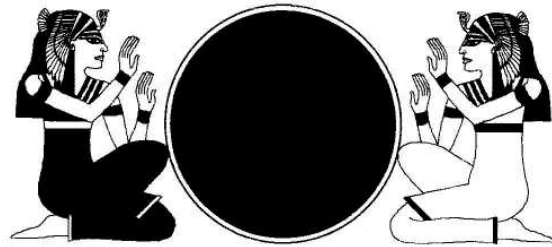


# Temple of the Dark Moon



## Understanding the Power of the Mind

*By Tara Wood © 2002*

Have you ever heard people say that our thoughts can actually change our life? Such a simple concept but does it actually work? Yes, it does and what is more amazing, is that it is as simple as it seems. This form of "mind magic" works because our subconscious mind listens and records everything we say and think. When we say something often enough, we begin to believe it. If a person, for example, is constantly told constantly when they were a child that they are useless and no good, then when they grow up, they automatically believe this to be true - useless and no good. Likewise, if a child is praised and encouraged, they carry this thought through until adulthood. But this programming of the mind does not only happen when we are children.

Recently a friend I know complained that she had a fever. There was no reason why she should have a fever but conversations, she mentioned the phrase, "It really burns me" several times. Was there a connection between her fever and her use of this phrase? Strange as it may seem but yes there was. Once my friend changed her chosen words to something more positive, her unexplained fever soon disappeared. This form of "mind magic" is the power of positive thinking.

As spiritual people, we are often told to be weary of negative comments directed towards us from other people, but how many negative comments do we actually direct at ourselves? Often the enemy, so to speak, is not external, but internal. A rather frightening thought when you think about it, but have we ever taken time out to listen to exactly what we are constantly telling ourselves over and over everyday? Are we actually the primary cause of our own self-sabotage? Before we start to blame other people about whatever failings we consider we have in our lives, how about we stop and listen to what we are telling our subconscious mind. If we are directing too many negative statements towards ourself, then we can change them to positive ones, regardless of whether we actually feel positive or not. A task so simple however you may very well be surprised at the change that will come through positive mind magic.

Believe it or not but we can actually programme ourselves to be more successful, happy and more financially secure by simply planting such thoughts into our subconscious and repeating them often. Some people refer to this technique as "affirmations", but regardless of terminology, it works. For example, if you catch yourself constantly saying or thinking, "I never have any money", what you are in effect doing is putting up blocks preventing money coming into your life. Change your way of thought

and repeat something like "money is flowing into my life" to yourself, and see what happens. Do not expect immediate changes over night but I can almost guarantee that within, say even a month, you will notice that things start to change for the better. If you do not believe me, then why not give the experiment a try and see for yourself.

The reason why mind magic works is because the Universe has the ability to provide us with everything we want and need - love, riches, success and happiness. The only problem is that we put up blocks preventing these things from reaching us through stress, negativity and a lack of faith that the Universe will actually provide such things for us.

One good place to start to reduce the levels of stress in our lives is to learn how to meditate. Meditation is a great tool for getting in touch with your inner self, and for teaching your body how it feels to truly relax. What the best thing about learning how to meditate is that it does not matter what religious or spiritual path you follow (if any), as the benefits of meditation is now becoming commonly accepted within all walks of life. Nor do you need to spend a lot of money to learn how to meditate for I am going to provide you with one meditative technique that is simple to do.

During a time when you will not be interrupted, get into a comfortable position. Begin by taking a few deep breaths and imagine all your stresses leaving your body with each exhalation. Then mentally relax all parts of your body, and start to count backwards from 100. It may take a few attempts to do this but with persistence, you will be able to reach an extremely relaxed state. If you find that you are not able to reach such a state, it is important not to give up for even in a semi-meditative state, you are reducing your stress levels and therefore doing your body a lot of good.

Once you have obtained a meditative state, the next thing to do is to visualise how you would like your life to be. This technique is often referred to as "creative visualisation" and is very powerful. However, try and visualise something that is realistic and attainable. Creative visualisation can also be used to help solve problems. While you are meditating, ask a question on how you can solve a problem you have, and then let it go. Do not be too surprised if during some stage of the following day, when you least expect it, a solution to your problem will come to you.

One of the main things that prevents us tapping into the resources that the Universe has available for us is holding onto resentments and hatred. Being able to forgive people who have done terrible things to you is never going to be an easy task, and it may takes a number of attempts, but once you are able to do this, you will feel a heavy weight lifted from you. When you have obtained your relaxed state, and let go of any daily frustrations, repeat a statement such as, "I forgive [so and so] and release our relationship into the Universe". Holding onto resentments and past hurts are not healthy for us and spiritually, they do hold us back from achieving what we can achieve.

Try and look at all life's experiences with a positive frame on mind. There could every well be another reason why you got that flat tire which prevented you getting to that function or event. Maybe it was the Universe's way of preventing you getting into some kind of accident further down the road. Or maybe you were meant to be else where. Look back on the experiences that you have had in your life. If you did not have to go through them, maybe you would not be where you are now. While some of life's experiences may appear to be negative at the time, remember that behind every cloud there is a silver lining.

Here are some of the ways to "programme" yourself through mind magic for more fulfilment:

- 1 Relax. This helps to clear the way for good things to reach you.

- 2 Expectation. Expect only good things to happen to you. Expect good health, financial security, success. If you go out expecting the worse, that is what you will get most of the time.
- 3 Imagination. Imagine how you would like to be. Get a clear picture of this in your head. Do it several times a day. If you want to be successful in a certain career, visualise yourself doing it. Use a lot of detail.
- 4 Prayer or offer of thanks. Say a prayer or offer of thanks in advance for what you wish. But be careful what you wish for - think it out carefully.
- 5 Forgiveness. Once you forgive people who have wronged you, it opens your heart and opens the door for good things to come to you.