas such as astrology, numerology, quantum physics, meditation and a whole lot more.

Metaphysics deals with the true nature of reality. What does this mean? Once again, there are a million and one answers to this statement. Here is one that I think explains this on a very practical level. In looking at life, it is the way in which we perceive people, circumstances and events that create our personal reality of what is happening around us. Metaphysics, on the other hand, looks beyond what is 'perceived' to find the 'Truth'. And the real Truth will most often be quite different to what we think it is!

Let's look at an example. We encounter a challenging time in our life. This could be anything from a total breakdown in a relationship, financial disaster, ill health, loss of job, etc This most often ends up as, or presents as hurt, anger, guilt, despair and a million and one other emotional responses. We can only see the negative and can't get past this to even contemplate the fact that we could maybe see it in a very different light.

If we look at that challenging time from a metaphysical point of view, we would begin to ask the question - what is the truth behind this situation? What is the good within the challenge? What is the lesson that I came to learn? Once we begin to look at life through metaphysical eyes, we begin to see that there is a bigger picture to all that's happening, and once we recognise a bigger picture, we begin to find the hidden treasures of Truth.

Metaphysics is not science. Science likes facts – before theories are accepted, they must be proven in very logical and systematic ways. Metaphysics looks at life in an entirely different way. It goes beyond what can be proved, to look at what is. Metaphysics looks at things beyond the physical and into the emotional and spiritual realms.

Metaphysics is closely aligned with spirituality. It allows us to express our spiritual beliefs in a way that feels right and good for us. It allows us to connect to the weave of the Universe in a way that brings us closer to our Great Spirit or God or Divine Mind. It gives us the freedom to

express our spiritual side without the constraints of rules and regulations that often come hand in hand with some religions.

Metaphysics is about things that do not change. Simply stated – Truth is changeless! Truth is timeless. A great example of this is Universal Law. These laws though unseen and often unknown, have been in place since the beginning of time and will continue to work whether we know about them or not. It is so important for us to get to know these Laws and learn to work with them if we are to create the life of our dreams.

The coming together of Metaphysics and Science:

As I explained earlier, science likes facts – before theories are accepted, they must be proven in very logical and systematic ways. Let's use Medical science as an example. Mainstream medicine tends to look at the physical ailments we have and then offers solutions that only treat the symptoms. If you go to the doctor, he or she will look at the symptoms you are displaying, they will most likely do a number of tests to confirm what they are thinking, and then prescribe a particular type of medicine or treatment that is thought to cure your illness. And, sometimes this works and sometimes it doesn't.

The metaphysician looks at the physical ailments in a very different way. Rather than treating the outer symptoms, the metaphysician will look at the inner emotional state of the patient to find the real root of the problem. They know that there is always an emotional issue that is causing the illness. If you can treat and cure the emotional body, the outer symptoms will heal. That's why some patients have the same recurring illness and never seem to be able to get over it. Those people who are willing to look within will always find the answers.

Thank goodness we have entered an era where science and spirituality are finally coming together. This is particularly true with quantum physics and spirituality. At long last, people from both fields are realising the Truth about how this Universe works, and how we live in this incredible field of energy which offers each of us infinite potentials and possibilities to create a fabulous reality.

People such as Dr Joe Dispenza who is helping people rewire their brain, Gregg Braden who is the most amazingly gifted man bringing science, ancient knowledge & spirituality into the 21st century, Fred Allen Wolfe who helps us understand quantum physics from a far more spiritual point of view, Lyn McTaggart who is the author of the book "The Field" which is filled with amazing statistics on experiments around meditation, etc, and Bob Proctor from the movie "The Secret" who helps us rewire our thinking around wealth and prosperity.

All these wonderful people are leading the way in helping us understand fabulous new concepts around metaphysical concepts. They may not call themselves metaphysicians, but in their own

individual ways, they are working within the realms of metaphysics and helping so many across the planet to realise their potential.

Why would you bother to learn about metaphysics, and what are the benefits to learning about this stuff and putting it into practice in your life? This is a fabulous question, because let's face it, in our already busy life, why would we spend time doing something if it wasn't going to better our life?

To answer this question, I thought I would share with you just a few of the ways Metaphysics can truly change your life and help you achieve your goals and create that 'must have' dream.

Metaphysics gives us an understanding of how our Universe really operates and why things happen the way they do: growing your knowledge and understanding of the hidden laws of the universe gives you the ability to work with these laws to bring about the changes you wish to see in your life. It helps you see where you as an individual fit into the big scheme of things. From a personal point of view, I can honestly tell you that if I hadn't delved into the world of metaphysics, I am not sure where I would be today. After going through our financial meltdown, I fell into a state of total depression and fear. I can also say that I wasn't sure if I could go on. Learning about how the Universe operates and how I could use this knowledge to my advantage was truly life changing in so many ways. Once I learned that I could write out my goals & dreams and simply begin to focus on the end result, things started to happen very quickly! All these people started showing up in my life to help me. Money always appeared when I needed it. Ideas would constantly pop into my mind about how to do things. It was truly amazing!

In a world of fear and despair Metaphysics brings to our lives a light of hope: this is oh so true! When you are really struggling with enormous challenges or even tiny ones, wouldn't it be fabulous to have solution that works every time all the time? Well, once you begin to grab hold of these ideas, and start taking action on them, I promise you, you won't look back!

It offers us a way forward! I guess this really follows on from my last benefit. There is nothing worse than sitting in a place of fear, or despair, or even simply a place of being stuck and not knowing what to do. Taking hold of some of the principles of metaphysics and working them into your everyday life certainly gets you out of the 'stuckness' and moving forward. I know from a personal point of view, whenever I get a little stuck, confused or even overwhelmed, I always say to myself, "Okay Geraldine, go back to basics" - metaphysical basics that is, and then things start moving again.

It helps us find answers to all those deeper questions about life. If you are at that point in your life, and we all reach it at some point in time, where you are asking, "Why am I here? What's

my life all about? What is my purpose or why did I come?" Metaphysics helps you step out of the busyness of mainstream life and not only explore, but find the answers to these questions.

It brings peace and joy to our minds and our hearts! Once you know how this Universe operates and how you fit into the big picture of things. It's like a breath of fresh air. And it gives us the practical steps in creating our goals and dreams.

Working with Universal Law

This, from my point of view, is a 'must know' part of you getting to know more about metaphysics. The exciting news is that you can use the information that I share here to increase your finances, improve your health, create loving relationships, manifest that wonderful job you have been thinking about, grow your business, and create change in any other area in your life that you feel is lacking in what you truly desire.

We all know that we are living in an incredible time of change, and we are all feeling it in one way, shape or form! If we fight it, we just go deeper into the mud of life. If we take the time to learn how to flow with these Universal Laws, I guarantee you will be soaring into all your desires.

The name gives it an air of being complicated but I assure you, if there is secret to achieving great happiness and success - this is it! Yes, I agree, all the planning, goal setting, marketing, sales, etc are important, but if you wish to turn your life around and create your dreams, then I urge you to listen intently to what I am about to share with you. **This is what will make your life sizzle with success.**

What are the Laws of the Universe?

Many doubt these laws because they cannot actively see them but the truth is that our universe is governed by unwavering laws. We never doubt the law of gravity, do we? You may have as a little child when you decided to spread your arms and fly through the air as you jumped from the garage roof or the top of the tree, but as you very quickly discovered, what goes up must come down! Just as we understand the importance of living in harmony with gravity, we have to begin to also live in harmony with all the other laws that govern our Universe. Once we do this, we soon find fulfilment in all areas of our lives.

The following are the Universal laws that will have the most amazing effect on your life.

The Law of Compensation:

What are the secrets hidden within this Law? This is really the Law that governs all other Laws. This is commonly known as the law of attraction. I prefer to refer to it as the Law of Compensation which really means, what you give out you get back! It means a balance of that quality or service that is extended to another. The better you are at giving to others, the greater will be your reward.

How we can work with the Law of Compensation? Working in harmony with this law can lift you out of lack and limitation and into the life you have always dreamed of, but there is work to be done! You must come to an understanding that in this life it is not possible to get something for nothing!

- You must understand that you have to give before you can receive - give out love/receive love; let your happiness shine and receive more of the same; be friendly and attract more friends; radiate peace and more will be drawn to you; give money to receive more of the same.
- In the same way - live and breathe poverty, and things will occur to make sure you get more of the same in your life; radiate sadness and circumstances will be such that you receive even more opportunities to be sad. How do you give out these vibrations? You send them out through your thoughts, words and actions.

What we can do in practical terms to put the Law of Compensation to work in our lives?

If there a lack of anything in your life, look closely for the cause. It is not outside of you; but within. Ask yourself the following and jot down your thoughts:

- Do I expect something for nothing?
- Do I focus on the lack in my life rather than imagine what could be?
- Do I fear that others are getting more out of life than I am?
- Do I complain that times are hard?
- Do I complain that nobody loves me and that I don't have any friends?
- Do I complain about the house I live in or the clothes I wear?

By giving out all that you wish to receive, you form an invisible pipeline through which the Universe brings to you all that you desire. And the pipe grows bigger as you grow in this understanding/doing. So, start by choosing happiness, joy, love, peace, and focus on what you

do have in your life rather than what you don't have. Then, if there is something in particular that you would like to manifest, then give this out wherever you can: e.g. if you want to find new friends, then start being friendly with all you meet, if you want more money then give money whenever and wherever you can. I can already hear, "But I don't have any spare money to give!" Well, you have to find it in your heart to take a little of what you do have and give it. I promise you will get it back multiplied!

And what can you expect to see happening once you take this action? You expect magic and miracles! You will be just amazed at how quickly things begin to change and all those things that you have wished for but never seen as a physical reality in your life will begin to appear.

The Law of Non-resistance:

What are the secrets hidden within this Law? The Law of Non-resistance states that "What you resist persists." The more you dislike or complain about a certain person, event or circumstance in your life, the more difficult it will be to remove it from your life.

How you can work with the Law of Compensation? Simply put - go with the flow. Accept what is and rather than getting annoyed, look for the good within the situation.

What we can do in practical terms to put the Law of Compensation to work in our lives? You may be in a situation that you hate and that you are resisting, not realising that it is this very resistance that is keeping you stuck and preventing you from moving on. Take some time to think of some of the disempowering things you think about or say to yourself. Maybe they might include:

I'll never be successful - I'll never have enough money - My life is such a disappointment - I'll never find that special person to share my life with - I hate carrying all this weight.

And what we can expect to see happening once we take this action? Living according to the Law of Non-resistance makes you more focused and confident about achieving your dream. You are not wasting energy fighting with your current issues but using them as stepping stones to a better life and a better you.

In these times of change when we are feeling totally out of sorts with our lives, metaphysics can get us back into the flow and we begin to enjoy life in bigger and better ways, and feel far more in alignment with all that we desire and deserve!

Law of Vacuum:

The secrets hidden within this Law: When we a vacuum in our lives the Universe just has to fill it - It's THE LAW! Simply put, you get rid of what you don't want to make room for what you do want.

How we can we best work with the Law of Vacuum? By releasing all that is no longer needed in your life, you are opening the floodgates to having all that you desire. If you find that your desires are not appearing, it is usually time to stop and ask yourself the question, "What do I need to let go of?" This is definitely an ongoing process and does, at times, take a great deal of courage and faith to put this law into practise in our lives, but so worth the effort!

What we can do in practical terms to put it into practise in our everyday lives

Home: This is probably the easiest place to begin. Look around your home to find what you no longer need or use in your clothes cupboards and drawers, pantry, fridge, linen, office, spare room, garage. As you clean up and clean out, you will be amazed at what comes to you.

Business/Career: This is a little more challenging. How many old files do you have hidden in drawers? What else lies around the office that needs to go? Are you prepared to let go of clients who are no longer serving you or your business, to attract the perfect client? Good to write a description of your perfect client first. This helps in deciding which ones need to go.

Finance: This can also be very challenging. A great place to start is to clean out your wallet, purse or handbag to create a space for money to flow in. Probably the best question you can ask of yourself is, 'Am I willing and ready to let go of old beliefs around money such as: money is difficult to come by -That everyone else can make money but not me -That money is the root of all evil -That money doesn't grow on trees -That I am unworthy and undeserving of wealth.

Personal:

- Am I willing to let go of these old ideas and beliefs?
- Am I willing to let go of my resentment, blame, anger, etc towards people and circumstances?
- Am I willing to let go of the old worn out story I keep telling everyone?

One great way of doing this is to write out all that you no longer wish to believe and then burn the piece of paper. Tell your unconscious mind that you are very grateful for those thoughts from the past, but you no longer need to think, feel or act this way so you are letting those ideas go.

Health:

How many times do you promise yourself that things will be different this time and that you are going to lose the weight or exercise or take time out to rest? What if you let go of the idea that you are going to lose the weight, and just begin to love yourself for the unique magnificent being that you are! What if you let go of the idea that you can't take time out and just do it? What if you let go of the idea that you don't have time to exercise and just go for a walk?

And what we can expect to see happening once you take the necessary action? As you let go of things, see an abundance of new and exciting prosperity pouring into your life.

The Law of Gratitude

Giving gratitude is definitely one of the most powerful attractors of all your good. If you do nothing else towards changing your life for the better, simply give gratitude.

How we can work with this Law? Expressing gratitude sends an invitation for an increased flow of energy to come into our life and also generates a feeling of worthiness. You begin to lose sight of what you don't have and begin to focus on what you do have and appreciate every little bit of it. Giving gratitude immediately puts you in the flow of Universal energy. Being ungrateful for what you have can only bring you more of the same because it is a negative emotion.

What we can do in practical terms to put this information into practice in our everyday lives

- Keep a gratitude journal
- Have a gratitude day
- Give gratitude whilst you are out walking

Decide right now to be **GRATEFUL** for everything in your life, including all those challenges and struggles that you may be having right at this moment. All successful people will tell you that it was when they could look at the disasters, the hardships, the abuse, etc., and gave gratitude for hidden gift within the struggle that they were truly free. Why? Because it is in the struggle that we learn and grow, and begin to understand who we really are. And I am sure you can think of a million more times to say thank you.

And what we can expect to see happening once we take the necessary action

I guarantee you will be feeling so much lighter and happier in no time at all, and giving gratitude will have all your goals and dreams flying to you faster than you could have ever possibly imagined.

Even if you just take one of these Universal laws and begin to live in alignment with it, your life will change in amazing ways! Remember, these laws are working in your life whether you know about them or not, so the sooner you make the decision to align with them and work in harmony with them – the better it will be for you.

The Law of Forgiveness

There is one other Universal Law of huge importance - the Law of Forgiveness. This Law affects every tiny corner of our lives. This one little word, if understood and put into practise on a very regular basis, has the power to change your world in the most magical ways. Not being able to forgive is not the real problem here. It is the negative emotions that come attached that are the real issue - guilt, anger, resentment, blame, fear, despair.

Why we need to forgive

There is now very clear scientific evidence that proves negative emotions in any way, shape or form, all produce a chemical reaction in the body which in turn produces a type of perspiration that is filled with an acid which eventually eats away at the cells in our body. When experienced even in the short term, this breaks down the cells in your body and causes disease. I am sure you can imagine what they do when held within the body over a long period of time. You forgive, not for anybody else's sake, but for your own health and well-being. I mean to say, do we really want to hold onto anything that keeps us from having a truly happy and vibrant mind and body? I don't think so!

By constantly staying in an unforgiving and negative state, we are not affecting anyone else but ourselves by attracting more and more of the same experiences. Remember, it is our dominant thoughts which create our reality, and if our dominant thoughts are negative, then guess what we are attracting? Now attached to those thoughts a little resentment, anger, guilt, shame, blame, etc, we are going to get a whole heap more experiences in our lives to be angry about, or to resent, or to feel guilty over, and on and on it goes! It is the Law of Attraction at work in a BIG way! Is anything worth that? Imagine how your life will change when you let it all go!

The other thing to remember is that the Law of Karma works in everyone's life, not just yours and mine! It's working whether we know about it or not because it is a Universal Law which we cannot possibly escape. What we give out we get back! In reality, we don't ever have to worry

about whether or not the person we are blaming or hating or resenting, are getting what they deserve, as the Universe will always make sure that they receive what's coming to them. So, why would we hold onto all that negativity and pull ourselves down if the Universe is going to take care of the situation anyway!

Who do we need to forgive and how?

Most often than not, the person we really need to forgive is self. I'm not sure why, but many of us carry guilt about someone or something. It's either what we did or what we didn't do! The question is, when will we just put it down and leave the past in the past? Often we are so busy feeling guilt or shame about the past, or what should have happened or what didn't happen, that we miss living what is on offer today. All those wonderful opportunities to live life to the full, moments to dream big dreams, precious times in the service of others. But I want to share a little secret which has finally moved me out of constantly sitting in guilt or any other negative emotion that has me tied to yesterday. Now, when I have those moments of guilt, I simply stop for a moment, give thanks for the lesson learned, and then I do something that I read about a number of years ago which I find works wonders. What is this little secret?

I use the power of a blessing! The ancients believed that a blessing held incredible power. How does it work? Everything is energy or vibration, so it just makes sense that a blessing is a vibration as well. Now when I need to forgive myself, I take a moment to bless myself with love, peace and happiness. Immediately, I have taken my focus off the negative emotion I am feeling, and instead I focus on love, peace and happiness.

I also use the blessing secret when I need to forgive others. Those times when I am facing a difficult situation or challenged by a particular person, I simply bless the situation and the person with harmony, peace and a happy outcome. It is amazing how things magically work out for the best every single time.

When you bless a person or a situation it vibrates out and whatever we bless feels it at the unconscious level or in the metaphysical/spiritual realm. It not only assists the person/s you are blessing, but it also returns to you multiplied! A word of warning here - be very careful what you bless others with, as it always returns multiplied! Never bless them with hate or revenge or anger, because as we now know, what we send out comes back to us multiplied!

Bless every challenge or challenging person with harmony, peace, love, happiness or whatever you feel is needed in that particular situation. Yes, bless all your challenges and struggles and bumps and mountainous obstacles!! Then get quiet about them, and don't express your feelings to anyone. Just continue to say your blessing. These beautiful blessings will fly back to you a hundred-fold!

Once you begin to bless a difficult situation, regardless of big it is or how wronged you may feel, it will either improve or disappear. Remember that every single person who comes into our lives, is always there for a reason. Now, whether we like it or not, that person will be there to help us to grow and become a better version of who we are. Often, they will be a reflection of what we judge or resent in others - the things we do not accept in others! I hope you are beginning to really understand the importance of forgiveness.

Forgiving people or experiences where we have been really hurt is not an easy thing to do, but in truth it is the only thing to do if we wish to live happily ever after. This doesn't mean you have to condone what has been done! All you need to do is to look for the lesson it holds, forgive, and then get out of there!

A great way of freeing ourselves from the shackles of unforgiveness is to take time out in a quiet place by yourself so that you can really focus on the task at hand. Now be totally honest with you! Write out all the things you have been hanging on to from the past such as circumstances that you can no longer change, people that you may have hurt or those who you feel have hurt you, things you did that you wish you could erase from your memory.

We all have these things tucked away somewhere in our hearts and minds. As you write them out, also take the time to write the emotions you are feeling around those particular situations. Allow yourself time to feel these emotions. Ask yourself the question, "Are these people, circumstances, situations, etc, worth holding onto if they are going to wreck my health and my life?" Ask yourself, "What is the lesson that maybe these people or situations have helped me to learn?" And, "How have they helped me to grow?" Once you are happy with your responses, take all that you have written and have a ceremonial burning. This can be such a freeing exercise.

It is also very helpful to write a letter to the person you wish to be free of, who you feel has hurt you in any way. Don't hold back! Tell them how you feel and use all those unexpressed emotions. Write until you have nothing else to write. The choice is then yours to either flush it, or burn it, or whatever you feel is right for you - then LET IT GO!

If I was to really simplify the importance of being ready and able to forgive, it would be this:

If you have a problem with your business or career ... you need to forgive

If you have a problem with your health ... you need to forgive

If you have a problem with your relationships ... you need to forgive

If you have a problem with your finances ... you need to forgive

May I suggest you start today! I want you to really understand the incredible power of forgiveness. Once you have freed yourself from the person, the event and more importantly the negative emotion that these cause within you, every area of your life is filled with freedom, joy, happiness, and success. Suddenly everything seems to fall into place exactly as you wanted it too. It is truly amazing.

Metaphysics and Mother Nature

Time to discover how to live in harmony with what many call 'The Field'. In other words, everything that surrounds us. What exactly is the field I am referring to here? The Field is the term often now used to describe the quantum field of infinite possibility and potential. It is the Universal energy that flows through all things including you and me. So much is now being revealed regarding the quantum field, and luckily for us, it is being explained in simple terms so that those of us who are not quantum physicists can understand. As a metaphysician, I just love learning about quantum energy and how it affects our lives on a daily basis.

I always thought it was something out there and something separate from me. Now I understand that we are all constantly immersed in this field of energy, and it simply takes us becoming consciously aware of this for us to work in harmony with it and create magical results in our lives.

What are the secrets with regards to us consciously connecting to and harmonising with the quantum field? The very best place is in nature. Yes, Mother Nature and all in her care have the most fabulous conscious connection to this field and know exactly how to live in harmony with it. The great news for us is that Mother Nature is so willing to share her wisdom with us, and teach us so much about how to become one with, and flow easily and effortlessly with this beautiful loving energy, and once we do, happiness and success is simply a done deal!

In fact, here is a fabulous message from Mother Nature to help you understand this a little better:

'A loving breeze vibrates through the tree on a warm autumn day, allowing the seedpod to break free of the branch and fall to the ground where the sun gently unzips the pod and the seed excitedly begins a new phase of its life. The vibration of the tiny seed is heard by the soil which quickly responds with nutrients and moisture, and slowly but surely its roots sink deeply into the earth and small green shoots stretch into the light of day. Nature Spirits embrace, with

a loving knowledge and understanding, of what it means to work in complete co-operation and harmony, and bringing peace, happiness and joy to all.

So many physical beings on your planet are still under the illusion that they are individual beings who are quite separate from everyone and everything. This could not be further from the truth! All things are created from, and are sustained by the Divine energy of the Great Spirit. All physical beings are immersed into the infinite ocean of possibilities with a free will to create and grow into the desires of their heart, but they are all still connected by energy and vibration. Every tiny whisper of love from your heart, every delicate hand stretched out in service and every tender offering of gratitude, vibrates out into the Universe and affects all things upon your planet ... and the cosmos! So today, remember your connection, and in your mind and your heart, dance with stars, fly with the wind and float with the feather down the creek ... you will be bringing the most magical change to your planet ... and to your life! You are so loved!

Everything in nature is actually a metaphor for our lives. Each metaphor points to the way to live so that we feel happy, feel empowered, feel successful, feel peace, and once we connect to these feelings, life is amazing! Once you begin to see these metaphors and relate to them, you become the metaphysician of your own life.

All in nature have been my mentors and guides for as long as I can remember, but it has only been in the last few years that I have really listened! I have discovered that for me to connect to that amazing harmony of life, all I have to do is stop and listen to the wind in the pines, or to the water excitedly making its way along the creek bed. Watching the bulbs gently move the soil to make their way into the sunlight, and then see the buds slowly open to delight the world with a colour that radiates pure happiness. When did we lose our connection to the harmony of the cosmos? When we stopped spending quality time in nature.

How to connect with it?

As we walk or sit within nature, we cannot help but become attuned to the field and feel its rhythm and sing its song. I am sure you have felt the effects at one time or another. Those times when you are feeling uptight about life, or frustrated or anxious, or maybe you were just feeling unwell, and then you decided to go for a walk, and by the time you returned, you were feeling so much better and thinking to yourself, 'I have to do this more often'. I bet you have all experienced this.

How did it make you feel better? You connected to the beautiful energy where peace, harmony and happiness reigns supreme! And you didn't even have to work at it. Now, just imagine what might happen if you really focused on what was going on around you! Once again this is so easy. All you need to do is become consciously aware of what is going on around you rather

than going for a wonderful walk or run or jog through the park or the forest or bushland and still focusing on what happened yesterday, what you haven't yet done today and what you have to do tomorrow! Turning off the mind and simply placing your attention on whatever is around you as you walk will have you connected in an instance!

This is definitely the secret to connecting with the quantum field. I find that watching birds floating on the wind currents grounds me very quickly, or stopping to smell the wattle blooms, or taking photos of raindrops hanging from the branches of the trees. Now I know that many will think I am crazy, but if you want to see your life flowing in beautiful ways then perhaps it is time to make some changes in your life. The great thing is, you can start with just a walk around the block if you wish, and then gift yourself 10 or 15 mins of time out in the world of nature. You might be very surprised and find yourself spending even longer.

In these times of change when we are feeling totally out of sorts with our lives, there are lots of things we can do to help ourselves, and lots of ways we can get back into the flow. Begin to enjoy life in bigger and better ways, and feel far more in alignment with why we are here! And what better way than becoming the metaphysician in our own lives and learning to read those fabulous metaphors that Mother Nature shares with us on a daily basis.

How to live within it, and how to ensure that we never lose sight of it again!

Let's begin with: How to live in it!

Well, I have already shared with you that just by being out in nature, you are connecting to that beautiful vibration of harmony and peace whether you want to or not. But let's make it super charged energy and vibration so that you come home feeling as if you could just about walk on water! The following are 5 simple and easy steps that will have you consciously living in the quantum field.

Step 1: Find a quiet place to rest out in the garden, park or any place that you find restful and can be left alone.

Step 2: Remember, you are already in the field. It is simply becoming consciously aware of this. And how do you become consciously aware? Start by choosing 1 tiny thing on which to place your attention. This could be a flower, a leaf, a feather, a pebble or whatever draws your attention in that moment.

Step 3: Now pick it up and hold it in your hands. Now clear your mind of all the chatter and place all your focus on this 1 tiny object.

Step 4: Begin to imagine that you can feel its energy and vibration moving through your hands. The gift of imagination is very powerful, and I promise that it won't be long before you can feel this. Even if it takes a few practises at experiencing this, it doesn't matter, you will get there.

Step 5: Simple rest within this energy and vibration and begin to feel it in your heart. Once you placed your attention and focus on this 1 tiny object and set the intention to feel its energy within your hands and heart you are now consciously immersed in the quantum field. Quote from the movie Bagger Vance: 'You've got to seek that place with your soul. Seek it with your heart, don't think about it ... feel it! Your heart is wiser than your head is ever going to be.'

Obviously, we can't spend all day everyday out in the park or sitting under trees, but you can actually connect to the field anytime, anywhere! How do you do this? Several ways:

- As they say, 'Practice makes perfect' ... yes, the more times you practise this technique the better you connect and feel the energy
- Use your gift of memory to take you back to the times when you have been out in nature and practising connecting
- In any given moment throughout your day, simply stop for a few moments and remind yourself that you are in the field that knows all things and has all your dreams waiting for your recognition of them
- Just before you go to sleep at night, close your eyes and use your imagination to float within the field. You can see this as a peaceful calm ocean, or a starlit sky ... or as I love to do ... a field of the most beautiful and deliciously perfumed wildflowers. I guarantee you will sleep like never before.
- I also suggest that you check out some books on the subject and begin reading. A little everyday will certainly keep you in touch with the enormous power you have at your fingertips.

The sad fact is, that the majority of the population walk this planet struggling with life and having no idea of how to change their lives for the better, but now you do, so no more excuses!

Daily Practice of Metaphysics

I would like to begin with what I call the daily Metaphysical 60 Minutes of Magnetism. By spending 1 hour a day on metaphysical practises we become a magnet, attracting all that we need to achieve our goals and dreams. Now, I understand we are all very busy people and many are responding with, "how on earth am I going to find an hour a day in my already overworked

schedule?” Yes, I totally understand where you are coming from as I asked the very same question myself. I guess what I came to realise was, that if I didn’t find the hour a day, then what was going to change? I would be forever chasing my tail trying to make things happen and getting totally frustrated and depressed and anxious because it wasn’t going anywhere.

It was definitely time for me to make some serious choices, and ones that would have me moving in the direction of greater happiness and success. So, with this goal in mind, I decided that I would find that hour each day. How did I find it? I got up an hour earlier! You may not be a morning person, so you may have to find that hour in the evening, but I really recommend the morning when you are fresh and alert.

What do you include in this 60 minutes?

- 15 minutes of meditation: this can be meditation using whatever technique is great for you. If you are a beginner, then I suggest you find a guided meditation that helps you stay focused on the task at hand. You may simply pop on some beautiful classical music and get lost in the notes and sounds. You may like to practise some Tai Chi and get totally lost in the movements that your body is enjoying. You may prefer simply resting in the stillness and silence and listening to the beat of your heart or feeling your lungs breathing in and out. The trick is to let go of all the other day to day stuff that constantly runs through your mind and just live in the moment, relax and enjoy. This 15 minutes alone can change your life in the most amazing ways.
- 5 minutes of visualisation: as your meditation time comes to a close, it is the perfect time to visualise the ‘end result’ of your goal or dream. Why is this the best time? Because whilst in meditation, you have let go of all the ‘stuff’ of life and opened yourself to receiving all that you desire. You have opened yourself to allowing the Universe to flow in and through you creating all that your heart desires. Whilst you are still in this beautiful flow, it is the perfect time to visualise yourself living your happiness and success. A warning here - this is not a time to tell the Universe how or when it should happen, but simply visualise yourself living your dream.
- 20 minutes of time in Nature & Affirmations: Okay, now it is time to get up and out to enjoy the magnificent and revitalising energy of Mother Nature. If you don’t have a park or something similar nearby, then a walk around the neighbourhood will do just fine. Remember, this is NOT the time to be figuring out what happened yesterday, or deciding what has to be done today, or planning tomorrow. This is simply a time for

observing all that is around you in that moment of time. To help you keep your mind chatter at bay, this is the perfect time to be saying affirmations.

These are short positive statements that begin to change the old belief patterns that have anchored themselves in your unconscious mind, and replace them with wonderful new and exciting beliefs such as: Everything I touch turns to happiness and success; Every day in every way, happiness and success finds me! Just make sure you affirm truly positive outcomes for you and your life.

- 5 minutes of gratitude: this is something that is a MUST! I would love to see you giving gratitude constantly throughout your day, but at least start with this concentrated effort of 5 minutes at the start of your day. How can you possibly get caught up in the 'what's not happening' when you are totally focused on giving thanks for all that you have? Giving gratitude creates this wonderful feeling of having rather than not having. I strongly urge you to end the day in gratitude as well. This is best done as you fall asleep.
- 15 minutes of reading: this is the most wonderful habit to cultivate! Reading books that are based around personal and spiritual development keep you focused on growing you and your goals and dreams. The words, ideas and practical suggestions within the pages of such books can inspire you onwards and upwards. I know personally that I would be lost without reading something each and every day. Sometimes this is simply reading a short paragraph and then really contemplating its meaning for me and my life. Once you get into this practise of reading, you will love it, and love the changes it brings. And yes, I go back and read books over and over again. It is amazing how the words change or ideas or concepts appear that were not there previously!

What I am about to share with you now will truly make your life sizzle with happiness and success. These are concepts that we must understand and embrace to have our 60 minute of magnetism work for us in awesome ways.

- If there was 1 thing that I would say is the most important concept in magnetising your dreams and goals, I would have to say **FAITH & TRUST!** Faith and Trust in the process of manifestation! This is absolutely huge! It is all about having an unwavering trust and faith that all your desire is yours already and that it is simply a matter of you receiving it in the physical. I cannot stress this enough ... all our visualising and affirming will fade into emptiness if for the rest of the day we keep telling ourselves it's not happening or we are focusing on the negative of the past, or how we are going to survive in the future. You set your intention for whatever it is that you wish to see happen, and then have a firm resolve that this is exactly what is going to show up in your life. No maybes

or wishes or anything else ... a firm resolve that you are going to see this happen in your reality.

- **Give it time** - no pushing, forcing. There is the perfect time for everything to come about and there is definitely no need to rush. The very worst thing you can do is try to force things into being. In truth, the only thing that pushing or forcing does is send it hurtling in the opposite direction, and not towards you! It only makes sense that if you are trying to force things into being, you are actually focused on the fact that it still hasn't happened which is a rather negative emotion and negates all the wonderful things you are doing in your 60 minutes of magnetism.

Today's Note to Self ~ Living an amazing life is all about raising our thoughts above what is ... & focusing on what is possible~

