

SELF HELP

Introduction

Welcome to my Self Help EBook.

I'm Alan Drew an International Medium, Psychic Detective and Spiritual Life Coach. In this eBook you will find many varied Self Help Techniques to help you bring about a more positive and healthier way of living. This eBook is designed to help you achieve and encourage you to make the most of your life by bringing in more of what you deserve and would like to get within this lifetime.

We are all unique individuals, be positive in all that you say, think and do. Think about how you perceive your life, situations, and the people around you, is it positive or negative? If you have any negative perceptions about yourself and others, sending healing thoughts to yourself and others will usher in a sense of peace and harmony for yourself and others. Also consider in future, you're negative perceptions and try turning them around into positive ones, this can be achieved through Meditation, Affirmations, and positive thinking.

A good affirmation is: Creator, Creation and I are one of the same repeat this twice a day every day for as long as you feel necessary.

You are special, you are unique, there is only one of you, and if you put your mind to it you can achieve anything and turn your dreams into a reality. You are an equal amongst all people, never let people be-little you or be-little yourself, you can soar with the eagles and move mountains, just be true to you, there is nothing to fear accept fear itself, be positive, caring and compassionate in all that you do share your knowledge, wisdom and life experiences with others and help them to help themselves.

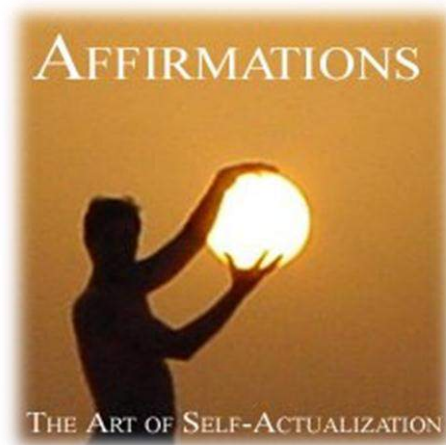
Alan Drew International Medium & Psychic Detective



Website: www.alandrewmedium.co.uk

Index of Subjects

- Page 2 - 7 Working with Affirmations
- Page 8 – 10 Aura Colours and there meanings
- Page 11 – 13 Candle Magick
- Page 14 – 15 Chakra Colours and there meanings
- Page 15 – 17 How to Cosmic Order Successfully
- Page 18 – 19 Working with Crystals
- Page 20 – 21 Some basic Dream Interpretations
- Page 22 – 25 Guide on Grounding & Protection
- Page 26 – 27 Herbs there Healing & Magickal Properties
- Page 28 Home Blessing and Cleansing
- Page 29 Inner Light Meditation.
- Page 30 – 37 Positive Thinking & Combatting Stress
- Page 37 Positive Thinking Worksheet
- Page 38 Stress Diary Worksheet
- Page 39 – 40 Smudging & House Cleansing
- Page 41 – 42 Working with Angels
- Page 43 – 44 Some Useful Spells & Potions



Positive Affirmations

Positive Affirmations work. This page explains how and why positive affirmations can be used to manifest your needs and bring positive and permanent change to your life. You will also learn how to Create and supercharge your own affirmations.

What are Affirmations?

Every thought you think every word you say is an affirmation all of our self-talk or inner dialogue is a stream of affirmations. We are continually affirming subconsciously with our words and thoughts and this flow of affirmations is creating our life experience in every moment. Our beliefs are just learned thought patterns that we have developed since childhood, many of these work well for us, but others may now be working against us, they are dysfunctional and may be sabotaging us from achieving what we believe we want. Every affirmation we think or say is a reflection of our inner truth or beliefs. It is important to realize that many of these "inner truths" may not actually be true for us now or may be based on invalid or inappropriate impressions we constructed as children, which if examined as an adult can be exposed as inappropriate.

Our subconscious uses the behaviour patterns we have learned to automatically respond and react to many everyday events in our life. This is essential to our survival, we need to be able to respond quickly to events around us which would be impossible if we had to re-examine every aspect of things every time something simple happens. Our learned responses and thought patterns enable us to automatically respond to circumstances quickly and easily. Problems arise however, if at an early stage some of the foundation beliefs on which many of the others are built were formed from a skewed perspective, maybe the strategy was appropriate for a perceived difficult circumstance, however often such beliefs are totally inappropriate for succeeding in the real world as adults.

You can use "Positive Affirmations", which are usually short positive statements targeted at a specific subconscious set of beliefs, to challenge and undermine negative beliefs and to

replace them with positive self-nurturing beliefs. It is a kind of "brainwashing" only you get to choose which negative beliefs to wash away. The way these statements are constructed is extremely important. Later I will show you how to construct your own affirmations. It is important to remember of course that everything we say and think is a positive affirmation, using positive affirmation statements forces us to keep focussed on our inner goals and reminds us to think consciously about our words and thoughts and to modify them to reflect our positive affirmation.

Do affirmations work?

YES! Affirmations really work. You will be hard pushed to find any self-help program anywhere that does not include affirmations; even the ones that appear to pooh-pooh affirmations include them under some slightly different guise. And the reason for this is, they work. The more determined you are to make your changes, the more you are prepared to accept change and let go of the past, the better they will work for you.

Why affirmations work

By choosing to think and say positive affirmations as true, the subconscious is forced into one of two reactions - avoidance or reappraisal. The bigger the issue the bigger the gap between the positive affirmation and the perceived inner truth and the more likely that one is going to experience resistance. This is where the subconscious finds it easier to stay with its perceived inner truth and avoid the challenge using any means at its disposal to avoid examining the issue. You will recognise this reaction by a strong negative feeling inside as you state the positive affirmations. Equally if you experience a sense of joy and wellbeing, your mind is instinctively responding to something it believes to be true. When you get this emotion, you know your affirmations are working!

Continually repeating affirmations with conviction and passion will chip away at even the strongest resistance. However there are a number of additional techniques you can use that will super-charge your affirmations and magnify their effectiveness many fold. I will outline these techniques for you later. Once the resistance is broken, your subconscious is able to re-examine the core belief and patterns you have been working on. The effect can be startling and things can change very quickly as the dysfunctional beliefs get identified and replaced by your own new inner truth. Depending on how deep into your consciousness these beliefs lay, every other learned pattern and belief that relied on the original belief as a premise, becomes unfounded. The subconscious has to re-examine them all, this can lead to a period of introspection. If you find yourself experiencing serious resistance or have identified an area of trauma in your life, I strongly urge you to seek professional support, the journey you are embarking on will release you from the past but having proper support around you as you go through the process will make it so much easier.

Because affirmations actually reprogram your thought patterns, they change the way you think and feel about things, and because you have replaced dysfunctional beliefs with your own new positive beliefs, positive change comes easily and naturally. This will start to reflect in your external life, you will start to experience seismic changes for the better in many aspects of your life.

How quickly do affirmations work?

From day one, there will be affirmations you love and enjoy saying, these affirmations are likely to be very effective for you and you are likely to start experience changes almost immediately. Others will feel very negative, almost like a big lie, this indicates resistance and these areas may take longer to impact. How quickly you can resolve an issue like this is like asking how long a piece of string is. It depends on the issue, how deeply the belief is held and how determined you are to bring about change in that area of your life, the latter being perhaps the most important of all. If you are truly ready and want to make changes, the quicker those changes will come for you. People have made cognitive changes in their beliefs almost instantaneously, once you are prepared to embrace and accept a change and you believe it to be right for you from your very heart, then that change will happen. So it is not really a question of time, more a question of how accepting of change you can be.

However, you should be under no illusion that by embarking on this process you are starting a journey for your lifetime. As you see and experience the techniques working for yourself will be driven to explore your inner-self further and other techniques. As you make your changes in one aspect of your life, other issues will pop up that you may want to deal with. The joy is, you would now have the knowledge and skill to deal with these issues effectively.

Will Affirmations help me?

Yes. No matter what aspect of life you're dealing with or who you are, affirmations will not only make you feel better about yourself and your life. But if used correctly, they can manifest real change in your life. Changing the way you think, reprogramming your mind and removing the old negative beliefs that have been sabotaging you again and again throughout your life. They can enable you to achieve the life you've always wanted for yourself!

Why doesn't everyone use Affirmations?

They do! It has been demonstrated that nearly 90% of our thoughts are negative, no wonder we find ourselves struggling. Each negative thought or word is a negative affirmation and these nasty little beasts can be even more powerful than positive affirmations because we often find them easier to accept. It is these negative thoughts that feed and validate our negative internal beliefs. Under this kind of negative bombardment most people simply do

not have the strength to break free of their negative thoughts and become hopelessly locked into their own (usually false) negative beliefs.

Positive affirmations are designed to challenge those negative beliefs and start to stem the flow of negative thoughts and words that seek to validate them. Affirmations are more than just repeating words. It is a whole process of becoming aware of your thoughts and words in everyday life, choosing to think and project happy positive thoughts. The more you can consciously inject the spirit of your affirmations into your daily thoughts and words, the quicker they will work for you.

How to create your own affirmations

Start by taking some time to think about areas in your life you would like to improve and how you might want your life to be. It is worth taking some time over this process. Write the most important ones down in a list.

Now look at each item on the list and write out a few positive statements for each. They must be positive and in the present tense, focus on what you do want, not on what you don't want.

For example if my list of things that were important to me included...

"A fulfilling job"

My affirmation might look like this

"I have a wonderful job that fulfils me on many levels"

Supercharging Affirmations

As I have said earlier, there are other techniques you can use that can super-charge the effectiveness of your affirmations. I will outline a few here briefly, if you are interested in really making your affirmations work and want even more details, this area is extensively covered in the Basic.

Affirmation Mirror work

Perhaps the most powerful way of using affirmations is to state them whilst looking in the mirror. Some of the most important messages you have received have been from people looking you straight in the eye. By looking yourself in the eye as you state your affirmation you magnify the importance of the message to yourself.

Written Affirmations

A great way of keeping your affirmation at the forefront of your mind is to write them down, leave notes or cards around so that you notice them throughout the day. The Affirm It! program uses mobile technology to text powerful messages to you with the goal of

keeping your mind focussed on your intention. Another idea is to write your affirmation down many times (10-20), this helps imprint it on your mind.

Say Affirmations with Passion

Say your affirmations with passion, the higher your emotional state as you say them, the more effective they are.

Sing or Chant Affirmations

One of the most effective ways to use affirmations is to sing them! The mind is much more accepting of affirmation messages when they are sung.

Subliminal Affirmations

There are a number of techniques that attempt to by-pass the conscious mind and its resistance by transmitting the affirmations to you subliminally. There are a number of CD's available that include subliminal affirmations, the trouble with this technology is that it often comes unsupported and people expect it to simply work without doing anything for them. There is however a very powerful technique known as an "affirmation bath". This is often used in workshops because it requires several people sitting around a person making positive statements about them. An Affirmation bath is a truly amazing experience, the multiple voices, coming from multiple directions, often simultaneously simply overwhelm the minds ability to resist what is being said and the positive affirmations slip straight through to the subconscious. It is normally impossible to experience this unless you can get a group of likeminded people together or you attend a workshop.

Example Affirmations

Affirmations for Health

- Every Cell in my body vibrates with energy and health
- Loving myself heals my life. I nourish my mind, body and soul
- My body heals quickly and easily

Affirmations for Abundance

- I prosper wherever I turn and I know that I deserve prosperity of all kinds
- The more grateful I am, the more reasons I find to be grateful
- I pay my bills with love as I know abundance flows freely through me.

Affirmations for Love

- I know that I deserve Love and accept it now

- I give out Love and it is returned to me multiplied
- I rejoice in the Love I encounter everyday

Affirmations for Romance

- I have a wonderful partner and we are both happy and at peace
- I release any desperation and allow love to find me
- I attract only healthy relationships

Affirmations for Weight Loss

- I am the perfect weight for me
- I choose to make positive healthy choices for myself
- I choose to exercise regularly

Affirmations for Self Esteem

- When I believe in myself, so do others
- I express my needs and feelings
- I am my own unique self - special, creative and wonderful

Affirmations for Peace and Harmony

- All my relationships are loving and harmonious
- I am at peace
- I trust in the process of life

Affirmations for Joy and Happiness

- Life is a joy filled with delightful surprises
- My life is a joy filled with love, fun and friendship all I need do is stop all criticism, forgive, relax and be open.
- I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.

I wish you all the best on your more positive journey through life.



Aura Colours and their Meanings

Meaning of Clean Colours of the Aura

(Colours of the rainbow, bright, shiny, monochromatic colours):

Purple: indicates spiritual thoughts. Purple is never a strong point in the Aura. It appears only as temporary "clouds" and "flames", indicating truly spiritual thoughts.

Blue: Balanced existence, sustaining life, eased nerve system, transmitting forces and energy. People with blue strong point in their Aura are relaxed, balanced and feel ready to live in a cave and survive. They are born survivors. Blue thought is a thought about relaxing the nerve system to achieve the balance of the mind or a thought about surviving. Electric blue can override any other colour in the Aura, when the person is receiving and/or transmitting information in a telepathic communication.

Turquoise: indicates dynamic quality of being, highly energized personality, capable of projection, influencing other people. People with turquoise strong point in their Aura can do many things simultaneously and are good organizers. They feel bored when forced to concentrate on one thing. People love bosses with turquoise Auras, because such bosses explain their goals and influence their team rather than demand executing their commands.

Turquoise thought is a thought about organizing and influencing others.

Green: restful, modifying energy, natural healing ability. All natural healers should have it. People with a green strong point in their Auras are natural healers. The stronger the green in the Aura, the better the healer is. They also love gardening and usually have a "green hand" - anything grows for them. Being in a presence of a person with a strong and green Aura is a very peaceful and restful experience. Green thought indicates a restful state and healing.

Yellow: joy, freedom, non-attachment, freeing or releasing vital forces. People who glow yellow are full of inner joy, very generous and not attached to anything. A yellow halo

around the head: high spiritual development, which is a signature of a spiritual teacher. Do not accept spiritual teachings from anyone who does not have such a yellow halo. Buddha and Christ had yellow halos extending to their arms. Today it is rare on Earth to find a person with a halo larger than 1 inch. Yellow halo appears as a result of a highly active brow chakra (which can be seen glowing with violet by many people at my workshops). Highly spiritual people stimulate the brow chakra continuously for many years, because they always have intensive spiritual thoughts in their minds. When this chakra is observed when highly active, a yellow (Auric pair) halo appears around it, surrounding the entire head. Yellow thought indicates a moment of joy and contentment.

Orange is uplifting and absorbing, Inspiring, and a sign of power, ability and/or desire to control people. When orange becomes a strong point, it usually contributes to a yellow halo, which then becomes gold, indicating not only a spiritual teacher, but a powerful spiritual teacher, someone capable of demonstrating his/her unique abilities. Orange thought is a thought about exercising power or a desire to control people.

Red: materialistic thoughts, thoughts about the physical body. Predominantly red Aura indicates materialistically oriented person.

Pink = purple and red): love (in a spiritual sense). To obtain a clean pink, you need to mix the purple (the highest frequency we perceive) with red (the lowest frequency). Pink Aura indicates that the person achieved a perfect balance between spiritual awareness and the material existence. The most advanced people have not only a yellow halo around the head (a permanent strong point in the Aura) but also a large pink Aura extending further away. The pink colour in the Aura is quite rare on Earth and appears only as a temporary thought, never as a strong point in the Aura.

Meaning of Dirty colours

(Colours appearing darker than background more like a smoke than a glow)

Brown: unsettling, distracting, materialistic, negating spirituality.

Grey: dark thoughts, depressing thoughts, unclear intentions, presence of a dark side of personality.

Sulphur (colour of mustard): pain or lack of ease, anger

White: serious disease, artificial stimulation (drugs). Why does the white colour in the Aura indicate problems? White colour is like a noise, rather than a set of harmonious tones (monochromatic colours). It is impossible to "tune" the noise to an orchestra playing harmonious music; hence the white Aura indicates a lack of harmony in the body and mind. Nature, which we are a part of, is harmonious. This harmony comes in discrete vibration "tones" or harmonics, partially described by the modern quantum physics.

Several hours before the death, the Aura becomes white, and greatly increases in intensity. For this reason in most cultures "death" is depicted in WHITE (not black), because in the past, people could actually see a white Aura before death. It seems that our ancestors knew much more than we are prepared to admit.

Amplifying your Aura vibration and bio-energy

Things which can greatly amplify your aura are: Meditation (purifying your mind from any thoughts) Concentration exercise with the cross Matching your aura with the environment



Candle Magick

Candle Magick is one of the simplest forms of spell casting. Considered sympathetic magic, it's a method which doesn't require a lot of fancy ritual or expensive ceremonial artefacts. In other words, anyone with a candle can cast a spell. After all, remember when you were a child and you made a wish before you blew out the candles on your cake? Same theory, only now instead of just hoping, you're declaring your intent. If you think about it, the birthday-candle ritual is based on three key magical principles:

- Decide on a goal
- Visualize the end result
- Focus your intent, or will, to manifest that result
- What Sort of Candle Should I Use?

Most practitioners of Wicca will tell you that, really big candles may be counterproductive, a candle that takes too long to burn down can be highly distracting to someone working a spell that instructs you to wait until the candle burns out on its own. Typically, a short taper candle or a votive candle works the best. In some cases, a spell might call for a specific type of candle, such as a seven-day candle or a figure candle, which may represent a particular person. One of the most popular candles, that are used are about 4" long, white, unscented, and thin -- perfect for spell work.

You should always use a brand new candle for spell work -- in other words, virgin materials. Don't use the candles that you burned at the dinner table or in the bathroom yesterday for spell work. In some magical traditions, once a candle is burned it picks up vibrations from things around it.

Here is a list of coloured candles and what they can be used for:

- Red: Courage and health, sexual love and lust
- Pink: Friendship, sweet love
- Orange: Attraction and encouragement
- Gold: Financial gain, business endeavours, solar connections
- Yellow: Persuasion and protection

- Green: Financial gain, abundance, fertility
- Light Blue: Health, patience and understanding
- Dark Blue: Depression and vulnerability
- Purple: Ambition and power
- Brown: Earth-related or animal-related workings
- Black: Negativity and banishment
- White: Purity and truth*
- Silver: Reflection, intuition, lunar connections
- Note that in many Pagan traditions, it is acceptable to use a white candle in place of any other colour.

Using Your Candle in Ritual

After you've selected a candle, you may want to oil it or dress it before burning. This is a method by which you'll establish a psychic link between you and the candle itself. In other words, you're charging the candle with your own energy and personal vibrations, and projecting your intent into the wax before you burn it. To dress a candle, you'll need natural oil like grape seed because it has no smell. Another option is to use special candle magic oil that can be bought from your local new age supply store.

Begin at the top of the candle, and rub the oil downward to the middle. Then, begin at the base of the candle and rub the oil up towards the middle, ending where the first coating started or oil left off. In some traditions of Wicca, the anointing is done just the opposite way -- start in the middle and work your way towards the two ends.

If you're working calls for herbs to be used as well, roll the oiled candle in the powdered herbs until it is coated all the way around.

The most basic form of candle magic uses a piece of coloured paper that matches the intent of your candle. Decide what your goal is, and write it on the piece of paper -- just for an example, let's say we're going to do a money working. Write down your intent -- something like I will become financially prosperous. In some traditions, you would write your intent in a magical alphabet, such as Theban or Enochian. Because this is a money-oriented working, we would select both a gold or green piece of paper, and a candle of the same colour. As you write down your goal, visualize yourself achieving that goal. Think about the different ways in which your goal might manifest -- could you be getting a raise at work? Perhaps someone who owed you money will arrive out of the blue to repay their debt.

Once you've written down your goal, fold the paper, concentrating on your intent the whole time. Some people like to say a small incantation as they do this -- if you're one of those people, this is a good place to do it. It doesn't have to be anything fancy. You can use something as simple as:

- Extra money comes my way,
- I could use a little cash today.
- Extra money come to me,
- As I will, so it shall be.

Place one corner of the folded paper into the candle's flame and allow it to catch fire. Hold the paper as long as possible (without burning your fingers) and then place it in a fire-safe bowl or cauldron to burn the rest of the way on its own. Allow the candle to burn out completely. When the candle has burned out completely, dispose of it, rather than saving it to use again for another working. Usually there's not much left of a candle except a stub of wax, and you can either bury it outdoors or dispose of it in whatever manner you choose.

Remember you must always have the upmost respect for the universe, and the most honourable intentions when working with any kind of Magick



Chakras their Meanings and Colours

The word Chakra means Wheel in the Sanskrit language and according to Tantric beliefs, there are seven energy wheels in the centre of our body. These are the chakras and they are all interconnected to light, sound and colour. Understanding the chakras allows us to understand the relationship between our consciousness and our physical body.

If you've ever felt a sudden lump in your throat, butterflies in your stomach or an aching heart, then you have experienced your chakras trying to communicate with you. They are giving you signals that you need to pay attention to; otherwise they will become unbalanced and can cause emotional or even physical discomfort, pain or even disease.

Here are the 7 Chakras; their location, colour and energy source:

- 1st Chakra: Root is located in the perineum (which is the strip between the Rosebud/anus and the Yoni/vagina or the anus and Jewels/testicles) The Root Chakra is 'Red' in colour and it's our energy centre to our basic instinct of survival. The Root grounds us in the physical world.
- 2nd Chakra: Sacral is located in the sexual organs. The Sacral Chakra is 'Orange' and its energy source is connected to our reproductive capacity and sexual desire.
- 3rd Chakra: Solar Plexus is located in the stomach at the navel. Also known as our Seat of Emotions, this chakra is 'Yellow' and it's our energy centre for power which includes anger and laughter.
- 4th Chakra: Heart is 'Green' in colour and it represents our ability to give and receive love and compassion.

- 5th Chakra: Throat is 'Sky Blue'. It energizes our communication and our ability to listen.
- 6th Chakra: Third eye is located in the centre of the forehead and is the colour 'Indigo'. It is connected to our imagination and psychic energy.
- 7th Chakra: Crown is on the top of the head and is 'Deep Violet'. This is our spiritual energy that connects us to the Universe.
- Introduction to Chakras
- Here is how to determine if your Chakras are open or closed.
- Root Chakra: When your root Chakra is open it gives you a sense of security; of being in control of your life and your destiny. When your root Chakra is closed, you may feel insecure about your life, guilty about things you've done and a sense of not belonging.
- Sacral (Sexual) Chakra: When your sacral Chakra is open, you feel creative, free of guilt or shame, emotionally and sexually fulfilled. When the sacral Chakra is closed, it can result in feelings of frustration, lack of sexual desire, and can block your creativity.
- Solar Plexus Chakra: When your solar plexus Chakra is open, you feel confident, courageous and full of energy like nothing can stop you from reaching your goals. When your solar plexus is closed, you are fearful of success, resentful of others and you just feel like giving up.
- Heart Chakra: When your heart Chakra is open, you love yourself and others without judgment. You are compassionate and feel emotionally balanced. When your heart Chakra is closed, you feel unloved, depressed and unworthy. You find it hard to trust anyone.
- Throat Chakra: When your throat Chakra is open, you have the ability to express yourself honestly and creatively so that people hear and understand what you say. You are also good at listening and are able to give constructive advice. When your throat Chakra is closed, you feel insecure about communicating your thoughts for fear of rejection, or fear that people may misunderstand what you say.
- Crown Chakra: When your crown Chakra is open, you feel connected to the Universe and have peace of mind. You know that you have taken the right path and that your journey will make a difference to humanity. When your crown Chakra is closed, you question your knowledge and you fear the unknown. You are sceptical. Your life's mission is unclear and your spiritual growth is stunted.
- Third Eye: When your third eye Chakra is open you feel intuitive, you think clearly and have the ability to visualize what you want and then manifest it. When your third eye Chakra is closed, it's hard to imagine anything going right. It's difficult to follow through on projects and life can be confusing with lots of conflicts.



Cosmic Ordering Successfully

Cosmic ordering is to help people reach their ambitions and goals in life, like finding your life partner, promotions at work, a new career or job, to aid you in spiritual and psychic development, financial help and much more, but it's not to help you win the lottery or to try and get revenge or to bring about any kind of misfortune on anyone or anything.

The universe has a lot of abundance ready for the taking which you manifest in the universe first, and providing it's for the right reasons it will be granted then manifested into the physical for you, this normally takes up to 6 weeks.

The best way to explain Cosmic Ordering is, every life form has what I refer to as, a universal fingerprint, which is your personal universal key, and this is how we are able to gain access to the universal energy and it's abundance, this is also how we are recognised by the many spirits on the physical as well as within the many spiritual planes of existence, this is also how psychics and mediums tap into the universal network, think of it like a spider web that encompasses the past, present and future and it's been there since the dawn of time itself.

#1 Decide What You Want

This is perhaps the most challenging part of the process, knowing what you really want and never has the term "be careful what you wish for... You might get it!" been more relevant. To help you work out what you might want.

#2 Make Your Orders Positive

Make your orders positive, present tense and personal. This is very important, avoid negative words like not and no, instead try to phrase your request positively in terms of the things you want. Keep your orders personal to yourself, order only beneficial things. Placing

hateful, negative or vengeful orders are likely to backfire, so keep your orders coming from a loving place of the heart.

#3 Order In the way that works for YOU

To each, their own every person is unique and each person has a different sense of their connection to the Universe. Place your orders in any way that suits you. Many people like some ritual or other mood to accompany and empower their orders. Do whatever is right for you.

#4 Trust the Process.

Trust the process of cosmic ordering. It is often best to start with simple orders, like a parking space or something similar until you build sufficient trust and understanding of the process. Part of this is letting go and leaving the Cosmos to deliver your order in the best possible way and at the perfect moment for you. It is in our nature that we try to control everything around us, but it is important not to be too prescriptive as to HOW our order is going to be delivered and relaxed about the timeline. If we attempt to, we simply interfere and restrict the creative possibilities open to the Universe to deliver our order.

#6 You Deserve It

You deserve to have a wonderful life, believe it, and live it. The universe is infinitely abundant and we all deserve our good. Accept that you deserve good things; if you cannot bring yourself to believe that you deserve good things, it becomes difficult to ask for them with an open and honest heart. Whilst the words of your Cosmic Order might say "I have a beautiful car!", your thoughts might be "I don't deserve it." ... that message is your true belief and that is what the Cosmos will deliver. When you place your order, know that you do deserve it.

#7 Acknowledge Your Successes

Feel gratitude when you're Orders are delivered, recognise the amazing power of the process. Even if you suspect that your delivery may just have been a coincidence, recognize also that what you requested WAS delivered. Recognising and rejoicing in your ordering success will serve to reinforce your belief and therefore the success of your future orders



Crystals

Crystals are very beneficial and can be used in many different ways, like helping you to connect with spirit and your higher consciousness, plus for healing and protection which is ideal for Psychic Development here are some examples.

Agate: For inspiration from spiritual realm, emotional balancing and transfers light into Physical energy.

Amethyst: Removes built up radiation, increases physical strength and soothes and calms it also opens the 3rd eye to the divine.

Aquamarine: Good for varicose veins, eyesight and thymus gland it also calms nerves and dampens fears and it helps 3rd eye visualisation.

Black Tourmaline: Good for brain disorders and mental issues it also helps stabilize and ground people and repels negativity and is brilliant for protection

Citrine: Used for kidneys and digestion it's also emotionally uplifting and a connection to spirit through creativity.

Celestite: Used for eyesight, soothes the nerves and an anti- toxin it also aids you in linking with your Guardian Angel and helps you connect with the hierarchy.

Dioptase: High blood pressure, Heart and cellular system it also opens up the heart.

Elestial Quartz: For use on kidneys and liver it's also calming and soothing it also brings about spiritual change and lots of it.

Fluorite: Good for bones and teeth, emotional balancing it's also spiritually uplifting and cleansing also aids in experiencing higher level of realities

Hematite: Calms and grounds emotions and brings mind, body and spirit back into sync and harmony

Clear Quartz: A good all round healer and helps bring about clarity it also helps you link with your higher-self

Lapis lazuli: Helps treat throat problems clears negative thoughts and aids telepathic communication and channelling spirit messages and psychic communication.

Rose Quartz: For love and relationship healing, hurt and emotional turmoil it also helps heal heart problems.

Smoky Quartz: Absorbs negative vibrations, grounds and stabilizes it also works as a good anti -depressant, builds self -esteem and helps fight heart disease.

Tigers eye: Strengthens bones, joyous feelings it also helps rejuvenate your spirit when feeling down and repels negative energy

Turquoise: Energizes and enhances all bodily systems aids higher communication and brings about spiritual peace of mind

I carry many crystals myself, for protection, grounding and for aiding me to establish a stronger link with my guides and spirit. If you would like to learn more about crystals then I recommend getting a copy of the Crystal Bible or contact me via the website.



Dreams and Some Interpretations

The meanings of dreams are very complex as there can be so many different contributing factors to just one dream, so for a more specific interpretation of your dream contact me Alan Drew via my website and we will be more than happy to help. The following list of interpretations is a general overview but accurate.

- An Accident: Something unplanned is about to take place
- Adultery: Indicates guilt in some aspect of your life
- An Apple: You're seeking desire and escapism
- Balloon: Frustration
- Battle: Internal conflicts
- Birds: Transcendence from one state of being to another (Spiritual Growth)
- A Birth: Transition to a new phase, or new aspect of self
- Bridge: Overcoming difficulties and change
- A Castle: Ambition and drive to better yourself
- Cave: A time to think, step back and weigh up your options and meditate
- Colours in Dreams: Red: Strength, Vigour, Health and Sexual love, Orange: Encouragement, Stimulation and Attraction Yellow: Persuasion, Charm, Confidence and Jealousy Green: Finance, Fertility, Luck and Growth Blue: Tranquillity, Understanding and Devotion Purple: Higher Self, Spirituality, Psychic and Harmony.
- Flowers: Contentment and Pleasure
- A Horse: Depends on the Colour for example A Black Horse indicates a change of fortune and A White Horse indicates freedom and Travel
- A Mirror: You need to reconsider or you may regret your decision
- Oceans and Dolphins: Opportunity, Spirituality and Contentment
- Rainbow: Great Happiness and opportunity
- Rivers: Spirituality or boundary
- Rodents: A less than nice person and betrayal

- Sunrise: Clearing of consciousness, an awakening
 - Sunset: A need to protect your assets
 - Thunder: Anger, Frustration and Jealousy
 - Tunnel: Hiding and being afraid
 - Trees: The life principle, psychic growth and development also success.
 - Witches: Supernatural ability and Wisdom
 - Wreaths: Self pity
-



A Guide on Grounding and Protection

Protection

These notes are only guidelines to aid you on your own Spiritual path and as with all spiritual work it is often about finding your own Truth. If you disagree or feel uncomfortable with anything that is suggested here by all means find an alternative Truth that is acceptable to you.

What is Protection and why do we need it?

As Human Beings we are all placed on this earth in a physical body. Many of us may choose to do the work of Spirit and therefore become aware that there is much more to life than just a physical body.

As we become in tune with ourselves and those around us we realise that everything and anything is made up of energy.

I'm sure we have all been aware of standing in a queue and feeling uncomfortable as someone steps in to our space. That's our aura (energy field) becoming invaded, and if our energy field is unprotected we will pick up on any energy that they may be giving out.

This energy can be both positive and negative and it is important for us to learn that we can pick up and take on board this energy especially as we start to develop our intuition and spiritual awareness. We become more sensitive to the energies that constantly surround us, and it then becomes important to know what we should do to avoid becoming susceptible to any negativity that we may encounter.

The more spiritually aware and intuitive we are the more sensitive we become to all the energies around us. We especially need to be aware of protecting our energy fields when dealing with other people as a healer/medium or clairvoyant for example. We need to make sure that we don't take on any unnecessary emotions/problems that the client may have brought with them.

How will I know if I am protected or not?

Being unprotected normally manifests itself within the emotional and spiritual bodies. Below is a list of some symptoms you may feel if your energy field is unprotected:

- Irritable/losing your temper
- Drained
- Nightmares
- Easily influenced by others
- Threatened/defensive
- Fanatical about someone
- Feeling other people's emotions/pain
- Bumping into people
- Copying or living your life through others
- On a physical level you can feel pain in the back of your neck, solar plexus (pit of stomach), or wrists.

Grounding/Earthing

These notes are only guidelines to aid you on your own Spiritual path and as with all spiritual work it is often about finding your own Truth. If you disagree or feel uncomfortable with anything that is suggested here by all means find an alternative Truth that is acceptable to you.

Grounding/Earthing is all about the awareness that we are still in a physical body as well as endeavouring to become spiritual workers and beings.

Why is it so important that we ground/earth ourselves?

Below you will find a few ways in which being grounded can make such a difference to our everyday life:

It brings life in to matter and to be able to bring our healing abilities into the physical.

Increases balance and stability in our physical and our emotional state.

Helps bring acceptance that we are here to fulfil a purpose.

- Provides strength.
- Helps in creating a bridge between Spirit and matter.
- Provides an outlet making the release (of energy) easier.
- Allows the attainment of higher Spiritual levels.

As a healer it is very important to keep your patient grounded.

How will I know if I am grounded or ungrounded?

Below is a list of some of the more common symptoms of being ungrounded. Usually each individual will encounter the same one or two symptoms each time they are ungrounded.

- Dizziness
- Daydreaming
- A feeling of being 'Spaced Out'

- Feeling sick
- Heart palpitations
- Eyes flickering
- Weight gain
- Clumsiness
- Static shocks
- Falling asleep when meditating
- Noise and light sensitive
- Forgetful
- Having brilliant ideas that never happen
- Arguing and unable to get your point across

(Please note that many of these symptoms can also be linked to other physical conditions or illnesses, if in doubt always check with your GP. Light and energy work is complementary to general medicine and should not be viewed as a substitute.)
So how do I become more grounded? Here are some things you can do to help bring you back down to earth:

- Eating (hence sometimes the weight gain) - healthy & balanced.
- Drinking water
- Walking, especially in natural surroundings
- Sports, yoga, tai chi etc.
- Gardening
- Animals eg. Walking the dog
- Being purposeful

Visualization of roots/colour (see below)

The entire list above is fairly self-explanatory with the possible exception of visualization and the use of crystals, so here is a quick guideline as to how you can use either of these techniques:

Visualization:

The easiest and most helpful thing to imagine when you are trying to ground yourself is tree roots! Just imagine you have great long sturdy roots coming from the base of your feet (which should remain flat on the floor during the visualisation), or, from the base of your spine if you are sitting directly on the floor. Just let these roots go right down in to the earth below and let them anchor you onto the earth. This is a very quick and efficient technique to remember when releasing energy such as static shocks from cars and supermarket trolleys!

Colour can also be quite helpful, deep earthy colours such as red, brown and terracotta is always good. Again just imagine that this colour surrounds you. You can imagine it as light or a cloak or blanket, whatever is easier for you.

Crystals:

Crystals can be very helpful in the grounding process. It is best to carry them in a trouser or skirt pocket (or sock if you can make it comfortable!). You must remember to cleanse and dedicate your chosen crystal for this purpose before using it. A small piece of tumbled stone will be sufficient to carry with you. Here is a list of a few easy to obtain crystals that could be used for this purpose:

Red jasper (most jaspers are good as grounders) Bloodstone, Hematite, Gold tigers eye, Carnelian, Garnet, Pyrite, Copper, Amber, Unakite.

So how do I build up my protection?

You can build up and protect your own energy field in a number of ways. Here are a few easy examples to follow:

Keep fit and well

Drink lots of water

Wear protective colours - for example gold, silver, violet or blue

Wear or carry crystals with a protective quality - for example Amethyst, Lapis Lazuli, Sugilite, Laramar, Gold Tigers Eye and Hawks Eye (blue tigers eye) for psychic protection.

Wear or use protective symbols - for example The Egyptian Ankh, Rune symbol, Star of David (six pointed star), Circle, Egg, Pentagram (five pointed star, especially for Wiccans/Pagans), Pyramid or Cross. Symbols are very personal things, so only wear or carry what feels right for you and what you are comfortable with.

Visualization - for example a good exercise is to imagine you are sitting in an egg of light. The base of the egg is sitting just below the floor (so you are grounded) and you are surrounded in your egg by a lovely protective colour (gold, silver, violet or blue). You make sure that your eggshell is solid so that no negative energy can penetrate it. Any negative thoughts/emotions that you may have will not get out and no negative thoughts/emotions from others will be allowed in. In turn each negative energy or thought pattern will hit the eggshell and slide down it into the ground to be transmuted in to positive energy.



Herbs and there Healing & Magickal Properties

Herbs are very much like crystals in the way that they can be used for healing and medicinal purposes as well as in Magickal uses for purpose of cleansing and to help you link with the spirit world. To be honest herbs are very under rated as their use is essential even in today's existence as many of them are still used in most conventional medicines.

Lavender: This is an Officinalis its slightly warming Analgesic, Antiseptic and Beneficial for the Nerves it's also Healing, Calming and Regenerating as an oil it can be Massaged over Joints, it Relieves pain from Arthritis and Massaged over the Bladder area to Speed up the Recovery from Cystitis and other Genital Infections such as Non Specific Urethritis and Thrush. It also Relieves Sciatica and Trigeminal, Neuralgia if mixed with other oils such as Camomile or Geranium, it can also Soothe Tension, Improve Sleep and Relieve Headaches when Massaged in to the Neck, Shoulders, Forehead and Temples and for a Strong Seductive and Analgesic action make a Tea out of it.

Putting Lavender Sprigs in your Pillow aids a Restful Sleep but also Stops Nightmares and can Induce Peaceful Visions.

Basil: This herb is Neutral and Very Beneficial to the Nerves. It affects and stimulates the Nervous System the Head and the Brain then Calms it down it also Sharpens the Memory and Relieves Headaches Caused by Colds. It also Benefits Indigestion and Nervous Tension and Encourages Menstruation, it will Expel a Head Cold and Fever it also Eases Abdominal Cramps and Swelling caused by Indigestion and Flatulence. Basil taken with your evening meal promotes Sound Sleep and taken as a Tea in the morning brings Awareness.

Its Magickal purposes include: Protection from Evil when sprinkled around your home at all entry and exit points like windows & doors it also Protects and Brings Luck if carried on your person and if Burnt it Cleanses and Removes any Negative Energy from within your Home or anywhere else you want to burn it. Basil is also used for Ritualistic purposes for Protection and Invocation

Cloves: This helps if you've got a Slow Vitality they also strengthen a Weak Back and Help Impotence they are also a Powerful Antiseptic Capable of Inhibiting Infections and Fungi. They can also be useful in Coughs, Colds and Bronchitis and for Teeth and Gum Infections

Camomile: This herb is good for relieving Stress, Calming Tension and Promoting peaceful sleep. They can help Headaches brought about by Stress over Concentration and Nervous Indigestion, it's also useful for Stomach Cramps, Colitis, Ulcers, Gastritis, Diverticulitis and similar conditions. It also slows a Mild or Rapid Heartbeat caused by Rapid Tension or Fear.

Bay Leaf: This herb is particularly helpful with the Digestive System like fennel, thyme, oregano and mint it helps break up Fats and eliminate them in addition its Diuretic action assists in Eliminating Water and Eases Bloating so it's helpful in Weight Loss, Colds, Rheumatism and when your Joints Swell up and feel worse in cold weather with Cramp Like Pain. It also has a Secondary Expectorant action helping to get rid of Mucus and Relieves Colds and Bronchitis plus it's got a euphoric quality for uplifting Spirits and Bringing Happiness and can Stimulate Clairvoyance.

Irish moss: This can be taken internally for its soothing and protective coating properties it can be used for colds and coughs plus it also relieves minor irritation in the throat.

Marigold: This regulates your Gynaecological System and works against Tumours and Growths and can be Beneficial to Cancer Patients. The beautiful orange flowers have the power to heal and strengthen our bodies like Lymphatic Swellings, Cysts, and both Malignant and Non Malignant Growths it can be taken as a tea or applied externally as a Calendula Ointment which is used for Warts and Verrucae. It also soothes Stagnant Energy in your Liver plus it has a strong Anti-Inflammatory and Healing action on the Digestive System, this is useful for: Ulcers, Gastritis, Colitis, Diverticulitis, Diarrhoea, Haemorrhoids (Piles) and irritable bell syndrome, It's also good for sore nipples from breast feeding.

Marjoram: This is used for Digestive Cramps, Chest Diseases, Wheezing, Oppression, and Mucus. If used as an Ointment its good for Rheumatic Pains, Paralysis, Tense Muscles and Migraines. It's great for Nervous and Respiratory System, it relieves tiredness and tension it soothes Coughs or Asthma plus removes Mucus.

Hops: Blood Cleanser and it will also help cure Insomnia, Loss of Appetite and help you Relax.

Elder Leaves: Used in Urinary Troubles and Infections and as Treatment for a Cold.

Damiana: A Tonic for Nervous and Debilitated Persons, Also used as a Sexual Stimulant



Home Blessing and Cleansing

Home Blessing

Visualise the Earth from outer space then imagine you are looking down at the area around the home, Feel the energies of the rivers, air and skies sending special energies to your home, and the land around it,

now see the home itself and imagine a circle of golden light around it, now come into your home and open your eyes and say out loud: *Oh Great Spirit, I ask for your blessings on this (my) home, (my) hearth, (my) Household*, then light the sage/incense or flame, *Oh Brigid Goddess of Hearth and Home I ask that this sage/candle or incense maybe blessed in your name, that it may purify and cleanse this home, this place*, then walk through the home waving the incense/sage or flame around the perimeter of each room, working sun-wise around the home and around each room. Then pick up the bowl of water and say: *Oh Brigid, Goddess of the well and the flame, I ask that this water be blessed in your name, that it may cleanse and purify, and bless this home*, then walk round the home and rooms sun-wise, Then say: *Oh Brigid please bless this house from sight to stay, from beam to wall, from end to end, from ridge to basement, from Bork to roof tree, from found to summit*, then come to the centre of the home: *A blessing upon your home, A blessing upon your hearth, (A Blessing upon the Sacred Grove), A blessing upon your tallest grass, A blessing upon your faithful friends, A blessing upon the children, A blessing upon the household helpers, A blessing upon your parents, A blessing upon your occupation, a blessing upon your goods and income, A blessing upon your kith and kin, (A Blessing upon this place of magick), A blessing upon your work therein. A blessing is upon you, in light or darkness each day and night of your life*. Then imagine the blessings going out to the neighbourhood and to the world like ripples in a pool. Then to finish say out loud: *Oh Great Spirit, Oh Brigid of the hearth, I thank you for your blessings*.



INNER LIGHT MEDITATION

In this meditation, the light you see when you close your eyes and look at the back of your eyelids - your "inner screen" - will be your primary object of focus. Focussing on this light will produce a pleasant state of relaxation, plus this light serves as a bridge to connect you with the light of your Inner Essence -- your Core Self. It's a fairly simple meditation, but is potentially very deep.

- Steps of the Inner Light Meditation
- Sit comfortably with your eyes closed.
- Look at the screen that fills the space behind your closed eyelids.
- Notice any light that appears on your inner screen. The light may appear as little particles, patterns; images, colours, "snow" on a TV screen, etc. (Consider anything that is not absolute darkness to be a form of light.)
- Gently focus on the light

If you notice you have drifted off into your thoughts, simply bring your attention back to your inner screen and continue looking at the light.

Benefits of this meditation:

- Relaxation and stress reduction.
- Increased flow of fuel to the brain.
- Gradual opening of the 6th chakra - the "inner eye" or "third eye" - giving clear insight and inner vision.
- Direct experience of your calm, unbounded Inner Essence.

Connecting with your Inner Essence taps a wellspring of spiritual energy which nourishes and enhances all levels of life. When connected with your Inner Essence, life flows more effortlessly, and you begin to perceive the world as a more supportive, enjoyable place. Regular contact with your Inner Essence catalyses a gradual shift to a higher level of consciousness.



Positive Thinking and Combating Stress

Positive Thinking, Built on Firm Foundations

Have you ever felt really stressed about something, only to see the stress vanish when you talk the situation through with a friend?

Quite often, our experience of stress comes from our perception of a situation. Often that perception is right, but sometimes it isn't. Sometimes we are unreasonably harsh with ourselves, or jump to wrong conclusions about people's motives, and this can send us into a downward spiral of negative thinking.

Thought Awareness, Rational Thinking and Positive Thinking are simple tools that help you to change this negative way of thinking.

Introduction

The most commonly accepted definition of stress is that it occurs when a person believes that "demands exceed the personal and social resources the individual is able to mobilize". In short, it's when we feel out of control.

When people feel stressed, they have made two main judgments: First, they feel threatened by the situation, and second, they believe that they're not able to meet the threat. How someone feels depends on how much the situation stressed and can hurt them, and how closely their resources meet the demands of the situation.

Perception is a key to this as (technically!) situations are not stressful in their own right. Rather it is our interpretation of the situation that drives the level of stress that we feel.

Quite obviously, we are sometimes right in what we say to ourselves. Some situations may actually be dangerous, may threaten us physically, socially or in our career. Here, stress and emotion are part of the early warning system that alerts us to a threat.

Very often, however, we are overly harsh and unjust to ourselves in a way that we would never be with friends or co-workers. This, along with other negative thinking, can cause intense stress and unhappiness and can severely undermine our self-confidence.

Using the Tool:

Thought Awareness

You are thinking negatively when you fear the future, put yourself down, criticize yourself for errors, doubt your abilities, or expect failure. Negative thinking damages confidence, harms performance and paralyzes mental skills.

Unfortunately, negative thoughts tend to flit into our consciousness, do their damage and flit back out again, with their significance having barely been noticed. Since we barely realise that they were there, we do not challenge them properly, which means that they can be completely incorrect and wrong.

Thought Awareness is the process by which you observe your thoughts and become aware of what is going through your head.

One approach to it is to observe your "stream of consciousness" as you think about the thing you're trying to achieve which is stressful. Do not suppress any thoughts. Instead, just let them run their course while you watch them, and write them down on a worksheet as they occur. Then let them go.

Another more general approach to Thought Awareness comes with logging stress in a Stress Diary. When you analyze your diary at the end of the period, you should be able to see the most common and the most damaging thoughts. Tackle these as a priority using the techniques below.

Here are some typical negative thoughts you might experience when preparing to give a major presentation:

- Fear about the quality of your performance or of problems that may interfere with it.
- Worry about how the audience (especially important people in it like your boss) or the press may react to you.
- Dwelling on the negative consequences of a poor performance.
- Self-criticism over a less-than-perfect rehearsal.

Thought awareness is the first step in the process of managing negative thoughts, as you cannot manage thoughts that you are unaware of.

Rational Thinking

The next step in dealing with negative thinking is to challenge the negative thoughts that you identified using the Thought Awareness technique. Look at every thought you wrote

down and challenge it rationally. Ask yourself whether the thought is reasonable. What evidence is there for and against the thought? Would your colleagues and mentors agree or disagree with it?

Looking at the examples, the following challenges could be made to the negative thoughts we identified earlier:

- **Feelings of inadequacy:** Have you trained yourself as well as you reasonably should have? Do you have the experience and resources you need to make the presentation? Have you planned, prepared and rehearsed enough? If you have done all of these, you've done as much as you can to give a good performance.
- **Worries about performance during rehearsal:** If some of your practice was less than perfect, then remind yourself that the purpose of the practice is to identify areas for improvement, so that these can be sorted out before the performance.
- **Problems with issues outside your control:** Have you identified the risks of these things happening, and have you taken steps to reduce the likelihood of them happening or their impact if they do? What will you do if they occur? And what do you need others to do for you?
- **Worry about other people's reactions:** If you have prepared well, and you do the best you can, then you should be satisfied. If you perform as well as you reasonably can, then fair people are likely to respond well. If people are not fair, the best thing to do is ignore their comments and rise above them.

Tip: Don't make the mistake of generalizing a single incident. OK, you made a mistake at work, but that doesn't mean you're bad at your job. Similarly, make sure you take the long view about incidents that you're finding stressful. Just because you're finding these new responsibilities stressful now, doesn't mean that they will ALWAYS be so for you in the future.

Write your rational response to each negative thought in the Rational Thought column on a worksheet.

Tip: If you find it difficult to look at your negative thoughts objectively, imagine that you are your best friend or a respected coach or mentor. Look at the list of negative thoughts and imagine the negative thoughts were written by someone you were giving objective advice to. Then, think how you would challenge these thoughts.

When you challenge negative thoughts rationally, you should be able to see quickly whether the thoughts are wrong or whether they have some substance to them. Where there is some substance, take appropriate action. However, make sure that your negative thoughts are genuinely important to achieving your goals, and don't just reflect a lack of experience, which everyone has to go through at some stage.

Positive Thinking & Opportunity Seeking

By now, you should already be feeling more positive. The final step is to prepare rational, positive thoughts and affirmations to counter any remaining negativity. It can also be useful to look at the situation and see if there are any useful opportunities that are offered by it.

By basing your affirmations on the clear, rational assessments of facts that you made using Rational Thinking, you can use them to undo the damage that negative thinking may have done to your self-confidence.

Tip: Your affirmations will be strongest if they are specific, are expressed in the present tense and have strong emotional content.

Continuing the examples above, positive affirmations might be:

- **Problems during practice:** "I have learned from my rehearsals. This has put me in a position where I can deliver a great performance. I am going to perform well and enjoy the event."
- **Worries about performance:** "I have prepared well and rehearsed thoroughly. I am well positioned to give an excellent performance."
- **Problems issues outside your control:** "I have thought through everything that might reasonably happen and have planned how I can handle all likely contingencies. I am very well placed to react flexibly to events."
- **Worry about other people's reaction:** "Fair people will react well to a good performance. I will rise above any unfair criticism in a mature and professional way."

If appropriate, write these affirmations down on your worksheet so that you can use them when you need them.

As well as allowing you to structure useful affirmations, part of Positive Thinking is to look at opportunities that the situation might offer to you. In the examples above, successfully overcoming the situations causing the original negative thinking will open up opportunities. You will acquire new skills, you will be seen as someone who can handle difficult challenges, and you may open up new career opportunities.

Make sure that identifying these opportunities and focusing on them is part of your positive thinking.

Summary:

This set of tools helps you to manage and counter the stress of negative thinking.

Thought Awareness helps you to understand the negative thinking, unpleasant memories and misinterpretation of situations that may interfere with your performance and damage your self-confidence.

Rational Thinking helps you to challenge these negative thoughts, and either learn from them, or refute them as incorrect.

Positive thinking is then used to create positive affirmations that you can use to counter negative thoughts. These affirmations neutralize negative thoughts and help to build your self-confidence. It is also used to find the opportunities that are often present, to some degree, in a difficult situation.

Stress Diary

Stress Diaries are important for understanding the causes of short-term stress in your life. They also give you an important insight into how you react to stress, and help you to identify the level of stress at which you prefer to operate.

The idea behind Stress Diaries is that, on a regular basis, you record information about the stresses you are experiencing, so that you can analyse these stresses and then manage them.

This is important because often these stresses flit in and out of our minds without getting the attention and focus that they deserve.

As well as helping you capture and analyse the most common sources of stress in your life, Stress Diaries help you to understand:

- The causes of stress in more detail;
- The levels of stress at which you operate most effectively; and
- How you react to stress, and whether your reactions are appropriate and useful.

Stress Diaries, therefore, give you the important information that you need to manage stress.

How to Use the Tool

Stress Diaries are useful in that they gather information regularly and routinely, over a period of time. This helps you to separate the common, routine stresses from those that only occur occasionally. They establish a pattern that you can analyse to extract the information that you need.

Make regular entries in your Stress Diary (for example, every hour). If you have any difficulty remembering to do this, set an alarm to remind you to make your next diary entry.

Also make an entry in your diary after each incident that is stressful enough for you to feel that it is significant.

Every time you make an entry, record the following information:

- The date and time of the entry.

- The most recent stressful event you have experienced.
- How happy you feel now, using a subjective assessment on a scale of -10 (the most unhappy you have ever been) to +10 (the happiest you have been). As well as this, write down the mood you are feeling.
- How effectively you are working now (a subjective assessment, on a scale of 0 to 10). A 0 here would show complete ineffectiveness, while a 10 would show the greatest effectiveness you have ever achieved.
- The fundamental cause of the stress (being as honest and objective as possible).

You may also want to note:

- How stressed you feel now, again on a subjective scale of 0 to 10. As before, 0 here would be the most relaxed you have ever been, while 10 would show the greatest stress you have ever experienced.
- The symptom you felt (e.g. “butterflies in your stomach”, anger, headache, raised pulse rate, sweaty palms, etc.).
- How well you handled the event: Did your reaction help solve the problem, or did it inflame it?

You will reap the real benefits of having a stress diary in the first few weeks. After this, the benefit you get will reduce each additional day. If, however, your lifestyle changes, or you begin to suffer from stress again in the future, then it may be worth using the diary approach again. You will probably find that the stresses you face have changed. If this is the case, then keeping a diary again will help you to develop a different approach to deal with them.

Analyse the diary at the end of this period.

Analysing the Diary

Analyse the diary in the following ways:

- First, look at the different stresses you experienced during the time you kept your diary. List the types of stress that you experienced by frequency, with the most frequent stresses at the top of the list.
- Next, prepare a second list with the most unpleasant stresses at the top of the list and the least unpleasant at the bottom.
- Looking at your lists of stresses, those at the top of each list are the most important for you to learn to control.
- Working through the stresses, look at your assessments of their underlying causes, and your appraisal of how well you handled the stressful event. Do these show you areas where you handled stress poorly, and could improve your stress management skills? If so, list these.
- Next, look through your diary at the situations that cause you stress. List these.
- Finally, look at how you felt when you were under stress. Look at how it affected your happiness and your effectiveness, understand how you behaved, and think about how you felt.

Having analysed your diary, you should fully understand what the most important and frequent sources of stress are in your life. You should appreciate the levels of stress at which

you are happiest. You should also know the sort of situations that create you stress so that you can prepare for them and manage them well.

As well as this, you should now understand how you react to stress, and the symptoms that you show when you are stressed. When you experience these symptoms in the future, this should be a trigger for you to use appropriate stress management techniques.

Summary

Stress Diaries help you to get a good understanding of the routine, short-term stresses that you experience in your life. They help you to identify the most important, and most frequent, stresses that you experience, so that you can concentrate your efforts on these. They also help you to identify areas where you need to improve your stress management skills, and help you to understand the levels of stress at which you are happiest, and most effective.

To keep a stress diary, make a regular diary entry with the headings above. For example, you may do this every hour. Also make entries after stressful events.

Analyse the diary to identify the most frequent and most serious stresses that you experience. Use it also to identify areas where you can improve your management of stress.

Positive Thinking Worksheet Example Below

Thought Awareness, Rational Thinking and Positive Thinking

Negative Thoughts	Rational Thoughts	Positive Thoughts	Summary

Stress Diary Example Below

Date and Time	Most Recent and Stressful Event	How happy do you feel now (10 out of 10)	Your Current Mood	Cause of the Event	How Stressed do you feel now	Physical Symptom felt during the event	How well did you handle the event	Scale 0 - 10



Smudging and House Cleansing

Smudging: Ritual House Cleansing

Sage has historically been used in smudging rituals as a means of invoking purification, protection, longevity, and immortality. The burning of sage is a popular practice espoused by various healing and spiritual groups. The word sage - salvia - comes from the Latin word salvare, which translated means "To heal".

White sage is sourced from the coastal regions of Southern California. On the psychic energetic level the practice of smudging is a ritual way to cleanse a person, place or an object of negative energies or influences.

The healing properties of sage

The healing properties in sage come from antibiotic agents. Some people boil sage and drink the water as a tea. Relief can be found in the smoke for sinus congestion and pain and even for migraine headaches. Break off a single leaf, and breathe the smoke through your nose. If any adverse effects are experienced, stop immediately.

The ritual of smudging - Sacred Smoke Blessing

The ritual of smudging can be defined as "spiritual house cleaning." Smudging is the common name given to the Sacred Smoke Bowl Blessing, a powerful cleansing technique from the Native American tradition. However the burning of herbs for emotional, psychic, and spiritual purification is common practice in many religious, healing, and spiritual traditions. The smoke attaches itself to negative energy. As the smoke clears it takes the negative energy with it, releasing it, to regenerate into something more positive. Tests have also shown that the smoke of burning sage literally changes the ionization polarity of the air.

Personal Cleansing

If you have been in the close company of negative people or have been involved in a negative situation your energy will be low. You may even feel depressed as an after-effect. Smudging is very effective when you've been feeling depressed, angry, resentful or unwell or after you have had an argument with someone. When this is the case, your entire energy field will require cleansing. At times it will be possible for you to perform this ritual for yourself, with the use of a lit smudge stick.

At other times you may detect the need for some assistance, both in terms of spiritual intuition and because it can be tricky to sweep the smoke over the entire outline of your body, front and back, head to toe. In a sympathetically conducted ritual, you gather the smoke with your hand and draw it

into the perimeter of your body. Special attention will be given to areas of stress and unbalance in relation to the individual spirit-body so that cleansing and protection can be experienced. Personal cleansing can also be used as part of a holistic complementary therapy approach in harmony with such techniques as crystal healing, meditation and chakra balancing.

Living Space Cleansing

Moving into a New House

In the home, smudging can shift the negativity left behind by visitors, previous tenants or previous owners.

Cleanse and bless your home, using white sage in a purification ceremony. The purification and protective qualities embodied in sage clear space for new awareness as you cleanse the door frames, walls, window frames and very corners of your rooms from the back of the living space to the front door. This is particularly helpful when conducted at time of moving home.

Smudging is also powerful means of cleansing the rooms of teens with difficulties and can encourage a sense of calm in them. Purify the space and purify negative entities which will have attached themselves to the fabric of the room.

Selling Your House

If you are selling your house, have your home cleansed of emotional attachment and unresolved issues which may repel potential buyers. Smudge the house so they feel welcome and safe and eager to move in.

Safety

In the interest of safety, please ensure that, if you are carrying out your own smudging, that you thoroughly extinguish your sage bundle afterwards.

Spaces and Objects

Any space or object can be smudged to remove negative energy including tools and people. Any crystals or spiritual tools used in healing should be smudged, as should areas which have experienced conflict, since negative entities will cling to the items and places.

I would highly recommend cleansing yourself and your home especially if you have never done this before; it's great for removing stagnant energy within your home and for removing blocks and negative energies within your aura and will bring in much more fruitfulness, happiness and contentment for you and others.



Working with Angels

Angels watch over mankind they encourage faith, protect us from harm and keep our loved ones safe, every living mortal being upon this earthly plane has got their very own Guardian Angel. They can manifest themselves in many different ways, like a little voice in the back of our thoughts, through messages, through other people known as earth Angels and to be honest the list is endless so I will leave it there for now.

Angels and how they can help you

All Angels are specialised and masters of their very own specific tasks and roles and you can call upon an Angel to help you with your specific needs and they will benefit you with wonderful wisdom and understanding about anything and everything. Remember Angels have omnipresence with everyone so you need never feel that you are calling an Angel away from anyone else. So whether you're going through a very difficult and emotional time in your life, family issues, work issues, financial or career difficulties, Psychic and Spiritual development, they will be there for you.

Below is a list of some Specific Angels and there Specialised tasks and roles and if you would like to know more and how or what Specific Angel you need to contact with reference to what help or guidance you need then contact us we will be more than happy to help, Here is Short List of Some Angels Their Roles, Tasks and How They Can Help You.

Archangel Michael: Guardian of Wednesday, Mercury and 4th Heaven.

From the wellsprings of light on a dazzling beam of gold I travel to strengthen and protect you; my brilliance dispels all darkness and falsehood from your life. My golden sword lights your way to truth, wisdom and freedom.

Archangel Raphael: Guardian of Sunday, the Sun and 2nd Heaven.

I come on a pure gold spiral that flows from father Sun to manifest all life on mother earth. It is the glorious energy ray whose nurturing warmth brings you joy of living.

Archangel Gabriel: Guardian of the moon, Monday and 1st Heaven.

I come on a pure silver spiral that flows from Mother Earth to the Moon, governor of your emotions and moods. I am the spiritual awakener who visits you in your dreams, bringing You new hope and aspirations.

Sandalphon: Guardian Angel of Prayer

I provide guidance on your spiritual quest - a shining path of light - gathering your prayers Like flowers, whenever you think or speak them. Cushioned by cool and soft silver rays of Love, I convey them to heaven on your behalf.

Mupiel: Guardian Angel for Mending a Broken Heart.

Your heart is a beautiful flower, like a lotus or water lily. As I send clear green water of life to flow into soothe and heal personal hurt, see the bright pink flower of unconditional love unfold, glowing in golden rays of my creation.

Kadmiel: Guardian Angel of Good fortune.

As times of need (perhaps even now) you may invoke my loving assistance to bring yourself or a loved one golden energy for luck, healing and even protection. My gleaming energy flows around and through you, sent by love.

Jofiel: Guardian Angel of Jobs and Roles.

Everything in this world is in the charge of an Angel, and happens for a purpose, although you only perceive this purpose in retrospect.



Some Useful Spells & Potions

A Spell to Attract a Special Lover

You will need: A Small Pot, Some Earth and Basil Seeds

On a Waxing or a New Moon in late spring or summer plant one or two seeds carefully and while you're doing this think of loving happy thoughts entering your life, then water the seeds everyday saying: Sono Innomorata Grazie make sure you take care of them and within a few months you will meet a special love of your life.

A Spell to Test Your Partners Affection

You will need: A Cup of Tea or Coffee and some Nail Filings.

Then Make your Partner a Cup of Tea or Coffee adding some of your Nail Filings to it. But Be Warned This is a Very Powerful & Potent Spell to find out just how much you mean to your partner so prepare yourself for the truth and have a good think about it and make sure its what you want to do before you proceed.

Rose & Lavender Potion To Help Get You & Your Partner in that Love Making Mood

You will need: Rose Petals and Lavender Sprigs a Bottle of Red or White Wine (Preferably Sparkling)

Mix ingredients into wine for several hours if sparkling, but if its not mix ingredients into boiling water then let it cool and then add it to the wine Remember this potion has got powerful properties and is a very potent aphrodisiac.

Carnations and Bubbles Love Potion

You will need: Petals off red carnations, 2-3 Borage leaves, and as many flowers plus a bottle of Champagne or Sparkling wine

Mix the petals and leaves with the wine in the bottle for several hours and to preserve the fizz put a silver spoon in the neck of the bottle then serve as normal and watch it take effect. Remember this potion has got powerful properties and is a very potent aphrodisiac.

The Oak Bath Spell to Bring Luck and Cleanse Your Spirit or To Help You Conceive

Ingredients: A handful of Oak leaves Lemon grass oil, An Acorn and a length of red cord.

How to Do the Spell:

Run yourself a relaxing bath by using candles and burning incense in your bathroom, then before you get in to your bath Say: Cleanse my Spirit, Cleanse my Soul, Enrich my Life with Happiness Whole Sprinkle the Oak leaves on your water then add one to two drops of the lemon grass oil to it then get your acorn and charge it by putting it on your mind's eye and ask it to change your life for the better in a positive way then put the acorn on the side of your bath while you bathe and absorb all that positive energy from the oak leaves and nature. Then when you have finished bathing you will be feeling much more positive and uplifted, then take your acorn and put it under your pillow for when you go to bed and leave it there till you wake up in the morning. On the following day take your Acorn outside to absorb the sun's rays & energy. Then wrap the red ribbon around your left index finger and put your finger on your mind's eye while holding the Acorn and visualise your new and happier life.

A Candle Burning Spell For someone who is Sick or in Need

Ingredients: A Small Clear or Rose Quartz Crystal, A Green Ribbon and a Blue or Green Candle.

How to Do the Spell

Hold the Crystal in your right hand throughout the Spell, Light the candle then visualise your friend or loved ones face in the flame, then wrap the green ribbon around your left index finger then put it to your mind's eye and concentrate all your energies on the person who is ill or in need still focusing on the persons face within the candles flame, then send all that energy to them like a beam of pure white light descending from the heavens. Then put the Crystal under there pillow and tie the ribbon to the bed.

If you would like to know more about Spells & Magickal Practices then you can [E-mail me](#)

Love, light and bright blessings

Alan Drew

International Medium, Psychic and Spiritual Life Coach

Alan Drew International Medium & Psychic Detective



Website: www.alandrewmedium.co.uk

This book was distributed courtesy of:



For your own Unlimited Reading and FREE eBooks today, visit:

<http://www.foboko.com>

Share this eBook with anyone and everyone automatically by selecting any of the options below:



To show your appreciation to the author and help others have wonderful reading experiences and find helpful information too, we'd be very grateful if you'd kindly

[post your comments for this book here](#)



COPYRIGHT INFORMATION

Foboko.com respects the intellectual property of others. When a book's copyright owner submits their work to Foboko.com, they are granting us permission to distribute such material. Unless otherwise stated in this book, this permission is not passed onto others. As such, redistributing this book without the copyright owner's permission can constitute copyright infringement. If you believe that your work has been used in a manner that constitutes copyright infringement, please follow our Notice and Procedure for Making Claims of Copyright Infringement as seen in our Terms of Service here:

<http://www.foboko.com/legal/tos>



**STOP DREAMING
AND BECOME AN
AUTHOR YOURSELF
TODAY!**



It's Free, Easy and Fun!

At Foboko.com we provide you with a free 'Social Publishing Wizard' which guides you every step of the eBook creation/writing process and let's your friends or the entire community help along the way!

LOGON ONTO FOBOKO.COM

↙ and get your story told!

FOBOKO.COM