

PART 2

KEEPING ON TRACK

Techniques & Tips

In order to profit from the unlimited you have to switch off your logic and rational thinking modes. You have to develop fresher, more effective habits.

As your knowledge and competence increase, new patterns of behaviour must be learned. Unlimited thinkers take responsibility, and, take action. Structured affirming and visualising will help you enormously in this.

~ “You cannot have a negative vocabulary and expect to be anything but poor; poor in health, poor in looks, poor in pocket. To break this habit, which can never bring out the magic in your mind, first cultivate a liking for positive words.” Al Koran¹ ~

Affirmations serve many purposes: to lift the senses, to change awkward thought patterns or to focus a stream of consciousness. However one of the primary functions of affirmations is to create new habits. Observe your automatic thoughts.

Language is a part of our identity. Our personal use of language as well as collective associations are all reflected in our daily lives. Paying attention to the volatility of language is important when addressing the issue of affirmations.

Affirmations will help you to recognise instinctive thought patterns. They will allow you to replace destructive thoughts, and they will prompt the use of keywords to shift

¹ Bring out the Magic of your Mind: Al Koran

mental flow. Constant practise will instil a new pattern of behaviour.

Stephen R Covey writes² that habits can be learned or unlearned. He also wrote that creativity begins with the mind. True, and what better way to focus the mind then with affirmations. You can quickly make some quite startling changes in your life through the power of affirmations.

There are, however, vital techniques to remember.

Affirmations should always be in the present tense. They should be short and sharp. They should be something your conscious, or subconscious, mind will not argue with.

Coue's law of reverse effect will create the opposite of what you desire if your affirmation starts an internal argument. You cannot, for example, affirm "I am wealthy and successful" if you are on the dole. You can however affirm the words "wealthy" and "successful". You can affirm "I am open to wealth and success." These will then have the positive returns you seek.

Examples:

I am now enjoying more success.

I am increasing my income

I am succeeding more and more.

Everything is beginning to go my way

Wonderful things are now happening to me

My luck is turning around

Even better, though they are slightly esoteric:

I am vibrating with wealth and success energies

I am full of light and love

I am drawing to me all that I am

² Seven Habits of Highly Effective People

“I am” statements are deeply powerful. Make sure your affirmations start with “I am”.

Tasks

- ! **What areas of your life do you most want to improve?**
- ! **Which goal do you most want to realise?**
- ! **Write a preliminary list of corresponding affirmations**

~"We begin with a thought that is planted in the mind and if you think this thought long enough, it becomes a habit. If you habitually think this thought habitually enough, it becomes a belief, something you believe to be true about yourself." Jerry Fankhauser³ ~

Affirmations can be used for building self-esteem, for finding love and for improving relationships. You can affirm for a job or for increasing abundance in your life. For increasing your creativity and self expression, for being on the path of bliss or simply to improve your daily work.

You can affirm for prosperity, health and even for spiritual development.

As well as being in the present tense affirmations should use positive terms. Avoid anything with negative associations. You should affirm for what you do want, rather than what you do not want.

“I am beginning to gain a fit and healthy body” does not contradict if you are currently overweight, and yet to start a slimming programme. It is planting the seeds of activity and you will find yourself putting aside that packet of crisps and drinking a glass of water instead. You may find yourself paying more attention to a magazine article on weight loss or you may decide to walk to get the paper instead of hopping in the car.

³ The Power of Affirmations: Jerry Fankhauser

The statement is very powerful because it is positive, it reinforces your desired goal and it sets in motion a chain of events that will ultimately result in your beautiful fit and healthy body.

Affirmations that are short, specific and easy to chant have an invisible and potent impact at a deep and hidden level of your mind. Power and energy come from constant repetition.

Repetition is important. In fact repetition is vital and must be given time and focus. Repetition will imprint the affirmation into your subconscious mind and allow your hidden powers to come up with effective solutions.

Enjoy your affirmations. Use passion and creativity. Personalise them rather than copying something you have read in a book. Remember the volatility of language and make sure that the words you use do not have ulterior or unfortunate connotations!

Affirmations should be chanted persistently, regularly, morning and evening to get the results you require.

Provided you have followed the basic rules, affirmations will work whether you believe they will or not. Obviously it helps, but belief actually will grow as you start to see the buds of success start to appear.

To gain maximum benefit from your affirmations, your mind should be in a receptive state. First thing in the morning, and prior to sleep are excellent.

Still and quieten the mind first. Switch off any sensory stimulation. Close your eyes and focus on your breathing. Listen to your breathing. It has the most extraordinary effect of releasing the mind from its physical

borders. You will get a sense of being both inside and outside of your physical body.

Start your affirmations and gently, hypnotically, keep repeating them. Stick to one or two that work together – remember they are focusing your inner energies and you do not want one statement to cancel out another.

There is definitely a process and sequence to working successfully with affirmations. Feeling particularly intense or mind-stressed is not a good time to affirm for a key desire. You must affirm to clear the current condition first of all. Affirmations charge and energise, and you want your desire to be untainted.

Keep a log of any feedback. If you think nothing is happening, then that is precisely what you have created - nothing. Expect something to happen - and it will. There is a metaphysical law which states that everything happens invisibly first. As above, so below. Christians will recognise this similarity to the Lord's Prayer: On Earth, as it is in Heaven...

Tasks

- ! **List any key issues in your life**
- ! **Prepare a list of corresponding affirmations**
- ! **Fine tune your earlier affirmations**

~ “Every moment of your life is infinitely creative and the universe is endlessly bountiful. Just put forth a clear enough request, and everything your heart desires must come to you.” Shakti Gawain⁴ ~

Positive, focused, visualisation can turn your life around.

⁴ Creative Visualization: Shakti Gawain

In Unlimited Thinking all desires are first manifested in our unconscious minds. For some, it is not always possible to actually see anything in their mind's eye. Jack Black⁵, a leading practitioner of mind-management courses, simply *believes* he can see, and that, to him, is sufficient.

The brain and nervous system cannot differentiate between real and “unreal” and will act upon these images anyway. Imaginations are immensely powerful, so why not have fun with some controlled imagery? Script for yourself some ten minutes scenarios. For examples, imagine yourself rolling in money. Feel the texture of the notes and coins. Are you inside or outside? Is the sun shining? Are there other people around? What do you feel?

Or how about standing on top of the world, with your boss sitting in the palm of your hand? Or the same place but with people queueing up to give you money? Or buy your services? Or offer you jobs?

If you know any annoying people, see them in your inner cinema as very small indeed... and unable to harm you. Tempting though it sometimes is to mentally step on them, thereby consigning them to imaginary Elysium, do not. It is far better to work on focusing on their finer natures. However hidden they may be, they do exist.

If your finances are fine but you have other challenges, imagine a powerful laser zapping away all your problems. Take care not to use your laser to harm anyone else though. If you do feel inclined to laser a person, make sure it is a cleansing one, releasing them of the negativity that has bounced on to you.

If you need protection, see yourself cloaked in golden light. For opportunity, create a picture of a house with many doors, all marked with the appropriate words: New Job,

⁵ Mindstore: Jack Black

Promotion, Love, Success, Good Health and so forth. Then push open the door you require and step into the light behind. It will take care of the rest. Just remember to follow up all gut feelings that will result.

Tasks

- ! **Create images to go with your key affirmations**
- ! **Use symbols and associations to reinforce the message**

~ *“All our dreams can come true if we have the courage to fulfil them”*
Walt Disney ~

An important part of visualising is taking time out to daydream. This is a logical step from the controlled imagery exercises described before. With daydreaming, you sit quietly and let your mind take its own journey. Just remember to write it down later.

Daydreaming, like night dreaming, is a mystery of the mind. We enter into a world where parallel time rules, where there are no boundaries – in fact, it is a world of unlimited possibilities.

Jung believed that dreams were “remnants of a peculiar psychic activity taking place during sleep.” By dreaming during the day, you will be able to better control the messages from your inner self.

Professor Susan Greenfield said that when we dream we are all schizophrenics. However, while schizophrenics seem unable to control their multi-aspected, altered egos, with daydreaming, you will have your hands firmly on the steering wheel.

In the sci-fi drama, Quantum Leap, Sam Beckett never lost sight of who he was, but he tried to do the best he could to enhance the life of the body he had leaped into. You can imagine the same for whatever body your mind chooses to “leap into” during these states.

Whatever your key goals, they are already vibrating on an invisible plane, or dimension, waiting to be manifested. You have to be in tune with them, prior to manifestation, vibrating at their frequency, and to do that, you must feel that you are indeed doing so. This is not as difficult or as esoteric as it sounds. And you certainly will not be hexing yourself or anyone else. Just make sure your motives are compassionate and generous and you will be fine.

Take abundance as an example. Abundance is vibrating all around us. Abundance manifests not only as success, money and wealth, it also manifests as love, wellbeing, harmony and good health. To enjoy good health, tune your thoughts to that vibratory dimension of radiant good health. This applies even to those in hospitals - your physical body may be battered, but the foundations of your mind are perfect and healthy. When you vibrate with those foundations, you will discover ways to either heal yourself or to cope better.

Those suffering from most forms of mental illness will probably need a helper in this. Generally-speaking, schizophrenics are notoriously indisciplined, suffering "disordered thought". They prefer their own mind-world, no matter how much it may torture them. You, however, have more control over your choices.

Tasks

- ! **Do you recall your dreams?**
- ! **Make an effort to remember at least one dream this week**
- ! **When you daydream, does it seem very real?**
- ! **Do you try and control your daydreams?**

~"It is now realised that a state of schizophrenia and the artistic vision are not mutually exclusive." Carl Jung⁶~

Visualisation is balancing what is with what you are creating. Controlled visualisation will ensure that your mental film-making stays within your pre-set boundaries.

Thus to manifest wealth, you must feel wealthy and you must feel rich inside. However, you must ensure that this

⁶ Man and his Symbols: Carl Jung

feeling of wealth does not manifest in bending the plastic enthusiastically before your bank account can handle it!

Sometimes visualisation needs help when the “leap” is too big. Scrapbooks are a useful tool for creating sensory images. You can rebuild self image, following the credo of fake-it-till-you-make-it. The subconscious, uncontradicted, has no means of knowing what is real or not. Paste in your scrapbook pictures of the car you want, then see yourself test driving it. Or even parking in your drive.

Whenever I have done these exercises, the sheer power that resulted, has energised me into achieving everything, although the means were perhaps rather more prosaic. Just be measured and balanced when you take risks.

Someone I once knew who subscribed to the fake-it-till-you make-it ideal, bought his Rolls Royce, but had rather big debts and a sad body language. Far better to see pictures of yourself feeling good in other ways first - then the Roller will follow. To manifest the bigger effects will almost certainly require you to unlimit various other aspects of your life and persona.

It is said in Eastern mysticism that when you have achieved the spiritual means to manifest whatever you want, at will, then you will no longer want to do so. Divine Catch-22!

The amount of effort you put into training your imagination will show in unlimited results. The results you achieve, and you will achieve results, can be stretched as your satisfaction limit gets pushed further and further away from its current state.

Satisfaction limits are not exclusively related to wealth. You might want to express your inner artist, become your own boss or to adopt children. You might want to get married or explore a single life. Life in a village in Africa....

In a recent survey of activities to do before they die, the top-rated desire was swimming with dolphins. Other wishes included walking the Inca trail at Machu Picchu, trekking through a rainforest, riding a motorbike on the open road, going white-water rafting, seeing the Northern Lights and skydiving.

Why wait? Set your goal, visualise and see it manifest. Open and unlimit your mind - anything might happen!

Tasks

- ! **Do you feel satisfied with your life?**
- ! **Do you feel you could achieve or give more?**
- ! **What you make you feel satisfied?**
- ! **What would increase your levels of satisfaction?**

*~"We may give advice, but we cannot inspire conduct." La
Roche foucauld ...*

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"I make a habit of never having any sort of routine. It's bad to have a pattern to your life, because the three easiest times to kill a man are when he's on the toilet, when he's in bed or when he's eating." Masaaki Hatsumi~

Unless you are a Ninja grand master, like Hatsumi, then you will value these daily practical tips, which should be habit-forming:

- ! **Tell yourself you are a winner**
- ! **Have confidence in your abilities**
- ! **Smile**
- ! **Be friendly to people**
- ! **Speak with at least four people each day**
- ! **Take a chance on something**
- ! **Use affirmations with your daily routines**
- ! **Enjoy tasking your inner guru**
- ! **Believe miracles are possible**
- ! **Remember every day has creative power**
- ! **Think lucky and you will be lucky**
- ! **Spend ten minutes in stillness and silence**

- ! Write down your problems
- ! Write down possible solutions
- ! Date and file what you have done
- ! Focus on something else
- ! Be enthusiastic no matter what
- ! Follow up all your promptings
- ! Show your mind you are in control
- ! Stop any internal dialogue immediately
- ! Refuse to give up
- ! Be open to all opportunities
- ! Analyse failure and make it work for you
- ! Don't give a damn what other people think
- ! Fake it till you make it in your mind
- ! Avoid people who hold you back
- ! Read some words of wisdom every day

Self-Discovery In Words

~ "Why do I keep this voluminous journal? Partly because life appears to me such a curious and wonderful thing that it almost seems a pity that even such a humble and uneventful life as mine should pass altogether away without some such record as this, and partly too because I think the record may amuse and interest some who come after me." Rev Francis Kilvert

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"If you do not tell the truth about yourself, you cannot tell it about other people." Virginia Woolf~

I confess to keeping a personal journal with a similar view to the good Reverend. It also pleases my mother to receive written monthly updates. However, the main purpose of keeping a journal within the context of Unlimited Thinking, is to understand yourself better.

Self-understanding comes from self-awareness and one of the best forms comes from what you share with your journal.

Keeping a journal can help you to explore and experience your feelings fully. Check your feelings by

writing “I feel...”. Unless you choose to share your pages with your mother, it is your private space to say exactly what you want. Indeed, you may even want your nearest and dearest to know what you really think and feel, so your journal can be an ideal place to start developing forthrightness..

Piers Paul Read wrote that writing novels helped him to control and purge his more negative and destructive urges. Your journal can also provide a similar service, although, as in the case of Princess Diana's videos and letters, it might be kinder to add caveats in case you leave this mortal coil unplanned. Write freely, but add balance by trying to see the other person's perspective as well.

Journal writing should be a daily task. Your time just for you. Ira Progoff⁷ wrote that recording your desires can trigger miracles. If there are no restrictions on your time, or money, what could you create for yourself. Write your life script, become an observer of your life: what needs improving, what is missing? How can you create something better? What is achievement to you?

Journal writing can be like praying on paper. As you create your life you can add or change the dramatis personae, increase your physical attributes, your success quotient, intelligence, intellect and much more.⁸

As it is written, so shall it be. No sooner written, then you will find yourself actioning it in “real life”.

Self-discovery from words can take many forms. For those who get no pleasure from lengthy writing, keeping lists is a step in the right direction.

Tasks

! Buy or acquire a blank book

⁷ At A Journal Workshop – Ira Progoff

⁸ Write It Down, Make It Happen – Henriette Anne Klausner

- ! Start writing down your thoughts, experiences and emotions
- ! Write down anything that comes to mind
- ! Make this your secret journal

~ *“The human animal differs from the lesser primates in his passion for lists...” H Allen Smith* ~

Writing lists can help to itemise feelings, intuitions and thoughts and allow you to unburden faster.

Not everyone is a gifted writer, but almost everyone can write, even if it is only a shopping list... In this case, a personal shopping list, and that, believe it or not, is a great tool for self-discovery.

According to Wallechinsky/Wallace⁹, everyone keeps lists. In fact, they say, lists are as old as written history. Hammurabi had a list of 282 laws, Moses had the 10 commandments. And then there is you with your shopping list or your business tasks of the day.

In Unlimited Thinking, lists are for various purposes. Lists suit lazy or inexperienced writers. Lists are good for at-a-glance keeping on track.

Keep a special book reserved for your lists. List what you **DON'T** want – because they will tell you what you **DO** want and what you *should* be focusing on.¹⁰

Lists are good for applying detail to your desires and the more we think seriously about something, the faster we are going to attract it into our experience.

Lists are good for setting timelines and observing potential obstacles. They are good for checking what you

⁹ The Book of Lists

¹⁰ Excuse Me, Your Life is Waiting: Lynn Grabhorn

need to learn, who can help you, logging specific courses of action for each goal, and for listing the benefits you will enjoy when you have reached your goal/s.

Lists are good for writing down everything that is good in your life, everything that is a challenge and everything that is horrible, and that you want to change.

Lists provide the basis for accurate goal setting. Lists will enable you to discover any contradictions in your goal setting. For example, if you want to be an artist but you crave financial security, you have an underlying goal which must be addressed first.

List what makes you happy. “Happiness is not an ideal of reason but of imagination”. What exactly is happiness? Yogananda said that to be happy is to be in tune with God. Once contact is genuinely made the feeling of harmony and oneness never really disappears although it may get buried from inattention.

However, someone else said that happiness is episodic - with Bernard Shaw adding that a lifetime of happiness would be hell on earth.

In untenable situations, it would seem like a bad joke to find something to be happy about, but there usually is something. Dependent on the level of pain and trauma, it might take an enormous effort of will to step outside of that emotion and situation and to seek something to be happy about.

Paradoxically though, the very act of thinking of something that has made you happy will change your electromagnetic frequencies and will generate some sort of change. It may only be a tiny change but it will add up.

For many, our challenges can seem immense and it can be difficult to find much to be happy about. Yet there are

others, physically abused, trapped, starving and worse who have broken free by finding odd moments of happiness.

Best of all is to find that happiness within. Happiness and success, like pain and despair are relative. Only your inner self knows its limits.

Rousseau believed the secrets of happiness were a good bank account, a good cook and a good digestion - not a bad place to start.

Tasks

- ! **Make a list of the first ten things that spring into your mind**
- ! **Use lists if writing is not your forte**

~ *“The unexamined life is not worth living.”*
Socrates - Apology [Plato] ~

Another tool for word self-discovery is a diary log.

Not so intense as a personal journal, nor as brief as a book of lists, your diary log will contain snapshots: of thoughts, images, ideas, dreams, insights, coincidences, as well as the mundane - the plumber not turning up, or being bawled out by the boss, taking your wife out for a romantic meal, something about your children, having a touch of road rage these are typical logs you may want to include.

~ *“So in each action 'tis success
That gives it all its comeliness.”* William Somerville ~

A success diary is exactly that: a log of each and every little, medium and big success that contributes towards the fulfilment of your goals. Success thoughts, ideas, events and actions should all be included.

Tasks

- ! **What would you class as a success?**

- ! **Keep a log of everything that you class as a success**
- ! **Write down past successes**

~"If it is indeed true that each human soul contains a Bible within itself, may it not be that each person contains the possibility of new spiritual events and awarenesses taking place in his or her own experience?" - Ira Progoff PhD ~

Keeping a personal journal is like having a conversation with yourself, or Self.

Through your observations and judgements, it details your personal strengths and weaknesses, your fears and thought patterns, actions and inactions. It is a secret place to tell yourself what you really want, how much you really want it and what it will give you. It will show how deep your desires are and what your commitment is to those desires.

As you log events in the wider world, it will also show how they can, and do, affect your thought processes and how they could impinge on your goal fulfilment.

It is a place to scribble screenplays for your fantastic new life - where you can describe in glorious detail all the things and people you want to enhance what you already have. Or maybe even to creative a whole new world for yourself.

As previously stated, thoughts exist on an invisible plane or dimension, prior to manifestation – and this is where you will capture them first. They may appear disguised but the essence will absolutely manifest in time.

Use your journal to log any alternatives that may satisfy as well – or to see if your desire is unshakeable. Are you willing to change yourself to achieve your desires? Are you prepared to commit to your dreams? If you do not, then nothing will happen.

Use your journal to log tasks to be done. When they are completed, you can transfer them to your success diary. Do not leave tasks undone. Use your journal to do mental dumps. Dump anything unfulfilling. If it gets you down, it is not right for you, and the best place to find out is from your journal.

Try writing a self-portrait. Start from your perspective, then write it as if it is your partner's words and feelings about you. Or a sibling, or your boss, maybe your children.... This is a particularly good exercise if you have any issues with a specific person.

~"..we can never know for sure whether channeling is a fabrication of our own minds, or true communication with other beings. But... the human mind has an amazing capacity to access wisdom far beyond our conscious knowledge."¹¹ Kathryn Ridall PhD

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"The Lord gives His blessing when He finds the vessel empty." Thomas à Kempis~

Automatic writing is another form of what I call streaming – short for streams of consciousness. It is also a form of channelling: as your unconscious mind taps directly into its subconscious, it can uncover blocks or hidden emotions, or knowledge beyond our current experience.

Obviously solitude is a must. Write away for however long or short you feel necessary and see where you are lead.

It is generally thought that handwriting is better for streaming than using a laptop, because the pen or pencil effectively becomes an extension of your hand. However, typing into a laptop, in my experience, has been more effective for me, as I have not been distracted by messy handwriting. Either way is acceptable, if the end result is less ego and more "still small voice".

¹¹ Channeling: Kathryn Ridall PhD

It is worth noting that many successful writers, including JK Rowling, have been handwriters. Many again talk of the words simply pouring from them.

Of course, if you are feeling particularly adventurous, you can always try the exercise with your other hand. As part of my own self-taught exercises to make my broken hand useful again, I regularly practised left-hand writing and drawing. It had the added benefit of injecting humour into a non-humorous passage of time.

Try writing a letter to yourself, or to another person, real or imagined. Make sure to destroy the letter if it is to an existing person – especially if it is contentious in any way. Emotions and attitudes change over time, and bilious letters have a habit of turning up at precisely the wrong time!

Take a written journey. What do you see? Hear? Smell? Describe it in as much detail as you can. What are you doing and what are you wearing? What do you feel like? Who else is there with you? Who do you want to be with you? What is the purpose of your trip?

Writing, whatever form it takes, is definitely good for the mind and soul. As a method of unlimiting your mind, it cannot be stressed highly enough.

Stimulating Your Imagination

~"The imagination is the secret and marrow of civilisation. It is the very eye of faith." Henry Ward Beecher

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"People can die of mere imagination." Chaucer

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"Because imagination created the world, it governs it." Baudelaire~

Now that you have your diary, list log and journal, what else can you put in it? Now that you know how to

visualise, how can you make your mental screenplays more vivid and exciting?

Albert Einstein famously talked of imagination being more powerful than knowledge. This is no doubt proved by the fact that many people have difficulty in creating their own mental pictures.

To imagine is to create mental images and to fire them with emotion. Freeform imagining, or daydreaming, is allowing the hidden tunes within to play their song. Imagining provides possibilities and solutions.

"Imagination is the power of the mind to consider things which are not present to the senses, and to consider that which is not taken to be real."¹²

The sections that follow are intended to help to build and stimulate the imagination ...

~"...let us chase our imagination to the heavens, or to the utmost limits of the universe..." David Hume~

Imagination and creativity are inseparable for artists and poets and writers. The rest of us in our everyday lives have barely the time or the inclination to challenge our imaginations. Daydreaming is fine but focused imagination is the province of those arty types.

But you can of course stimulate your imagination with the practical and the tangible. Why take a leap of faith with something airy-fairy, when trying out a new recipe will do the trick almost as well?

You may not want to paint a landscape or write a book, but, as well as food, you may want to experiment with

¹² The Oxford Companion to Philosophy ed Ted Honderich

your garden, or redecorating the spare room. You may want to learn a new language.

Getting your vocal chords wrapped around Chinese, as well as learning their immensely beautiful characters, will immediately transport you mentally into a vibrant, exciting and *different* world.

Stimulating the imagination involves cultivating curiosity. Develop a sense of wonder. Don't just use the expression "smell the roses" – go out and discover what they do smell like. Find something to be surprised about. Try something new.

Before you go to sleep each night, think of at least three exciting things you would like to do the next day. Remember this is an exercise for stimulating your imaginative processes – not for taking the day off to go golfing!

Your lists and daily journal will eventually throw up a pattern of interest that might be worth exploring or even turning into a fully-fledged major goal.

Tasks

- ! **Do you use the television to stimulate your imagination?**
- ! **How often do you read books?**
- ! **What are you going to do now to stimulate your imagination?**
- ! **Have you any ideas you can share?**

~"The majority of Englishmen and Americans have no life but in their work; that alone stands between them and ennui... they are too deficient in senses to enjoy mere existence in repose; and scarcely any pleasure or amusement is pleasure or amusement to them." John Stuart Mill¹³~

Idleness is generally frowned on, yet many ideas have been born in moments of seemingly mindless inactivity. Isaac Newton and Einstein, as well as many artists and

¹³ The Importance of Being Idle: Stephen Robins

writers, gained valuable insight and ideas in their periods of wakeful idleness.

Wakeful idleness is not sitting in front of the box with a six-pack and a burger. It is not having a lie-in. Nor is it surfing the Internet. It is sitting and gently observing. It is letting your thoughts drift, allowing them to follow their own course.

Become an observer of your thoughts and, when you hit Planet Earth again, scribble them down in your journal.

If you are properly in tune with your intuition, you may get a relatively quick return. Generally, results happen over a period of time, which is why keeping records is quite important.

Nothing is unimportant in the scheme of things, however many light years it may be from your current experience.

*~ "The mystery of language was revealed to me. I knew then that 'w-a-t-e-r' meant the wonderful cool something that was flowing over my hand. That living word awakened my soul, gave it light, joy, set it free!"
Helen Keller ~*

At a rough estimate, there are 6,000 languages spoken in the world today. Language distinguishes us. Despite fashionable views, language is more than a question of style.

Language is perceived as a human system of communication. In fact, the faculty of language is regarded as a defining characteristic of being human¹⁴. Some peoples deploy an incredible variety of sounds and sibilants to describe individual characteristics and even defects. There are peoples who have special languages for hunting, or

¹⁴ The Oxford Companion to the English Language

circumcised males¹⁵! Language diversity is as splendidly rich as the human race.

While English may dominate as the language of world trade and commerce generally, other nations, notably the French, have passed legislation to try and protect the power and beauty of their own mother tongues.

Language is wonderful. It is alive, and constantly changing. Language is cross-cultural, lending and borrowing words to add to its richness and freshness.

There are so many games one can play with words, and there is an almost endless supply to stimulate our imaginations. For some though, language becomes a forgotten territory, requiring another perspective on unlimitedness.

Alzheimer's sufferers, sadly, lose the ability to communicate with words. From mild difficulty in finding words to a complete loss of language, people with Alzheimer's focus more on non-verbal communications¹⁶. Gestures, tone, facial expressions and body movements become their primary mode of communicating. So there is still a lesson that multi-abled people can take from them when learning to stimulate their own imaginations.

Learn a new word each week, or even each day. Find out its synonyms and antonyms using Roget's Thesaurus.

According to Steven Pinker¹⁷, the brain hears speech content in sounds with a remote resemblance to speech. He calls it "sine-wave speech".

Speech is in fact an illusion. This is excellent for the purposes of unlimited thinking. Choose your new words with

¹⁵ Spoken Here: Mark Abley

¹⁶ New Approach to Living Positively: Joanne Koenig-Coste

¹⁷ The Language Instinct: Steven Pinker

care, and you could be vibrating at a wavelength with great potential.

Tasks

- ! **Choose a new word and make sure you use it several times**
- ! **Do this every week with a new word**
- ! **Change one of your language mannerisms**

~ *“A person gets from a symbol the meaning he puts into it, and what is one man’s comfort and inspiration is another’s jest and scorn.”*

Justice Robert Jackson ~

According to Tom Chetwynd¹⁸, symbols are treasured as a "means of releasing sources of energy from the unconscious". When unconscious knowledge is brought into the conscious mind, it can affect the quality of our lives, "bringing value and meaning".

When Pope Urban VIII believed his life was threatened by adverse astrological events (a sun’s eclipse), he used the supposed symbolic influences of the magic squares of Jupiter and Venus to countermand their influence. He lived on for a further sixteen years.

The square of Jupiter is thought to bring prosperity and happiness, while Venus brings love. Urban felt protected and prospered by the symbolic resonances within those squares, and his life reacted accordingly.

Albrecht Durer’s engraving “Melancholia” also includes the magic square of Jupiter. It is traditionally associated with happiness, prosperity, good fortune, good health and long life. Durer believed its mere presence would aid the sufferer, helping to lift his or her spirits¹⁹.

Another symbolic magic square is that of Saturn. It is used as a leveller, bringing down to earth those afflicted

¹⁸ A Dictionary of Symbols: Tom Chetwynd

¹⁹ The Complete Fortune Teller: Francis X King

with delusions of grandeur. Its significant number is fifteen. Each row, whether across, down, up or diagonal, adds up to the number fifteen.

4 - 9 - 2

3 - 5 - 7

8 - 1 - 6

Believed to be the origin of the I Ching - Book of Changes²⁰ - it was said to be the pattern of life. This particular magic square is also used in intuitive²¹ feng shui, and has been more effective for me than the classical school of feng shui which focuses on the use of a geomancer's compass. In fact, I first found out about the magic square many years before I knew of feng shui.

Each of the numbers represents elements in the journey of life. I used these symbolic associations to create energy flow for what I wanted to attract. And it worked. As with all energy though, it is important to avoid stagnation, even with symbols.

While there are universal symbols, or archetypes, our unconscious tries to communicate with each individual according to our own personal dictionaries. By paying attention to our dreams and coincidences, we can begin to discover our own inner language with its private codes and symbols. We can then immediately start to live richer lives.

Tasks

! **Do any symbols have meaning for you?**

! **Or numbers?**

~ *“Who is there that, in logical words, can express the effect music has on us? A kind of inarticulate unfathomable speech, which leads us to the edge of the Infinite, and lets us for moments gaze into that!”*

Thomas Carlyle ~

²⁰ I Ching - The Richard Wilhem Translation

²¹ Feng Shui Made Easy: William Spear

I have mixed feelings about science. On the one hand, science has proved many long-known mystical truths. On the other, if science does not believe it, it cannot be so, consigning spiritual metaphysics to the fools' junkyard.. Thankfully, however, scientists are in agreement about music.

Music can affect us in numerous ways – mostly to advantage. Penn State University asked students to keep diaries recording their moods and responses to music. The students reported back of positive emotions, regardless of the choice of music.

Babies listening to music were shown to have increased their intelligence and curiosity. Unless you take after W.C. Fields, one of the most beautiful sounds is that of a baby burbling and chuckling away to him or herself, music to most people's ears.

Music can boost performance or relax. It can increase energy flow, or it can substantially reduce it.

Your choice of music should reflect your circumstances. Because hard rock music can make you speed, it is not suitable for traffic jams, as it can exacerbate road rage. In fact, research²² has proved that some forms of up-tempo music have increased the rate of accidents. Equally though, tranquil classical music on motorways can induce torpor, when alertness is vital.

Music has been used to treat ill-health as well as stimulate soldiers into battle. Technogrunge with its heavy thudding beat is fine in a night club. Unfortunately it has also been responsible for some suicides as has country music.

Music affects our nervous system. Even a deaf person can “hear” music – through bone conduction. Evelyn Glennie taught herself to sense musical sounds through the

²² Ben-Gurion University 2002

soles of her feet as well as through her lower body and hands. To her, music “isn’t just a question of sounds... the seed.. comes from the heart... You don’t need ears”

Mozart is well-known for increasing intelligence and improving concentration, far more than any other composer. Apparently it is because of the precise mathematical patterns of his music reflected in our mental processes. We get a sense of balance which helps to regulate our bodies thus helping them to function better.

Music has even been shown to break down cancerous cells. Mark you, the case in question involved intoning scales for three and a half hours each day for a month, so I am not surprised the faulty cells took off. The story does not record what effect all that intoning had on other parts of her mind!²³

Pythagoras believed that both preventative and curative treatment should begin with the senses, especially hearing.²⁴ Using appropriate harmonies, it became possible to change or reverse emotional attitudes. Equally, music was viewed as a bridge to heaven. From the Whirling Dervishes to the shamans to wandering minstrels, music has had a purifying power.

However if you are planning to use music to stimulate your imagination, choose with care. Lyrics should be avoided. Film soundtracks are also not a good bet. One of my favourite pieces is Zimmer’s *Gladiator* but it resonates, for me, with the “Final Battle” and I am not yet ready for *Elysium*!

Before selecting your music, write down what you want to achieve: to raise your energy? to relax? to get ideas? to feel in tune with the divine? In our highly-blessed age there

²³ Healing With The Voice: James D’Angelo

²⁴ Iamblicus: Pythagorean Life

is an abundance of music to suit all needs. You can be mentally stimulated, unlock your creativity, be inspired and much more.

The language of music must be learned. Opera generally is an acquired taste unless you are Italian. So too are many forms of Asian music. However its marriage with western pop has seen Indian bhangra hit the charts and open up a new world of the Bollywood musical. This in turn can foster exotic flights of fancy.

Music is very powerful in controlling and manipulating our emotions as soundtracks have proved. Listen to the first bars of Jaws and you can almost smell the deceptively peaceful ocean, as well as feel your hackles rise!

A proven and powerful musical form is chanting. Aside from its eastern, mystical traditions, it induces in the chanter a semi-hypnotic trance and can be very healing because of its vibrational energy. "Aum" is called the universal vibration or sound of the universe. It is beyond time and space.

Posture is important when listening to music²⁵. Either stand or sit upright, back straight, head erect. According to Dr Alfred Tomatis this enhances our receptive antennae enabling us to vibrate with the sounds.

Chanting is a primary part of most religious traditions. From Gregorian chant to Islamic call to prayer and Judaic vocal counterpoint, and all forms of Eastern mysticism, music and chanting have been key to inducing an altered state of consciousness.

In *The Sound of the Soul*²⁶, the author writes that vocal exploration starts in the womb. The foetus creates vocal

²⁵ The Power of Music: Cynthia Blanche & Antonia Beattie

²⁶ The Sound of the Soul: Arthur Samuel Joseph

vibrations and sound waves almost similar to dolphins. We make sounds to express our aliveness. The essence of who we are is in our voices.

Toning uses voice in pure sound rather than melody, concentrating usually on elongated sounds. It is the focus on one note that sets up a vibration through the whole body. Typically using vowels, you can affect different areas of the body, balancing, healing and refreshing both mind and body.

Sounds and tones can calm or stimulate: the sounds of waves lapping, or the roaring of motorcars round the circuit. To lift yourself out of a depressive slump, try some Tubthumping, or conducting to William Tell at full blast. It makes me burst out laughing seeing how daft I look, arms swinging wildly in tempo. Just make sure not to annoy your neighbours or family with high decibel therapy.

Another word of caution: music has different associations for each person, so make sure you choose your own. While I might get lighthearted pleasure from it, I once read that one man's rages were triggered by the William Tell overture - the theme tune to A Clockwork Orange. He was subsequently given two life sentences.

Use music to scope and enhance your daydreams and flights of imagination but remember to select those with harmonious associations.

Tasks

- ! **Make a list of your moods and emotions**
- ! **Select some pieces of music to go with those moods**
- ! **Describe in your journal how they make you feel**

~ "The purest and most thoughtful minds are those which love colour the most." John Ruskin ~

I love to paint big colourful pictures. I find the process of painting extremely therapeutic. Seeing something emerge from the colour, is both hypnotic and revealing. It is

an unspoken, sensory truth pertinent to myself, as your colour exercises should be to you too. It does not matter what anyone else thinks because what you are doing is having a illustrative conversation with yourself.

In colourism, the colours themselves convey space and emotion. Yellow is quick-thinking, red takes risks, white is refined, silver elegant. Blue is careful, green methodical and black is success and ambition.

No matter what your artistic skills, it is highly recommended spending time with paints or coloured pencils as part of your journey into unlimited thinking. Drawing colourful shapes and patterns should not just be a child's activity. It is extraordinarily therapeutic, even if you have the artistic skills of a gnat.

Your choices of colours, designs and shapes will not only be entertaining and relaxing, they will also be highly revealing. There are many splendid books and courses available, with colour exercises and theories²⁷ to add some intellectual weight and dimension. You can even hire a colour consultant or do a college course and become a colour therapist yourself.

Colour impacts the retina the longer you look at it. Colour requires intense focus to truly gain benefit which makes it a wonderful medium for visual meditation.

Howard Hodgkin believes that “nothing can compare with (colours') infinite possibilities, its infinite seductions; the multiplicity of its possible meanings from the most profound to the exceedingly trivial.”

²⁷ Colour: Edgar Cayce; The Luscher Colour Test; The Complete Book of Colour: Suzy Chiazzari; Creative Visualization with Colour: Brenda Mallon; Colour Healing: Lilian Verner-Bonds; Know Yourself Through Colour: Marie Louise Lacy etc

Max Luscher's famous colour test is believed to reveal personality through colour, discovering the real person through your strengths and weaknesses – all from selecting from eight colour combinations. Luscher theorised that a person's preference for certain colours is directly related to the emotional value of those colours.

Before reading the following generalised summary of colour associations, you should write down your own preferences and dislikes, as well as any non-committal choices. Is your preference for undilute? Or pastel, calmer colours? Do you prefer interim shades or secondary colours?

Mediaeval painters believed the more brilliant and primary a colour, the more divine it was. Colours can create their own highs, and indeed lows. Greys, browns, blacks, though much-loved by fashionistas, can be very lowering tints taken to excess. Indeed all colours and tones have their positive and negative associations.

The associations shown below should only be used as a generalised thumbnail sketch.

Red: fiery, passion, fast, sensual, power, determination
Pink: unconditional love, unbiased, spiritual renewal
Purple: royalty, delusional (violet), depth
Blue: divine light, healing, cold, melancholy
Green: abundance, reality, jealousy
Yellow: mind, sunshine, cowardice, spirituality, intellect
White: transfiguration, ethereal
Orange: communication, humour, happiness, joy

Colours have wavelengths, frequencies and vibrations. Red, for example, has the longest wavelength and the lowest frequency. It also has the slowest vibration, even though it is predominantly used in fast food restaurants for quick turnaround.

Judicious use of colour can assist in a variety of ways. Because colours are associated with our chakras or

energy centres, we can use them to increase or realign any imbalances in ourselves and in our lives.

Green, for example, is the colour of the heart chakra. Green is also abundance and wealth, as well as love. Colour work can include wearing an item of that colour, painting pictures with said colour, eating colour foods or a little revamped interior design.

Yellow can be worn to increase inspiration and problem-solving when taking exams. Obviously, not top to toe yellow... or any colour for that matter, because colours have such a subliminal and profound affect on our psyches. Quite apart from the ribbing you would have to take.

Water is excellent therapy²⁸ for virtually all ills. By adding colour, through coloured glass or gels, the benefits can be substantially increased.

Walls painted pink in prisons have helped to reduce aggression. Green can aid depression, by lifting our inner life force: suicide levels dropped when a bridge was painted green. However, too much of a shade can tip the scales negatively: purple can foster delusions, red increases emotions.

However, while moderation in anything is always advised, June McLeod, President of the Colour Therapy Association, states that "you cannot overdose... once the body has absorbed what it requires, the colour energy will cease to flow²⁹."

Tasks

- ! **What are your favourite colours?**
- ! **What images and sensations do they conjure up for you - if any?**

²⁸ Your Body's Many Cries for Water: Dr F Batmanghelidj

²⁹ Colours of the Soul: June McLeod

~ "The consciousness of the planet is leading humanity to the re-discovery of an ancient and forgotten healing art in which the utilisation of crystals is prominent" Melody³⁰

*

"You set the seal on perfection; full of wisdom you were and altogether beautiful. You were in an Eden, a garden of God, adorned with gems of every kind: sardin and chrysolite and jade, topaz, cornelian and green jasper, lapis lazuli, purple garnet and green felspar. Your jingling beads were of gold, and the spangles you wore were made for you on the day of your creation." Ezekiel 28:12, 13~

In a recent article, the interviewee dismissed crystals as "all that crap". Yet it is a scientific fact that quartz disks or rods, cut and ground appropriately, are used for their ability to resonate at a particular frequency. By charging and discharging currents of electricity, such crystals can and do perform a number of vital modern-day functions. Most of the crystals and gemstones found in rather more esoteric books can also be found in dictionaries of science and technology.

Since science is only concerned with the tangible and the useful, we can take it that crystals do perform valuable functions. As the human body is made up a trillions of electro-magnetic particles, it is entirely acceptable to imagine a benign gem increasing or decreasing our energy flow appropriately through its conductive powers.

The origins of crystal and gem "personalities" and characteristics are lost in the mists of time. These affiliations are many, many thousands of years old and cross cultures as well as time. From the earliest recorded days, we know that gems were used as symbols of spiritual as well as worldly authority.

In the Bible, God refers to gemstones several times, directing their use for protection or inspiration. Ancient Egyptians valued their gemstones so highly, they were buried with them.

³⁰ Love Is In The Earth: Melody

But does historical and scientific validity matter with unlimited thinking? Any tools that help to keep the mind focused whether that comes from feng shui, colour or crystal therapy should be used pragmatically. I have found when wearing a particular gem favourite again, after a reasonable gap, that I am welcoming an old friend back into my energy field. I genuinely feel a positive charge, which of course is what they are meant to do.

By wearing or keeping crystals close to your aura, you are charging them with your frequencies. They in turn can enhance receiving frequencies associated with their particular personality.

Crystals and gems can be used for colour therapy. Allow yourself to be drawn to a particular colour or gem and work your exercises around it. Tiger's Eye can aid confidence, bloodstone attracts creativity, green tourmaline for abundance, ruby for wealth, jade for unlimited potential... citrine is the merchant's stone, peridot can lift spirits, aventurine helps with stress and insomnia.

Most of the books dedicated to crystal usage, recommend rituals for washing and charging them. They would be most disappointed with me. I stick them under a running tap for a couple of minutes then wear them more or less continuously till they have absorbed my frequencies. I do not much care for standing under the light of a waxing or waning moon, but do like to think of my lighter, higher nature so that as it prepares to conduct electrical flow on my behalf, it kicks off with a "programme" of healthy and positive vibrations.

For this reason, I would advise care with using a piece of jewellery with a history. I was once given gold bangles that had belonged to my grandmother. Some years later, I had a mammogram and was told I had a lump that required attention. As my grandmother had died of breast

cancer, I promptly performed my own cleansing ritual and the lump disappeared. So I kept on wearing the bangles.

Unfortunately, those gold bangles did still manage to exert a negative influence further down the line. My hand took the brunt of a car crash, with the thin gold wedging deeply into my hand, breaking bones and subsequently affecting my grip. I had foolishly removed other protective and balancing gems, but left the bangles because they were too difficult to remove. A&E delivered the coup de grace... and the insurance company claimed them in lieu of cash.

Coincidence? Who knows? Just take care. Crystals and gems are conductively used in space exploration and missiles as well as medical equipment. Programme yours to conduct positive energies for you.

~ *“Is there anyone among the great men who has not imitated? Nothing is made with nothing.” Jean Auguste Dominique Ingres*

*

“Everyone alters and is altered by everyone else. We are all the time taking in portions of one another or else reacting against them, and by these involuntary acquisitions and repulsions modifying our natures.”

Gerald Brenan ~

Ecclesiastes was a miserable so-and-so. As far as he was concerned, there is nothing new under the sun. Whatever had been done before would be done again, life was useless ... on and on, he moaned. So, since very little is truly original, how can we be unlimited? Is emulating a pioneer mere imitation? If so, why bother?

Firstly, there is no-one like you. Someone might have the same build and colouring as you. They may even share the same birth date or name. This doppelganger may also have followed a similar career path. But they are not you.

Even in the unlikely event that they popped out of your mother's womb at the exact same second as you, they would still not have your feelings and your thoughts. They

will have their own experiences, which will colour their emotions and sensations, as will you. Identical twins, even separated at birth, frequently share similar likes and dislikes. But, they are still unique at a fundamental level.

So you are original. What you may choose to do with your life and self-expression may not be original, but how you choose to tell it or do it or be it, assuredly will be. You and only you have your unique inner melody, and that is what you will project whether you choose to be a plumber, a lawyer or a road sweeper.

Tasks

- ! **Buy a crystal - the first one that grabs your attention**
- ! **Log any thoughts or changes you might experience**
- ! **Describe your uniqueness**

~"You do something first and then somebody comes along and does it pretty." Pablo Picasso~

Role models are an excellent way to trigger off the imaginative process. They provide a skeleton scenario for your imagination to flesh out. But this time it is your mind, your face, your body enjoying the rewards and respect.

Take an achiever in your chosen field, see how he or she worked their magic, and use it as a blueprint. But do you really want to be them? Does their life in all its aspects appeal to you? Or is it the achievement that you would like to emulate in your life? This is more than a twenty minute exercise. Ask yourself: what is it about this person that I would like to have for myself? Are there aspects of this person or their life that may not be right for me?

You may want to run a hugely successful business. However, you may not be prepared to risk your home or your marriage. You may want to step into a position, rather than

starting in the post-room, so your role model will have used time and circumstance to favour them.

The subconscious is tuned into an energy frequency which just happens to know all the ins and outs of your chosen role model's life and personality - including many hidden weaknesses and vices. Be specific with your subconscious as to what you want it to bring to you.

It amused me to read recently that businessmen love villainous historical role models. Best sellers have included those warm personalities of Machiavelli, Sun-tzu and Napoleon³¹. The journalist gently mocks with "Close That Deal the Gandhi Way" – but didn't Gandhi achieve Indian independence peacefully? Prior to that, didn't he help to topple the pass laws? He persisted. He was determined. He accepted the very rough times. But he won! Winning of course brings other challenges. Winning is not a dead end but another beginning.

Role models these days frequently are those who glitter and sparkle on the screen or football pitch. "My hero" is frequently used to describe those who have achieved in a particular field while possibly having a less than heroic home life. The object of worship takes on a rarified status where he or she can do no wrong. The worshipper's life is enhanced or reduced by the actions of the hero.... In fact, recent research has shown that hero worship can adversely affect the personality.

Celebrity Worship Syndrome is not the same as copying a winning mindset. Anthropologists agree that we need celebrities to show us the road to success. However, your choice of idol will colour your attitudes and ambitions. They may even keep you in a loop of vicarious living.

³¹ Power The 48 Laws: Robert Greene

Those who have reached the tops of their trees with relatively untarnished lives have had to adopt a number of styles to get there – and stay there. There have usually been some casualties along the way, as well as undoubted personal sacrifices. Think carefully, therefore, about what you will be emulating. Entrepreneurs are very rarely good at the day to day management of a company. Top salespeople do not usually make good sales managers. Actors frequently have troubled relationships.

Edward de Bono³² also advocates looking to successful people. Learn from them, but improve upon their performance. Problems arise in hanging on to the same role models. Save the hero for yourself and let the model be the script with which to develop your desires – solely a prop for an under-utilised imagination.

Anthony Robbins is a fan of role models, rightly stating that they are templates to coerce the imagination to take an individual nearer to his or her goals. The main task is to focus on the essence rather than each detail of a particular role model.

This is especially true where role models may be thin on the ground. Despite the success of "pop and fame" reality shows, creating unlimited scenarios in your life should not just be dependent on being able to point to another and saying "if they can do it so can I". Of course, if fifteen-minute fame is what you seek, go for it.

Have faith in your dreams and create your own inner role model if necessary. Either way works.

³² Tactics The Art & Science of Success: Edward de Bono