

# Lessons To Live By

Brought To You By:

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*- Thank you for downloading this PDF. The many inspiring lessons and uplifting thoughts therein contained will help you on your journey, and positively change your life -*

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## **1. - Focus On What You Want! -**

In every moment, you need to be aware of how your own thoughts shape your experiences. It's, therefore, crucial for you to focus on what you want rather than on what you don't want to keep up the positive flow of energy in your life.

When you focus on the good things, you are actively choosing your thoughts. Thoughts always have an effect. When you feel down and tend to think negative thoughts, these affirm the not-so-great energies in your life.

So, before any doubtful, unhelpful thoughts take hold in your mind, make a real effort to move on from these. Live from a place of gratitude and positivity and your world will always be good. Even if something negative happens, you will be able to move on from it with ease.

Practice moving on from unhelpful thoughts. When you feel one creeping in and trying to take hold, release it and view your situation as positive. Hold only loving positive thoughts and love will come your way!

## **2. - Knowing Your Own Worth -**

Our Worth is not a product of our intelligence, our talent, our looks, or how much we have accomplished.

Though much of who and what we are changes as we journey through life, our inherent worth remains constant. While the term self-worth is often used interchangeably with self-esteem, the two qualities are inherently different.

Self-esteem is the measure of how you feel about yourself at a given moment in time. Your worth, however, is not a product of your intelligence, your talent, your looks, your good works, or how much you have accomplished. Rather it is an immeasurable and unchanging manifestation of your eternal and infinite oneness with the universe. It represents the cornerstone of the dual foundations of optimism and self-belief.

Your worth cannot be taken from you or damaged by life's rigours, yet it can easily be forgotten or even actively ignored. By regularly acknowledging your self-worth, you can ensure that you never forget what an important,

beloved, and special part of the universe you are.

You are born worthy of love and of every good thing life has to offer. Your worth is intertwined with your very being. Your concept of your own self-worth is thus reinforced by your actions. Each time you endeavour to appreciate yourself, treat yourself kindly, define your personal boundaries, be proactive in seeing that your needs are met, and broaden your horizons, you express your recognition of your innate value.

During those periods when you have lost sight of your worth, you will likely feel mired in depression, insecurity, and a lack of confidence. You'll pursue a counterfeit worth based on judgement rather than the beauty that resides within.

When you feel worthy, however, you will accept yourself without hesitation. It is your worth as an individual who is simultaneously interconnected with all living beings that allows you to be happy, confident, and motivated. Because your conception of your worth is not based on the fulfillment of expectations, you'll see your mistakes and failures as just another part of life's journey.

Human beings are very much like drops of water in an endless ocean. Our worth comes from our role as distinct individuals as well as our role as an integral part of something larger than ourselves. Simply awakening to this concept can help you rediscover the copious and awe-inspiring worth within each and every one of us.

From Evelyne, your friend in unlimited possibility.

### **3. - Learn To Forgive And Be Free! -**

*"It is only through forgiveness that you grow as a person".*

When we learn to forgive, miracles can and do occur. It can be hard to let go when you have been hurt and betrayed. However, it's crucial for you to find it in yourself to do this. Holding onto negativity and blame only drags you down and disconnects you from your Higher Self. Whether you have to forgive yourself or someone else, now is the time!

It's now time to make a move forward from all the sadness and pain others

have caused you. Even if it is yourself that you have trouble forgiving, know that today is the first day of the rest of your life. It's time to release any guilt or ill will you are carrying. Give yourself credit for having tried to do your best even though you may not be so happy with the results!

Today is the perfect day for forgiving yourself and others. Focus on all the good aspects of life. You are moving forwards. Ask the Universe to help you to forgive yourself and others. You will soon be feeling lighter, brighter and a whole lot happier!

#### **4. - Our Thoughts Create Our Reality -**

Our thoughts are powerful forces in the creation of our experience of life. During the day, we can monitor our thoughts to see if we're investing our energy where it is useful and harness the power of our thoughts to actively create a positive reality. Throughout the day, we can monitor our thoughts so as to catch ourselves in the middle of investing our energy elsewhere-- such as into belief in limitations and lack, and instead pull our focus back to the infinite possibilities of the present.

Taking a deep breath will help us center our thoughts on being in our bodies right now. Regular meditation will allow us to gain mastery over our minds so that we can still our thoughts to focus on the pureness of being. If we mentally dwell on the past or the future, we may miss the experience of living in the present moment. In truth, our only true reality is the present moment. Setting and visualizing goals is wonderful, but we can bring our thoughts into our current experience by taking steps to create them now.

Our minds are powerful tools that we can harness to create our reality. Through them we move the unformed energy of the universe into form, which gives us direction for our words and actions. Each thought is like a stone dropped into a lake, sending ripples out into our world to affect all they touch. We can choose our focus and how we invest our energy, which gives us the power to design our lives to be whatever we choose in each and every moment.

## **5. - In Alignment With Our Life Purpose -**

With stress and anxiety plaguing more and more people today, the fastest solution is often a pill pills such as the many antidepressants seen on the market.

What if there were more natural ways to healing? What if given the chance your body could heal itself?

Contrary to what Big Pharmaceutical companies have led the masses to believe, popping a pill to suppress the symptoms in the short term while dealing with drug-inherent side effects doesn't sound like the best option.

Thankfully, today an increasing number of people turn to group meditations, modern spirituality, and natural healing. More and more people are learning how to tune in to what their body and soul are trying to tell them about their true life calling, so that they can begin creating a life that's a joyful expression of their highest purpose by creating a crystal clear vision for what they'd love to be, do, have and give in the four key domains of their lives: health, relationships, vocation, and time & money freedom.

One very popular such natural healing technique is body scanning. Through body scanning you can discover how to tell what you feel in your own body, whether specific people, opportunities or actions you're thinking about taking are IN or OUT of alignment with your life purpose. Through this very effective technique you can recognize and release limiting thought patterns, and instill new, more empowering ways of thinking that will support you in creating a life of joy, passion, purpose and contribution to the world.

For many centuries, Eastern philosophers like Sufism, Zen and Hatha yoga have highlighted the importance of body states, how they impact our consciousness, and their relationship to stress.

More recently, (during the last century), a one time student of Sigmund Freud named Wilhelm Reich, inspired Western psychiatry's interest in the body's interaction with emotional conditions. Other therapies such as Alexander Lowens' bioenergetic therapy and Perls' Gestalt therapy also closely focus on the relationship between the mind and the body.

By developing an awareness and understanding of how your own body

responds to stress and other anxiety-provoking situations, you will receive important information about your personal stress response. This information will prove vital in the development of a stress-management plan designed just for you.

## **6. - The Importance Of Having A Positive Self-Image -**

If your self-image is positive, you'll feel unstoppable in achieving your dreams. Likewise, if you have a negative self-image, you'll go through life feeling unfulfilled and worrying that you're not good enough.

Here are the 5 secrets to build a positive self-image:

### **1) Engage In Positive Self-Talk.**

We all talk to ourselves and carry on a mental dialogue. It's important to become mindful of what you say to yourself; because more often than not, it's what we believe in. Instead of bringing yourself down and being your own worst critic, affirm and encourage yourself.

Throughout the day, build yourself up by telling yourself constantly how you're improving or what a great job you've done.

### **2) Accept Flaws.**

Everyone has flaws and makes mistakes. Accepting yourself for your weaknesses and imperfections will help you move on to focusing on those which matter more - your strengths. Instead of beating yourself up for things you can't change or control, spend your energy on maximizing your skills and abilities.

### **3) Recognize Accomplishments.**

No matter how big or small they are, your accomplishments are concrete reminders of your self-worth. Recognizing even the smallest 'wins' helps you realise that you're important; and that if you put your mind to it, you can do anything.

#### 4) Spend Time With People Who Have A Positive Attitude.

If you're constantly around people who just bring you down, building a positive self-image can be very difficult (or nearly impossible). Surely there are people who love you, inspire you, and care for you. Choose to be around them. Not only will they help you feel good about yourself, they will also support you in times of challenges.

#### 5) Treat Yourself Kindly.

You deserve to be happy and feel good about yourself. Give yourself generous compliments and reward yourself with little treats. Don't pressure yourself too much. Remember that you don't have to please everyone. Your self-perception - your personal view of yourself - is what matters. Yes, it can be difficult at first. It can also take a while. Remember that it's a process. If you make mistakes along the way, forgive yourself and encourage yourself to keep going.

Building a positive self-image always starts from within. It's always a conscious choice. Choose to love and accept yourself.

### **7. - Five Steps To Overcoming Procrastination -**

In my last post I promised to share with you five proven steps that you can take to help you stay on track and keep moving forward with the important projects in your life without it being hard work or a struggle.

lets get started shall we?

Are you procrastinating on doing what you know you need to do to complete a project that's important to you?

What happens when you lose your inspiration and motivation to keep going with your project? Or when you don't feel like you have enough time to do what you need to do to complete it?

Here we go...

### STEP 1 FOR COMPLETING A PROJECT WITH EASE AND SPEED: BE MINDFUL.

Generally defined, mindfulness is the practice being aware of our experiences and of maintaining a non-judgemental state of complete awareness of one's own thoughts, emotions, or experiences moment to moment. It is being aware of our experiences.

When it comes to completing important projects, we need to be mindful of the thoughts we think, and the language we use, when thinking about and speaking about our project. In other words, be careful of what and how we think about, and speak about, the action to be taken on our project.

If your project is to write a book for example, you may be tempted to think or say something like, "Today I have to finish, or I need to finish writing a chapter of my book!"

Perhaps you have, but don't worry you are not alone. I still do sometimes, and I am sure that you and I are not alone in doing this. The important thing is that I am always careful to correct myself as soon as I become aware of or mindful of having used either of these two words when thinking about or speaking about my project.

Being mindful of the words we use in relation to our projects is important because when we use thoughts and or phrases that include the ideas of "have to" or "need to", we automatically position our next step as a chore, in which case we'll immediately feel less enthusiastic about taking the action!

Instead, consider thinking about and speaking about the next step to be taken on any of your upcoming projects with passion and gratitude.

For example, you could think or say, "I LOVE that I get to work on my book

today. I can't wait to get creative, and I know I'm going to make great progress!"

Choosing thoughts and words like this will help shift your mindset toward successfully completing the task.

## STEP # 2 FOR COMPLETING A PROJECT: Break the project down into steps

Looking at a project in its entirety can be overwhelming, but breaking it down into parts can make it feel much more manageable and easy to accomplish!

My favourite way to do this is to map out the main steps of the project on a piece of paper, along with roughly how long I think it'll take me to complete each step. This helps me schedule each step into my calendar.

Going back to our book writing example, the first few steps on your project list may look something like this:

- Write author bio for book (2 hours)
- Write table of contents for entire book (2 hours)
- Research chapter 1 (3 hours)
- Outline chapter 1 (2.5 hours)
- Write chapter 1 (6 hours)
- Revise chapter 1 (3 hours)
- Have a conference with editor about chapter 1 (3 hours)

... And so on!

Once you have your list of project steps, prioritise the tasks in order of importance. What needs to be done right away, and what steps are less urgent and can wait until later.

You might also find it helpful to write a number beside each step that reflects the order in which you'll complete that step.

### STEP # 3 FOR COMPLETING A PROJECT: Schedule each step of the project into your calendar

Once you have your list of project steps to take, the next step is to schedule time to complete each of these steps into your calendar.

One of the most common reasons most of us stop taking action on a project, goal or dream is, "I just don't have enough time!"

In truth (and this is something all highly successful know) we are all given the same amount of time. Each of us on earth has 24 hours a day to work with. You get to choose how you will invest that time!

Would it make sense to get up an hour early in the morning, or to cut out that hour of TV in the evening, to work on completing something that will move your project forward? The choice is yours.

When the time comes for you to work on one of the steps of the project, focus on completing just that one step. This will help make sure you don't get overwhelmed by the whole project.

### STEP # 4 FOR COMPLETING A PROJECT: Delegate when possible

Is there some part of your project that you can delegate to others?

Is your project to plan your wedding, can you enlist members of your wedding party to run some errands or set up your wedding decorations, for example?

Delegated tasks can help you take a strength and stretch it further. But some of the best growth comes when you give someone responsibility for an area or skill set that needs further development. If your project is to launch a new business, for example, and one of the steps is to come up with a tagline and brand messaging for your company... rather than investing hours into trying to write this messaging yourself, is there an expert you can hire to do this for you?

Delegating tasks can lighten your workload, but delegating does much more than just get stuff off your plate, according to Dr. Scott Williams, professor of management at Wright State University.

If possible, hire others to complete steps of your project that are not absolutely essential to be completed by you. Or ask a few reasonable favours of family or friends – chances are they'd be thrilled to have a chance to contribute to your project!

Being great at completing projects doesn't mean you do everything yourself. It means you've gotten really good at identifying the people best suited to tackle a task or project and empowering them to do so. Delegating also helps the people who work for you develop new skills and gain knowledge, which prepares them for more responsibility in the future.

#### STEP #5 FOR COMPLETING A PROJECT: Enlist the help of an accountability partner

I am a huge fan of having an accountability partner who can help you stay inspired, motivated and moving toward the vision you have in mind of what you want to create with your project.

A great accountability partner will help you stay on track with your project like white lines on a highway. They'll let you know when you're veering too far off from where you set out to go, and they'll tell you to put your foot on the gas pedal if you start moving too slowly!

This person will also help you bounce back if you stumble, and they'll help you celebrate your successes along the way!

Your accountability partner could be a friend, family member or colleague, as long as they embody three important qualities that I share here.

No matter what though, surround yourself with people who believe in you and who are driven to accomplish their own goals and dreams – this mindset and the energy that goes with it is absolutely contagious!

YOU are the secret to completing a project...however large or seemingly difficult to finish!

It can be all too easy to get busy or stressed and start to blame circumstances beyond our control for not completing a project that's important to us.

But remember – there's a power within you that's far greater than any circumstance, situation or condition you will ever find yourself in. Remember this when you start to waver on something you've set your mind to!

And be sure to set yourself up for success right out of the gate with any

project by being mindful of how you think and speak about the actions to be taken, and by leveraging the power of your calendar, delegation and an accountability partner.

Together, these steps will ensure you take each and every project straight to completion!

## **8. - Dealing With My Own Recent Procrastination -**

You may have noticed that I have been quiet for a few weeks now and have not posted any new blog entries. Suffice it to say that the past months or so have been filled with challenges and obstacles of different kinds.

The greatest obstacle though has been that my laptop has broken down on more than one occasion, and each time I had to wait until it was repaired. This is the third time that I get it back! Let's hope this time the problem has been fixed for good so we can stay connected without further interruptions. Else I will have to invest in a new one!

Since getting my laptop back, I realised that I faced yet again another, and this time much greater challenge. I find myself procrastinating. Like a lot! When I didn't have my laptop, I worried about the fact that I had not been in a position to post and connect. Even though the reason for not writing no longer existed, I still had difficulty actually sitting down and writing.

Even when I sat at the computer, I experienced the huge mental block of really not knowing what to write about! For a while there, it felt as though I had lost the inspiration and the motivation to keep going. That worried me too!

Can you relate?

Are you procrastinating on doing what you know you need to do to complete a project that's important to you? Perhaps you have gotten really excited about starting a new project like planning a big family event, making some upgrades to your home or even planning your dream vacation? You started out really well for a few days but then somewhere along the way you lost your inspiration and motivation to keep going with it?

The truth is that often, when we take on a project, a goal or dream that causes us to stretch outside of our comfort zone, our limiting beliefs and patterns can kick in and sabotage our efforts to keep us right where we are.

So I thought, that an excellent way to get myself back on track and re-kindle the fire of motivation that lays dormant not just in myself but in all of us, was to write about 'procrastination'.

In the next FIVE blog entries I am going to share with you ONE proven step to follow that will reignite the flame of motivation within you and make sure you cross the finish line with all your projects, without it being hard work and a struggle. This surefire process will help you complete any project with greater ease and speed.

I truly hope that you (and I) will be inspired!

Until next time.

## **9. - Going With The Flow -**

Many people live their lives struggling against the current, while others use the flow like a mighty wind.

The flow of the universe moves through everything. It's in the rocks that form, get pounded into dust, and are blown away, the sprouting of a summer flower born from a seed planted in the spring, the growth cycle that every human being goes through, and the current that takes us down our life's paths. When we move with the flow, rather than resisting it, we are riding on the universal current that allows us to flow with life.

Many people live their lives struggling against this current. They try to use force or resistance to will their lives into happening the way they think it should. Others move with this flow like a sailor using the wind, trusting that the universe is taking them exactly where they need to be at all times. This flow is accessible to everyone because it moves through and around us. We are always riding this flow. It's just a matter of whether we are willing to go with it or resist it. Tapping into the flow is often a matter of letting go of the notion that we need to be in control at all times. The flow is always taking

you where you need to go. It's just a matter of deciding whether you plan on taking the ride or dragging your feet.

Learning to step into the flow can help you feel a connection to a force that is greater than you and is always there to support you. The decision to go with the flow can take courage because you are surrendering the notion that you need to do everything by yourself. Riding the flow of the universe can be effortless, exhilarating, and not like anything that you ever expected. When you are open to being in this flow, you open yourself to possibilities that exist beyond the grasp of your control. As a child, you were naturally swept by the flow. Tears of sadness falling down your face could just as quickly turn to tears of laughter. Just the tiniest wave carrying you forward off the shores of the ocean could carry you into peals of delight.

Our souls feel good when we go with the flow of the universe. All we have to do is make the choice to ride its currents.

## **10. - I hope The Last Few Days have Been filled With Peace, Focus And Joy! -**

As I ponder on what my area of focus for this week's blog entry should be, I am reminded of one topic in particular which has held quite a lot of media attention this past week alone, and it relates to the problem of mental health in Britain. Mental health conditions and their adverse consequences create many challenges, especially so for poor and more disadvantaged of society.

As I read through the news articles, I found myself asking what can we do, both individually and collectively to improve mental health in our society? Mental health statistics show that the most common mental disorders in Britain are anxiety and depression. One adult in six has experienced a common mental health problem such as anxiety or depression and one in five adults has considered taking their own life at some point. Put together anxiety and depression have been estimated to cause one fifth of days lost from work in Britain. Mental ill health at work is thought to cost UK employers £26 billion each year.

Mental health problems and stress:

Because many of the symptoms of stress and a mental health condition are similar, it could be difficult for an individual to distinguish when the stress they are experiencing turns into a mental health problem or when an already existing mental health problem becomes aggravated by the stress. There are however, two key differences to look for: (1) the severity and duration of your symptoms, and (2) the way(s) in which these affect your everyday life.

It is also important to note that stress and mental health conditions are different and can exist independently of each other. What I mean is that people can have stress without experiencing anxiety and depression. But they can also have anxiety and depression without experiencing stress. However, stress, if left untreated can lead to mental health problems such as anxiety and depression.

Dealing with stress at work:

Work is the most commonly reported cause of stress. If you feel under stress at work and think that you may have a problem, the earlier you take action the better. Early action can help prevent you becoming more unwell and developing mental health problems.

Those close to you can play a key role in helping you identify when you are behaving out of character. So don't be afraid, or ashamed of asking them for help, and don't take offense if they approach you first and tell you that something is wrong. You can also talk to your employer who could make adjustments to ease your stress, but they can only help if you talk to them about how you feel.

If despite support, you continue to feel unwell then you should consult your GP.

I send you much love and good wishes.

## **11. - The Clinical Effectiveness Of Hypnotherapy -**

Are you at a point in your life where you feel that despite all your efforts and practices your emotional problems have not healed and will NOT heal?

You may have felt good for a few days and think that you have tackled your problem(s), only for them to re-surface, or perhaps they never really go away and you live with a constant ache in your heart and mind?

Does it seem that no matter what you do these stubborn emotional conditions remain deep-rooted?

Most of the conditions we experience are the result of excess tension and arousal combined with unhelpful or poor thinking habits. This naturally leads to our experiencing negative emotional states such as anxiety, depression, irrational fears, over-sensitivity, lack of confidence, fear of being alone, phobias, difficulty sleeping, grief that won't heal, jealousy, constantly comparing yourself to others, feelings of inadequacy, obsessive compulsive disorder, nervousness, mood swings, eating disorders and stress.

One of the reasons why these conditions persist is because they have only been addressed on a superficial level and require a much deeper method of treatment.

This where hypnotherapy can help you. Hypnotherapy has an impressive record of clinical effectiveness and allows for effective and rapid treatment that lasts. Hypnotherapy uses the natural state of hypnosis which includes focused attention and imagination on specific ideas to allow you to influence and change the habitual associations and associated responses of your mind and body. Through this natural state of deep absorption and openness, new thought habits, new emotional responses and new behavioural habits can be introduced deeply into your mind.

If you are ready to enjoy freedom from unhealthy negative emotional states, and want to experience greater ease, empowerment and effective living, leave me a message with your details here on my website, and I will get back to you as soon as I have received your request.

You can also subscribe to my Newsletter to receive powerful healing techniques delivered to your email box monthly.

In the meantime, I wish you love and the very best.

## **12. - Feeling Overwhelmed? This Simple Technique May Help -**

Whenever I have experienced overwhelm, it has felt like a 60-foot wave crashing into me like a tsunami, knocking me right off my feet! But more accurately defined, overwhelm is a feeling of being completely overcome in mind or emotion. If you have felt it, you will know what I am talking about.

Having said that, I think that overwhelm is experienced by different people in different ways.

It may present as intense emotions such as anger, irritability, worry, anxiety, negative thinking, depression, doubt, helplessness, crying, or panic attacks. Other responses may include a fast heartbeat, sweating, tingling, chest pain or shortness of breath.

Feelings of overwhelm can occur when we actually face or when we think about responsibilities, challenges or any other stressors that we appraise, or judge too great for us to manage. Overwhelm can also peak from a long to-do list that we can't seem to finish or an emotional event like bereavement or birth.

However your overwhelm manifests, I am going to share with you a simple but effective technique that I have used and doing so has completely change the trajectory of my life, and I know it can help you too.

This simple strategy is - acceptance-:

In my last blog post, I wrote about the importance of 'letting go and accepting what is, no matter what is'...

You see, during my darkest days I learned that whatever I resisted persisted. In the beginning I did not understand that by not being willing to 'feel my feelings' I was in fact ensuring that I would feel them. It took me a while to realize that the more I fought my emotions the more reinforced they became. So, I had to learn acceptance. I had to learn to let go and to accept my feelings whatever they were. Whether they were feeling of overwhelm, fear, stress or anxiety.

In Acceptance and Commitment Therapy (ACT), the idea is that trying to rid ourselves of painful and distressing feelings only increases them, and turns them into something even more traumatic. This leave us with only one alternative: - to accept it. -

Acceptance does not mean giving up, being defeated or agreeing with suffering. Rather, it is an acknowledgement of and a willingness to allow whatever we are experiencing to simply be. By accepting what is, we learn to make room for painful feelings, thoughts, and sensations, allowing them to be there, coming and going without us struggling against them.

Acceptance is like riding out a wave. Become willing to accept your feelings of overwhelm and anxiety in the way I had to. Accept that it is OK, even 'normal' to experience at least some degree of anxiety when the stressors you face are unfamiliar, unpredictable, or imminent. Anxiety is normal. We all feel it, and will all continue to feel it at various times throughout our lives.

So, the next time you feel overwhelmed, notice how your body responds to feelings and thoughts of overwhelm. Whatever you notice, don't resist, struggle or fight. Just let it be, knowing that like the tide which flows onto the shore, the feelings will go away. Say to yourself and know that this too shall pass!

I wish you the very best on your journey.

### **13. - The Importance Of Letting Go! -**

Letting go of the desire to control unpleasant, stressful feelings and thoughts is hard to do. Believe me I know! This is especially true when

trying to deal with intense feelings and emotions.

Have you ever noticed that the more you 'try' not to feel anxious for example, the stronger the feeling seems to get? A common example is often reported by those who have difficulty falling asleep at night. They lay awake worrying and willing themselves to drop off. In doing so, they appear to be fueling the very problem they are trying to solve. When these individuals stop struggling and willingly accept that they are lying awake in bed, paradoxically, they often fall asleep quickly.

The reason for this is because the more we 'try' to do something, the less likely we are to succeed. Whatever we resist, persists. This is also known as the Law of reversed effect or the law of paradoxical intent.

The answer? Become willing to accept whatever you are feeling in any moment, because when we are unwilling to accept psychological pain and discomfort , they will surely turn into genuine intense emotional suffering.

Accept whatever you are experiencing, and live in the present moment. Living in the moment requires letting go of anything that may be happening in that moment and reaching for the thoughts that feels best.

If in any moment you can make the best of what is, no matter what is, your life will keep getting better and better!

To your success!

## **14. - YOU Are Awesome NOW! -**

In this post, I want to share what I have learned about the importance of focusing one's energy and thoughts on the present moment.

When we are facing daily challenges it is sometimes the tendency to look

back at our past actions and decisions and perhaps to regret the decisions that we made. When we regret the past, we then look to the future and try to predict what might happen. It is true that the decisions we have made in the past have brought us to where we are today. But one important lesson I personally have learned is that yesterday is gone, and today is all there is. And because this is true, our only point of power is NOW.

What I mean is this: whatever you desire to achieve or to change in your life, you can only create that change NOW. In this present moment with conscious awareness.

Mindfulness is a wonderful way to practice present moment awareness. In fact, new research shows that present-moment awareness, a key feature of mindfulness, increases resilience to stress and overall well-being.

Buddha himself stated that "the Secret of health for both mind and body is not to mourn for the past, not to worry about the future, but to live the present moment wisely and earnestly".

I want to encourage you to practice present-moment awareness today and in every moment by monitoring and attending to your thoughts and current experiences instead of trying to predict the future or spending time dwelling on the past.

Remember, yesterday is gone and today is all there is. Your point of power is NOW. YOU are awesome NOW!

I wish you all the very best with much love.

## **15. - The Restorative Power of Sleep -**

My sleep patterns have changed a lot lately due to my worrying about family members who are facing some serious health challenges since last Christmas. This has caused me to turn my attention to 'sleep', its wonderful restorative power and the impact lack of good quality sleep can have on our health and overall well-being.

You see, even though our sleep patterns change, our need for sleep, good quality sleep doesn't. And we all need quality sleep. Sleep is the balm that soothes and restores us after a long day of work and play. Sleeping soundly is essential to good physical, emotional and mental health.

Good Sleep = Good Health. Sleep is the balm that soothes and restores us after a long day of work and play. Sleeping soundly is essential to good physical, emotional and mental health. However at one point or other most people experience difficulty falling asleep or staying asleep. For many people, sleep is either completely elusive or at best troubled.

When it comes to sleep, everyone is different. Some people are able to function very well on just a few hours of sleep, while others may need at least eight hours or more. Whatever the case, a good night's sleep is essential for good health. The consequences of poor sleep include obesity, cardiovascular disease, diabetes, just to name a few. Sleep deprivation also affects our judgement and mental acuity, among other cognitive tasks.

According to the National Sleep Foundation, people who have sleep problems are more likely to experience psychiatric conditions than people who sleep well. Chronic insomnia can impact our general state of health and compromise the immune system.

The reality is that at one point or other most people experience difficulty falling asleep or staying asleep. In fact, for many people, sleep is either completely elusive or at best troubled.

Thankfully there are some very simple steps we can take to make it easier to fall asleep, and to help ensure that whatever amount of sleep we get is at least of 'good' quality. Below are the two initial steps I have implemented recently and I am happy to say that they have made a significant difference to my sleep:

1. I have found that an ideal environment to induce sleep is one that is quiet, dark, and relatively cool, with a comfortable bed and minimal clutter.

2. I have removed the television, telephone, and any office equipment from my bedroom. In that way I got rid of all interruptions and at the same time reinforced the idea to my mind that that my bedroom is meant for sleeping only.

Try these to simple techniques to start with and let me know if they've helped.

Here is to many nights filled with wonderful, restorative sleep!