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Instructions for happiness and success

A step-by-step guide to creating the life of your dreams

How would you like to create the life of your dreams, a world filled with everything that's important to you? What would you wish for: money, love, success? Well now you can have it all, thanks to a new book that shows you precisely how to do it.

Instructions for Happiness and Success brings together tools to help you manifest a great life, tapping into the laws of attraction, to turn your dreams into reality. "The book is based on universal laws which always work," says author Susie Pearl, a keen yoga and meditation enthusiast. "This is true - whether you believe it or not."

She says we are emotional beings constantly transmitting magnetic frequencies. These frequencies attract a magnetic match of circumstance and events towards us. All requests you make through word, thought, feelings, wishes or prayers are answered by the universe, 100% of the time, no exceptions. The universe always says yes and will deliver.

The book provides a kind of tool kit - which also includes a fabulously relaxing audio series - that shows you just how to bring more of this pleasure, peace, wealth, love, success, optimism, joy and inspiration into your life. It's an invitation to dream big and to invite great new things into your world.

Laws of attraction

The start point is a greater understanding of how we create our experiences or reality through mind activity. This is a fundamental notion behind ideas such as the law of attraction and manifesting.

In essence, it means:

- You are what you think; your thoughts are energy and are magnetic. You attract directly into your life through your own thoughts and emotions. Like attracts like in all cases. Giving out love attracts love back and giving out hate attracts hate back.
- You create everything that shows up in your life, so only you are the master of life's outcomes.
- You can make changes to your life immediately by changing your thoughts and feelings to focus positively on what you want - and taking your attention away from what you don't.

"Once you know how these work, you will be able to start unlocking the power potential of your mind so effectively that you will learn how to bring about any outcome you choose in your life," says Pearl.

Get creating

The first thing is to identify what you want more of in your life, so that you can then positively start to manifest it. This is harder than some might imagine, with many people more accustomed to thinking only about what they don't want.

But one of the underlying principles is that this works only on positives. If you do focus on the negatives ('I wish I wasn't always broke', for instance), then that is what you'll get more of. So put pen to paper and get creating. "You can be, have, do anything you choose, as long as you believe that you can and you let go of forcing the outcome," says Pearl.

Start by writing down two lists:

- a) What I want to create in my life.
- b) What I don't want to create in my life.

Don't hold back, write as much as you want, and be as ambitious as you possibly can. Think about your life. What do you want to change? What do you want more of? What would you like to be better at? Next, zero in on the positives and split it into sections. Identify what you want to bring more of into your life in these core areas: Family; Job; Adventure; Wealth; Love; Health; Friendships; Fun; and Home. The things on the list can be big or small, easy or tricky, just write it all down.

Once you have these ideas on paper, they will start to take more shape, and begin to appear more readily in your mind. Start imagining. Stay focused. Stay positive. Keep centred. Hold your vibration steady. Know the creation rules. Bit-by-bit, you'll start living and breathing the life that you are positively creating for yourself, that beautiful world in which you are the superstar.

"Managing your own mind is the most powerful thing you can do to change your life, and it affects your whole being and life experience," says Pearl. "By moving our minds and emotions into those good feeling places, we can do anything. Our minds are infinite. Our powers are infinite. Our lives are infinite. Let's get excited."



Exercise 1: The 'create' box

1. Gather a beautiful looking box. Make sure it looks lush and attractive. Write out the following statement and put it on top of the box as a label: "Whatever is contained in this box I have already created in my mind and welcome into my life now. Everything in this box is already present. I receive all of this with abundance and flow. All for the best. Thank you. It's done. Show me."
2. Gather together pictures and items to visualise your wishes and intentions, things that evoke a good feeling and clarify precisely what you are wishing for. Take them from brochures, magazines, the internet, hand-drawn or written words on beautiful paper. You may be looking to visualise a beautiful relationship, improved health, a promotion, a new car, or an unexpected windfall. State out loud: "I am ready to allow this to flow into my life now. I have faith, excitement and the feelings of having this or something better. Thank you. It's already done. Show me."
3. Now place the items inside the box, one by one, while being in a positive mental state, with the feeling of excitement of already having this in your life. Then close the lid, feel it is already done and continue with your day. Walk and breathe like these things are already in your life. Feel like you have this with you. Imagine it being already here.
4. Revisit the box regularly and review your items. Keep an eye on them, keep them in your mind, think about them often, as if you already have them with you; be careful not to focus on the thought of them not being here yet, as this will create the opposite and a 'lack' vibration. You can change the items whenever you wish. Keep consistency as much as possible so that the same instruction gets transmitted out clearly and powerfully.

Exercise 2: Pump up the money

This is a great tool for creating more money in your life. There are quite a few people who could do with a bit of this. Follow these simple steps for increasing cash flow into your life easily.

1. Get a cheque book (or create an imaginary one from some paper cut to size) and write yourself a cheque for 'cash' to the tune of £50. Now think for a moment how you will spend this money and write down exactly in a notebook until all the money is 'spent' in your journal; you are not allowed to hoard it.
2. The next day, do the same again but this time double the amount. You must 'spend' it all and write down in full what you are spending your imagined cash on. It's all imagined, so go to town with your creative thinking. It can be as far-fetched as you like, as long as the purchase makes you feel good, happy and excited.
3. Each day, double the amount and write down how you are imagining spending it.
4. Feel the feelings of actually spending this money, and keep a log of everything you have bought with this money. Do this every day for at least a month. Have fun with it.



Extracts from the book
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and Success'* by Susie Pearl.
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