

INTRODUCTORY COMMENTS

What you may achieve by reading this booklet -

and doing the exercise. **1.** Develop a positive attitude to yourself & life. **2.** The realization that what you're thinking becomes your life. Change your attitude - change your life. (It's that easy.) **3.** That the negative invasive **mind experiences** you may have can be controlled - by you. **4.** If you mostly have a NO to people and LIFE, that can change to a YES. **5.** A realization that what you think, and your personality determine the people and circumstances that come into your life. **6.** A choice you have is to LIVE in **the world of mind - time - past - and future - or, the WORLD OF BEING - THE NOW.** Physicist Jon Wheeler, is reported as saying, "There is no out there, out there!" His comment was made during a group discussion on quantum physics. I am quoting him here (principally because- for me it's such a fun statement. ("Wow -is that true?!") - and in reference to the issue of 'personal process' addressed in this leaflet. When we are challenged by life's difficulties it is an "out there" we may look to change - when it is our personal "in here", that will produce better results. Our "in here" - mind - thoughts - feelings - beliefs are addressed in these pages. Why? Because as you will come to see - the "out there" that we may seek to change is created "in here" - namely our *thinking and attitudes*. You will notice in the coming quotes some seriously credible persons who support this contention. Recently an associate of mine was admitted to a psychiatric ward. I hadn't realised their condition had become so troublesome. Knowing what I know and experienced during a period of habituated thought streams and stories - with their *hard to shift* scary feelings, that can put people into hospital care, I had this idea. "*I wonder if I can compile what I used and understood, (that worked for me in that troubling time)- something that emotionally challenged people might also apply for their personal intervention?*" So I had a go, and here share the result.

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IS THIS MY SITUATION ..?

"I feel depressed and hopeless - I can't seem to meet the right people... I am bored and most often seem to make the wrong choices... I keep telling myself the same story about my difficulties... I would like to be different, but don't know what to do... I would like to find different employment... different friends... I am fearful of what the future holds...the world seems such a mess...what can I do?"

CHANGE CAN BE EASIER THAN YOU MAY BELIEVE

Many people are inherently resistant to change. To make changes one needs accept that we are often seeking to change 'something out there' when it is we who need to change. It may also make change easier, when our intent and motives are appropriate. The two areas for change we may need to address, are (1) some of our unhelpful beliefs and (2), the seemingly out of control thought streams / stories - that may dominate inner awareness. These you can change quite easily when you commit a few minutes daily to practicing the exercise offered here. The way you are hasn't worked ? Take some risks - choose differently!

I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavour.

-Henry David Thoreau

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.

-William James

OUR MIND DETERMINES OUR ATTITUDES AND BELIEFS - OUR LIFE EXPERIENCE - SO CHANGE BEGINS WITH MIND.

Your *thoughts* become *the "stories"* you keep telling yourself, giving rise to the attendant discomfoting feelings. Unhelpful beliefs usually underpin this creation. Get control of your habituated thought streams and stories, and you gain control of your life. Some unhelpful beliefs may have to go. Examples of quite common unhelpful beliefs - "You can't trust anyone!" "Money is evil." "Death is to be feared." More about *belief systems* later - for now consider...

Some Wise Words...

MAN IS MADE - OR UNMADE BY HIMSELF -

In the armoury of thought he forges the weapons
by which he destroys himself -

He also fashions the tools with which he builds - for
himself - heavenly mansions of joy - strength
and peace-

By the right choice - and true application of thought
- man ascends to the Divine Perfection.

By the abuse and wrong application of thought - he
descends below the level of the beast.

Between these two extremes are all the grades of
character.

And man is their maker and their master.

- James Allen (*As a Man Thinketh*)

What we are today comes from our thoughts of yesterday
and our present thoughts build our life of tomorrow. Our
life is the creation of our mind. *Gautama Buddha*

Resistance creates persistence Anon

OUR MIND - A THOUGHT PRODUCING MACHINE .

THE MINDFULNESS SOLUTION

Our need is to take control of uncontrolled random thinking. Taking control over the automaticity of thought production is the best place to begin personal improvement. You may notice that most arising thoughts relate to *past* or *future*. What is best for well-being, is be Present -the Now. Refrain from revisiting the past, or imagined future. The past is gone - whatever the future, it has yet to come. A practice the west has adopted from Buddhism is called Mindfulness. This helpful practice is used globally in schools and business to help students and staff be present and focus. Mindfulness practice is recommended by counsellors and therapists in mental health work. Mindfulness allows you to look at, acknowledge - observe intrusive thoughts and feelings as they arise, and using the mindfulness practice, return again to the present. Now more info regarding the correct use of Mindfulness Practice.

Professor Gendlin's work.

Part of Mindfulness Practice is noticing without resisting, or trying to push away - not judging the thoughts, images or feelings that may arise while you're doing the breath work. Part of *acknowledging* these 'intrusions' - is understanding, acknowledging and looking at them, but not engaging with them and diverting from your practice.

Eugene Gendlin, a professor at the University of Chicago, developed a process called **Focusing**. The role of focusing is to become aware of aspects of our inner experience. Focus on them for a while - and they will change - diminish or disappear. This is why counsellors get clients to recount their experience of a trauma - by *looking at the event* as they re-tell it and it changes - becomes less intense.

Professor Gendlin...

"WHAT YOU CAN LOOK AT CAN / WILL, CHANGE, DIMINISH - LESSEN OR DISAPPEAR."

"Everyone thinks they are escaping (emotional) pain by not feeling it. But actually, by not feeling it, it runs your life."

"Every so-called bad feeling has the potential to move to a more right way of being, if you give it the space to do so."

"What is split off, not felt, remains the same. When it is felt, it changes. Most people don't know this. They think that by not permitting the feelings of their negative ways, they make themselves good."

"On the contrary , that keeps the negatives static.. the same from year to year. A few moments of feeling it in your body allows it to change. If there is in you something bad or sick or unsound, let it inwardly be and breathe. That's the only way it can evolve and change into the form it needs."

Eugene Gendlin University of Chicago. (Focusing)

The greatest weapon against stress is our ability to choose one thought over another. *William James*

NEURAL PATHWAYS - BRAIN FLUIDITY AND THE INTERVENTION OF UNWANTED THOUGHTS

The brain with repetitive thoughts and physical actions sets up what is called a *neural pathway*. Eg. if you practice a golf swing a neural pathway helps the *remembering* of 'how to repeat it'. It does the same with repeating a story- *think* an associated word from the 'story' - neural pathway runs the story and feelings. So shifting an invasive thought is eroding the unhelpful neural pathway and replacing it with one you want.(negativity to positivity) This is what I did (and do with **unwanted**s) and it works magically. Every time a thought arose, I substituted the words- "**Unwanted thought - unwanted thought!**" Then returned to the breathing (see coming description of Mindful breathing. Which is in the **Present**.) The brain quite quickly erodes the redundant neural pathway and starts to implement *a neural pathway* supporting your Mindfulness practice (PRESENCE) and positive attitudinal feelings. Practice! and it happens!

In the darkest hour the soul is replenished and given strength to continue and endure. *Hearth Warrior Chosa*

MORE WISE WORDS

There is no sin punished more implacably by nature than the sin of resistance to change *Ann Lindberg* .

The measure of a mind's evolution is its acceptance of the unacceptable. *Rana*

THE ESSENTIALS USING MINDFULNESS PRACTICE

A number of people call this **Mindfulness Meditation** and shun it because they feel a *meditation* is contrary to their religious orientation. It's an effective mind disciplining practice and does *still the mind* -which is the goal. I feel it's a bit of a stretch to see it as a 'religious' practice. So, find a quiet comfortable place to sit. Close your eyes. Take 3 deep breaths - with the out breath be aware of letting go of any tensions in your body and relaxing them. Continue breathing and noticing the breath - notice the feeling of coolness in your nostrils as you breathe in, and the warmth in your nostrils on the out breath. As well, noticing and following the breath inward into your lungs... and the outward movement of the breath. If thoughts or feelings take awareness from watching the breath, just notice the thought or feeling briefly, and return to watching the inward and outward breath. If noises in or outside the room intrude, notice them and return to the breath. As often as thoughts or feelings or other distractions interrupt, just notice the interruption and return to the practice - watching the breath. Some people count, ten inward breaths and then

ten outward breaths. Don't criticize yourself if you lose count, just start at one again. On occasion you may feel to take your awareness to your body - (*the body is in the Now*) and then return to the inward and outward breath. If you have a million distractions and return a million times to the breath - that's excellent!

Regular practice of Mindfulness changes lives. The common practice frequency is 20 minutes at least once daily. Do it, it will be life enhancing for you , as it is for many others.

If you have access to a computer, a Google UTUBE search will usually produce (for free) several options of (20 minutes or so) a guided mindfulness session. You may find this a helpful input to enhance your practice.

MORE WISE WORDS

It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome.

William James

You cannot transcend what you do not know. To go beyond yourself you must know yourself.

Sr Nisargadatta Maharaj

The Mind is its own place, and in itself can make heaven of hell, a hell of heaven.

-Milton

You are not a body - not your mind - you are a self witnessing Being on a journey through a phenomenal world to be beyond all conceptual creation

Robert Monroe

BELIEF SYSTEMS- BE OPEN TO CHANGE AND YOUR YES OR NO?

We all carry very varied **belief systems**. A product of our cultural conditioning - parents, school, peer group and religion account for the most content. What's safe - permissible, healthy - unhealthy - entertaining - fun or not fun. OK and not OK. Beliefs regarding gender differences - strongly held beliefs are responsible for shaping our lives. *Many may be out-dated and unhelpful*. Our beliefs underpin our decisions - decisions determine outcomes, and outcomes largely spur re-active behaviour and create our reality. Choices - work you do - where you live -who you marry. A file of beliefs on expectations of marriage. The thoughts and the stories that wander through our mind arise from our beliefs - and thoughts have energies - feelings - elevating or depressing. Does your belief system accept that thoughts are *energy*? That form is energy in expression. Have you always accepted that to be so? Yes? No? Something to ponder.

Consider this ... *Yes* and *no* are two words that influence our life on a daily basis. Yes or no to a job offer. A marriage/relational proposal -- an investment opportunity - What beliefs sponsor a habituated Yes, or No ?

Many people are either what I call a *Yes* person or a *No* person. I used to have a lot of NO's as a response to life's offerings. Then I participated in a process from which I emerged a YES person. Dominantly YES people are rated

happier and more successful than NO people. This has been true for me. As I changed many NO beliefs my life changed. **Consider - A Yes person can be an optimist, a No person a pessimist. We've addressed having more control over the random behaviour of your thoughts and feelings that can make life difficult;** now I'm suggesting looking at your **beliefs** that may handicap well-being. Not only by their inherent implications, but also via the **Law of Attraction**.

A relatively neutral positive mind-set is far preferable to occupying our consciousness with negative thoughts eg "I'm a loser." Or negative feeling-thoughts carrying fear, anger, resentment - and the like. These usually are connected to judgements regarding past or future, living in *the world of mind rather than the world of being*. Recurrent judgement is very unhelpful to the one judging. You can avoid going to judgement with **being** thoughts and feelings of love, compassion, forgiveness, gratitude, acceptance, allowing. Being loving - being grateful, being compassionate - being forgiving - being accepting. You can develop an attitudinal mind-set devoted to such positive being states. Notice that unwanted, unhelpful negatives relate to *past* and *future*.

Now is a preferred 'place' to be for your well-being.

A *mental state* dominantly negative - anger, resentment, fear- can by choice become, love, tranquillity, compassion - acceptance, forgiveness. **Either** of these via the Law of Attraction, draw into your life their energetic equivalent. You do have a choice - negative responses are an unhelpful choice.

From reading the earlier quotes, Do you get the impression I subscribe to the influence of thought on our lives? Yes I do, totally. I have embraced it in ways that help keep at bay what I don't/ didn't want, and have used it proactively to have in my life what I do want. So I'm not being hypothetical here. I recommend you have a YES for a belief in the power and creative influence of your *thoughts*.

THE LAW OF ATTRACTION

The Law of Attraction states - 'Like attracts like.' For example, gloomy negative people tend to attract gloomy negative people. Happy, positive people attract happy positive people. Positive thoughts attract positive outcomes. Do you regard yourself a victim in the world? (*victim = unfairly dealt with*). Then you are inclined to attract *victim* perpetuating conditions and other 'victims'. Yes, these are broad generalities- but take an objective look at the world, victim mentality is an epidemic! A large proportion of people spend more 'mind time' thinking about what 'they don't want' (and getting it) rather than mentally inviting what 'they do want.' (and not getting it) "We have no money" "The kids keep getting sick." "There are no proper jobs." Do you want these? No. Then don't think thoughts that attract and perpetuate "don't wants" in your life.

MORE WISE WORDS

We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.

Gautama Buddha

Nothing outside yourself can save you, nothing outside yourself can give you peace. *A Course in Miracles*

In every crisis there is danger and opportunity. Fail to discover the opportunity and one is only left with the danger. *Chinese Proverb*

The ultimate result of shielding men from the effects of folly, is to fill the world with fools. *Herbert Spencer*

We live in the eternal now - and it is now we create our destinies. To grieve over the past is foolish, to make plans for the future a waste of time. The only ambition which is good, is to so live now that none may weary of life's emptiness - none may have to do a task that we leave undone. *Tsang Sandup*

Your life will change as you become more loving. But not in ways that you can exactly predict. What happens is not as important as how you respond to what happens.

- T.Golas

For as a man thinks in his heart so is he. *Prov. 23*

The significant issues we face cannot be resolved at the same level of thinking we were at when we created them. *-Albert Einstein*

"What you don't realize Sid, is that most of your life is subconsciously determined. " *Milton Erickson*

Everything you see has its roots in the unseen world. The forms may change, yet the essence remains the same. Every wonderful sight will vanish; every sweet word will fade. But do not be disheartened. The source they come from is eternal, growing, branching out, giving new life and joy. Why do you weep? The source is within you. And this whole world is springing up from it.

Jelauddin

PROACTIVELY USING THOUGHT FOR WHAT YOU WANT.

Years ago I read a book (*Success Through Positive Mental Attitude*) that suggested a method for using thought to achieve a particular goal. Write out briefly a precise description - a *new job, a friendship, money - a quality of being* - whatever. Then stick either your written words or a picture on the bathroom mirror to keep you reminded. Visualize it - feel how it would feel for it to be in your life - the money in your bank, participating in the new job, driving the new car, how the different state of being, would feel. See it as happening *now*. You're using the power of creative thought as already discussed to manifest. Is your life already packed with stuff you may have unwittingly attracted? Now you are **consciously** creating/ attracting. Find and read books about this method.

Your vision will become clear only when you can look into your own heart. Who looks outside dreams; who looks inside, awakens.

Dr Carl Jung

When you lose touch with inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world. Eckhart Tolle

When you become aware of silence, immediately there is that state of inner still alertness. You are present. You have stepped out of thousands of years of human conditioning. Eckhart Tolle

Is stillness just the absence of noise and content? No, it is intelligence itself - the underlying consciousness out of which every form is born. And how could that be separate from who you are? Eckhart Tolle

Stillness is the only thing in this world that has no form. But then, it is not really a thing, and it is not of this world. Eckhart Tolle

What happens after death is so unspeakably glorious that our imagination and our feelings do not suffice to form even an approximate conception of it. The dissolution of our time bound form in eternity brings no loss of meaning. Dr Carl Jung

"... What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: our life is the creation of our mind. If a man speaks or acts with an impure mind, suffering follows him as the wheel of the cart follows the beast that draws the cart. If a man speaks or acts with a pure mind, joy follows him as his own shadow " *DHAMMAPADA 500 - 600 BC*

SUGGESTED OPTIONS AND EXPLORING FURTHER

Look on line for consciousness subjects.

Search: Leonard Jacobson: *Words from Silence* and Free down load talks on Stillness and more.

Jurgen Ziewe: *Vistas of Infinity*.

Eckhart Tolle: *The Power of Now. Stillness Speaks*.

Brian Weiss: *Many Lives Many Masters*.

Napoleon Hill: *Think and Grow Rich*

UTube for Mindfulness talks and 20 min guided meditations sessions.

Most published teachers have good material available on Utube.

If you have anxieties on death and the after-life there is a lot of revealing talks on utube - just like books - some that seem credible - some less - but worth a look. William Buhman's *Adventures Beyond the Body* is an informative journey.

A consideration I have, after looking at a lot of life after death (utube) material - suicide is not a good choice - recovering from misery is worth working on. Knocking off the body, may not be a "get out of jail" card. Bodies die - we (as an aware being) keep on. Be patient "NOTHING IS FOREVER" in *this* world.



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INVASIVE TROUBLESOME
THOUGHTS AND FEELINGS --

HERE IS A *HOW TO* - !



A USER FRIENDLY, PROVEN

METHOD TO TRANSFORM YOUR LIFE.

FREE COPY -FOR YOU AND A FRIEND...

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