

# Welcome to The Abundant Life E- Newsletter

Creating Exceptional People

September 2008

***Happy Fathers day to all of our wonderful fathers!***

I cannot think of any need in childhood  
as strong as the need for a father's protection."  
~~By Sigmund Freud (1856-1939)~~

## **Dads never underestimate your role in raising children!**

The role of father is often relegated to a secondary status as compared to a mother.

But all of us know that father is just as important for a child as the mother is. If mothers are the heroes of child rearing, significance of father in the development and emotional well being of a child is no less. Children depend on their father for their spiritual, emotional, physical, financial and social well being. For daughters, father is the ideal man in the world and also the first man they adore, while for sons, father is an idol and the strongest man they aspire to emulate.

Though traditionally father is seen more as a provider and guide for children, the scenario appears significantly changed in nuclear family culture of today. With most husband and wife working, fathers in present times are as involved in child rearing job as the mothers are. Today, most fathers do not shy away from changing nappy or taking the difficult task for putting the baby to sleep. This cultural change is helping in strengthening father-child relationship and consequently in emotional development of a child and building of stronger family bonds.



## **Understanding the Power of Perception**

***We dont see things as they are we see things as we are!! Carl Jung***

Last newsletter we talked about being molded into a person through the beliefs and attitudes of parents, society and religious or atheistic beliefs. These beliefs are what are known as **perceptions**. We laugh at the beliefs of past like the earth was flat but it is hard for us to imagine that we are standing on a planet that is rotating and hurtling through space because our perception tells us that we are standing still.

Yet right now;

Earth is rotating at roughly 1000 miles per hour. 1609.344 Kilometers per hour

Earth is also moving around the Sun at about 67,000 miles per hour =

107,826.04800000001 Kilometers per Hour

Sun's orbit around our galaxy - 559,234 mph or 899,999.882496 Kilometers per hour

Our galaxy rotates at about 492,125 mph or 791,998.4160000001 Kilometers per hour

Imagine the speeding fine for that, you would have to mortgage the house and sell your kids just to pay it yet alone the zillion years you would be banned from driving.

So what does the word **Perception** mean?

**Definition:** [becoming aware of something via the senses](#)

### ***In Psychology***

- a. Recognition and interpretation of sensory stimuli based chiefly on memory.
- b. The neurological processes by which such recognition and interpretation are

effected

**Basic cognitive process** - cognitive processes involved in obtaining and storing knowledge

Our five senses are very powerful in creating perception, what we see, smell, touch, taste and hear often evokes feelings of either pleasure, disgust or in some cases fear. This is because beyond the five senses that you are actively aware of there is another less realized sense - the sense of emotion. It is the powerful emotional reaction to what a sense is picking up that evokes a memory and instantly the neural net in your brain is activated. Just like Pavlov's dogs that started to salivate every time a bell was rung.

Beyond the five senses that attune us to the world we live in, there is another less realized sense, the sense of emotion. Being aware of and understanding the power of our emotions is the real answer to creating a life that is authentic. When an emotion is combined with a thought it creates a feeling, this is a frequency or vibration, and it can only attract back to you a matching vibration. When you turn the dial on your radio to Fox FM you only hear that radio station because that is the only frequency that will match the position on the radio. You can sit there forever waiting to hear what is going on, on Gold FM but if you are tuned into Fox you will never receive it. The same applies to your thoughts that are in the sub-conscious. If they are tuned in to the vibration of lack, that is all that will ever manifest in your life. You may be a millionaire but if in your subconscious you hold the vibration I am unlovable you will be lack and attract others who feel unlovable such as people loving you for what you have not who you are.

When you were a child you were totally in touch with your emotions you cried when you were hungry, you displayed your anger, ran, and yelled and delighted in the miracles of the earth but slowly you were curbed in to fit into the society in which you lived. The old way of training a young horse was called Breaking in effectively the idea was to break the wild natural spirit of the horse and bring it under the control of those who actually feared his power and might. I used to tell my daughter when her horse was not in the mood to listen to her that her 48Kilos in weight was no match for his 680 kilos and she would be better to come from a place of love and understanding than trying to inflict brut force.

Your subconscious is a lot like this horse - when our conscious mind tries to use will against the beliefs of the subconscious mind be ready because you have just waved a red flag and the beliefs of the subconscious will always over ride those in the conscious mind you have to love yourself powerful, listen to your inner concerns and allow a healing to take place. You have to let go of the need to control it because ***What you resist - persists***

Many of you had the lights go out in you as you conformed to being nice. Expectations placed on you in regard to the actions you could take were often based on gender - if you were a boy you were ridiculed for crying, if you were a girl there was something distinctly wrong with you if you wanted to play ruff and tumble games. Even in the most loving families there were often rules and expectations that didn't serve us and resulted in us playing small.

The most basic need a human has is to be part of the tribe, it is a base chakra emotion and when we are ostracized as children through withdrawal of energy from the parent this world becomes a very frightening place and we begin to believe that there is something wrong with us. We must be bad, after all adults know everything and are always right - the result of such instilled beliefs is low self esteem which in turn affects our beliefs about deservedness.

So we lose that natural wild person who is in love with the adventure of life and start to be molded into the opinions of others. Our natural instinct of intuition becomes dull and the result is we move through life with a predetermined fate based on our now

limiting perceptions of; who we are, our place in the world and our ability to create the life we want. By doing this we built up a false persona (persona is the Latin word for mask) one that was acceptable to others.

***Most of us were taught that if we wrap ourselves in enough layers, create a convincing enough persona, or hide behind an attractive enough mask, people won't discover (or, more to the point, we won't discover) that we are flawed, imperfect, and insecure. Yet the masks we wear don't just hide our weaknesses, they also camouflage our strengths. We wrap ourselves in the many layers of our false self to conceal that we are talented, brilliant, and more fortunate than those around us. Debbie Ford.***

To create a vision for our own personal future it is important to see what molded that past. That is why we always address the limiting beliefs incurred in childhood. By the time you are seventeen you would have heard No, you cant approximately 150,000 times. You may have heard Yes you can on average about 5000 times. Each time you heard the no it further cemented into you neural pathways I cant and each time you lost vital energy from your system as feelings of helplessness or hopelessness accompanied these words.

These perceptions are contained deep within the sub conscious mind and must be brought into the light so that our limiting thinking can be exposed and freeing you from the Inner Critic who constantly derides every move you take to become authentic.

**Take a moment get a piece of paper and list all the things you perceive are wrong with you**

1. How dont you fit in?
2. What are you using to try and fill the void? In other words addictions dont just limit it to the usual suspects such as food, drugs, alcohol and cigarettes

Addictions are anything that makes you feel you need to do something in order to feel better such as; you can be addicted to they can also include

- peoples approval including parents and lovers
- caring
- how you present yourself to the outside world,
- spending in order to reward yourself and feel good which lasts as long as the credit card bill coming in. Attaining the perfect body based on the perceptions of a society that worships the size 0.
- You can also be addicted to making sure that those around you are behaving in a manner that you feel is appropriate and you are always on their case on how they can improve themselves.

3. What do you feel would be impossible for you to change?

Take the challenge and write to your perceptions and ask them what they are here to teach you and then use your non dominant hand to allow the message to come back to you.

It is these perceptions of lack that keep us from truly experiencing who we are. We are always striving for more in all areas of our life even in our spiritual lives we feel we have to learn more to be more powerful. We have to look better, feel better, do better, on and on it goes. We must present the perfect persona to the outside world that we are so dependent on for acceptability. We strive to be this perfect person in

all facets of life - the perfect partner, lover, parent, worker, student.

Like the poor donkey dragging a heavy load we believe if we take just another step, we will reach that elusive carrot dangling before us, so tantalizing near yet so unobtainable. When we stop all this manic pushing to be more and have more and just sit still and understand that it is the processes of the emotions that inspire or deny us the ability to be authentic, our world begins to open up and we are inundated from our Higher Self with visions of who we truly are ***a divine being having a human experience, for the sole purpose of evolving back to self love.*** Upon this realization peace settle over us and we know at the deepest most divine part of our self that All is well

***Do you truly know what motivates your actions and feelings?***

***Do you truly believe that you deserve a life of Abundance on all levels?***

**Are YOU serious about creating a life that:**

- Empowers your choices for a life of abundance on all levels
- Improves energy, vitality and health
- Greater self esteem through vibrational rebalancing and life skills
- Increased productivity through self belief
- Guilt free lifestyle choices

***If you are Abundant Life invites you to join us for our acclaimed journey of a life time***

**Coming Out of the Dark - Rescuing the Inner Child  
October 17th 19th - 3 full day workshop**

**Who should do this workshop?**

- Anyone who believes that they deserve the very best out of life
- People who are ready to take a quantum leap into designing their future through the Power of Attraction
- Parents who either have children or are contemplating having them imagine having the knowledge and skills to give your children the necessary self esteem and understanding so that they can create lives that are authentic and powerful
- Teachers so that they have a better understanding of why children in their classes are exhibiting certain behaviors and how to help these children build their self esteem.
- Doctors and medical staff many people who have depression have deep emotional issues that have been locked away. Depression tells us the way we see life is no longer working. Inner Child work inevitably helps a person gain a new refreshed view on life releasing them from helplessness and giving them powerful tools to get their life back.

Email us now for more information on this life transforming workshop  
[info@abundantlivesolutions.com.au](mailto:info@abundantlivesolutions.com.au)



*Want to become a Visionary to be able to create a world that inspires and fills you with enthusiasm?*

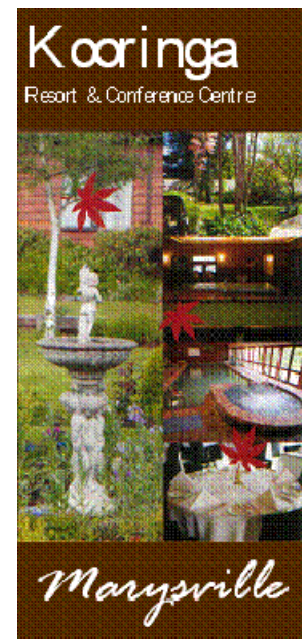
- *Acquire the tools and skills to become master of your own destiny in your private and business life*
- *Understand how to access the Quantum Field*
- *Master the power of Intention*

We have a few limited places left for our annual Masterclass Retreat  
7th-9th of November

Dont miss out email us now for a detailed brochure -  
[info@abundantlivesolutions.com.au](mailto:info@abundantlivesolutions.com.au)

For more information about how Abundant Life can assist you in becoming exceptional

[www.abundantlivesolutions.com.au](http://www.abundantlivesolutions.com.au)



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