

You Deserve Love!



Healing Pathways to Love the Miracle You Are

By
Roger King

Illustrations by John Welding & Dave Irwin

Published by www.soultalkstories.com
3 Wateron Close Walton,
Wakefield WF2 6JT
email rogerking3@btinternet.com
Please feel free to copy part of this book for workshops.
A donation would be appreciated.
Do contact me with feedback
I support your growth
Roger King
2005.

This book is dedicated to my eldest daughter Jessica who is such a blessing to my life.

And I give thanks to all my teachers and the POWER within.

VISION:

THE LIMITLESS POTENTIAL OF THE HUMAN MIND
FOR POSITIVE GROWTH AND VISION.

My vision with loving action is to help people love who they are from a place of deep respect, then from this new place of consciousness love their neighbour and the infinite wisdom and power that resides in us all, so we can truly create inner peace and healing for our relationships, our community and our planet. How, by running workshops and giving talks, developing a national and international network of people at grass roots level who run self-empowerment workshops based around my little books called:

"LOVE THE MIRACLE YOU ARE"

&

"YOU DESERVE LOVE"

&

Making Love with Passionate thoughts

Contents

- 6) Introduction
- 12) Healing Path 1 - Why Love Ourselves
- 16) Healing Path 2 - What do you say inside your mind?
- 20) Healing Path 3 - Self-approval Helps Positive Change
- 22) Healing Path 4 - What Do You Believe About Life
- 27) Healing Path 5 - Are you willing to change and grow?
- 30) Healing Path 6 - Power thoughts that attract positive change.
- 35) Healing Path 7 - Knowing our "Oughts" & "Shoulds."
- 38) Healing Path 8 - What is your story?
- 43) Healing Path 9 - The Power of Affirmations
- 48) Healing Path 10 - Becoming Free to Love You
- 52) Healing Path 11 - Re-parenting our Inner Child
- 60) Healing Path 12 - The How
- 71) Healing Path 13 - Your Mind
- 79) Healing Path 14 - Conscious vs Unconscious mind
- 83) Healing Path 15 - Learning to listen & be honest
- 90) Healing Path 16 - Imagine Inner Prosperity
- 95) An Open Letter of Thanks to the Source
- 97) Appendix 1 - Laughter is the Universal Language
- 101) Appendix 2 - EFT
- 102) Appendix 3 - 5 Rhythms
- 103) Appendix 4 - Bibliography

INTRODUCTION.

Life is very simple. What we choose to think from moment-to-moment creates our experience.

Lets start with a positive thought.



I release, with LOVE, all criticism of those who have HURT me, INCLUDING myself.

HOW DOES THE ABOVE POSITIVE THOUGHT FEEL?

.....

.....

.....

.....

.....

.....

.....

A thought to ponder: A child of 6-laughs 600 times a day, an adult 47 times a day and a depressed person 6 times a day on average.

No matter what unhappiness you have in your life –look for moments to laugh at life.

Do see appendix 1

ARE YOU WILLING TO LOVE YOU?

YOU DESERVE LOVE is an exciting adventure workbook designed to help you "Love the miracle you are". Every thought you and I think is creating our future.

I believe when we were babies and possibly when very young, we intuitively and soulfully knew we had powerful reserves of love stored inside us. We knew we deserved love and wanted to be loved unconditionally for just who we were. We never thought as a newborn baby to compare ourselves to anyone. Few negative messages had gone into our subconscious mind. We showed love and just expected it to come back to us multiplied, we trusted the world and when frightened or needy we went to our mother and father figures for reassurance and love.

However as we grew if we did not receive positive love, then life and love became increasingly **CONDITIONAL** depending on how our parents were loved.

This book is to help all souls, and you in particular, to love yourself just as you are ... despite what they said you should be, or what you say you ought to be.

- It is a practical book for helping you set yourself free mentally, emotionally and spiritually. To love you how you would have liked to be loved!
- I believe millions of souls are choosing to love the possibility that we are each miracles of life by reconnecting to a power and inner light that is total love.
- I believe as we relearn to slow down and meditate we are finding an inner wisdom that truly values our life, our neighbour, our earth and our maker.
- I believe we can learn to forgive our parents and others who may have hurt us.
- I believe we are all unique, yet joined through "Loving Thoughts," which to me is a positive dreaming God and Goddess that is asking us to slow down, go within and to listen and to learn what a true gift life on earth is, including ourselves.



You Deserve Love

- Often we hear "Garbage in garbage out!" as a warning, well lets change this thought and feed our mind body and spirit the positive thought:

"LOVE IN LOVE OUT!"

Let me ask you, "Can you remember a time in your life when you bounced out of



bed knowing YOU were deeply loved and you could give abundant love to life?"

Whatever your answer, just pass this thought through your mind:

"I DESERVE LOVE!"

You deserve love and respect just because you are you. Let me repeat

You deserve love and respect just because you are you

How does that feel?

.....

.....

.....

.....

.....

You Deserve Love

If you can't say this positive thought, which is a positive affirmation, or you feel embarrassed or you cry or get angry or critical, don't beat up on YOU, just "know" that this book is for you.

Simple exercise. What did you have to do to deserve love in your child & teenage years?

.....
.....
.....
.....
.....

This workbook is based on the following belief: The thoughts we CHOOSE to think create our internal and external reality. When we change our choice of moment-to-moment thinking, our experiences change!

The more positive and forgiving messages, words and actions that we choose to think, say and do, the more there is an infinite power within each of us to unfold our lives to our highest level of knowing that we are loved, loving and loveable because we exist.

Since I wrote LOVE THE MIRACLE YOU ARE two years ago, I have received encouraging feedback that the information has helped people of all ages and backgrounds grow to know much more about their personal healing, their meaning and purpose.

I get an enormous pleasure in experiencing people grow by re-contacting the blueprint that is within us all, this is, we are each created as an infinite miracle of love by love for love.

I believe we are all expressions of divine love that is helping us learn lessons that are physical, mental and fundamentally spiritual. I believe we are here living a human life, evolving mentally to know our spiritual and soul purpose. For



You Deserve Love

me this is learning to receive and give unconditional healing and creative love.

I affirm that these tried and tested simple "healing pathway" exercises will help you to contact the power, that is waiting patiently in each of you, to think, say and act lovingly and wisely towards yourself; so we can truly love our neighbour and know we are beloved daughter or son of an infinite mind that loves and forgives us. If you think I am religious, the truth is that I am not formally religious; if I have any religion, it is grown in a garden of love and forgiveness. Remember:

You don't have to be perfect to love you!

And you don't have to agree with me just use what is helpful to you now.

SUGGESTIONS ON WHY AND HOW TO USE THIS BOOK

You can use this book by yourself or in a group of like-minded souls.

I believe to help us change positively, we need good information that helps us know we deserve love and this begins by learning to love ourselves, so we attract love and forgiveness into our daily experience of life. We need to know for ourselves the qualities of patience and gentleness so we can love ourselves a little more each day. Do be gentle with yourself, especially knowing that you don't have to be perfect to grow and change. All you need is to be willing to APPROVE of you just as you are now so that the changes you make will be positive.

SELF- CRITICISM always blocks growth because you always have to find something or somebody to criticise, usually yourself. So the first thought is to let go all criticism of self and others.

Materials Required: TEDDY BEAR

Just be open to your intuition and follow your inner wisdom and use "YOU DESERVE LOVE" with a journal and mirror. You may need some cushions, art material, you may like to join or start a "YOU DESERVE LOVE" support group. You may need personal growth tapes and other books. (See Appendix 3) Just be willing to learn to love and nurture all of you.

You Deserve Love

AFFIRMATIONS are at the core of this self-help book.

I use positive thoughts as I write: "YOU DESERVE LOVE". I repeat this many times each day.

I am open and receptive to divine ideas; they come to me at the right time and in the perfect space sequence. The creativity of the universe expresses through me now. "YOU DESERVE LOVE" is written, edited, typed, published and printed with 'loving thoughts'. The book helps people value themselves and others whom they relate to from a place of deep respect and contributes to world healing and harmony. And so it is.



Healing path 1

" A man cannot be comfortable without his own approval" - Mark Twain

Now write out or share your first thoughts on:

WHY LOVE OURSELVES?

.....

.....

.....

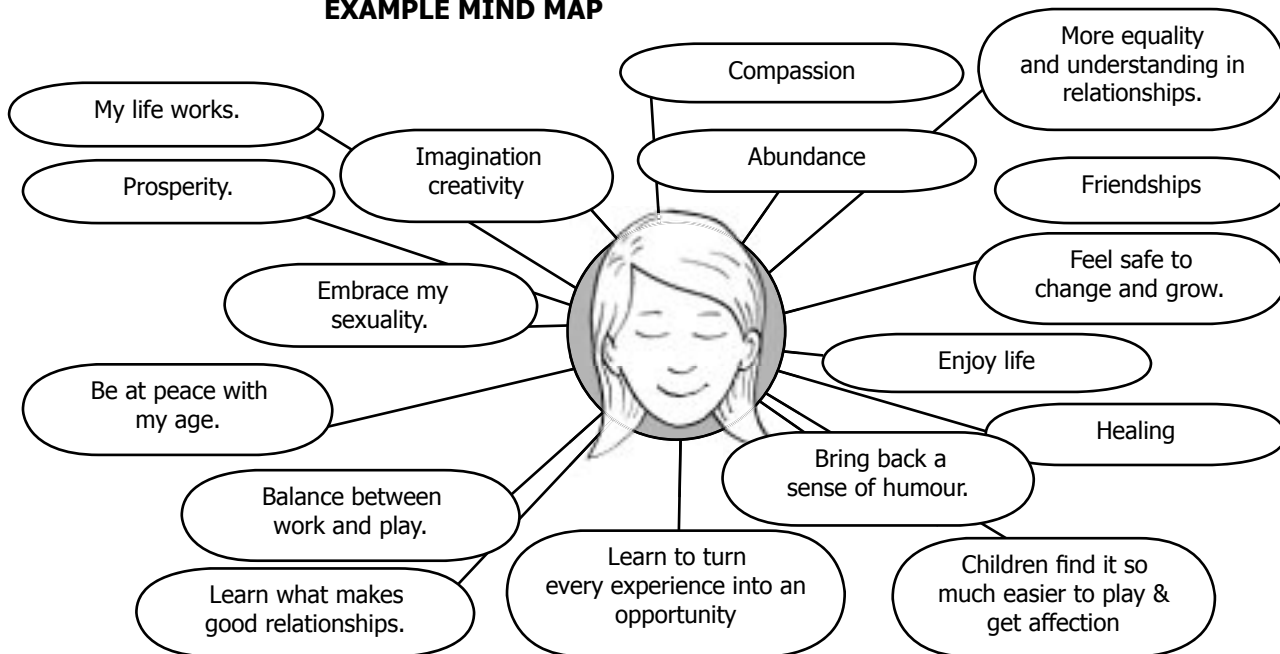
.....

.....

.....

Mind map with a circle and just brainstorm. What would you get from loving you from a place of deep respect?

EXAMPLE MIND MAP



Now move onto mirror work. Just pick up a mirror and say looking into your own eyes:

"I LOVE YOU!"

What are your thoughts and feelings?

.....
.....
.....
.....
.....



I was running a workshop and asked people to do this and what came up was a lot of sadness, criticism, guilt and anger. One person was so angry saying, "It's a lie, I can't believe I could ever love me!" This is a gem because it shows what's in the way of loving ourselves. It is a belief (barrier) to loving and accepting who we are.

Another example.

Imagine you want to increase your income and you put out an affirmation "I am open and receptive to increasing my income."

"I am open and receptive to increasing my income."

Then suddenly every bill needs paying and you lose your purse, the washing machine breaks down and the car needs mending. What is coming up is your negative (resistant) belief that you don't deserve increasing your income. Whatever happens in our experience mirrors what our thoughts and feelings (beliefs) we have about ourselves. Yet if we don't give up and keep saying the positive affirmation we dissolve those negative affirmations. Then you see how the universe gives you a 'pipeline consciousness' and prosperity of all kinds will be attracted to you, not just money.

You Deserve Love

Your resistant beliefs are stored in the subconscious mind that feeds you messages of doubt which often challenges positive change. Whenever we decide to change we are sometimes challenged by the thought and feeling patterns that say, "You can't, you are not serious, you are not clever or good enough." I believe our "why love you?" comes from the "how to love you?"

Some good reasons on the WHY from my life and the people I have privately counselled plus meeting people in workshops. (Do write your reasons for wanting to love you.)

- "As I have learnt to love me I have found my why by identifying my unique negative patterns of thinking and feelings that have held me back from being self-accepting and self-loving.
- My why came from being stuck on blaming my past and analysing it so much so I became addicted to my wounds and my past became my crutch. This kept me a victim and I blamed everyone around me. I am learning to let go my past and live increasingly in the present.
- My why was I hated my job, now I know I can change my job with letting the job go with love and attracting a new job I love.
- I am beginning to understand my why by learning how my mind works so I can use it well. Nobody taught me this at college.
- My why was I had to let go my old addictions to drugs, alcohol and unsafe sex or I was going to die early!
- It took time for my why to come into consciousness. I needed to love me because deep in my subconscious mind was the lie that if I loved anybody it would always end in failure. I remember saying to my therapist 'I can't love anybody I am so insensitive!' I suddenly realised what I was saying. Now I say and believe 'I am an open and sensitive man that is learning to love others and myself.' I now see and think how the power of my spoken word gives life to my thoughts and creates my moment-to-moment reality and experiences, so I am far more positive in my thoughts and watch carefully the words I use. As I become careful about what words I use this has changed my thinking to a more positive attitude.

You Deserve Love

- My why became apparent when I kept saying 'I have no time' and guess what I had no time! I am now developing inner prosperity in time, health, friendship, comfort, money and life.
- My why came from learning how to love and be intimate, I used to be so distant I just wanted sex and no real relationship.
- My why came from me learning how to forgive others who had hurt me without denying my anger and my guilt.
- I had done so many spiritual courses and training yet I knew I still didn't accept me. Learning I didn't have to be perfect to just change and grow was a relief. Now I am slowing down and contacting my truly creative spiritual and practical talents by meditating.
- I am letting go of my need to control everything and everybody! And now I feel more in control of what I choose to think in my mind."

One man I met today, who had a horrendous upbringing, had listened to Love the Miracle You Are audio CD nearly every day and played it to his 11 year old. The perceptive girl said "I like you daddy when you love you, it's so much more fun being around you."

As you let go thoughts of self-hatred or low self-acceptance, people who really want to love you will find it so much easier to talk, listen and have fun with you, especially children!

As you love you with an increasing deep respect, a power will create an inner spiritual intelligence where you know you deserve inner peace. Robert Schuller said, "for the human race to have peace, we each need to know we deserve peace." This requires a shift in consciousness.

We each need to know we deserve peace.



SELF TALK

Healing Path 2.

What do you see inside your mind?

"Self-belief is the internal power that can set you free." Dawn Breslin

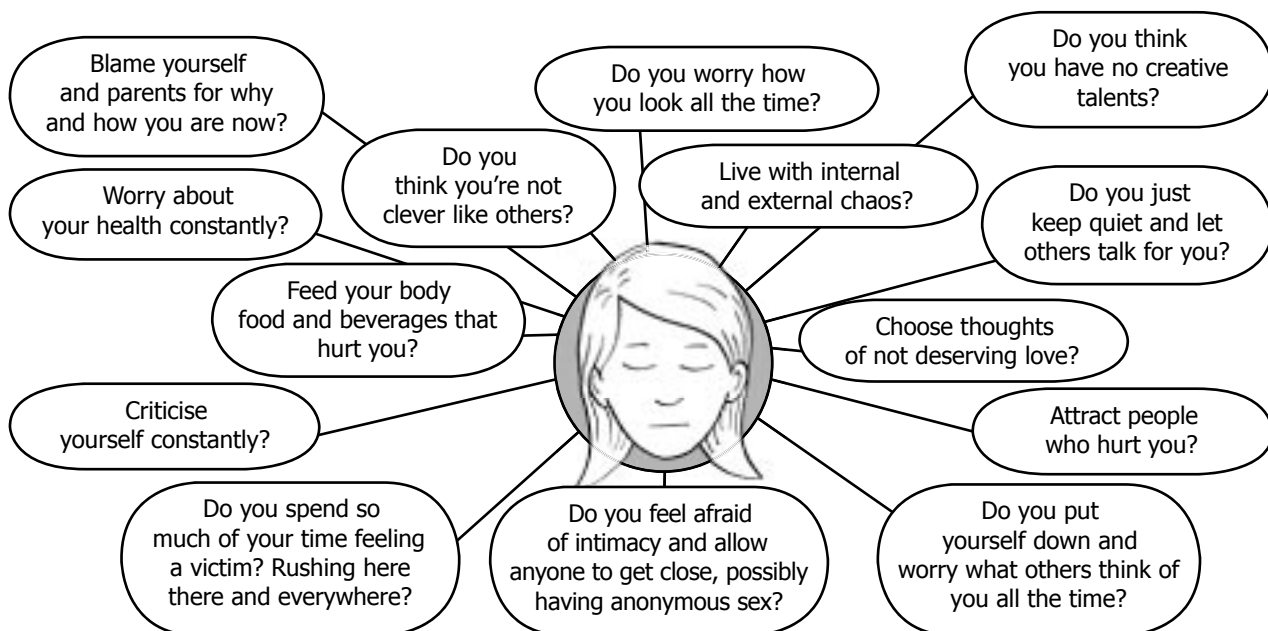
Often when counselling a person, I hear they have read LOVE THE MIRACLE YOU and they remember me saying in the opening lines of the book the following statement:

"One of the biggest freedoms for me was to realise nobody can think in my mind except me!"

What do you choose to think and believe in your mind about YOU?

What are your dominant thought patterns about you?

Do you:



You Deserve Love

If you answer 'yes' to any of these questions then this book is for you. It does not mean you are a bad person; you are just being honest with yourself.

Remember our brain, when young, is geared to wanting unconditional honesty.

We can reclaim this state of honesty by finding and using our inner power, through learning to forgive and love ourselves.

Now add your list!

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

LOVING OURSELVES IS NOT SELFISH!

Give yourself permission to love you. I am not talking about arrogant selfish love that is egotistic love, which comes from fear. The love I want to talk about comes from a power within that I believe wants us to know we are loveable because we exist. We knew this when we were babies. A baby does not know how to hate itself. I believe any problem we have in life can be healed and solved by each of us learning to love ourselves from a place of deep self-respect, as well as, valuing others and all life; including learning that our death in this life is just the next step on a continuing journey!



A thought to ponder: Cultivate a playful attitude. Look at chores like washing up do them with love and say or sing your affirmations.

"I am full of good energy!" this ignites the soul.

You Deserve Love

How do you express your lack of self-worth?

"If there is hell on earth, living as a victim with feelings of anger and blame defines it. If there is heaven on earth, living powerfully and lovingly as the creator of our own lives defines it." Susan Jeffers

HERE ARE SOME IDEAS TICK THOSE AND ADD.

- We scold and criticise ourselves endlessly.
- We mistreat our bodies with food, alcohol and drugs.
- We choose to believe we're unlovable.
- We create illness and pain in our bodies.
- We attract lovers and mates who belittle us.
- We are afraid of intimacy and allowing anyone to get too close so we have anonymous sex.
- We can't make decisions because we feel they'll be wrong.
- We compare ourselves as inferior and live through what others think of us
- We live in chaos and disorder.
- We want to learn immediately or not at all.
- We are afraid to charge a decent price for our services and talents.
- We create debt and burdens.
- We rehash fears/pain/anger from the past as though it is the present then won't let go and move on.

We allow so-called experts (Doctors/teachers etc.) often to tell us what to do and if it doesn't work – we blame them.

We spend most of our time feeling a victim.

Now add your own.

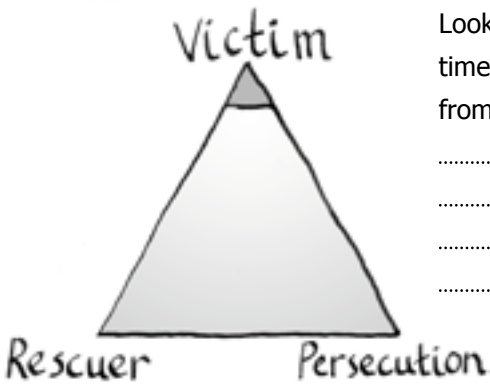
.....

.....

.....

.....

.....



Look at the above triangle where do you spend time in these three roles? And what do you get from being a victim or a rescuer or a persecutor?

.....

.....

.....

.....

.....

.....

How to dissolve the old patterns?

Discuss in the group:

Where and how do you want to change your old patterns of thinking and feeling?

.....

.....

.....

.....

.....

.....

.....

.....

.....

Healing Path 3

SELF-APPROVAL HELPS POSITIVE CHANGE

Ok, let's move on!

You maybe fearful, but as Susan Jeffers said, "Just feel the fear and do it anyway." What's the greatest risk: to stay the same or to take a risk? Perhaps it's staying the same.

EXERCISE

Stand, or preferably sit, in front of a mirror and look into your eyes and say:

"I love you just as you are!"

What are your immediate thoughts and FEELINGS?

.....
.....
.....
.....
.....



Write them in your journal or share them in a pair, if in a group. Remember, your self-esteem and self-confidence can grow as you dissolve old messages that we soaked up in our subconscious mind as a child.

Who told you that you did not deserve good in your Life?

What messages did you get from parents or their substitutes?

Did anyone tell you were too thin or fat, not pretty or handsome?

WHAT DO YOU BELIEVE ABOUT LIFE

HEALING PATH 4

WHAT DO YOU BELIEVE ABOUT LIFE?

(Write in your journal the first thoughts and feelings that come to you.) There are no wrong or right answers this is not a test! This idea comes from Louise Hay's workbook one of my loving teachers.

Just put down your first negative or positive thoughts.

Example

Men

E.G Leave you

Dominate you

Emotionally distant

Or

are doing their best to grow

Or

respect you

Or

are supportive

I spent years hating my gender!

.....
.....
.....
.....

Women

Bossy

Have to comply with men

Or

Intuitive & creative

Or

love to be around them.

.....

Love

I can't love

Or

I deserve and get good love.

Sex

It's dirty!

Or

I love sexual intimacy.

I hate my genitals

Or

a pleasure with someone I love

Money

It's wrong to have money I will not get to heaven!

Or

I am open to being prosperous in every area of my life.

Work

I hate my work the people around me are so negative. My income is fixed!

Or

I always attract work I love and I continuously increase my income.

.....
.....
.....
.....

Success

I always fail. People who succeed are always bad you can't trust them.

Or

I succeed in everything including my mistakes because when I make a mistake I don't beat up on me I think here is something to learn and grow from.

.....
.....
.....
.....

God

I am a sinner and he watches me and especially my bad thoughts and punishes me.

Or

God loves me, even when I make mistakes and is always there for me. God is within me.

.....
.....
.....
.....

Failure

I must not fail I must be perfect!

Ⓞr

It's part of life and I just see the mistakes as steps in this school of life.

.....

.....

.....

.....

Parents

I didn't choose them. I hate them.

Ⓞr

They were doing the best they knew how. I realise now we chose each other and I see them so differently now.

.....

.....

.....

.....

NOW ADD YOUR OWN BELIEFS (a tip keep coming back to this exercise and see how your beliefs change.)

The purpose of this is to see what is positive and what are your negative beliefs and start thinking about what we would choose to change in our thinking about each of the above.

Share what you would like to change in terms of your beliefs in a group of three or, if by yourself, sit in front of a mirror. We talk to ourselves all the time so don't be embarrassed.

You Deserve Love

Meditating is about connecting to your inner wisdom. It's like slowing down our inner chatter enough to see and think increasingly positively and clearly with encouraging insights. These thoughts and simple meditations are from my book "Making Love with Passionate thoughts"

Meditation 1. Power of the mind.

"The spirit cannot be, or become antagonistic towards us. It is always flowing into us and ever expressing itself through us..." Ernest Holmes, The Science of Mind.

Our Thoughts are so powerful in creating and shaping our experiences in life, so say with passion and arms out wide:

I am open and receptive to all good and I make love with every moment of life. I see and think more clearly with love. And so it is.

To allow in "all good" dissolves the old message "I deserve a good smack!"

To sit quietly and slow your thoughts each day is like washing your body in a crystal pool of clean and clear mountain water. For me there is a thrill of being in the presence of that universal mind that says:

"I love you and I will never harm you, even when life gets tough."

Are you willing to change and grow?

Healing Path 5

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." Michelangelo

Meditation 1. Power of the mind.

The Power within.

EXERCISE

In pairs share your answer to these questions:

Do I really want to change and grow?

Am I willing to do what it takes even when the going can get tough?

The answer is deep inside you; I believe that there is a power and an actualising tendency in all of us, to become all that we can be. Just watch a baby learning to walk; they never give up no matter how many falls they experience. Each of us has within us vast resources for self-understanding, for altering our self-image, our beliefs and attitudes that help us mentally, emotionally, physically and spiritually in our learning to grow.

A little nugget! Have you ever noticed that when you feel good about yourself other people become very nice? Did they change ... or you?



Meditation:

MY BRIEF PHILOSOPHY. YOU DO NOT HAVE TO AGREE.

You and I are born unique miracles of love, yet we get disconnected from this love in our early years, often due to the limiting beliefs of those who parented and mentored us.

However, we are here to learn spiritual lessons, and some are harder than others.

Nobody else can learn our lessons or realise our dreams for us.

On the way there will be signposts and people to guide and teach us in our choices of what we think in our own minds.

We will look everywhere for answers to our meaning and purpose, until we go within and reconnect to that wonderful power that made us a miracle.

That power is a wise, creative, healing and a deep forgiving love.

This power comes from the universal soul mind, that some call an infinite mind, or God, or 'loving thoughts.'

When we leave the planet after one day or a long lifetime, the only thought we can take in our heart and soul is 'LOVE.'

We choose thoughts each moment of every day we are here.

Often these thoughts are of hate, criticism, guilt and fear, which return to us multiplied as experience.

Yet if we choose to love our selves from a place of deep respect, we dissolve these barriers and we re-learn that we are all miracles. Then we can use the unique miracle we are, to love and heal life on this planet.

WHAT DO YOU HAVE TO LEARN TO KNOW THAT YOU ARE A MIRACLE?

WHAT DO YOU HAVE TO GIVE FROM YOUR UNIQUE MIRACLE TO HEAL THIS PLANET?

EXERCISE

Share your thoughts about my philosophy in a group and then in your journal.
What are your beliefs around change and growth?

What do you believe you could choose to learn and give?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Meditation 2. Conscious mind.

"What was wonderful to learn was that the thoughts I chose to think determined my experiences from moment-to-moment. Then what I put out from my mind came back multiplied in experience."

The conscious mind is self-knowing, self-assertive, it has will, choice and may accept or reject. It is the only part of our mind that can think independently of circumstances. Affirm consciously:

When I say, "Yes" to life, the universal mind notices and gives me more healing and vigorous energy. This is the dynamic law of "what I put out comes back multiplied with interest."

"I love you and I will never harm you, even when life gets tough."



Power thoughts that attract positive change.

Healing Path 6

Each of us has the power to change what we are choosing to think in our minds. I cannot think in your mind, you control what you are thinking right now in your own mind! If you state the thought in your mind now –

"I love and accept myself exactly as I am"

If you persistently repeat this thought especially into a mirror, then positive change and growth begin, despite your resistance. Little by little you will believe you deserve love.

These power points from Louise Hay's book "You can Heal Your Life" have helped me.

READ the following power points out loud to the group or to yourself.

"We are each responsible for our experiences"

This is not about blaming yourself for what has or is happening right now in your life. It's about realising we can take our power back by giving up all blame. When I blame me for something I have done wrong or I blame my wife, government, the weather, a car breaking down, a God that I think hates me I leak my power. The more you stop yourself blaming anybody the more you know how lovely it is to be powerfully responsible for your experiences. Yet when we are trapped in the victim, rescuer and persecutor triangle we feel wrong and angry when someone reminds us we are responsible for our experiences, relationships, work etc. For me this power thought is the most exciting thought to meditate upon and sometimes the hardest to make real.



"Every thought we think is creating our future."

Wow! As I write this I have had some lovely thoughts about Christmas, yet before that I got into anger because I felt so busy and harassed by rushing about buy-

ing presents. So I started to hate the thought of Christmas. Then I laughed and slowed down and saw what I was choosing to think.

"Everyone is dealing with damaging patterns of resentment, criticism, guilt and self-hatred"

This is ongoing, recently I got into feeling a victim because of being blamed by someone for doing something wrong; it was a mistake of mine and I apologised, yet the person would not speak to me. I had my anger and I punished myself, then blamed the other party, then I broke a kitchen cabinet door safely in my anger (I repaired it); this immediately helped me see that I could CHOOSE to step out of blaming them or myself. So I decided to say: "Out of this experience only good will come!" And it is so.



"These are only thoughts and thoughts can be changed"

You see, any thought can be changed. What thought are you choosing to think now? Let me give you an example!

I want to write and I want to go and play football. Now, I could get irritated and tell myself off for wanting to go play football; instead, I am going to love doing both, by saying "there is all the time in the world and I can do both at different times." So, Dear Reader, here I go to football without making myself guilty! P.S. I loved playing!

"We need to release the past and forgive everyone"

Sometimes I can kid myself and be very spiritual and forgive; then something happens to ruffle my angelic feathers, and I see there is still some work to do.

Now, I can laugh a deep belly laugh, yet sometimes I need to express my anger safely, then I can see more clearly that person for who they truly are, which helps me forgive them and myself.

EXERCISE

Sitting in front of a mirror with a box of tissues and a list of all the people who hurt you and just saying into your own eyes: "I forgive you dad for... and I set you and myself free". Have some pillows ready when old anger rises and let you have the scream and feelings. Do be open to a good therapist if needed.

.....
.....
.....

"Self-approval and self-acceptance in the now are the keys to positive change."

Sometimes I hate my body and really give it a 'hard time', then I remember that the more I approve with acceptance, the more I will make positive changes. I start to get insights that help me send loving thoughts and words to my body, it then responds with energy that flows easily.



"The point of power is always in the present moment"

This is about choice ... you and I always have choice to react negatively or positively to every experience that comes down the pipeline of life. Even in a crisis we can use the experience to know something good will eventually come out of the crisis. For example, I broke my bathroom sink and in the past I would have got so angry at myself. Now I just asked what is it I need to learn? The thought came "SLOW DOWN!" I did!

Over the past 6 months I have learnt and practiced EFT Emotional freedom Technique. See www.emofree.com

I have found the power thought statement by Gary Craig to be very important: "The cause of all negative emotion is a disruption of the body's energy system."

See appendix 2

Now, let me share my own power thought:

By choosing to think "loving and forgiving thoughts," we allow and become receptive to all good, and our lives unfold to their highest level.

Power Nugget:

The more you and I give thanks for everything small and large from the moment we wake up, the more we will build a capacity to give and receive love.

EXERCISE

Note in your journal, which of these power points are the ones you need to work on and why.

.....
.....
.....
.....
.....
.....

MEDITATION

"Learn to be silent.

Let your quiet mind listen and absorb."

Pythagoras. (580 B.C. – 500 B.C.)

"All man's miseries derive from not being able to sit quietly in a room alone."

Blaise Pascal (1623-1662)

You Deserve Love

I took these quotes from 'Wisdom of the Ages' by Dr Wayne Dyer and I suggest you do this daily.

"On the in breath ... think FOR.

On the out breath ... think GIVE."

Each time your thoughts wander, go back gently to 'FOR' on the in breath and 'GIVE' on the out breath.

Do this for 5 minutes to start with.

Then increase the time, as you feel able.

Just become aware.



knowing our "Oughts" & "Shoulds."

Healing Path 7 PROCESS

Say out loud the following powerful affirmation. Walk around just saying it and singing it. What thoughts and feelings come into consciousness?

"As I say 'yes' to loving thoughts, the more loving thoughts say 'yes' to me."

This affirmation comes from my Inner Child!

Now Write 'I ought'; at the top of a piece of paper then finish the sentence with your first thought. Then write in between. 'Who told you that?' Or 'where did you learn this?' Then ask yourself "WHAT DO I GET FROM STAYING WITH THIS OUGHT?" The answer will often be a negative payoff, which becomes a self-destructive behaviour and creates a negative experience that produces a victim mentality.



Example:

I ought	Who told you that?	What do I get from staying with this ought?
1. I ought to go to church every Sunday.	My parents told me I would be seen as bad and sinful if I didn't.	Negative payoff is: I don't have to think much, and I feel I have done penance!
2. I ought to send Christmas cards to everyone.	My mum and dad sent cards every year and got in such a panic that they might forget someone.	The payoff is: I want others to send me one and approve of me.
3. I ought to please my husband when he wants sex and I don't.	That's what my mum told me. I have learned to lie there and let him have his way.	The payoff is: He'll get angry if I don't, and I will cop it or the kids will; it keeps the peace!

You Deserve Love

I ought	Who told you that?	What do i get from staying with this ought
4. I ought to be much more clever and extrovert.	The teachers and my dad told me I wasn't clever and people at work tell me I am boring to be around.	The payoff is: Well, it makes life easier. I can watch TV and chill out and be lazy, nobody expects too much from me.
5. I ought to have better legs and lose weight.	Well, just look at the fashion magazines and all my boy friends have confirmed that I am too fat!	The payoff is: I can eat and drink what I like by appearing not to care. Yet I do care really!
6. I ought not to have been born!	My mum, when cross with me, shouted this at me and made me look at her when she said it. Now, when anything goes wrong, I find myself saying the same.	Well, the payoff is: I can always blame myself more than anybody else can blame me. I suppose I am my worst critic. I reject me before others do. That sounds pretty neurotic! I suppose I am frightened of getting really intimate. I hate anybody telling me off. I want approval all the time
7.....
8.....
9.....

I ought	Who told you that?	What do i get from staying with this ought?
10.....

The purpose of this exercise is to see more clearly what limiting and judgemental thoughts we have about ourselves. Also the power of what comes out of our mouth! When you have finished share with someone you trust and DON'T beat up on you. See how you can choose to change what you think and say.

Meditation . Universal & Sub-conscious mind.

“The sub-conscious mind is simply the Law of Mind in action. It is not a thing of itself but is the medium for all thought action. It is the medium by which man may call into temporary being whatever he needs or enjoys on the pathway of his experience.” Ernest Holmes, The Science of Mind.

I believe when life gets tough the universal mind is showing us a mirror to see and understand a lesson that we may choose to learn from or carry on until it hurts us time and time again.

So, to make passionate and positive present tense thoughts from our conscious mind to our sub-conscious mind is an incredible gift of love to ourselves and all with whom we connect.

Affirm:

Everything works out for my highest good, even when life appears tough. I know, for myself, that every thought I am thinking in the present creates my present and future reality. And so it is.

What is your story?

Healing Path 8

Exercise in listening deeply to you.

I realise I have lessons to learn about my spiritual journey and lessons to TEACH others who are willing to learn.



It is powerful to sit and write your life story because often in childhood and in our teenage years we were not listened too and understood. Writing your own story begins to help you listen to you, all parts of you, and brings an honesty that surprises every age you carry within you.

I believe the less we have been listened too and understood in life, the less able we are to listen to this internal self-talk without harsh self-critical judgments. As a consequence we then find it hard to really listen with love and forgiveness to people who really matter to us, including ourselves.

The benefits to writing or telling your life story could be:

- You being more honest with YOU.
- You allowing yourself to see family patterns and beliefs that are good and some out of date!
- You letting out feelings as you write or speak your story.
- You going beyond old limiting beliefs you had about you.
- You feeling a sense of freedom especially for your inner child and teenage years



You Deserve Love

that were suppressed.

- You may receive insights into hidden talents that have been hidden by holding onto your pain.
- You can also see the fun and joy and creative person beginning to play!
- You may laugh and cry at the same time. This can be so healthy.

So before you start your story relax and meditate.

Relaxation is vital for the healing process.

Ask yourself?

*What do I need to know and learn?
What do I need to write?*

Your story is just for you, later you may like to share it.

Take as much time as you need.

Remember; as you write (or record your story on a tape recorder) just let your inner wisdom guide your thoughts. Don't worry about grammar or spelling. Don't forget to include the healing things that have happened! Read the little poem below!

IF I HAD MY LIFE TO LIVE OVER

"If I had my life to live over I would have gone to bed when I was sick

Instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner, even if the carpet was stained or the sofa faded.

You Deserve Love

I would have eaten the popcorn in the " good living" room and worried much less about the dirt when someone wanted to light a fire in the fire place.

I would have taken time to listen to my Grandfather ramble on about his youth.

I would have shared more of the responsibility carried by my husband.

I would have never insisted the car window be rolled up on a summer day because my hair had just been sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less when watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn't soil or was guaranteed to last a lifetime.

Instead of wishing away my nine months pregnancy I'd have cherished every moment and realised that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never of said, "later. Now get washed up for dinner."

There would have been more "I Loves you's". More I'm sorry's.

But mostly given another shot at life I would seize every minute look at it and really see it- live it and never give it back. Stop sweating at the small stuff.

Don't worry about who doesn't like you, who has more, or who's doing what.

Instead lets cherish the relationships we have with those who do love us.

Lets think about what God has blessed us with and what we are doing each day to promote our selves mentally, physically and emotionally.

I hope you all have a blessed day."

By Writer & Humorist Erma Bombeck (1927- 1996) Written after she learned she was dying from cancer.

You Deserve Love

It may help to re-read part of my story in Love The Miracle You Are.

"One word frees us of all the weight and pain of life: That word is love"

Sophocles.

What did you learn about LOVE as a child?

If you are afraid to love, remember this thought

"I am always secure in love."



Meditation 4. Making love.

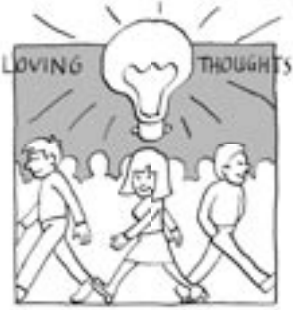
Is a natural gift of life, like breathing; it brings the elements of the invisible into the visible and back to invisible by starting a creative and miraculous cycle of life.

Most of us may think of the physical act of loving another person that stirs our fantasies and appetite for pleasure. What a gift, when used well and from a place of love within each of us; yet there are so many more ways we can make love in this human temple. Each of us has so much love to give and receive. Learning to come from the tears of joy puts us in contact with a love so rich and real that our hearts burst into the song of our souls. Affirm:

I make love with my mind, body and spirit and this creates love with passion.

Witnessing a baby's birth, watching a sunset with deep gratitude, cooking and serving a beautiful meal are ways of giving from our higher self. Making love is listening to somebody's life story ... where their unique path and talent are saying "yes" from a place that reveals their truth moment by moment. Making love with passionate thoughts is being awakened by the whisper of the universal mind that prompts you to prayer or meditation in the middle of the night. It is about walking gently with God's soul whispering thoughts that manifest all good in you, where you see and think outside the tramlines of your past and the dogma of old beliefs.

You Deserve Love



Making love with passionate thoughts is about risking appearing “the fool” by going beyond fashion and negative news; it is diving deeper to find the current of life that moves with love, where new souls will swim with us. We may never meet them in this life, but know them through thought, an email friendship, or a soul glance on a crowded street.

The Power of Affirmations

Healing Path 9

THE POWER OF INTENTION

"People driven by intention are described as having a strong will that won't permit anything to interfere with achieving their inner desire."

Wayne Dyer

Now do this exercise from a wonderful book called "Zest for Life" by Dawn Breslin, called TURN YOUR HEAD 360 degrees!

- 1.** Ask someone to read the following
- 2.** Stand about 3 feet in front of a wall.
- 3.** Face away from the wall.
- 4.** Stand very still – don't move any part of your body from shoulders to your toes.

Step 1. With your eyes open, stand with your feet slightly apart. Cross your arms underneath your chest. Keep your whole body from the neck down to the toes perfectly still.

When you are ready, turn your head over your right shoulder as far as you possibly can and in your mind mark a point on the wall. Then slowly turn your head back to the front and relax.

Step 2. This time, close your eyes and do the same exercise in your imagination only.

Make sure you don't move your head during this part of the exercise. Imagine that you are turning your head but this time you have rubber in your neck so you turn your head easily. Imagine you are turning your head back to the point that you marked on the wall. Once you reach that, imagine you can turn your head 180 degrees, right around to the back of the room. Feel the strain as you turn.

Once you have done that, imagine that you are turning it all the way around in a full circle. 360 degrees feel the strain.

You Deserve Love

Then relax now do this last step again keeping your eyes closed and head still. In your imagination, go back to the point you marked on the wall but go beyond it. Go further all the way to the back of the room. Then turn your head 360 degrees, all the way back to the front, and relax.

Step 3. This time repeat step 1. With your eyes open, turn your head over your right shoulder, this time going as far as you possibly can. In your mind mark a new point on the wall. Once you have done that, bring your head back to the front and relax.

What did you find?

Did you find that you turned your head further on the second attempt?

Why?

By visualising turning our heads around further, the brain activated our internal physiological mechanisms to prepare us for the expected outcome. In this instance the brain sent a chemical response to relax the muscles in our neck so that we could turn it further! So now let's see what we can tell ourselves and make happen in visible reality.



What is an Affirmation?

With affirmations we are making thoughts and statements that we repeat over and over in our minds or out loud to create various outcomes and emotions in our lives. We all do affirmations without realising it.

Like:

"I am going to pass my driving test, no matter what." And then you do it and pass.

You meet someone you like and think, "I am going to talk to her and date her" ... and you do.

You listed what you want in a new house and repeated the thoughts you want and, lo and behold, you find the house and buy it.

We also do negative affirmations like, "I'll never find the right job, house, partner

and so on”.

In order to move forward, we need to choose to create new thought patterns!

New Thought Patterns

Writing affirmations.

I would like you to write 25 affirmations in the space below.

Remember every thought is an affirmation; make sure the wording is in the present tense. For example, “I might find a good job” is an affirmation that has no energy of belief. The subconscious mind hears doubt in the word “might” and will remember this.

You may use some of the following:

1. I love life I am glad to be alive.
2. My health is full of vibrant energy and I am healing my life.
3. I deserve all good. I think and see clearly.
4. I am safe and all life supports me including my moment-to-moment thoughts.
5. I let go, with love, of all addictions that hurt me.
6. It is safe to change and safe to be honest and truthful with others and myself.
8. I release with love all negative criticism of me from others and myself.
9. I love and forgive my resistant thoughts about loving myself, so I don't delay my good.

Now you write 1- 25

It may help to put “I love myself therefore...”

- 1
- 2
- 3
- 4
- 5
- 6

You Deserve Love

- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25

Now how do you think and feel? Tick those items above that are most important to you and say them out loud with passion.

I am at EASE WITH MY
EMOTIONS and FEELINGS.



Be Truthful & Honest

Positive affirmations may sound untrue to begin with, yet gradually they help us become more honest and truthful about how wonderful life is.

Positive thoughts help us to see when we are lying to others and ourselves

Remember, as you become more truthful and honest with yourself, the more life comes back with abundant healing and prosperous experiences.

Recently I made a mistake so I owned up to it and said, "I am sorry." The more honest we are the more our mind and the infinite mind come closer to creating inner and outer peace.

Meditation 5. Dream.

Often dreams get knocked out of us at an early age, yet I dare you to dream the dream that lays dormant in all of us, that is the miracle to love and be loved with passion.

When you have a negative thought like "I am too fat" or "too thin," just experiment by asking "What do you really think and feel?" Then shut your eyes and go within to a quiet meditation and

Ask:

"What is it I need to know?"

"What is it I need to learn?"

"What do I have to give?"

During the day or week you may have a dream, a thought or an experience that reveals the process, or clue, or possibly an answer. Again affirm the following:

I give myself permission to go beyond others and my own limitations and I am constantly redefining who I am and how I want to live. Each day I grow to love and forgive others, and myself, a little more. And so it is.



Becoming Free to Love You

Healing path 10

Honesty creates truth and freedom with responsibility.

Our brains are made to hear truth. As children we want to hear "I love you" time and time again and see that our parents carry out their promises with honest loving actions. We hated to be promised something and then the promise not carried out. Our brain so often notices the negative and not the positive. Our subconscious mind stores these experiences and turns them into negative messages, so we learn to survive through thinking and feeling emotions and thoughts of fear, criticism, resentment and guilt. The mistrust is buried deep in the mind. By the age of 15 years we have stored 25,000 hours of taped messages often negative like, "I hate you," or "You should never of been born," "I am never good enough" "I am useless, "I am out of control."

This can lead to self-rejection, where you can never trust anyone especially YOU.

These are extreme messages yet when you start saying positive thoughts like "I am a miracle of life and all life supports me," the following feelings may come.



Which of these feelings and states of mind do you go around with?

SHARE EXAMPLES IN A GROUP.

Exercise.

Relax and go within and ask which of these blocks of FEAR, CRITICISM, GUILT and RESENTMENT would you like to let go? Then share why? And how?

Your HOW?

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

To free ourselves we need to acknowledge the feeling child.

Here are some suggestions on expressing old stored up anger that fuels fear, guilt, criticism and often leading to "depression."

Some suggestions:

Healthy Ways to Express Anger

If you cannot express anger to the person directly for any reason (they are dead, not being believed, or you choose that it's not appropriate), you can do any of the following:

- Find a good therapist who will guide and help you unpack the unexpressed rage,

You Deserve Love



especially if you have experienced deep habitual anger from being violated or are in an abusive relationship.

- Get in a car and go somewhere safe and scream (I have done this many times when working on my anger).
- Get a rolling pin and hit the bed. Make sure you're safe. Listen to your body and it will tell you what you're angry about. Get some clay and mould your thoughts and feelings. Then let your figures speak to you.
- Bite a cushion or pillow; so much anger is in our face and jaw.
- Lie on your bed and rant like a child kicking your legs.
- Throw cushions at someone you trust and shout "NO".
- Buy a boxing bag put it up in your room and hit it.
- Make collages of pictures from magazines and see what your subconscious mind is telling you.
- Go and play a game vigorously, without hurting you or your opponents.

Anger expressed healthily and safely can reduce depression, abuse, self-harming, road rage, and domestic violence.

Taking responsibility for our anger is a vital ingredient to ceasing being self-righteous and judgemental and reducing blame. This opens us to love and forgiveness, and then deep compassion for our inner child and every age we carry, including those who hurt us. We begin to see and think more clearly.

HOLDING ONTO OUR RIGHTEOUS ANGER KEEPS US STUCK IN THE PAST AND FEAR OF THE FUTURE! IT EATS AWAY AT OUR BODIES. REMEMBER OUR BODIES NEVER LIE ... THEY REFLECT WHAT WE ARE THINKING AND FEELING!

How does that thought make you think and feel?

Now listen to your internal chatter by asking yourself:

What do I get from being angry all the time?

What do I believe will happen if I let go my anger?

Am I willing to forgive and be free?

Write a letter to the person you are angry with and tell them about all your grief.

Meditation 6.

Love your self and let go of the need to change others.

As a counsellor I realised, after many years of trying to change others, that I could not help anybody unless they were willing to change and grow; to know this was such a relief.

To begin to accept that all good is NORMAL for you is a divine gift from the universal mind. You cannot force this good upon anybody else. Just send love ... remember you have your lessons I have mine.

Affirm:

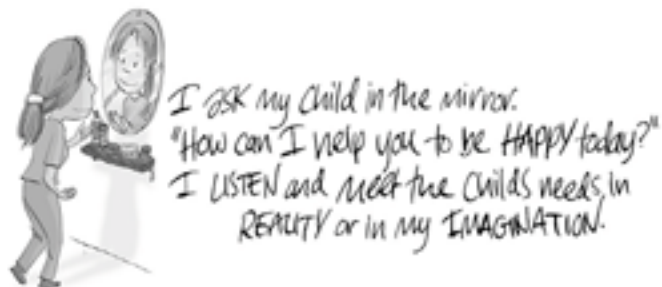
I love myself in such a way that lets go of the need to change others; the only person I can change is me. As I learn to love me, all parts of me, the more I set myself free to radiate unconditional love to all whom I meet. And so it is.

Re-parenting our Inner Child

Healing Path 11

MENTAL & EMOTIONAL PATTERNS

We all carry them wherever we go. We also carry every age within us. Do you wake up and ask your inner child the following?



Or do you get up and choose to see yourself in the mirror as a lousy person? Then eat or drink what you know will make you feel worse, then go around in a circle of analysis, blaming the weather, work or partner, children or dog!

Do you ever find yourself at an emotional age of 6 or 12 years when confronted with a new situation?

Well I certainly do, yet what I find helpful is to reassure my inner child, which is often frightened for a whole variety of reasons, by writing or talking lovingly to my inner child. If I beat up on myself when I am going into a situation I fear or re-triggers me like being in a group, or talking to an audience, I need to spend time with the inner me through meditation or positive visualization so that I reassure my inner child and empower my adult.

So list situations that make your inner self feel insecure.

.....
.....
.....
.....
.....

Going within to find your inner child.

For years I have searched for meaning, purpose and love. I so often felt out of alignment to who I truly was. I rarely lived in the present living instead in the past and fear of the future. I drove my life like a car, only looking in the rear view mirror and consequently crashing into everything, especially past negative experience. I blamed parents, sisters, teachers, religions and government leaders. Most of all I blamed myself; I became so critical of me.

This moulded me into becoming untrusting, critical and fearful. Life and any God were not to be trusted. I never felt safe and feared death, my whole life revolved around wanting immediate gratification and getting other people's approval. If I didn't get any needs met, I blamed others and especially myself, and consequently became addicted to sex and never telling the truth. I lied to others and myself.



Exercise

What did you love to do as a child/teenager?

Some thoughts:

Playing with friends, games, dance, dressing up, going to the movies, singing.

Make a list below and make an action plan to do those things you love.

Get in touch with your playful child. How do you express your playful child now? The purpose of this exercise is to see and understand the miracle child/teenager and adult you have within you.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



"Love and trust are like nectar to the soul"

This opens me to learning from all life experiences and not to be too serious. I want to have fun and this means being friends with my inner child.

Life's lessons and the Genius child within

I believe every life experience has a lesson it. When I am in my inner critical parent, I often stop learning and say 'No' to new experiences. I scare myself and think of the consequences, so much so that I talk myself out of taking the plunge into investing in me! By this I mean expanding my thinking positively by reading good books, listening to tapes, attending self-help groups, sorting out my diet, doing physical exercise and just enjoying time with people who really matter to me. I can get so busy that I miss smelling the roses on the way.

When I say 'Yes' to life and to learning how wonderful life is, it's like I am immediately connected to a source of inner inspiration to my genius child.

In the next exercise: Who stopped you expressing yourself when a child or teenager and why/how?

How do you stop expressing your playful child now? Can you see the links?

Mentoring.

WHO BELIEVED IN YOU AND HOW DID THIS ALLOW YOU TO THINK AND FEEL ABOUT YOURSELF?

"I love to know I have a choice. I can choose a positive thought or a negative one.

I now like to see and think positively, it's like a light has been switched on inside my inner child and inner parent."

INNER SELF TALK

Here's an example of an inner conversation and how inner blame can work to keep you stuck in your daily outer experiences.

You Deserve Love

(C= inner child P= inner parent)

C - "I hate work!"

P - "We have to go to work to make money."

C - "I'm fed up with work."

P - "Me too! But if we make more money we can start a business."

C - "You say that every time."

P - "That's not true."

C - "I want to have some fun in my life - let's go windsurfing".

P - "Shut up, get real."

C - "You shut up!"

Conclusion: conflict and no win for both parties. Often a person will arrive for a counselling session saying, in a hurt child voice, "I hate my job and partner and I can't see what to do". This often shows me there is a negative inner conversation continually going on in this adult, which makes everything wrong.

John Pollard in his book 'Self-Parenting' suggests that we write these inner conversations each day, and then we get to see what we are thinking and why we keep going in circles. The idea is to create a win/win situation. Let me replay that dialogue with an encouraging, listening inner parent and a creative child.

C - "I'm fed up with work!"

P - "Thanks for sharing that. What could we do to change our lives?"

C - "Go windsurfing."

P - "Thanks, yes we could do that. What else could we do to enjoy work?"

C - "Well you have always wanted to write."

P - "Thanks, yes, but am I too old and would anybody buy what I want to write?"

C - "You can do anything you set your mind to, that's what you tell me."

P - "Thanks, you're my best pal!"

C - "Let's get up early and start writing."

P - "What will we write about?"



You Deserve Love

C - "I'll give you plenty of ideas; I love just being playful and creative."
P - "Let's look forward to a great partnership."

Here the parent listens and encourages the child to come up with ideas. The child remembers what the parent/adult always wanted to do and encourages the parent when they doubt themselves. John Pollard explains in detail this simplified exercise in, "Self-Parenting". I love doing these inner dialogues daily you get to see how creative and loving we can become. Then life gets a whole lot better. Loving every age within you is a freedom that allows you to live life now. Here's a simple promise to your child:

I LOVE YOU AND EACH TIME YOU ARE FRIGHTENED I WILL COMFORT YOU AND TELL YOU, "I LOVE YOU."

Now write out your promise to your inner child.

.....
.....
.....
.....
.....
.....
.....
.....

KNOW WE HAVE ALL AGES WITHIN US.

Say the following:

All Emotional ages within me deserve love.



How does that feel?

.....
.....
.....

The payoff will be:

- You will gradually be more open and honest about your thoughts and feelings, especially with people who matter in your life.
- You will let go of harmful addictions.
- Other people, including children, will feel safer around you.
- Creative fun and playtime will increase.
- You will listen, empathise and judge less.
- As you love all ages within you, gradually you will see and think differently and more positively about your parents and their upbringing.
- You will forgive others who have hurt you much more easily, as well as yourself!
- Fear, criticism, anger and guilt won't rule your life.

**Add what you want from loving every age within you.
now do it by making a vow to your child that you stop all
criticism of her or him!**

.....
.....
.....
.....
.....

Visualisation

This next visualization is from Louise Hay.

To be read by a member of the group.

Welcome the 'WONDER CHILD.'

Sit quietly and close your eyes "now we begin!!!"

Put one hand over your heart. Allow yourself to see your inner child and be that inner child and let my voice be your family, as I say to you.

"We are so glad you are here; we have been waiting for you. We wanted you so much to be part of our family. We are so glad you are a little girl.... We are so glad you are a little boy. We love your uniqueness and your beauty.

The family would not be the same without you. We love you, we want to hold you. We want you to grow up to be all that you want to be.

You don't have to be like us, you can be yourself.

You are so creative and bright.

It gives us so much pleasure to have you here. We are so grateful for you choosing our family. You have blessed us by coming.

The family wouldn't be the same without you ... we love you."

Be aware that feelings may come up after this inner visualization. It will stir the pot of memories, so allow time.

You can say these words every day into a mirror.

Tell yourself everything you wanted your parents to say.

Affirmation: *I love you*

I love you and I want you to know and feel this, you will always be loved through eternity. And so it is."

MEDITATION 7. LOVE YOUR INNER CHILD

"Come to me like a child and the kingdom of heaven is yours." Jesus

Creating a loving inner parent nurtures the inner child that you have been criticising too long, the more you release the genius of your inner child and inner teenager the more your adult can live in the present with wonder, creativity and joy! All thoughts are affirmations, so I choose to think and say positive thoughts to my inner child.

Affirm with passion.

I love you, inner child, and I want to enjoy your trust in me. I let go of any need to hurt you. I love you unconditionally. And so it is.

Your inner child has been scolded enough; let it out to play with your positive inner parent. Read John Bradshaw's "The Home Coming" and John Pollard's "Self-Parenting". These two books will help your passion for living with an inner parent that says,

"I love you, little child, come to me and I love you with new insights that set us free to become true friends."

Say this into a mirror as often as you remember — and just notice!

The How

Healing Path 11

Let's go a little deeper.



1. Stop all criticism of self and others

People often say to me "I can't stop thinking a thought" like "I am nuts", "I am bad", "I am depressed, I am ...

How do you Critise you?

I reply, "Yes you can!" You can tell your mind that you are going to stop criticising yourself and replace the thoughts with a positive one.

It is important for you and me to understand that our mind is not in control. We are in control of our minds.

That higher self is a power within each of us that can lovingly direct us to our perfect health, perfect relationships, perfect careers, which can bring us prosperity of every kind.

Listen and see clearly

Listen and see clearly that there is a power which supports us as we go within.

As we meditate and use positive visualisations and think positive thoughts, we get to see our negative thoughts; we receive the gift of learning what is delaying our growth.

If we are willing to change and grow, and turn our life over to this greater power that loves us and sustains us, we can, and will, create more loving and prosperous lives.

So I believe that each of our minds is always connected to the one infinite mind. For me, this Universal Power loves all of its creations. It is a power for good and directs everything in our lives. It doesn't know how to hate, lie or punish. It is pure love, freedom, understanding and compassion.

It is pure love, freedom, understanding and compassion

We must understand that we have a CHOICE to use this power. If we choose to live in the past and recreate all of the negative situations and conditions that went on back then, we will stay stuck.

If we make a conscious decision not to be victims of the past and go about creating new lives for ourselves, we are supported by this power within; then new, happier and joyful experiences unfold.

So we have a choice

Responsibility vs Blame

When I first heard "you are responsible for your thoughts and your experiences" I felt blamed and wrong I was furious. How dare anybody say this to me. Luckily I read more, listened to tapes and thought through my anger to see the gift of being responsible and taking my personal power to think the thoughts that helped turn my life around.

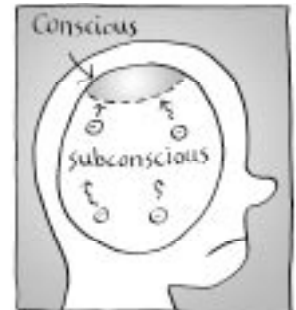
Many of us come from 'dysfunctional' families. I did.

I am continually working on reprogramming old tapes of resentment, criticism, fear, and self-hatred and guilt. The thoughts that come from the feelings above keep me stuck in the past and not take responsibility for my life.

2 STOP frightening you

We so often take a small problem and make it into a monster. Some of us, who have been abused, will need to spend time releasing our anger our screams and internal shame; then there will be a time when we choose to move on and forgive, knowing the scars may still be there. Remember, forgiveness is not about condoning someone's behaviour.

As a child you needed your parent to come and soothe you. Now as an adult you can build the ability to soothe yourself.



You Deserve Love



We scare ourselves:

- When we're ill, we imagine the worst.
- When a friend or lover doesn't call, we sense they have rejected us.
- When somebody at work criticises us.

If you find yourself in a negative loop – find an image of something you would like to replace it with, like a beautiful view, a sunset, flowers or a wonderful meal. For me it's being on the sea windsurfing, or making love, or going on a beautiful walk in nature.

How do you scare yourself?
What images could you switch too?

.....
.....
.....

3 Be patient and kind to yourself

So many of us want everything now.

Think of your mind as a garden

The garden has:

- Brambles of self-hatred.
- Rocks of despair anger and worry.
- An old tree of fear that needs pruning.

Once you get some of these out of the way and you dig the soil, you can put some affirming nutrients in. You then start planting seeds of positive thoughts, plants of joy and prosperity, love, etc.

At first, not much happens; still, you don't stop, you keep feeding your garden with tender love.

Then, if you are patient, the garden grows and flowers blossom, and you praise the beauty. The soil, blessed with sun and rain, does its natural job. Well, once you

You Deserve Love

plant a positive seed thought, the power that is there for us all is waiting to grow our particular experience.

With your mind – you select carefully the thought you want to plant and nurture with patient love; and you spot the brambles, the weeds of fear, criticism and guilt that choke our minds and you fetch them out from the roots with positive affirmations, meditation, reading, being open and receptive to all good.

This will create the garden of experiences you want.

Allow yourself to make mistakes – don't beat yourself up.

Your mistakes are your teachers. If you are willing to learn and grow from making the mistake, then it will serve you.

Folding arms exercise:

Fold your arms in different ways. How does that feel?

.....
.....
.....
.....

When you start something new it can feel wrong or false at first, yet as you practice the new way of thinking, thoughts that support you it begins to feel good. Just practice – a little each day

4 Learn to be kind to our minds

Mentally, physically and spiritually

Let's not hate ourselves for having negative thoughts.

Being kind to ourselves is stopping and seeing clearly what we are thinking.

- Do positive affirmations

You are worth loving; you don't have to earn Love



You Deserve Love

"Guilt and shame always seeks punishment and punishment produces pain." Louise Hay

When a person comes to my office with a lot of pain, I often hear words of guilt and shame of how bad they are. I never believe them, in the best possible way.

Relaxation

Just as you sit now (delete just) breathe deeply and relax saying, "I have all the time in the world." Or "I love you - all is well."

Meditation/Prayer

On a Daily basis – doesn't have to be complex, just ask yourself now:

What do I need to know?

*I forgive myself!
What is it I need to learn?*

Then listen and close your eyes and spend time with you, as you see your thoughts wander just come back to a word like **love** or **forgive**, or **joy**. Then as you go through the day, an idea may pop into consciousness; this may help you move on in overcoming problems and challenges.

You can sit, run, dig the garden; you can do meditation and prayer in your way. Some write down all their negative thoughts – then write positive thoughts.

If we can slow our thoughts down and see,

"Ah there's a fear thought – angry thought

Joy thought- Oh there's a disaster thought!"

Don't give them importance, and then we can begin to tap our inner power and wisdom.

"If you don't give them importance, the thoughts pass like soft clouds on a summer's day." Louise Hay

Praise yourself

Criticism breaks down the inner spirit praise builds it up. Thinking kindly of your-



You Deserve Love

self builds you up even if it feels false as you begin.

When you beat yourself up – you belittle the power that created you.

Tell yourself – I love and approve of myself (not once) at least 200/300 times a day. Remember we have 70,000 thoughts a day! 200 positive thoughts begin to dissolve those negative beliefs.



This is a big step

5 Allow yourself to deserve and accept good whether you think you deserve it or not.

If we believe we don't deserve good, love, joy, peace and prosperity, we will always STOP getting what we want.

What were the laws of deserving in your home as a child? Did you feel smart enough, pretty enough, tall or thin enough, whatever?

.....
.....
.....
.....
.....

DID YOUR PARENTS FEEL THEY DESERVED LOVE? WHAT DO YOU FEEL YOU DESERVE? SEE and THINK CAREFULLY about the mental and feeling patterns between what your parents deserved and what you feel you deserve now.

Questions to ask you

- Are you willing to do affirmations?*
- Are you willing to do visualisation?*
- Are you willing to do meditation?*
- Are you willing to FORGIVE?*

You Deserve Love

How much mental effort are you willing to exert to change your life? ... and consequently become more of who you are.

Affirmations:

I AM LOVABLE BECAUSE I EXIST

I AM LOVING MYSELF A LITTLE BIT MORE EVERY DAY



6 Educate yourself: Love the Miracle you are

- a) Buy books/tapes on self-help. If you have a car put positive tapes and CD's in your "university on wheels."
- b) Develop an "You Deserve Love" support group.
- c) Contact me, at rogerking3@btinternet.com

Get guidelines for running a support group from me or people like Dawn Breslin or Louise Hey.

Books: "You Can Heal Your Life" or "The Power is within you" by Louise Hay or

LOVE THE MIRACLE YOU ARE by Roger King

7 Be loving to your negatives

This is when you put in positive and what may come up are old negative patterns of thinking and feeling, which are your beliefs.

YOU HAVE A CHOICE: To work out what the negative pay offs are, or to just beat yourself up!

Let go of the old patterns with love.

If you carry on saying, "I hate my body

I hate my job

I hate my relationship

I hate my car/home," then you stay stuck ... just because you HATE A THOUGHT! And a thought can be changed!

Instead say, "I am willing to release old patterns of thinking and beliefs with love. I really deserve good in my life".

8 *Take care of your body* **Love the house you live in**

Watch what you put in your body.

Drugs alter our reality and drugs lower our immune system.

Drugs are taken to escape our feelings/thoughts/childhood memories.

Addicted to smoking affirmations:

"I release with Love ALL need for smoking."

Repeat as often as you remember and watch what mental and emotional experiences trigger you to smoke.

Food: can be used to give us energy or to STUFF DOWN OUR FEELINGS

Good Nutrition is an act of loving ourselves.

Explore alternative therapies – Aromatherapy, acupuncture, Bach Flower remedies, Reflexology, crystals, Emotional Freedom Technique (www.emofree.com), anything that feeds your inner soul. Let your inner child and nurturing parent guide you. Remember, YOU are the thinker in your mind.

"The more you trust and guess from your intuition the more intuition you have!"

9 *Mirror Work*

Mirror work tells you immediately what subconscious messages are limiting your growth. Carry a mirror with you; it is not vain to say:

"I really do love you!" into the mirror.

It's what you secretly wanted said by parents and other important people in your life.

Do mirror work especially when you're frightened or make mistakes in doing some-



You Deserve Love

thing new. When you make a mistake just go to a mirror and say:

"I love you anyway"

Forgiveness & Mirrorwork

Forgiveness is often the hardest step, remember you may need to be angry cry and have rages before forgiveness feels real.

I Forgive everyone including yourself

Sitting in front of a mirror is so powerful, however, do remember to take some pillows, if you get angry, and a box of tissues and a TEDDY!

You can do forgiveness work in front of the mirror – Do this on a daily basis.

I forgive you

I forgive you for... shouting at me that I was useless when I failed my exams.

Make your lists

I am forgiven

Mirrors make it easier to talk to people who you are afraid of – parents, Doctors, teacher, lovers, and partners.

Remember to ask for approval at the end, because that's most likely what you wanted to begin with.

When negative thoughts come up, just say thank you for sharing, and turn it into a positive thought.

10 Do it NOW

I am ready to love myself NOW

When you accept yourself – you will accept others. STOP trying to change others – Change and grow yourself and others may or may not choose to grow.

When we really love ourselves, we cannot hurt ourselves, or somebody else. We can heal the planet. I believe we are here to learn unconditional love. It is the only thought/feeling/belief pattern that we can take with us when we die.

When you love yourself – it's amazing what comes into YOUR LIFE!

A FUNDAMENTAL SPIRITUAL LAW

What you PUT OUT - COMES BACK - multiplied

The beliefs we choose to hold in our conscious and unconscious mind will attract or repel good.

We can become more of who we truly are, a miracle of life, by affirming the following and gradually believing these thoughts.

"I am safe – it is safe to be me.

Everything will be revealed to me at the right time and right space sequence.

All is well in my life. And so it is."

Choose a set of beliefs that serve you in learning to forgive and open the doors to abundance + love.

What you PUT OUT - COMES BACK - multiplied

I am willing to be
patient with MYSELF,
when I get OFF CENTRE
I allow my inner parent
to COMFORT me in
my tears.



I go beyond the limiting beliefs of others and myself. And so it is.

Meditation 8. Challenge conformity without blame

"Whoso would be a man, must be a non-conformist. He who would gather immortal palms must not be hindered by the name of goodness, but must explore if it be goodness. Nothing is at last sacred but the integrity of your own mind." Ralph Waldo Emerson, An Essay on Self-Reliance

You and I are not our mother's or father's fears, criticisms and beliefs. Those who continue to blame will never become self-reliant in an empowered way. Each of us can dilute old limiting and erroneous beliefs by acting "AS IF" — then believing and by consistently repeating the following thought passionately:

Affirm:

I now choose to think thoughts that are fresh, creative and loving. I use my own mind to learn and flow without blame of others and myself. And so it is. Wherever you are now, write your own affirmations ... as many as you can. There is a universal magic that comes when you write and say out loud your positive thoughts in your self-reliant mind.

Your Mind

Healing Path 13

How the mind works and making it work for you.

Infinite mind
Higher mind
Conscious Mind
Sub-conscious Mind

How do you understand how the Mind works? Discuss.

Now read on.

"compared with what we ought to be, we are only half awake. we are making use of only a small part of our mental and physical resources. stating the thing broadly, the human individual thus far lives within his limits. he possesses powers of various sorts which he habitually fails to use." WILLIAM JAMES

The father of American Psychology also thought 90 percent of us is only using 10 percent of our mind power. In terms of energy, modern psychologists estimate that we use only 1/10 of 1 percent of our energies and powers. The rest of our forces are expressed outward instead of inward.

Claude Bristol in his book "The Magic of Believing" said,

"Just as the conscious mind is the source of thought, so the subconscious is the source of power."

The Iceberg Facts

Neuroscientists say we have on average 50-70,000 thoughts per day. Each of these thoughts determines the actions and habits we are developing in our lives and, most important, feeding our subconscious mind that is unseen but residing

You Deserve Love

within.

Our conscious mind holds conscious thoughts in the now. Like if someone asks you how you feel? You may say "fine". You have to think on your feet.

However in our subconscious mind there maybe deep seated thoughts and beliefs that maybe saying "you're not fine, you are feeling awful!" So your body actions and words show you're feeling terrible.

Our subconscious mind holds our habitual thoughts; like once you have learned to drive with your conscious mind, you drive with little conscious thought because your subconscious mind has recorded what your conscious mind has programmed in.

Do you think about how to ride a bike?

Do you think about which side of the bed to get out of each morning?

Your subconscious mind is like the submerged part of an iceberg. All of your conscious thoughts contribute to the building of your subconscious mind.

If you asked me to consciously tell you what I do to carve gybe my windsurfing board, I would probably fall off while telling you. Yet, if I just do what my subconscious mind prompts me to do, I will do it without thinking consciously and, most probably, do it well.

Bringing about lasting change

The importance of knowing what we have recorded in our subconscious mind is a vital ingredient to changing the negative messages into positive thoughts. I will repeat this a little differently.

When we want to make real and lasting changes in what and how we think consciously, we need to know what messages are going on in our subconscious mind , this helps us to identify and choose to plant different thoughts to make lasting changes. So...

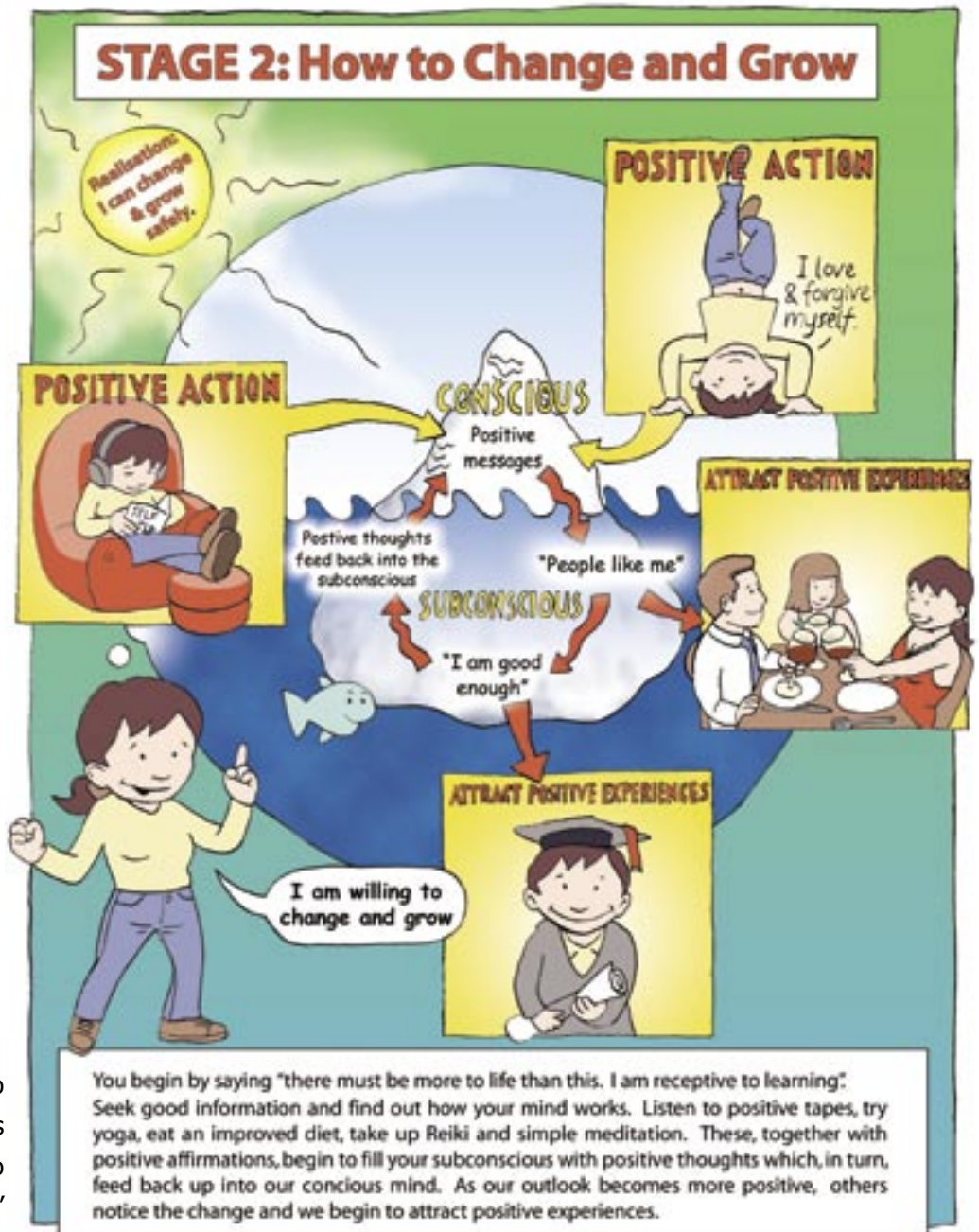
"To learn what & how to think is to learn how to live"

REMEMBER THE MORE YOU EDIT YOUR NEGATIVE WORDS THAT COME OUT OF YOUR MOUTH THIS HELPS US POSITIVELY CHANGE OUR THINKING.

Lets put some illustrations together to help our understanding.



So watch what you think!



"For our thoughts go into a medium that is Infinite in its ability to do and be."

STAGE 3: I Deserve Love

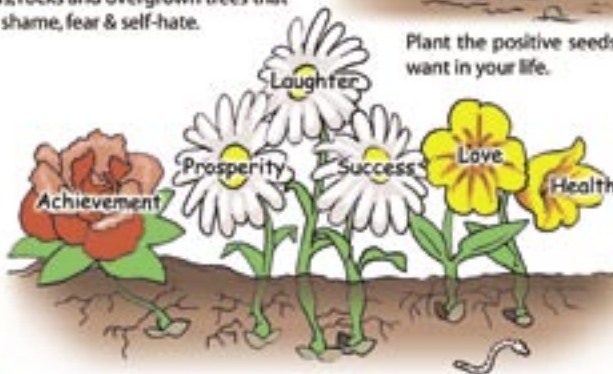
We begin to see our mind as a garden of new beliefs that we can choose, instead of just reacting to old beliefs.



Remove the weeds, rocks and overgrown trees that represent criticism, shame, fear & self-hate.



Plant the positive seeds of what you want in your life.



Then allow yourself the patience to let the new positive seeds to grow and blossom, nourished by affirmations and increasing self-knowledge.



In a nutshell

Positive thinking works because we gravitate towards our dominant thoughts and we begin to dwell on what we really want. Then this gravitates towards knowing our goals. Then we begin to think patiently and persistently about what we truly want with deeper inner honesty and truth. This creates inner discipline and the Law of MIND answers this:

"For our thoughts go into a medium that is Infinite in its ability to do and be."

Then Ernest Holmes in his book 'Science of The MIND' gives a little key that shifts our consciousness, his masculine use of words I would like to change, however he wrote this in the 1920's:

"Man, by thinking, can bring into his experience whatsoever he desires if he thinks correctly, and becomes a living embodiment of his thoughts. This is not done by holding thoughts but by knowing the Truth." This is:

"All thought is creative"

Do you ever say to yourself, "I must not forget where I put my glasses" and then go and forget? Your mind is preoccupied with the word forget; now if you said, "I am remembering where I put my glasses," you will remember.

Your mind works in mental pictures. When you say, "I am remembering where I put my book," You are saving a positive mental picture and you will, therefore, remember.

What we intensely or habitually give out in thought goes into a "law of mind" and comes back, multiplied, and creates our moment-to-moment experiences both externally and internally. In a nutshell, think about something with a lot of mental energy or focus and you move towards it.

Here is a quote from Chelle Thompson: *"As you know, I'm also a Religious Science Minister ... though I've evolved with Holmes' teachings to where, I believe, he intended his students to go. I've seen many people*

You Deserve Love

in Religious Science though, get caught up with the idea that they can never think a negative thought. The important part of the process isn't the thought itself, but the degree of energy or focus that we place upon the thought. Hence, repetition of a positive thought forces our mind to focus on the positive over and over again, which intensifies our 'interest' in it and heightens the very energy which then becomes CREATIVE. It's basically the Law of Attraction: What you think about comes about — Focus on the positive because when you focus on what you did wrong, it reinforces that.

So we want to stop doing that and start focusing on what's right. One of the things we know is that energy follows thought, that what you think about comes about. And so it's very important to focus on the positive. Try looking at <http://www.beststeps.com/Beststep.cfm?bs=851>

*"Whatever we RESIST, persists.
Whatever we acknowledge, can be changed."*

The same applies to thinking about what you DON'T want, you will move towards it as well. So many people tell me what they don't want. They spend time dwelling on these negative thoughts which then create the negative experience, then they tell me "Well I was right, I knew I would get flu...cancer...lose my job... my wife would leave me for a younger man!" and so on. Remember, if you know everything, you are not open to learning. BE WILLING TO LEARN THAT YOUR DOMINANT MOMENT-TO-MOMENT thoughts and words create your experiences. Now read out loud:

"My thoughts and my words control my experience and I can direct my thinking by me choosing the thoughts and words in my mind."

Repeat out loud and discuss it with friends or in the group. It may seem farfetched, but just be willing to meditate on the thought:

You Deserve Love



"I can choose and direct my thoughts and words which create my moment-to-moment experience."

For example, if you consistently think and talk success, then you will inevitably develop a subconscious mind that will expect and create success. You will attract and you will demonstrate it in your life as you follow the spiritual unseen laws of success.

Suggestion: read "The Basic Ideas of Science of Mind," by Ernest Holmes.

Exercise: What messages were programmed into your subconscious mind?
What would you choose to change?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

CONSCIOUS VS UNCONSCIOUS mind

Healing Path 14

"Will I deny my feelings if I say positive affirmations?"

You may, however, we can also help dissolve old negative mental and emotional tapes stored in our subconscious mind by saying positive affirmations each day, and know gradually we are not denying our feelings we are seeing what limits us and how we can change our thoughts to change how we feel. We do not deny our feelings when we say a positive affirmation. We may have our feelings, yet know we have the power to change our thoughts which changes our feelings.

The more we say positive present tense thoughts to ourselves, not only in the morning but during the day, the more we are feeding our subconscious mind tapes of positive love that it has never really heard before.

Say, "I have the intelligence to learn and succeed in what I love doing."

Let's put it to the test!

Say into a Mirror

"My greatest fear about loving myself is..."

What are your first thoughts?

Write them down below and share;

then make a series of present tense affirmations:

Negative Thoughts	Positive Thoughts
I am depressed.	I feel fantastic; I live life to the fullest.
I am ugly and hate how I look.	I like my face; I am attractive and people remind me each day.
I am stupid.	I do so many intelligent things and I really help people.

You Deserve Love

List your examples

Relationships

Now, look into the mirror.

What relationships are you willing to release that don't support you?

LIST and discuss or write in your journal.

.....
.....
.....
.....
.....
.....

You Deserve Love

Look into the mirror and ask yourself:

"What qualities do I want to develop in myself to attract similar qualities in a soul mate, friends, work colleagues and/or business partner?"

Then list those qualities:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Dreaming

"Those who lose dreaming are lost"

Australian Aboriginal Proverb

What are your dreams? Do you slow down and give you dream time?

In the group or in your pleasure journal write your waking or sleeping dreams.

Anything that comes don't censor in any way.



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Forgiveness opens the heart.

Meditation 9. Forgiving.

"Forgiveness recognises what you thought your brother did to you has not occurred" A Course In Miracles

I awoke this morning with excitement and this affirmation formed in my mind.

Affirm:

I radiate love as I learn to let go of the past by forgiving all who hurt me, including myself.

I release the past with positive insight and go within where I find new strength to grow and change my consciousness. And so it is.

Leading my life with my wounds was a hard journey; often my pain was the only deep feeling I thought I could express to the world with any degree of authenticity. Having a positive loving life seemed miles away from my reality. This did not help to attract other loving souls; I seemed to attract to me more hurting, angry and guilty souls. Yet this was part of my journey. Now I see how I can change the quality of my life by consistently choosing to go beyond my old thought and feeling patterns. I am not denying my scars from old wounds, yet I now give conscious forgiveness to those who made those wounds, from a deeper soul consciousness that is expanding and setting us all free. And now I begin to give sincere thanks.

Learning to listen & be honest.

Healing path 15.

"The human race is a two winged bird. One wing is women, one is man, and unless both are equally balanced the human race will not be able to fly!"

Giving thanks for being heard by someone special.

This morning I awoke to share the pain and love I have with my partner Linda. We talked and listened to each other for hours. We often do this; it keeps us both on track for knowing what is going on inside. I give a deep thank you for my partner's willingness to share her deepest inner thoughts and feelings, her inner conversations.

We realise this process of deep listening is so healing; it's like touching the love of God deep inside another "human" being. When I separate from my partner by choosing thoughts of me being wrong or her being wrong and we make our love conditional, it hurts me deep inside, and I know it hurts her. When I appear to make her wrong and myself right or vice versa, our love is on "pause." When we really listen and give thanks to each other for risking deep pain, then the drops of pain slowly come out and love starts to rise with the internal pain healed. For years I have been healed by being listened to, and listening to Linda. It's like a healing love that goes deep into my soul.

The process of deep sharing is like a wind that blows away the fog of thoughts and feelings, which can easily become deeply critical and angry. If I stay on pause by justifying my position and I am unwilling to listen or share, so much of my pain is recycled and I keep beating others or myself up in my mind. I certainly don't give thanks for life and all the blessings around me. I just judge and this sets me up to become ungrateful. Then it's as though I put on the radio, listen to the negative news and get fuel for my critical judgmental thoughts, or start gossip in my mind. My fears grow and I just go round in an ever-decreasing circle of hopelessness.



BEING HEARD

To break this cycle of being critical and resentful, of anger taken in on myself, I need to be heard by someone I know who loves me just for who I am. Sometimes I can do this for myself by sitting and meditating with the God of love within; yet other times I need my partner Linda to touch me gently and lovingly, then it's as though my inner child comes alive.

When I will NOT give thanks for my relationships, what I have, who I am, the gift of life, the air I breathe, and I want more and more materially, I know this is a sign for me to go within, for speaking and listening from a deep place. Pain often comes, tears and emotions, yet also what comes is a peace, creativity or knowing a wonder child that wants to play and have fun and, most of all, GIVE THANKS. I become more in tune with my body, mind and soul.

LISTENING

This rich vein of sharing with another person is, I am sure, what each of us needs at various times in our lives. As a counsellor, I come with the intention to give deep attention to the person. Sometimes I am fully present, but I do make mistakes. I love experiencing the growth by sharing their life and the truth of their pain, and then love can mix with that pain and turn a person's life to seeing what a miracle they truly are.



YOU DESERVE LOVE SO YOU CAN LOVE WITH COMPASSION AND MAKE HEALING YOUR BUSINESS.

SEX OR MAKING LOVE?

The act of making physical love, as you learn to love yourself, becomes so pleasurable when you accept all the different parts of you; it is such a different experience



You Deserve Love

to when you just have sex. Often I hear, "I want to be held. I want to know we are in tune with each other. I can't have orgasms.... he won't listen". Bernie Seigel's book "Love Medicine and Miracles" talks about intimate caring love for those without limbs due to cancer. Making love can just be holding each other, and giving love with such heart love. We can dissolve old stereotypes of what is love making.

When I did not like me, I would have sex and found I hated myself rather than enjoy the experience. One real transformation in my life is making love and being in the present, and making love from my soul, the heart of my being. The act of love is always different, a unique experience with the same partner who loves me. Do read "Mars and Venus in the Bedroom" by John Gray.

Acknowledge your beauty inside and out.

When I first started to look into a mirror I hated what I saw, I always mistrusted myself mentally and sexually. I could not look myself in my own eyes and say, "I love you just as you are." All I could say was "you're rotten," I had taken in beliefs about my body that mirrored the partners I attracted.

Sex was a physical release and became a near addiction because I could not love myself. I became so critical of my own body including my genitals, that sex became painful mentally, emotionally and physically, and there was no spiritual contact except feeling "I am damned."

"I love you just as you are."

This gradually changed as I confronted myself with one huge opposite thought: "I love you just as you are." I was repeatedly and consistently telling myself that there is a natural lovely soul inside of me, not just a soul that is BAD, WRONG, DISGUSTING and that's evil. Those thoughts did not serve me -they made me feel worse. So if you find yourself in an ever-tightening thought and feeling loop, which condemns you, for whatever reason, (you may have been abused, rejected, whatever - I do not minimise your past or present). I ask you to gently confront your mind and body with visualising 'I am a miracle of life and I deserve love.'

"I am a miracle of life and deserve love"

You Deserve Love

Stop deserving self-hatred; it will not serve you, your family and friends. Thoughts of self-loathing will be unlikely to attract to you a partner who loves who they are either. If life is a mirror, it will only attract somebody who does not love him or herself, and then the negative cycle goes on again.

BECOMING PARTNERS

I suggest you read Carl Rogers 'Becoming Partners', the chapter called, "Three marriages and one growing person". This, for me, has such honest self-disclosure from a woman called Irene about her childhood, the creation of her self-concept, the elements of bad and good relationships, and about bizarre sexual rationalisations she made to get what she thought was love. Then as she changes her self-concept, from being unlovable to deserving love from deep inside, we see her accepting all of herself including the 'black bits' without condemnation.

When I first read this chapter 26 years ago, I cried and sobbed deeply for the person who was lost inside me, who was unloved and felt unlovable; yet Irene helped me see what was possible if I started to go within and become more honest with me.

As she talked to Carl she said, "These are questions from me to me... What is it you really want? ...What is it that you're looking for? And the answer turned out not to be married, not to have six children, not to live happily ever after, at all. It turned out to be that I wanted to learn how to love someone, just one person, and to be loved, and that's all." Then later "I had a great talk with myself, and felt a sense of peace that I'd never experienced before in my life.... The peace I felt about myself and the good feelings I had towards me and my own private joy were obvious." Consequently she attracted to her a man who loved himself from a deeper consciousness that helped her awareness grow.

Begin your honest talk with you now

There is a point (it can come on our deathbed or it can come during our life now) where we have an honest talk with our selves, where we drop criticism and we begin to learn COMPASSION for other people and our selves. By compassion I

You Deserve Love

mean an inner empathy with our selves. Then we can allow others to get close to us, and we radiate an awareness that does not judge. The power within us sparks a flame of new intelligence, forgiveness and insight. Barriers to loving yourself and others fall away and you know you are "lovable because you exist". This helps to convert pain into love!

Cease to be fascinated by your horror story, make up your mind to stop telling it to everyone and don't keep carrying it around with you. Write and tell it, then let it go with love. Your and my hurts are not you and I; we are so much more.

Live now today, you are the product of the choices you are making now; when I understood this, new energy flowed through my whole being. Make 'healing you' your business. We can have as many new perceptions as we like, for example, how many of you know the following intellectually:



- It's good to eat good food.
- Exercise daily.
- It's good to meditate daily for twenty minutes.
- Pray and bless your food with love.
- Give up blame.
- Stop living in the past.
- Stop speaking your pain and wounds.
- Read positive books and listen to tapes etc.

We may know these and much more, yet to convert these from an intellectual perception to a whole body-mind experience, I believe you have to forgo being comfortable, and drop your excuses. You and I need to make a deep commitment to heal. To get up early, read, meditate, do an exercise you enjoy, listen to those tapes, write your affirmations, and let the presence inside us know we are here and mean business to grow and change. Then your life will change in mind, body

You Deserve Love

and spirit without guilt. Please don't wait until a crisis comes to make the change. 'DO IT NOW'.

Keeping myself honest as honest as I am able, with all my blind spots, is a vital ingredient to living in the now and having fantastic love! I may say to my partner. "You must be mad, how can you love me?" Then I laugh at the old critical tape beginning to play inside my head and I let this old message go and let love run through my mind; it is so much better than being critical or wanting approval. The more honest our sharing, the more compassion I experience from the power within and the more energy and balance I have for everything I do and say in life.

*MY GOOD COMES FROM EVERYWHERE AND EVERYONE.
And so it is.*

EXERCISE

Look into a mirror and ask... "What negative thoughts do I have about my body?"

- Write them down.

.....
.....
.....
.....
.....
.....
.....

- Where and whom did I learn these from?

.....
.....
.....
.....

- Then ask yourself – Are you willing to release and let those thoughts go, or do you want to hold onto them?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

GROWTH COMMITMENT

Repeat this affirmation daily.

I am letting go of all my masks so I see and feel the beauty of my mind body and soul. And so it is.

Meditation. Sexuality.

My sexual past no longer determines my sexual experiences now.

I now rejoice in my sexuality! At one time my past thoughts of guilt and shame around my sexuality attracted to me similar partners. The outcome was often disastrous. Yet as I learned to love ME, I found such a beautiful woman, my present partner, who loved me as a whole person. When my past was my past, it no longer invaded me.

Affirm:

I rejoice in my sexuality and in my body. This body is perfect for me and I nourish it with loving thoughts, nutritious food and I make love and exercise with joy. And so it is.

Imagine Inner Prosperity

Healing Path 16

Developing Prosperity on the inside will produce real prosperity on the outside!

Affirmation

"I prosper in everything I think, say and do."

Step 1.

Imagine living happily in your daily life. What could you imagine right now?

How would it feel?

What would it look like?

Write down your first thoughts; imagine it as vividly as possible.

.....

.....

.....

.....

Einstein said,

"Imagination is more important than knowledge"

It has been estimated that we do seventy percent of our learning in the first six years of our life, such is our ability to absorb new things, and this is when our imagination is most fertile. Often inner personal poverty comes from believing what we were told in the early years. So the more creative we can become now

You Deserve Love

in our imagination, the more inner prosperity we will create in thought, word and experience.

I believe positive imagination and prosperity go together to produce inner and external prosperity. Remember, having a fat bank account does not equal happiness; many 'poor rich' people come to my counselling hut complaining of how bad life treats them. When I dig a little deeper, I hear and see limiting mental/feeling patterns of the person's imagination where love, play and fun were crushed in childhood.

Step 2

Now imagine you have a state of mind that acts "as if" you are prosperous in

TIME & KINDNESS

LOVE

COMFORT

FRIENDS

WORK

SPIRITUALITY

WISDOM

HEALTH & SENSUALITY

CREATIVITY

MONEY

And any other dimensions you want to add.

What would your life be like now in each of these areas? Write, draw and, if possible, talk to a friend or in the group like you have never done before.

Step 3.

"I am open and receptive to prosperity thinking"

Open your arms out wide and say:

"I am open and receptive to prosperity thinking in time, wisdom, creativity, friendship, love, spirituality and money."

The more you open your arms the more you are in the flow of life while saying such

You Deserve Love

nurturing thoughts like.



As you invest positive thoughts in the “cosmic bank account” of your consciousness you will attract to you such abundance. Every day when I go for a walk, I open my arms wide and say, “I am open and receptive to...” whatever I feel in need of.

Then it comes. For example, I needed a great illustrator so I put out the affirmation for one and two days later I met John who knew my friend miles away who thought we should meet. Now the source has brought Dave into my life, who is illustrating and designing this book. As I finish this book I am sitting in the Hilton Hotel London having run a Love The Miracle workshop for a mother and daughter from Saudi Arabia. I sense this is the beginning of a new phase of divine guidance. Rich in money can be a barrier to happiness if you don’t know how to love yourself from a place of deep respect.

Thought connects us to like-minded thought; the more we choose active, loving, positive thoughts, our experiences will be prosperous in so many ways.

Step 4

FOLLOWING SIMPLE SPIRITUAL LAWS HELPS IN FINDING WORK.

Find what you love to do and do it with love. Do what makes your heart sing and have a skip in your stride! Money is not evil; it can be used for good or wrong like anything else. It is just a medium of exchange. I am beginning to see and think more clearly that many of us have not learned what Sanaya & Duane say,

“Follow spiritual laws of money when you do your life’s work will honour and serve the higher good of others. You follow the spiritual laws when

You Deserve Love

you cooperate rather than compete with others, making every energy and money exchange a winning situation for everyone involved. You follow the spiritual laws of money when the way you make, spend, or invest money does not harm the earth." They add, "Money will be a by-product of doing what you love and will flow effortlessly into your life, without even much thought."

Your thoughts create the perfect job. Often people will say, "I hate my job and I have to do it because I have to survive!" I ask them "Have you ever put thoughts into your mind like the following? ...

"I bless my present job with love and I release this job to a person who is perfect and does a great job." Then add:

"Divine guidance is attracting the right job that I love doing, with people who respect me; the work uses my creative talents with abundant prosperity in all areas of my life and in a wonderful location and I go to work with joy and I give thanks!"

Remember, if I only say this twice a day, which is great, but my thoughts for the rest of the day are negative, then I am not letting go of the old limiting beliefs and moving on.

Please hear me, I am not denying your reality of feeling trapped in a job; yet if you keep saying what you don't want, how can anything good come into your experience of life except your old limiting beliefs? Change what you choose to think, and say. Your experience will then change for the positive.

PLANT GOOD SEEDS IN THE GARDEN OF YOUR MIND

Self-approval without guilt, you accepting you just as you are, will open the gate to a garden that you have so often refused to enter. This garden is full of simple lessons with clear directions, if you follow them, you will start creating and plant-

You Deserve Love

ing your unique seeds. These seeds are thoughts of love, forgiveness, healing, play, creativity, happiness and relationships that prosper you and this earth. Going within gently, thinking peacefully, past all the pain and your history, will, I believe, help open this gate. Our senses will reveal energy of thought and experience; with patience, all of our old coping strategies of cynicism will gradually dissolve.

AN OPEN LETTER OF THANKS TO THE SOURCE

The more I see your abundant love, the more I give to others with less need for approval or worry.

It feels like as I re-parent myself with gentle and kind thoughts, even when I feel down and still not as 'enlightened', as I would like. I know I can slow my thoughts and feelings, so I can see more clearly what I am choosing to think. As I journey I thank you for all the people and rich experiences you are giving me in channelling your love to others on their journey.

Each time I hear a soul journey of abuse, cynicism, fear and hate I sense your divine presence. Somehow you are starting the healing process for this wonderful soul that screams inside as memories return.

As I hear souls that plant bombs of hate I see such cries for help. Every act of violence is a cry for help and I see I can choose to send back hate or I can send love.

Your inner power protected me yesterday from a near fatal car crash. I had just been driving and saying "I am safe I am divinely protected and guided." And this lovely lady not seeing me on the main road came across the road and missed me by a few inches. I had a choice to be so fearful and angry then chose to wave and just give thanks for your protection and did some simple meridian tapping from learning EFT (emotional freedom technique). In a few minutes I was free of all discomfort thank you! Please look at www.emofree.com .

I was with my mother last week after her operation on her hip and as I drove to her bedside fearing she may have had a stroke, I asked you to either take her or heal her if she has more lessons to learn on this school of life called mother earth. When I arrived an hour after this meditative prayer she had recovered and the doctors found no stroke. My mother needed a blood transfusion and within a week she is now home and mending. Thank you.

Your abundant prosperity to hearing what we think and say and our intention never ceases to amaze me. Now I just give thanks in all things instead of saying "I don't believe what has happened". I thank you for helping me write this

You Deserve Love

little book and giving me the energy and wisdom to reach others.

I thank you for the heavenly angels that you send me, their individual ether of love and wisdom. Earthly angels like my editor and dear friend Chelle Thompson, what a lover of people and animals. See www.inspirationline.com Her newsletter inspires me with such stories of Gods divine healing.

Vidya my web manager at vidya@webwisesage.com. Who helps me send affirmation greeting cards and has devised a way you the reader can submit your soul story on www.soultalkstories.com thank you Vidya.

A special thanks for Karin Janin my dear soul internet friend and personal coach. The universe brought me a gift of love in meeting Karin. Some people you meet in life you just know are there for you, well Karin is such a soul do read her book "The magic of Intention." Email coachkarin@mac.com and www.orphanconnect.com.

Barbara Holstein a beautiful woman who inspires creative spirituality and positive psychology www.enchantedself.com. Do visit Barbara and listen to her words of wisdom.

I thank you infinite mind for all the people I am meeting at workshops you are giving me to do on "Loving the Miracle Are." I just thank you for the synchronicity of every loving communication you are sending each day. I thank you for the love shown to me through my wife Linda and the family, I rejoice in my daughter's new pregnancy and blessing her marriage with a great partner and their thriving business. I thank you for my sisters and they're new found prosperity. I thank you for the criticism that comes from souls who often misconstrue my intentions, it keeps me on my spiritual toes if nothing else! Most of all I thank you the reader for picking up this book and staying the journey and all my earthly teachers some of which are listed below in the reading list.

My love & Thanks

Roger

P.S Please now write about you and what you are learning about YOU and the divine source that is on your side!

Appendix 1

Laughter is the Universal Language.

Margaret McCathie is a famous laughter therapist based in Scotland who runs laughter workshops for companies throughout the UK. Here she describes why laughter is healthy, needed by even the wealthy, and is definitely wise.

It is well known that a good laugh does you good because every time you laugh you exercise seventeen different muscles in your face, it increases oxygen levels in the body and releases endorphins (feel good hormones) around your body. It brings a sense of freshness into your home or workplace, costs nothing and is one of the best stress relievers known. In medical terms it is called Eustress because it has the opposite effects to stress.

Stress increases blood pressure but laughter reduces it. Stress depresses the immune system causing a person to be more susceptible to illness, but laughter elevates it. Stress also affects sleep-creating patterns of insomnia, laughter can cure it. Stress lowers our energy levels (physical, mental, emotional) whereas laughter picks them up.

In 1964 Norman Cousins was diagnosed with a painful and incurable inflammation-type disease. He checked out of hospital and into a hotel. He believed in the benefits of positive attitude and did not believe that the hospital environment was conducive to healing. In his hotel room he spent the next two weeks watching comedy programmes on TV and reading books that made him laugh. He later wrote, " I made the discovery that 10 minutes of genuine belly laughter had an anaesthetic effect which lasted for at least 2 hours, giving me 2 hours pain free sleep". He recovered from his condition and spent the rest of his life teaching the medical benefits of laughter.

Laughter can also be a great benefit in the workplace. In a recent scientific study laughter therapy was found to improve the work of 30 students at a Malaysian university. The students found it relaxed them and helped them focus on their studies. They slept better and felt healthier.

You Deserve Love

In all my workshop I find that when people laugh together it instantly breaks down any artificial barriers. It always promotes better communication and team spirit, healing any internal conflict in the workplace. This is why a growing number of businesses are turning to laughter therapists as an alternative method of team-building and tackling stress problems. They recognise it helps staff to see the lighter side of life while staying focused on their role within the company.

In India there is a Doctor called Dr. Kataria who runs laughter clubs. His book is called Laugh for No Reason. He has devised laughter sessions that are very like a yoga classes. They begin at a certain time every morning with laughing for 20 minutes starting with HaHa... HeeHee... HoHo until there is uproarious laughter. It is a tremendous way to start the day and frequently ends up with participants spontaneously breaking out into laughter for the rest of day.

Steve Wilson is a laughter therapist who runs the World Laughter Tour. He trains people to teach others how to laugh. The work of a laughter therapist is simply to help people see the funnier side of life. They believe that each and every moment is what you make of it, that you can take it extremely seriously, or you can look at it differently and always see the lighter side. Every situation has a lighter side. The work of a laughter therapist is also about respecting that not everyone is ready to be uproarious or outrageous, allowing people to choose their level of participation so that nobody feels threatened or self conscious.

Patch Adams is a wonderful doctor who believes that the combination of laughter and love are the best medicine. Patch has proved time and again in his work as a doctor that laughter is a cure. He has made such an impact that millions have now seen the film based on his life and work. He even travels to war zones to bring laughter and joy, sometimes taking 40 clowns with him. They consist of doctors, nurses, therapists and lay people whose only qualification is a desire to serve in a loving and caring way. They dress as clowns so as to not be threatening to any one of any age group. It is not the type of clown that would splash a pie in your face, but a caring clown bringing fun and laughter to hospitals, prisons, old peoples homes and orphanages. Wouldn't it be wonderful if hospitals offices

You Deserve Love

prisons and schools had a laughter room instead of a smoking room? Patch Adams came to Scotland in the year 2000 to run a laughter workshop in the City Chambers in Edinburgh. The workshop was filmed by Swiss Television and a film was made called *In Bed with Patch Adams*. It shows him helping a man who was suffering with depression. Patch is in bed with the man helping him to practice laughter exercises. It was wonderful to watch someone who had a laughphobia, getting in touch with lighter side of their dark nature and just laughing.

In May I will travel to China with Patch and, as a laughter therapist, help him bring a smile to hearts and minds of many Chinese. And then in June I will run a laughter workshop at the request of the Dali Lama, who both carries and lives up to the legacy of the laughing Buddha.

When I was little I would get in trouble for laughing in class at school. The teacher would put me outside the door because I would infect everyone else. Little did I know that at the age of nearly 60 I would be teaching others how to chuckle, giggle, chortle and laugh their way through life. It's almost laughable really!

A Big Deep Laugh

Take a deep breath in.

On the exhalation from the belly, start with haha... heehee... then... hoho.

Do this three times

Then, focus on your face

Be aware of yours eyes, see them smiling

Then go down to your nose

See your nose smiling

Then your mouth

Stretch your mouth into a great big cheesy grin

Imagine your heart breaking out into a big smile of gratitude

Then take a few minutes just thinking about everything that is wonderful in your life, and be grateful for your blessings

Take that smile into your day at work or at home.

You Deserve Love

Keep your heart connected to your face.

You are the sunshine for others as you brighten the day of everyone that you meet

Seriously Though ... Laughter Works

Here's why!

THE MEDICAL & PSYCHOLOGICAL BENEFITS OF LAUGHTER

(All sources quoted are American scientific journals)

- Laughter reduces cortisol, which is a hormone that causes stress and increases endorphins, which are the body's own natural opiates – they make you happy! Therefore when you laugh, the production of endorphins in your body keeps you feeling good for ages (American Journal of the Medical Sciences).
- Laughter eases muscle tension, which can be good for rheumatism (Southern Medical Journal)
- Laughter increases the body's T-Cell count, which are cells of the immune system that kill outside invading bacteria harmful to the body. Laughter also increases Lymphocyte Blastogenesis, which, put simply, means that the immune system works faster and more efficiently (Journal of Clinical Research)
- Laughter aids ventilation and helps clear mucus plugs, which is good for respiratory conditions like emphysema (Journal of the American Medical Association)
- Laughter induces an increase in heart rate and blood pressure, which exercises the myocardium and increases blood circulation causing a rise in the volume of oxygen and nutrients that are pumped to the tissues (Journal of Biological Psychology)
- Laughter increases catecholamines, which are known to boost mental function. Therefore laughter improves mental alertness, memory and interpersonal responsiveness (Journal of the American Medical Association)
- Laughter enhances blood oxygen levels and boosts circulation (Journal of Biological Psychology). This is particularly important in combating cancer, because cancer needs an oxygen-depleted body to survive (Credence).

- Laughter increases pain tolerance (New England Journal of Medicine)
 - Laughter reduces the rate of cellular decay, thus slowing down the rate of aging (Journal of the American Medical Association)
 - Laughter brings about an emotional high, which can enable problems to be seen from a different perspective, especially those of a stressful nature (Psychological Reviews)
-

Appendix 2

EFT

CAN BE USED ON ANYTHING

EFT allows us to effectively and quickly and painlessly balance the energy of strong emotions so that we can think clearly and act resourcefully.

- Pain
- Fears/phobias
- Headaches
- Claustrophobia
- Panic/Anxiety Agoraphobia
- Asthma
- Fear of Flying
- Trauma
- Eating disorders
- PTSD
- Anorexia/Bulimia
- Abuse Addictions
- Depression
- Weight loss
- Dyslexia
- OCD
- Carpal Tunnel
- Blood Pressure
- Anger
- Children
- ADD-ADHD
- Diabetes
- Allergies
- Neuropathy

Please visit Gary Craigs website at www.emofree.com to find out more.

Also read "Emotional Healing in Minutes" by Valerie & Paul Lynch pub Thorsons

Appendix 3

Gabrielle Roth's 5 Rhythms are an exhilarating and liberating approach to the exploration of improvised movement and dance that is authentic, inspired and catalytic. The 5 Rhythms (Flowing, Staccato, Chaos, Lyrical, Stillness) are a map, which can take you on an ecstatic journey, opening you to the inherent wisdom, creativity and energy of your body. They point you in a direction and then each individual finds their own dance through deep concentration, focus, and the willingness to follow energy into the magical landscapes of improvised movement. Since the first beat of the first drum, dance and the language of rhythm have been one of the most direct routes to ecstatic experience. Dance bridges the personal, community and spirit worlds. 5 Rhythms work can be meditative, expressive, fun, and transformative. This work gives you the opportunity to find freedom of movement, states of heightened awareness, profound healing and the inspiration for living a creative and fulfilling life.

See www.5rhythmsuk.com

Recommended Reading

WORKING ON OURSELVES IS FUN AND IT HELPS HEAL THIS PLANET!

The following books by Dr Wayne Dyer

"You will see it when you believe it"

'MANIFEST YOUR DESTINY'

'WISDOM OF THE AGES'

THE POWER OF INTENTION

'WHAT DO YOU REALLY WANT FOR YOUR CHILDREN'

'YOUR ERRONEOUS ZONES'

Wayne's books just open me to the source

And let me find music in my soul, I dance now with life!

Thanks Wayne

Any of the following by Louise L. Hay

'YOU CAN HEAL YOUR LIFE'

'YOU CAN HEAL YOUR LIFE COMPANION BOOK'

'EMPOWERING WOMEN'

'THE POWER IS WITHIN YOU'

'A GARDEN OF THOUGHTS: MY AFFIRMATION JOURNAL'

'HEAL YOUR BODY'

If you can get tapes and listen to them daily that's the best way to reprogram your mind, body and soul.

Visit www.hayhouse.com

A special thanks to Louise and her voice

That wakes me up to the power within.

'Zest for Life'

By Dawn Breslin

What a wonderful woman and book, thanks Dawn.

'Power VS Force'

By David Hawkins

'Anatomy of the Spirit'

By Caroline Myss, PH.D.

Each time I pick up her books or receive her newsletter I know her insights will touch me with "Divine Earthiness!" I can't get away with being a phoney! Thank you Caroline.

The Game of Life & how to play it.

By Florence Shinn

Free PDF version available from www.inspirationline.com

Good on prosperity and metaphysical wisdom.

'End The Struggle and Dance with Life'

and **'Feel The Fear and Do It Anyway'**

By Susan Jeffers Ph.D.

Susan you are like my smiling Buddha! Thanks for all your great work.

'Minding the body, Mending the Mind'

By Joan Borysenko

Visit www.joanborysenko.com

'Creating Money Keys to Abundance',

By Sanaya Roman & Duane Packer.

A book that opens your third eye to true prosperity.

'Be Your Own Life Coach'

By Fiona Harrold.

You can open this book to any page and be inspired!

'CRONES Don't WHINE'

By Jean Shinoda Bolen

ISBN 1573249122 Pub Conari press.

Read Jeans book in one sitting now I would want to write a sequel MEN DON'T WHINGE

Magic of Intention

By Karin Janin

Karin touches the heart!

ISBN 14184 90814

See www.magicofintention.com

'A Return to Love'

By Marianne Williamson

'A Course In Miracles, Foundation For Inner Peace',

ISBN 0-9606388-2-2

'Self-Parenting'

By John K Pollard III

Visit www.selfparenting.com

Visit www.emofree.com

This website introduces you to Emotional Freedom Technique

Your life will never be quite the same thanks Gary Craig

PURE BLISS

By Gill Edwards

Gill has written some wonderful books. Her understanding of soft time replenishes my soul.

'Homecoming'

By John Bradshaw.

What a star John is to our inner child thanks John!

'Love Medicine & Miracles'

And **'Living, Loving & Healing'**

By Bernie Segal, M.D.

Bernie thank you for your willingness to love every human frailty.

'Sixty Minute Father'

By Rob Parsons

A great speaker

'Courage To Heal'

By Ellen Bass & Laura Davis

'Recovering from Abuse, the Trauma Trap'

By Dr David Muss,

A book to help heal and awaken our sensuality is

'Tantra' The path to blissful Sex by Leora Lightwoman.

Piatkus 0-74992473 x

**'Self Help Book for People Suffering Post-Traumatic Stress Disorder
Trauma & Recovery'**

By Dr Judith Herman

Carl was like a father figure for me.

'Carl Rogers on Personal Power'

plus **'Becoming Partners,'** see chapter:

'Three Marriages and one growing person'

By Carl Rogers

Carl's love of people is so inspiring.

'The Creative Connection'

and **'The Emerging Woman'**

By Natalie Rogers

Natalie facilitates change with inner love.

'The Artist's Way'

And **'The Right to Write'**

By Julia Cameron

Julia you seem like a friend who I could sit and have coffee and just chat for days.

I recommend John Gray's tape **Men are from Mars Women Are from Venus**

To listen to John daily will help your emotional understanding. I love listening to him in my university on wheels, the car!

'Practical Miracles for Mars and Venus'

By John Gray.

Plus a very open book on Mars and Venus in the bedroom

'The Science of Mind'

By Earnest Holmes

See www.scienceofmind.com

Wow what a clear mind.

'Soul Searching (a Girl's Guide to Finding Herself)'

A wonderful book for teenagers and adult teenagers!

By Sarah Stillman

Any of the Following by Catherine Ponder:

'The Healing Secrets of the Ages'

'The Dynamic Laws of Healing'

'The Dynamic Laws Of Prosperity'

Whenever doubt has a field day

I pick up catherines books and just give thanks for her soul!

'Better Relationships'

By Sarah Litvinoff

'More Positive Thinking'

By Vera Peiffer

'Positive News'

You Deserve Love

Visit www.positivenews.net

Read this in the loo and just know you are part of something big.

'Boundless Love'

By Miranda Holden

'Women Who Love Too Much'

By Robin Norwood

Robin really knows that she knows what loving in the wrong way can do.

'Self Esteem'

By Gael Lindenfield

(who has written many good books)

'The Alchemist'

By Paulo Coelho

Love poured out of pain a I read this.

'Opening Doors Within'

By Eileen Caddy

Words of wisdom that penetrate.

Plus many good books from Findhorn

Visit www.findhornpress.com

'What is the New Age still saying to The Church'

By John Drane

'Chicken Soup for the Soul'

And **'Chicken Soup for the Teenage Soul'**

By Jack Canfield & Mark Victor Hanson

'Food combining For Health'

By Doris Grant & Jean Joice

'The Prophet'

By Kahlil Gibran

A great book to open and meditate with.

'The Power of NOW'

By Eckhart Tolle

A moment of divine wisdom for the planet and YOU.

'Succulent Wild Woman'

By Sark

What a woman! What a gift to me on my journey.

'Grow'

By Lynne Franks

Lynne you reach deep inside my imagination

To feel good to be a male thank you.

Women Who Run With The Wolves

By Clarissa Pinkola Estes

My wife reads me this book often in bed and my imagination fires up.

WOW!

You Deserve Love



Roger King Bsc, has been a counsellor for 37 years and now become a motivational speaker and author. He teaches workshops from his first book LOVE THE MIRACLE YOU ARE. Roger loves being a husband to Linda, a father and granddad!

He loves to serve and live his destiny wherever the POWER OF INTENTION may take him.

"My message is very simple I teach people to love themselves and then radiate this love to every part of their life. This I believe makes the world a safer place to live in!"

- **Relationships**
 - **Work**
 - **Sexuality**
- **Spirituality**
 - **Health**
 - **Creativity**
 - **Kindness**
 - **Parenting**
 - **Prosperity**

Learning to love the miracle you are is fun when reading and doing Roger's simple workbook.

Ask yourself

"What's the greatest risk to stay the same or take a risk to change and grow so you love life, including the soul you see in the mirror?"

"Every thought we think is creating our future." Louise Hay
What are your thoughts now as you pick up this book?

Do visit and think about writing your soul story.

www.soultalkstories.com

