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Believe...

For months now we have heard about the Law of Attraction and what it can do for us. Everyone is telling us: "You have got to believe".

That's all very well, but believe in what? There are a trillion things you can believe in, but only one that really matters. Belief in yourself.

What does believing in yourself really mean? Does it mean believe you are sick, believe you are fat, believe you are poor? Well it could, but it actually means you should have faith in yourself, faith to know that you can do anything you want in life. The power of believing in you is second to none in this world and there are books available to guide you. I will direct you to some of them later.

There is great magic in the power of believing, and without it you are lost. The greatest book ever written, some two thousand years ago, admonishes us to believe in ourselves. It is said in that same great work that faith will move mountains, and you don't need to have a great amount of faith, as much as a mustard seed so it tells us. Have you ever seen a mustard seed, it is one of the smallest seeds known to man. When you believe in you, I mean really believe, then things happen in the universe to ensure your belief is not wrongly channeled. Belief in yourself is the only belief you need to have, and from this, every thing else will come to be for you.

You may say, what's to believe in, why should I have to believe. For a start you do not have to believe in anything you do not wish to. The universe is amazing like that, your hand is never forced in anyway at

all; it is totally up to ones' self. But when you have the power of believing on your side, things will happen, wonderful things, the universe knows no bounds. Imagine what you can accomplish with the power of believing and the universe on your side. Over the centuries there have been many documented cases where the power of believing has turned a calamity into a great ending.

I am sure you have all heard similar stories about a woman who saved her husband from certain death. This was a frail lady of small stature, and her husband was a normal man in weight and strength. Whilst he was working underneath their motor car, the car slipped off its supports and came down on the man's chest. Without thinking, his wife lifted one side of the car with one hand and pulled her husband clear with the other. If this woman had stopped to think about it, I doubt very much she would have saved her husband. The story does not say that she was full of belief in herself, but it is almost certain that she already knew the power of believing and never stopped to doubt herself because she knew she had to save her husband. Did it really happen? Who knows. This may just be an urban myth, but strange things do happen in exceptional circumstances.

The world is full of stories that attest to the wonderful power of believing, I am sure most people reading this book will know of times when believing has saved the day. Take the terminally ill person, who with nothing left to believe in but their own healing ability, have often recovered against all odds. The religious person may say that it was a miracle, however I tend to think it is the persons own personal belief that prevailed in the end.

The power of believing is one force in this universe that we all should use. Imagine what happens when a whole group of people are single minded in their belief that something can be achieved. We can see the result of that everywhere we look. The great wonders of the world, the placing of a man on the moon, all happened because people believed it could be done and then went out and made it happen. You too can make anything you believe possible come into being. One of my personal affirmations is the one about belief in the book "Think and Grow Rich" when Napoleon Hill stated. "What the mind can conceive and believe, the mind can achieve". Think about that for a minute, what the mind can conceive and believe, the mind can achieve. This makes our minds wonderful tools if we only believe, that's all - believe!

There is also the saying: "If you think you can – or you think you can't then you are probably correct!" You make your own future so be careful what you wish for – you might just get it!

We often hear about people who's self-esteem is either exceptionally low or very high. Low self esteem tends to come from spending time with our peers. Let me explain. When you were born into this world you knew nothing about self-esteem. You got the first nourishing meal from your mother and then hopefully lived a comfortable life, being praised by your mother and family members, so until you got to be school age you never had reason to doubt yourself and your abilities. A small child does not think he cannot do anything, he just naturally does whatever he wants. Then you start school, met your peers and teachers and all your self-esteem is about to take a back seat. Such statements as, "you can't do this", or "what makes you think you can

do that"? "You will never get a good man or women in your life", "you are just not good enough", or worse still, "you are not that good looking so you have to accept whatever comes you way". This is very sad as such comments have been the cause of many teenage suicides, or of people drawing into themselves and loosing all confidence in their own abilities. To put it mildly our peers and teachers have a damn lot to answer for. We have to rise above all that and gain our self-esteem back, claim it back! it is ours and no body should have it but ourselves.

How many times did you fall off your bicycle when first learning to ride?, enough times to learn how to stay on in the end! And that is the power of belief at work. When you learn to cook, you start off by burning a few things and having failures, until it all started to fall into place and you believe that you are capable. This is once again the power of believing at work. Usually you will go to bed at night without a thought for tomorrow, same old day same old problems. You just go to sleep, wake and start your day over again. But when we really **believe** in ourselves we can do wonderful things, and each day brings something even better than the one before.

The Law of Attraction

Did you know that whatever you want in this life it yours for the asking, it's just that simple. One of the worlds greatest literary minds Ralph Waldo Emerson, (1803-1082) stated that we are what we think about all day long. How very true. The sub-conscious mind makes sure that we become what we think about, in other words, what means so much to us becomes our very being. I can tell what a person in

thinking if I stay in their presence long enough. They are either negative or positive; these are the only two choices. The negative person is always crabbing, about not having enough money, "everybody is against me, I can never get ahead". They make you feel depressed and everything bad that happens to them is always the fault of someone else. Do you want to know a fact of life? they will stay like that if they don't change their ways, because that's what they think about all day long, On the other hand, the positive person is always a delight to meet, in fact we all like being in the positive persons presence, Why? Because their positivity uplifts us as well, and makes us feel that nothing is as bad as we may have first thought. It is a fact of the law of attraction that like attracts like, positive can never attract negative.

If we are to believe the universe is a great power, we have to also believe that we are part of it, that we are actually part of the universe which in turn makes us all one. I do not mean that we are part of one another, but that we are all separate parts that make up the entire universe. The universe is a very powerful entity and I am proud to be a part of it. If we continue not having faith in ourselves, then we are fighting against the universe, with no hope of beating it. When we have belief in ourselves we also start to have faith in our fellow man, you have seen what can be achieved with that kind of universal power. When we really believe in ourselves and how good life is, the universe works to make sure we are not let down, thus believing in ourselves make life a much better place to be. The power of prayer is one example. Religious or not (and I'm not) those who truly believe are capable of exceptional things.

Here is a story about a lad who wanted to play the piano, I will let him tell it in his own words because that way you will understand what believing in yourself can really do if you couple it with sheer determination and stay true to yourself, knowing that you can because you have so much faith in yourself.

How I Learnt To Play The Piano

Let me tell you the story of how I learnt to play the piano. I came from a large family of which I was the eldest; I had two brothers and three sisters. Back in those days money was not very plentiful but my mother was a good manager and we always had plenty to eat and the basics of life.

My Father worked very hard to make sure we had the kind of life that we did, but unfortunately he died at a very early age. But before he went he left us a legacy of music, both the love of it and the ability to play it.

I myself showed signs of a musical ability at a very early age and was already playing guitar and ukulele by the time I was 12 years old. But I had an ambition to play the piano; my father played and I felt that I could as well. I approached my father when I was about fourteen and told him that I wanted to learn the piano, to this he replied "Son I think the piano is too technically difficult for you " Can you imagine how I felt, here was the one person I looked up to telling me that I could not do it. This was my first experience of someone pouring cold water on my ideas.

However my ambition to play the piano was a lot hotter and would have needed a lot of cold water to make me forget the idea. This was

a dream I had and there was no way I was going to let anybody destroy it for me. Money, as I have already mentioned, was not in great supply, so the chance of me going to a piano teacher was not even a very small option.

Not to be beaten by this major setback, I took the few pennies I had saved and went to a music shop in the town where I lived. There I found a very bewildering selection of books to choose from, but after talking to the salesperson I came home with a book that I just knew was going to turn me into a pianist. With the book safely tucked under my arm, I caught the bus home. Can you imagine how I felt, I could hardly contain myself, I WAS going to be a pianist. The desire was just that strong; it was already becoming a burning desire to succeed.

The house that we lived in was a big old brick building, one of those with a fireplace in every room. It had a separate lounge as apposed to the open plan living that most of us are familiar with nowadays and a kitchen that had a coal range for cooking. The Lounge was situated on the cold side of the house and never got the sun. This is where the piano was kept; my father often played it for many hours in the evening. I can still remember going to sleep to sound of the music he was playing.

This setup was an advantage to me in one way and a disadvantage in other ways. Firstly by having the piano in a separate room, I could shut myself away from the rest of the family so as not bother them too much. But on the other hand, because the room was a very cold room, my fingers got very cold and I had to take small breaks from my practice to warm my hands and feet in the kitchen where the coal range was always going.

On arriving home on the bus with my book under my arm, the very first place I went to was the lounge and the piano. Sitting myself at the keyboard I opened the book at the first page and started to read. Well after a couple of hours I was no further ahead, it was as if the whole thing was written in another language. I always heard that you can read music, but dots and lines were not words, how do you read these? It made no sense at all to me. However my grandmother was a pianist (no a good one I might add, but she could at least read music) so I decided the visit her and tell her what I wanted to do. She was very patient with me and showed me how to read the top line of music.

Once again I returned to the piano and my book, and do you know that after another hour or two it started to make a little sense. So with renewed vigor I set to the task of teaching myself to play. In couple of days I could name each note on the keyboard and I even knew what the black notes were for, I had at last got a grip on it. It was about this time that my burning desire became an absolute obsession and nothing or nobody was going to stop me. I was going to be a pianist.

I set myself a very tough schedule of practice, after all I was going to play this thing or die in the process of learning to. This is how my schedule went. I would wake early; start practicing at 7.00 am till it was time to go to school at around 8.30 am. I would get on my bike and head for school with about as much enthusiasm as fish out of water. When lunch time arrived I headed for home again where my mother would have something prepared for lunch (often it was just a sandwich), I would have lunch and then head for my beloved piano and practice till about 12.45, then head back to school for the afternoon session. When school finished at 3.00 pm I would once again

head for home, I did not have time to stay and play with my friends, I had more important things to do.

Because I was now at high school I had a lot of homework, however I was not interested in that, if it got done at all, it was just slummed over with no thought to what it all meant. With homework over for another day, I would start piano practice again until it was time for the evening meal. The evening meal in our house was a time when we were all together to share our meal and the things we all had done through the day. I remember we would sit spellbound with the anecdotes my father would relay to us about his childhood days. Then it was time to clean up after the meal, and we all had chores to do, one would wash the dishes, one would dry them, another would clear the table. After this was done I was allowed to go back to my piano till 9.00 pm when it was bedtime.

Then would come the weekend; No school for two days. Guess what? I could now rest from my practice but that was not an option for me. I could have gone to friends places etc, but I was only interested in learning my instrument. All weekend I would stay in the lounge practicing. The only time I took off was when my hands got too cold and stiff to play (it was now winter), I would warm them by the coal range, which was always going, with an old black kettle gently bubbling away on the edge of the stove.

Sunday morning was reserved for church, so practice in the morning was not an option, but after Sunday lunch I was allowed to continue practicing till 9.00 pm. This went on for six solid months, I drove the rest of the family mad, but in the end I could at least play as well as my father. I had got there because not once did I feel defeated or beaten; I knew what I wanted and went for it. The passion inside me

was so great that I doubt there was anything that could have stopped me barring illness, even that would have had to take a back seat.

From there I went on to play the piano all my life (and I still do). I was the resident pianist in a tourist hotel for seven years. Do you know how it made me feel when a perfect stranger would tell me that I played well? it always did and still does fill me with a sense of achievement, I had beaten the odds and became a pianist. Yes the piano has been the biggest part of life and will continue to be a source of relaxation and give enjoyment to many.

So you can see that having a burning ambition will go along way toward the realization of your dreams. Under no circumstance should you listen to what other have to say, unless it helps you in your quest. When you can develop a burning desire it seems to take care of everything for you. Firstly you become very focused with a mind set towards your goal. What people say against your idea mean nothing to you as long as you keep that fire alive inside you. The great Waldo Emerson put it like this. "You are what you think about most of the time" so it pays to concentrate on what you want rather that what you don't want or even fear. There is no past, the present is yours for a split second, but the future is yours to do what you will with. Don't let it become a wasted life.

How I learnt to play the piano was reprinted with express permission form the author Anthony Hosking <http://www.kowhaiproductions.co.nz>

Meditation

The use of meditation can be very beneficial in the quest to have self belief. Those that know how to meditate will already know this to be true. However for those that do not meditate and do not know how to, you will find a great solace in using it. When you can learn to relax fully and experience the free flowing of your body's energy, you will find that it is no longer a hardship to have faith in yourself. The world is a very busy place and life is fast, having belief in something is a wonderful feeling, however if that something happens to be yourself, you will find that the world is your oyster and nothing will ever stand in your way in the future.

Understanding Meditation.

Silencing the mind through meditation allows you to bond and attach with your central being, that spark deep inside that makes you who you are, bringing fulfillment and peace within and enabling you to find your innermost thoughts and deep guidance. You will find the courage to set free your past and release the future, remove old fears and live only for the present. When you connect to the quietness underneath the everyday mental commotion, you will find inner peace.

Meditation soothes the mind, relaxes the body and lessens tension. Happiness increases with regular meditation. Love, understanding, tolerance, and inner strength also increase. The ability to concentrate is sharpened, so that your mind is stronger and more in control. There are many ways to meditate and there is nothing complicated or scary about it.

First, find a quiet room where you can make yourself comfortable and will not be disturbed. Turn off the telephone, lock the door, then light a few candles and/or incense. Pleasant smells increase concentration and the principle here is focus. You could also try focusing on a certain object or thought, or even, while keeping your eyes open, focus on a single sight.

I use the very beautiful meditation CD's from

<http://www.newworldtunes.com/catalog/homepage.php>

Many of these quietly 'talk' you through a mind journey, though eventually you will be able to take your own journey to any gentle background music.

An excellent meditation course can be found here:

<http://tinyurl.com/27d5x7>

Amazon too, have a really good choice of CD's and books on meditation:

<http://tinyurl.com/yvyvjf>

It's really a matter of personal choice.

Most meditations last for around a half hour. You do not actually sleep (though sometimes the relaxation can soothe you off to sleep, so allow plenty of time in case this happens).

Lie back, close your eyes and just listen. Follow the journey, imagine the scenes, and allow the soothing voice to guide you. This is not hypnosis, and nothing bad will happen to you. The hardest part is to allow yourself to totally let go of tension and to fully open your mind.

It is in this relaxed state that you attract positive forces and focus your subconscious to positive goals. I find that, whilst I am aware of everything, it is just too much effort to open my eyes whilst on the journey. Deep relaxation is a wonderful feeling and you will finish the session totally refreshed.

Regular meditation will allow you to be much more positive in your thoughts and eventually, with practice, you will find the answers you seek, without even being aware that you are asking them. Your belief in yourself will increase and you can begin to make the natural law of attraction start working for you!

Good Luck in finding your own Belief...
Katie Rich

For good follow up books and tools here is a list of my favorites:

What is success: Anthony Hosking

<http://www.kowhaiproductions.co.nz/success>

How to create your own subliminal CDs

<http://www.kowhaiproductions.co.nz/sublim.htm>

For Ladies

<http://www.TotallySavvyWoman.com>

Low cost quality ebooks and software

<http://www.PocketMoneyProducts.com>