



IGNITING
MINDS

*Helping you to close the gap
between where you are and
where you want to be.*



“If you feel lost, disappointed, hesitant, or weak, return to yourself, to who you are, here and now. And when you get there, you will discover yourself, like a lotus flower in full bloom, even in a muddy pond, beautiful and strong” Masaru Emoto

The beautiful lotus both flowers and fruits at the same time and is often used as a metaphor for the manifestation of our thoughts in the physical world. Many people believe that as soon as we have a thought its' seed is planted and begins to grow as our destiny.

When we have fearful or stressful thoughts we think of the things that can go wrong or the things that we do not want to happen. As someone once said worrying is like praying for what we don't want. These fearful thoughts change our emotional state and this in turn changes our physiology. Then begins the cycle of stress as we feed our anxious state with more anxious thoughts. We produce corticoids to help the body to take energy from our energy stores and send this to our limbs. We begin to tense our muscles, breathe shallowly, our heart rate increases and our senses become more acute and ready to deal with the stressor. Our body goes into the survival fight or flight mode and diverts vital energy from our immune system to our limbs. This may be useful if we are running from a saber toothed tiger but not for daily life in our office, home and car. Yet for many people this state is becoming the default response to modern living with the body responding as if it's under threat most of the time. The result is stress, the silent killer. I know it well. As a CEO of a charity I lived with stress for many years before I learned it really is an option. Any emotion lasts for 90 seconds unless we feed it with a thought!

Over the years I have learned many stress-busting techniques that I share with my clients and below I share a few of them with you. We live in a fearful economy but we can always choose to be fearless.

***If you knew how powerful you really were
what would you do differently?***

How To Be Fearless!

The Vibrations of Consciousness.

Our thoughts are made up of our five senses: sight, hearing, touch, smell and taste. Each of these senses is a vibration. So our thoughts are vibrations and as vibrations they have different frequencies. Love and joy are the highest vibrations of consciousness and fear and aggression the lowest. To be fearless practice maintaining your vibrations in the higher frequency of love and joy. It is in this fearless state that we do our best work, our clearest thinking and achieve effortlessly and joyfully. To do this think of a moment that you felt full of love or a time when you were experiencing great happiness and notice your emotion change.

The Law of Attraction

Our thoughts create our reality. What we think about internally is what we notice externally. This is demonstrated in the story of [The Ferryman](#). What we think about we attract to us. So think about what you do want, imagine it as if it had already happened. Use as many of your five senses as you can - see it, hear it and feel what it will be like when you have what you desire. Then give thanks. Gratitude is a powerful state for attracting more of what we want into our lives. A great start to each morning is to think of all the things that you have in your life to be grateful for. Start with the air you breathe and your heart that beats and build on the list daily. You will find that the more the list grows the happier and luckier you become.

The Power of Thought

When presented with a task that may at first seem daunting. Start with the end in mind. Think of the best outcome for you and then do the ecology check. Is this good for you, your family, your community and the world? See your vision as if you had already achieved it. Imagine your success - see, hear and feel yourself achieving and celebrating it. This will maintain your thoughts in the higher level of consciousness and help you overcome any challenges that you may meet on the way. I believe that every challenge brings a gift so welcome the challenges and look for the gift.

Personal Power

Choose to tap into your centre of power. The 'one-point' or Hara is situated about two inches below the naval. Stand tall, legs hip width apart, equally balanced on both sides, feel yourself being held firmly by the earth and then as you slowly breathe out move your thoughts down to your Hara. Practice walking around with your focus on your 'one-point' and feel the strength and power that this gives to you. This is a great technique for maintaining your power in situations where you may previously have slipped into anxious or fearful thoughts.

Wordlessness

Take a deep breath in and breathe out fully. At the end of the out breath, hold your breath and notice your heart beating. Then breathe in and out. Hold your breath again and follow the beating of your heart as it pulses your life energy around the body. Repeat this as many times as you can. In this state you are fully present in your body and not listening to the fearful chatter in the head. In this place there will be no words. Experience this natural state of bliss. The more you practice the more

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effortless it becomes to maintain this state through any challenges that you meet. And remember any emotion lasts for 90 seconds unless fed by another thought! So feel the emotion without words, without judgement and return to a state of fearlessness.

The Cosmic Egg

Imagine the shell of an egg completely protecting you from the top of your head to the tips of your toes - a super thin, light, transparent and tough protective shell. Then imagine it coated in a layer of highly reflective glossy paint that all the negative lower-level frequency energies will bounce off and only the higher-level vibrations of love and joy will glide through. You can imagine this egg filled with pure white light holding only the highest energy of love and joy.

Anchoring

Think of a time that you felt really confident. See it, hear it and feel it. Build this feeling up until you feel that you will burst with confidence. Then press your thumb and forefinger together. Repeat this as many times as you need to. You are installing an anchor between your thumb and finger. This anchor can then be fired off whenever you need a turbo boost of confidence by just pressing your thumb and forefinger together.

Igniting Minds delivers half-day workshops on stress management. To book a place on a How To Be Fearless workshop or to arrange for Igniting Minds to deliver a workshop at your place of work email achieve@ignitingminds.org.uk or telephone 020 8740 8802.

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