



# Abundant Life

CREATING EXCEPTIONAL PEOPLE

## Welcome to The Abundant Life E- Newsletter

Creating Exceptional People

March 2009



### Putting to Death the False Self

The message of Easter

***“If you allow the collective conscious to consume you with fear you will create the very thing you don’t want”***

This time on earth is a very interesting one, with the cry that global warming is going to destroy the world and that the sky is falling because of the global credit crash, one could be excused for wanting to shut the front door and get into bed and pull the magic doona over our heads. And this is the reaction within us whenever we feel we are overwhelmed or out of control.

What a delicious Inner Child reaction that many of us still do. For example; If there is a bump in the night, we first of all go rigid and hold our breath, we stare wide eyed into the dark, our hearing magnifies and it feels like a radar turning to try and catch where the sound is coming from, our imagination goes into overdrive and we instantly pull the doona over our heads as if that and that alone will magically keep us safe – safe in the dark where you don’t have to face reality. But our imagination continues to fuel our fears and before to long everyone is going to be murdered in their beds.

What happens though if we get up and turn the light on and are brave enough to go outside and see what this banging is all about? Voila!!! We give a big sigh of relief as we see it is only a possum scuttling across the roof to meet his lady friend – not the thief in the night with clod hopper boots seeking entry to our abode through the roof  
Ahh relief!! And back to bed for a peaceful night’s sleep smiling at how fantastical our imagination was.

The “Magic Doona Syndrome” as I call it is what we do when we stuff feelings and pains down into the dark of our subconscious mind so we don’t have to face them. The sub conscious acts like a great big doona that will keep the dreaded boogie man away but our feelings of dread continue to wield widely about creating the chaos of our limited thinking assuring us that at any moment that fiend is going to crash through the door and annihilate us.

Beliefs about ourselves and our world that had been created back in our youth continue carving ever deeper ruts into the neural nets in our brains and through our continued attention we feed it an ever increasing cocktail of poisonous thoughts to keep these pathways alive. The energy or frequency related to these beliefs must then attract people, places, times and events to substantiate that our beliefs were right all along. Our outside world is now mirroring what we are so desperately afraid of.

***What you are frightened of you will create because you are paying attention to it.***



So what is the Easter message here - it relates to rebirth, to putting to death the false ego that has trapped us in childish limited thoughts. Thoughts that will always present to us that unless we are in full control 24/7 our lives are in danger. Like Don Quixote we spend our lives fighting windmills - windmills of thought which we mistake as giants that will surely kill us

***Just then they came in sight of thirty or forty windmills that rise from that plain. And no sooner did Don Quixote see them that he said to his squire, "Fortune is guiding our affairs better than we ourselves could have wished. Do you see over yonder, friend Sancho, thirty or forty hulking giants? I intend to do battle with them and slay them. With their spoils we shall begin to be rich for this is a righteous war and the removal of so foul a brood from off the face of the earth is a service God will bless."***

***"What giants?" asked Sancho Panza. ....***

***"He ran his lance into the sail but the wind twisted it with such violence that it shattered the lance in pieces and dragged both rider and horse after it, rolling them over and over on the ground sorely damaged."***

Each time we attempt through control, to change our world those giants are going to destroy us and the archetype of the Prostitute whispers "Stay safe under the Magic Doona" This dark sad place where our lives are unfulfilled and we certainly are not experiencing Heaven on Earth

***"God help us!" cried Sancho. (Don Quixote's squire) "Did I not tell you, sir, to mind what you are doing for those are only windmills? Nobody could have mistaken them unless he had windmills for brains."***

This is the binary mind where thoughts go round and around our neural nets of rigid beliefs, like a slot car endless going around a circuit not able to change lanes because it is stuck in a rut and the more power we inject into it (feelings) the faster it goes easily passing our other car known as "change"

This process was so beautifully expressed in the song "Windmills in Your Mind" by Alan Bergman

***"Like a tunnel that you follow to a tunnel of its own Down a hollow to a cavern where the sun has never shone Like a door that keeps revolving in a half-forgotten dream Like the ripples from a pebble someone tosses in a stream Like a clock whose hands are sweeping past the minutes on its face And the world is like an apple spinning silently in space Like the circles that you find  
In the windmills of your mind"***

Sadly when we can not control our world, we seek to hide from it through addictions – addictions of all sorts not just alcohol, cigarettes and drugs but shopping, eating, sex, excessive exercise, bullying anything that removes us from our painful thoughts. Even being overwhelmed is a form of addiction and it is all of these that keep the doonas firmly over our head.

***"There are subtle addictions to which we all fall prey, the addiction to our comfort and thoughts, to our self judgments and emotions, to our identities and fears .... This all leads us to a substitute life"***

***Ezra Bayda***

To have new life we have to be aware of our thoughts and put to death all that no longer serves the process of becoming our magnificent self. In alchemy it is known as the third process and it is called Separation –

**Psychologically, this process is the rediscovery of our essence and the reclaiming of dream and visionary "gold" previously rejected by the masculine, rational part of our minds.**

In this year – the Year of the Ox, which all about diligence and pushing through, Abundant Life's Masterclasses students have been doing amazing work – they have stopped wanting to theorize why their life is like it is and have started to create action – not external action in the outside world but internal action where change is permanent. They are starting to separate from their limited thinking, observing where they have come from but even more importantly designing where they want to go.



They have reflected on what are their most important "Values" and "Needs" now they are to them and asking "where do I use you and where don't I use you" so that they can get to the underlying beliefs that are shaping their world. Then they are taking the courageous step and ringing a buddy to share with them what they found. Why? Because **"Studies show that people who tend to conceal personal information have more physical problems, such as headaches, nausea, back pain and are more anxious, shy and depressed than people who don't"** Anita Kelly **"Current Direction in Psychological Science 8"**

Students are now in the process of setting in place how they can manifest these needs and values - spiritually, emotionally, and physically. It must come in that order, most people try to attempt it the other way by physically trying to make it happen and 9 times out of 10 they are out of flow with their intention simply because **"You cannot create the future with the same mind that created the past"**. It must be created in the unseen – this then collapses down into matter and people, places, times and events come into play to help it become a reality. We are seeing the most beautiful miracles of new life coming from this – people coming out from under their magic doonas into the light of who they truly are and realizing that they can create the life they want and more importantly that they are magnificent creative beings living on a planet that will give them all they create in the internal world. They have taken what Gandhi said it so beautifully **"Be the change you want to see"** and are living it.

We wish this for you also and if we turn to an ancient meaning of Easter we can see that new life has been a promise since the dawn of time. The name Easter derived from the Saxon **Eostre** (a.k.a. Eastre). The ancient Saxons in Northern Europe worshiped the Goddess Oestre at the time of the Spring Equinox. The Goddess Easter represents the sunrise, spring-time, and rebirth. This Easter take advantage of the energies and sit down and look at what no longer "serves me" – how are my thoughts limiting my life, joy and peace. Then take action go within and access the knowledge on how to change it, whether you do this by meditation or by writing – because to "Know and not to do – is not to Know"

#### **Do YOU want to unlock the secrets on how we accomplish this New Life?**

Just like any great quest it requires a journey, a journey back to where we first encountered the beliefs of others and claimed them for ourselves. Known as Inner Child work we allow the child within us to release these perceptions as we lovingly learn to re-parent ourselves. Because our future is created by the thoughts in our subconscious mind, real and perceived hurts and pains from childhood will recreate the same patterns in our life over and over. It is easy to understand how one can have an Inner Child problem if we grew up in homes and families that were dysfunctional and even toxic, but even the best of families with all the right intentions can create an Inner Child purely on the basis of how a child's brain develops and the perceptions that are created there. The shame, anger, abuse, neglect, abandonment, and dysfunction in our childhoods often re-emerge in ways that are very different from the original feeling. It can present itself as co-dependence, workaholicism, addictive behaviors, depression, anxiety, compulsive behaviours such as eating disorders, bodily pain,

Inner Child work gives us the necessary skills and resources to re-unite with our Authentic selves and that will impact every area of our life. This is not about being a victim or being stuck in trauma from our past it is about finding that wonderful innocent self that believed everything was possible, John Bradshaw states it so beautifully **"Creativity is the glory of being human and our human destiny is to create our own unique lifestyle, to do this we need the spontaneity, resilience and curiosity of the Divine Child."**

#### **Are YOU ready to create 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 a journey of a life time***

**Coming Out of the Dark - Rescuing the Inner Child**  
**April 24th – 26th**  
**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.
- **Teenagers** – life is difficult enough during our teens, by removing limiting self beliefs you free up self esteem to help create vibrant happy teens who feel that they have the tools to cope with navigating through this difficult time. Abundant Life has an outstanding record for helping teens develop life skills

For further information go to our website [www.abundantlifesolutions.com.au](http://www.abundantlifesolutions.com.au) and click on workshops then “Coming Out of the Dark” at bottom of page  
Or email us on [info@abundantlifesolutions.com.au](mailto:info@abundantlifesolutions.com.au) for a detailed brochure and registration form. Places are limited so act fast to secure your place on this amazing journey.

**Masterclass**

If you would like to take action in your life this year, we welcome you to join our once a month class on “The Science of Creating”  
We have 3 classes currently running – 7.30 – 10.30 p.m.

**Wandin** 2nd Wednesday of the Month  
**Hallam** 3rd Wednesday of the month  
**Collingwood** 3rd Thursday of the month

***For further information please contact us on [info@abundantlifesolutions.com.au](mailto:info@abundantlifesolutions.com.au)***

Have a wonderful Easter and think about the symbolism of the egg – the egg, like the seed, contains within it everything that you will need for your journey on earth but sometimes that gets clouded over and we are resigned to living a substitute life - crack that egg open and access all your glorious parts and you to will be renewed and reborn

Wishing you peace and joy

*Rosemary*

***Please contact us for further information about how Abundant Life's ground breaking workshops and special events to be held in 2009 can create an exceptional YOU!***  
***[info@abundantlifesolutions.com.au](mailto:info@abundantlifesolutions.com.au)***

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