

**CHANGE YOUR FOCUS  
CHANGE YOUR LIFE  
A BLACK & WHITE GUIDE  
FROM A RED SPIRIT**



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## **Yes, but it doesn't work for me!**

Most of us have heard about the law of attraction and probably watched movies such as “The Secret” or “What the Bleep.” And books like “The Power of Positive Thinking” by Norman V. Peale have been available for decades. Why is it then, so many people have trouble creating abundance in their life? I often hear, “Yes I understand, but it doesn't work for me!”

What you fail to realise is that...**it is working!** The Universe always gives us what we focus on, and that's the key factor...**Focus.** What are not commonly known are the three aspects to creative focus.

The first aspect is that everything is Energy. YOU and everything you perceive, is a form of cosmic energy resonating at a particular vibration. Even your thoughts and emotions are energy.

Now...there are some fundamental principles governing this cosmic energy, and these principles have become known as Universal Laws.

# Universal Laws<sup>1</sup>

## ***Law of vibration***

- Everything is vibration; nothing is at rest
- Like attracts like on a vibrational level

## ***Law of cause and effect***

- What you put out, you get back
- This is not karma with rewards & retribution; just an extension of the law of vibration

## ***Law of transmutation***

- Energy can neither be created nor destroyed
- Perpetual transmutation is energy transferring into matter and out again to energy

## ***Law of polarity***

- Everything has a balancing opposite
- Yin and Yang; Male and Female

## ***Law of rhythm***

- Nothing stays the same; everything flows
- Everything runs in cycles

## ***Law of relativity***

- There are no absolute truths
- Nothing has meaning until you ascribe meaning to it, or relate it to something else

1. Based on the study of the seven Principles in Hermetic Philosophy of Ancient Egypt and Greece, first published in “The Kybalion” in 1908.

## **What you say and think, you create.**

If we accept these Universal Laws, we begin to understand how our lives are manifested by our focus. You see your reality as real because your brain functions as a quantum machine and creates your world through the five senses of sight, sound, touch, taste and smell. It actually transforms and interprets the energy around you much like a hologram, where you can feel and navigate the 3-dimensional effect.

YOU are a quantum energy machine, and you create your own world by focusing energy; and remember, thoughts and emotions are also energy. What you believe, think about, worry about and keep talking about is what you create more of. This can be positive or not so positive, depending on whether you are creating what you want, or more of what you don't want. This brings us to the second aspect of creative focus...your unconscious focus.

## **What are you really focusing on?**

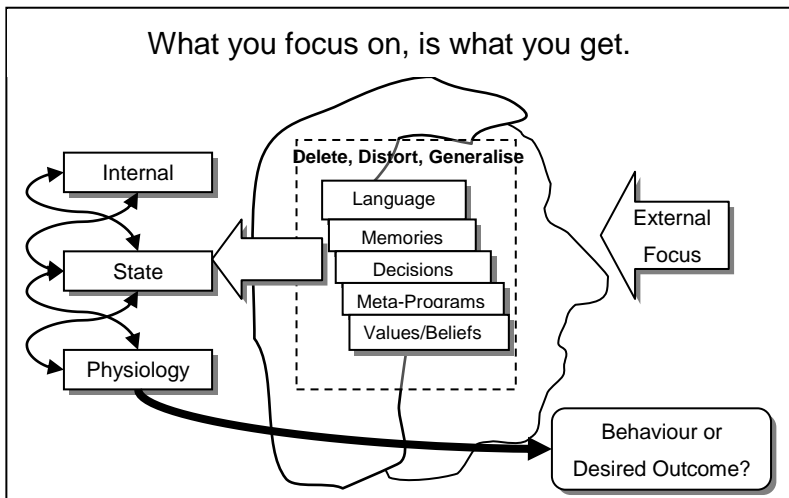
How we perceive and communicate within our reality is unique to each individual. Your body is bombarded with over two million bits of information per second<sup>2</sup>, via the five senses of sight, sound, taste, smell and touch. Note: this is an estimate for the five senses we are all familiar with. If we were to include all our other psychic senses; how much more information would we be subjected to?

The point is you cannot possibly cope with such an influx of information on the conscious level. In order to make sense of your reality, indeed to create your reality, an area of the brain called the Reticular Activating System (RAS) unconsciously filters all the incoming data. The RAS deletes, distorts and generalisebs the incoming flow of information down to just 134 bits per second. Do you get that?

2. "Flow: The Psychology of Optimal Experience", M. Csikszentmihályi

That's 2 million down to 134 bits per second.  
It literally sieves the information through a series of filters. These are your filters to perception. These filters include your beliefs, values, language, education, decisions, religion, and meta-programs.

So you will only process, or bring into your reality, what you focus on. Consider just how much information you are deleting. Are you deleting the positive input and focusing on the negative? Change your filters so you are focusing on positive aspects of life and you will attract more positive energy to you.



## **Universal laws in practise.**

The more work I do in the field of energy healing, the more I become aware of the power of energy and the connection between all universal matter. This really struck me one day when I was driving home with my wife. We narrowly avoided an accident on a roundabout when a driver on the inside lane decided to swerve across our path to exit left. I was forced to turn left and exit the roundabout to avoid a collision.

We must have missed each other by centimetres, and I admit to swearing at the driver for jeopardising our safety. At that exact moment of exhibiting and verbalising my anger, I saw a wave of energy travel out in front of me. It looked like a wave of shimmering haze you might see on a hot summer's day, and I instantly got the feeling that it was going to come back and bite me at some time. It wasn't so much what I said, but the emotion behind the words.

I thought I got away with my display of intemperance until about a month later. My daughter phoned me to say she had a minor car accident on a roundabout in Brisbane. She was driving the family car and the circumstances were exactly the same as our experience, but in her case the two cars did collide. Only minor damage and nobody was hurt. So the negative energy I sent out did indeed come back to me. It was my car and my repair bill.

There are many ways to interpret this experience. To me it was a great example of the Universal Laws in action, particularly the laws of Vibration along with Cause and Effect. The point I want to make is that it's the emotion behind the focus, which makes the difference. Remember, your emotions are energy. When you are angry with a situation, you create tremendous energy that flows out and then back. So the third and final aspect to creative focus is emotion.

## **So how do I change my focus?**

Simply being AWARE is the first major step toward change. Even some of your unconscious filters will change now that you are more aware. In fact, your attitudes, values and beliefs change all the time. You experience things in your life that affect you and cause you to re-evaluate your values and change your beliefs, thereby changing your perceptions of the world around you.

Yes, sometimes we have hidden beliefs and other filters that can sabotage our best efforts. Unconscious filters that do not serve you can be changed with therapeutic tools such as hypnotherapy and NLP, etc.

***The key is to change your focus to what you want, rather than what you don't want. Employ the Universal Laws. In every situation you don't like, focus on the polar opposite. This will change your vibration and attract more of the same energy.***

As I have mentioned, emotion is also an aspect of creative focus. We are all good at energising negative experiences with emotions such as anger, resentment and the like. And as we now know, this only attracts more of the same. What if you were to put the same amount of emotional energy into what you want? This is a foreign concept to most people.

***Whatever is your focus, energise it with the vibration of a positive emotion. Picture it, touch it, taste it, and feel the powerful emotion of having it.***

One last tip...It's actually your choice to enter a negative state of emotion when a challenging situation occurs. Why not choose something else? Quite often we get upset because we ascribe a negative meaning to an event, comment or action.

***Remember the Law of Relativity...nothing has meaning until you ascribe meaning to it. Utilise your free will & choose something positive instead.***

## **Expanding on the Universal Laws**

### ***And what is the purpose behind all events?*** <sup>3</sup>

All events, all experiences, have as their purpose the creating of Opportunities. Nothing more, nothing less. It would be a mistake to judge them as "works of the devil," "punishments from God," "rewards from Heaven," or anything in between. They are simply Events and Experiences...things that happen. It is what we think of them, do about them, be in response to them, that gives them meaning. Events and experiences are opportunities drawn to you; created by you individually or collectively, through consciousness.

Consciousness creates experience. You are attempting to raise your consciousness. You have drawn these opportunities to you in order that you might use them as tools in the creation and experiencing of Who You Are. Who You Are, is a being of higher consciousness than you are now exhibiting.

Because it is My Will that you should know, and experience, Who You Are, I allow you to draw yourself whatever event or experience you choose to create in order to do that. Other players in the Universal Game join you from time to time...either as Brief Encounters, Peripheral Participants, Temporary Team-mates, Long-Term Interactors, Relatives and Family, Dearly Loved Ones, or Life Path Partners. These souls are drawn to you by you. You are drawn to them by them. It is a mutually creative experience, expressing choices and desires of both.

No one comes to you by accident.

There is no such thing as coincidence.

Nothing occurs at random.

Life is not a product of chance.

Events, like people, are drawn to you, by you, for your own purposes. Larger planetary experiences and developments are the result of group consciousness. They are drawn to your group as a whole as a result of the choices and desires of the groups as a whole.

3. Excerpts from "Conversations with God" Book 2 by Neale Donald Walsch.

## **Daily Energy Management.**

The following technique was originally designed for practitioners to manage their energy during healing sessions. However, I have come to realise that it can be a benefit to everyone in everyday life. Practised daily, this technique will help you stay grounded; to resist being knocked off balance; to be less drained at the end of your day; to deflect the negative energy of others; and to heighten your awareness. Your intent will focus the energy for any particular purpose that you choose.

**Step 1 - Universal Energy (Yang):** Imagine a cloud or energy level high above your head and see your crown chakra extend up through this level; then expand and pull back until it locks and seals. This is to make sure there are no leaks, and prevent unwanted energy from entering. Now imagine clean golden energy or white light flowing down into you.

*See figure on page 16.*

**Step 2 - Grounding Energy (Yin):** Imagine roots or cords going down from the base of your spine and feet, entering the Earth and wrapping around the core. Draw the Earth energy up through your roots to fill your entire body all the way to the top of your head. The most common colours perceived are white, blue or silver. Imagine that energy inflating you tight like a ball full of air. This will prevent negative energy from being trapped in any creases and keep you very grounded and solid. Just take note as you perceive the Earth energy rising up through your body. Does it get caught anywhere? Any area you have difficulty filling needs your attention. What is happening there?

**Step 3 - Heart Connection:** To connect with the heart energy is to bring your attention to the centre of your chest and envisage a gold light or spark igniting the two energies. This amplifies your energy field. You can direct this energy for healing Self or others.

You can also direct this energy as a shield if you have to deal with particularly negative people or situations. Simply envisage this energy as a gold shield surrounding you; a shield that will reflect all negative energies. You can still send loving energy and protect yourself at the same time.

This technique is very effective and people will react because they can feel their own negativity bouncing back. Simply know that it's their stuff they are projecting and there is no reason to give it any meaning. Use this wisely as there is no benefit in creating barriers with everyone you meet. A positive intent when focusing energy is always important.

**Cleansing:** At the end of your day, you can turn up your heart energy to burn off any negative energy that may have built up, and let the ash fall away. You can also simply imagine being cleansed by standing under a waterfall or even taking a shower.

# Daily Energy Connection

