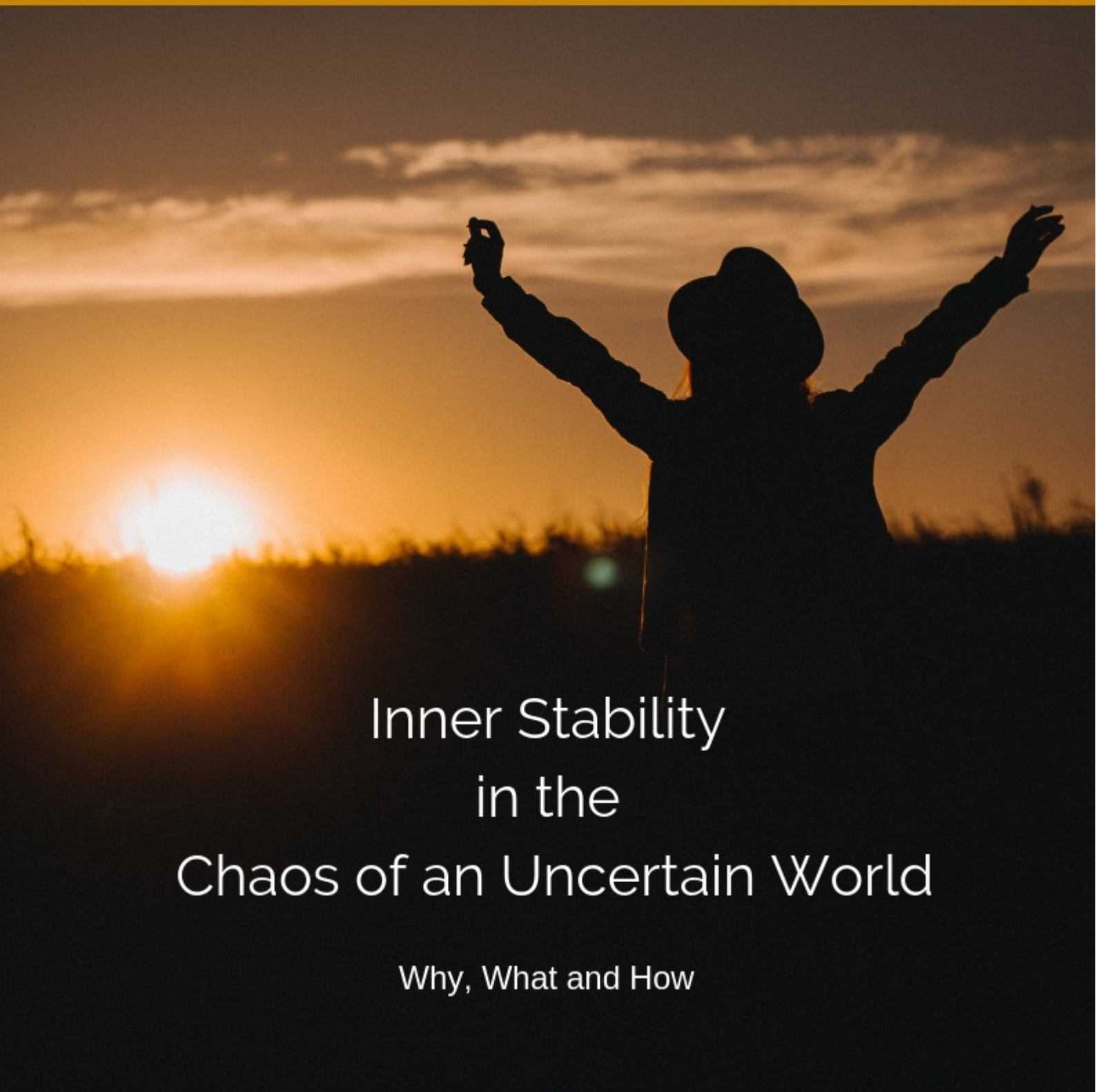


Creating a World Where Everyone Wins



Inner Stability in the Chaos of an Uncertain World

Why, What and How



CREATING A WORLD WHERE EVERYONE WINS: by Maryjane

What on earth can that mean?

How on earth can it be possible?

Creating a World where Everyone Wins means living life here on this planet in the full knowledge and *embodiment* of the infinite life energy we are.

The natural outcome of this is a deep reverence for life. For our own, for each others' and for the planet.

Living from this perspective means to live aware of the infinite power flowing through us, the finite nature of these bodies and all phenomena, and experience a deep joy and thanksgiving as it wells up from within and we appreciate these passing moments.

Life is precious, yet light-hearted, revered and yet not grasped at.

When we see life and ourselves as an integral part of this planet and each other, we behave in a way that reflects this love, and a world where everyone wins, is a natural outcome.

It is possible through:

1. Re-establishing in our minds the other half of the story we tell ourselves about who we are.
2. Being able to see clearly through the habitual, mechanical ways of seeing the world as created by our ingrained beliefs.
3. Cultivating and nurturing feelings within ourselves of love, compassion and joy.

There is a huge wave of the wisdom of the earth rushing up to meet us now, and all we have to do is to clear the way to let it through.

Better for you is better for the whole because you are an integral part of the whole.

As the universal intelligence rushes through you, the natural abundance and diversity as shown to us in nature finds its way in your unique expression of being yourself, fully embodied, full expressed, without limits.

BACKDROP:

The backdrop of the world today is one in which fear, despair and hopelessness are prevalent.

Unsurprising really when we are continually confronted by the activities of crazed leaders, desperate inequality, millions of refugees, war, racism, the destruction of the environment and the tumultuous effects of climate change.

THE MAINSTREAM MEDIA:

Good old media.

The News!

Hurrah!

Our minds are drawn towards negative headlines.

Why is this?

Is this a left over from needing to survive tigers?

Bad news sells and the news channels make the most of it.

Repeatedly bombarded with a small selection of worldwide events, we are 'reliably' informed that there is an awful lot of terrible, terrible things going on out there that we are powerless to do anything about.

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FOREGROUND:

The foreground of the world today is one in which we are pressured to hurry from task to task, responding to alerts on social media, distractedly searching for **the thing** that will satisfy- house, car, business, relationship, (CHOCOLATE.)

You know all the stuff we want.

An average exposure to 3,500 adverts a day tells us what we should want and what we should fear.

Advice on how to gain the most approval, how to be accepted, which means- how to survive.

The craziness has got crazier.

This is not something that will happen in the future.

It is happening here and now and we feel frightened and powerless and the stress is getting tighter and tighter.

(40 million Americans over the age of 18 suffer from anxiety disorders affecting their health, physical and mental, relationships, work, sleep, and level of joy experienced in life).

Experiments have shown that those exposed to a lot of news media coverage end up feeling more anxious about their personal problems. An attitude or way of thinking is passed from one topic to another).

In this world of anxiety and hurrying, there is a common experience of a sense of dissatisfaction, an underlying sense of the need to search for the answer that will provide us with the chance to relax, to be ourselves, to express ourselves creatively and follow what feels right in our hearts.

We try to provide a salve for it by searching the internet for answers and distraction, but it never quite reaches that itch we cannot scratch, or satisfies the undefined longing our hearts cannot forget.

IN THE 1980S:

Back in the 1980s things were pretty bad, but at that point, we had the promise of the technological solutions on the horizon that were going to solve the problems of famine, poverty, pollution.

We really thought that when we had enough external solutions to the worlds' problems, that we would solve them all.

HOW DID IT NOT HAPPEN?

Why didn't these incredible advances we have had in every sphere of technology, enable us to eradicate poverty, famine, war, pollution?

Why hasn't the increased ability we have to communicate with each other created a world where we live in harmony with each other and the planet?

Our brilliant inventions and intentions to help people all over the world to do not install themselves.

We now realise quite plainly that the idea of external solutions solving our problems, is one on which we can give up immediately, *unless we have the inner infra-structure to support it.*

What does that mean?

THE INNER INFRA-STRUCTURE:

Our inner infrastructure is the way in which we perceive our place in the world, how we relate to each other, the planet and ourselves.

It is the story we paint of who we are.

The world as presented in the backdrop and foreground, provides us with a story of individuals living on a planet in which the richest amongst us control and distribute resources.

But even against the barrage of constant media, it is our own thoughts that shout loudest of all.

Each for his own, everyone has the right (at least in our western culture) to fight for his corner, to take her piece, to grasp as much as possible.

We have to fight against competition and strive to be the most popular.

We have the right only to what we can afford and the borders between countries provide boundaries of a planet on which we are all born equal.

This *is* how it is.

We conform to and support this view by thinking of ourselves as separate, in terms of what we do, the roles we play, the relationships we have, our bodies, name, sex, nationality, religion. As separate individuals.

This *is* how we think of ourselves.

But this is only half of the picture.

This is only half of the story.

Trapped within ourselves by our petty views of each other and ourselves, we have to get beneath the intricate network of attitudes, ideas and beliefs to be able to experience the raw power and wisdom of life that rushes through.

To do that, we first have to recognise and understand the patterns that are going on inside us.

As we run towards acceptance while sheltering from fear, our habitual patterns of thinking can be more of a hindrance than a help.

They lead us into endless labyrinths, tangles and jungles of despondent traps, while simultaneously, there is a Light that will never go out, that burns in our hearts.

A light, a trust, a knowing that there is another way, that we can live a beautiful existence, that all we need to do is clean our inner windows of perception, shift our perspective and feel the guidance within showing us the way, rather than whipping the horses of fear and scarcity to run faster.

THE OTHER HALF OF THE STORY:

When we see the whole, we realise a *much* grander, more magnificent and less fragile view of ourselves.

We gain a view where grasping is no longer necessary and those we differentiate ourselves from, fear, hate even, are in fact ourselves.

A view in which as well as living *on* the planet we are also *part of it*.

Literally.

A view in which we are an integral part of the entire life of the infinite universe and death is impossible.

A truth which when touched in our hearts, brings tears of awe and wonder and gratitude and humility, just to be able to see this view.

Neither half of the picture is complete on its own, and neither half is more right or true than another.

It is just that we have practised for generations focusing on only half of the picture, strengthening our identity as individuals at risk, who must grab and obtain and guard for our survival and with the view, this is the world we have created.

But do not despair!

The horrors and terrors of the world today are *exactly* the impetus we need to move us onto the next stage in our evolution.

STRADDLING TWO WORLDS:

Straddling the two worlds, one of our limited, individual physical life and one of our inextricable connection to infinite life at the same time, means we are able to embrace the magnificent infinity and power we are and fully enjoy, appreciate with awe and wonder this incredible experience we call life.

This will sound weird, but the roles we play, the identities we believe ourselves be, can become almost like sweet darling pets! Or perhaps more like small, innocent children, who we care for, accompany, guide and love throughout life.

We can start to experience that NOW, no matter what, is indescribably wonderful in its ever changing details, and this changes our entire perspective on all life.

Relationships satisfy us on a much deeper level, work is no longer a serious drag, small everyday things like a random smile, a falling leaf, a ray of sunshine can become the source of great joy.

No longer do we search distractedly to satisfy the itch we cannot reach.
Satisfaction can be found here and now.

THE SHIFT:

But how do we make this shift?

Even when we start to integrate the knowledge of both halves of the story into our being, we are still faced, on a daily basis, with our well programmed minds and our habitual emotional reactions to people, circumstances and events.

How can a glimpse into the other half of our reality become something within which we can live on a daily basis?

How can we fully integrate that glimpse of our infinite magnificence in our daily lives?

Our habitual emotional reactions, cloud the clarity with which we can see, understand and feel, our inherent connection to all life on this planet, our place within all creation.

How do we live from this place of awe and wonder, gratitude and humility and fully experience the joy of just being alive?

Life may appear very rosy in a moment of mediation, but how do we make that real in our everyday lives?

Our programming is complete. (Or is it?)

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From the moment we were born, our brains started to register that a smile brought cuddles and kisses whereas a tantrum would bring a frown and disapproval.

As we made our way through the various stages of our lives, we took on the cultural, familial patterns of those around us and developed ingrained attitudes towards cultures, food, class, the world, life.

An experience such as a big dog in the face at the age of 3 may have caused a lifelong fear of dogs.

Smiles, cakes and attention on a birthday, may have created a lifelong love of cake.

Whatever it was, the programming worked, as it should, to guide our lives away from pain and towards pleasure.

And it did a good job.

Physical grooves are formed in the mind as each of these experiences, thoughts and attitudes are repeated insuring that the brain works as efficiently as possible, burning as few calories as possible in order to provide us with a life in which we can easily thrive.

As we get older, we find our 'ingrained' (literally) attitudes are not necessarily the most appropriate, relevant or helpful to us any more.

But we are 'stuck in a rut (literally) of our habitual thought.

The thoughts are no longer just thoughts, they are our 'reality'. They are the way the world **is** as seen by us.

It is a reality in which we have separated ourselves through definition and experience, from the planet, from each other and from the constant flow of infinite wisdom and power that rushes through us.

Within this intricate network of grooves in our brains and all the layers of conditioning and fear and desire for approval, is our true uncompromised nature.

A nature that is the intelligent force that creates all life.

A nature that can see so clearly and so deeply beyond the conditioning from a place of endlessly flowing power, to a world and a life that reflects the same.

FRAMEWORK.

This small book provides an introductory framework, a step by step system that will take you from the traps and tangles of despair, overwhelm, powerlessness and agitation, to the spacious relaxation of your innate power and the inner wisdom you know is there.

Recognising the full picture of who we are is the first part of the puzzle.

In a clear six step process, the world becomes brighter and lighter, and you realise your inherent power and natural wisdom and step into making a difference, not only in your own life, but in your ability to Create a World where Everyone Wins.

You become the powerful leader of your life guided by an inner wisdom.

A course accompanies this book.

In the course you are guided through daily exercises, reflections, observations to make real this promise of a clarity so clear, that fear cannot hold you back.

Your life need no longer be a continual trap of habitual reactions strung together, but a precious, fun, spontaneous adventure.

Become the hero of your own life.

Traverse the tangled wilderness of your mind and uncover the treasure hidden within the rocks.

Find a path of clarity and truth.

Live habitually in states of joy, wonder, awe, compassion and deep appreciation of life.

Let your view of the world and your experience of life, become one that empowers you and those around you.

Relax back and allow the universal wisdom to move through you, to see through you, guide you, and you will find you are in harmony with the abundance and diversity of the success of nature rushing through you.

This is the flow of Life's Intelligence.

This is a willing surrender to the Natural Wisdom of the Universe, rushing through you, **guiding you on to a wonder above and beyond anything you would dream of for yourself.**

THE SIX STEPS:

The six steps provide a logical process where one step builds on the work from the previous one.

Each step on can stand alone as a powerful process, but together they provide a complete map to an empowered experience of being alive.

Conversely, although each step builds on from the previous one, as you become familiar with the process, the steps start to happen simultaneously, or at different moments as appropriate.

Here is a brief outline of the steps:

Step 1. Embodying Infinity:

The other half of the picture. Understand, feel, embody the full magnificence of who you are.

Step 2. Mapping Emotion:

Become familiar with your habitual emotions and how to deal with the very worst of them.

Step 3. Mapping Thought:

Identify the roots of your emotions. Understand the thoughts that have generated them and verify their truth and helpfulness.

Step 4. Wisdom Vision:

Inside you, the wisdom of the universe can be found. Let the intelligence of life guide you. It may not be what you thought you wanted....

Step 5. Guardians:

Protect your tender, malleable mind from the influences that hold you down and inhibit your full potential.

Step 6. Nurture and Cultivate:

Uncover the potential within you for Awe and Wonder as a daily experience. Turn joy, love, compassion and success in your habitual thoughts.

This book, and the accompanying course is an introduction to a much deeper work, but this is a good place to start

Warning:

This is not for the light hearted.

It is not for those who are attached to their ideas of themselves.

It is only for those who want to dive deep.

I say this now because this is a work of passion and the journey of a hero.

It is not to be undertaken lightly as it is not an easy path.

It is a path where the rewards are directly proportional to the effort put in.

Those who are excited, inspired and dedicated to uncovering the truth of the power of raw life wisdom and infinity within them will be well rewarded.

For others, this is not interesting and to walk the path of the personality and the world it creates is enough.

Take your pick. It is your life, enjoy as you wish.

I can guide you step by step, through the rocky and tangled ways. The jewels and treasures to be gleaned are not ones that can be described.

It is a choice to clean the windows of perception and to let the bright light of the infinite loving universe rush through and experience life through you.

It comes at first in glimpses, then more frequently and eventually as a permanent way of experiencing life as the incredible beings we are.

Intimately linked to the planet, intricately linked to all life, inextricably part of each other.

It is so good it makes me cry.

If this is for you, Welcome! Welcome! Welcome! I am so eager to share the way with you.

If this is not for you, good luck. I wish you the very best life possible. I hope you enjoy it.

Here follows an outline of the six steps.

Each step is divided into the Why? What? and How?

The Why? gives a brief background as to the reason for the step.

The What? provides a deeper look into the context of the step.

The How? offers a way in which to practise the step and make it real and relevant in our lives.

The accompanying course provides additional video, audio and workbook material taking the work in the book to a much deeper level.

Daily guidance through exercises and reflections ensures that the trials of everyday life, become a valuable resource through which inner stability, peace and clarity are gained.

Daily life becomes the path of the hero/ine's adventure along which we tread with new eyes and new tools to reach the immeasurable treasures along the way.

Overcoming the obstacles with the tools provided becomes a triumph of spirit and success as we find that that which was once the most challenging aspect of life, becomes our greatest gift.

Onwards to the outline of the steps:

1. Remembering Who And What We Really Are.

WHY?

This step is the foundation of all the next steps.

When we live life identified only with our name, sex, relationships, nationality, religion, roles, personality, life is serious, stressful and limited.

When we remember the whole picture of who and what we are, all our perspective about life shifts.

When we genuinely feel connected to this planet and to each other, we take life less seriously and feel lighter and freer every day.

Precious, being as you are, it is time to honour yourself and sow the seeds of the thoughts that will nourish you.

Do you feel you can hold back no longer?

That the time has come to create that new and better world?

That you can no longer avoid the urges within and are driven to do your best to grow fully into living powerfully as you know you can?

It is time to be gentle and consistent.

It is time to practise a new way.

The seed thoughts that you sow and care for WILL grow.

WHAT?

You are made from four billion years of microbial evolution.

Your body is made of exactly the same elements and chemicals as *every single other thing* on this planet. Just in a different arrangement.

Your body is a recycling plant transforming food into human, into 'waste', into new life in the soil into food.

Even highly processed foods and all things manmade, are created from the elements of this planet.

So is everyone else.

Every breath you take is cycling and transforming air into blood, into every cell of your body.

This same air, is inhaled, exhaled, cycled and transformed through every other body on this planet. (and plant and animal, river and rock!)

Every breath you take brings the quality of infinite space and possibility intimately within you.

Every pain you feel when you react to the news, is an expression of the connection between you and the earth, you and other people.

It is a manifestation of our connection through our compassion.

There is no way that we are separate to each other, or the earth.

We are made of the clouds, the rain, the earth, each other.

HOW? THE DAILY PRACTISE.

Create a habit to give you, yourself, the gift of time to focus on the wonder of you.

Even if it is only 5 minutes when you wake up and go to sleep, your commitment will nurture you.

Take short breaks in the day too.

Look at your hand. *Really* look at it.



Image: Liane Metzler

Move it. Feel the fingers against the palm.

Watch how you can move it.

The fingers so strong, intricate in their movement.

Take some time to really consider your hand.

The bones.

The muscles.

The ligaments.

The veins.

The blood continuously moving.

The skin.

The nerves to feel.

The nails.

The hairs.

Let your mind enjoy the awe and wonder of appreciating your hand.

DO YOU SEE HOW REALLY WONDERFULLY FABULOUS YOU ARE?

You are changing the chemicals in your body and the patterns of thought in your mind by deliberately evoking these emotions.

Yet, without the earth, the rain, the clouds, the sun, the air, the insects, the plants, you would not exist.

They are an integral part of you, and you of them.

Touch your face with your hand.

Caress it lovingly.

Feel the life you are and the life force flowing through you.

This is a precious moment reconnecting with the wonder of you.

Smile to yourself.

Let the smile be within.

When you have dived deeply into the experience of wonder, you can re-evolve it on later occasions just by touching your face with your hand and remembering the magnificence of who and what you are.

2. Embrace All Feelings.

WHY?

As humans beings on this planet, we have all come here to experience what it is like to be in human form.

A major part of that experience is the emotions, the way we feel. It is our feelings about life that give us the overall idea of whether we are having a good time or a bad time.

If we don't embrace all our feelings, (and that does include the ones we don't like!) We double the trouble.

When I was a teenager, I was *always* embarrassed about *everything!* (the trouble)

I hated being embarrassed and would become really embarrassed about being embarrassed until I would virtually melt under the heat of my face. (double the trouble).

As we learn to not only accept, but also embrace the way we feel, we live life with more vitality.

We are in tune with the changing in us, of us.

We become familiar with our seasons. We know ourselves more deeply. We become less frightened of feeling bad.

WHAT?

No matter who we are, where we are or what is going on in our lives, we all have the same possible range of emotion from extreme disempowerment to extreme empowerment.

Of course, there are many flavours along the way.

The emotions we experience flow all the time affected minutely by our interpretation of life around us.

There is no escape.

We cannot shield ourselves from emotions we do not like and are limited in our ability to change the outside world and whatever it is we believe has created them.

So if we can't beat 'em , join 'em.

Emotions we do not like, are emotions we are frightened of experiencing.

We try to resist them and they only increase.

The flow is blocked and cannot change.

The flow of emotions is like water running from a sink into a pipe.

If there is a blockage in the pipe (our fear of experiencing the emotion) the water backs up, the pressure increases and eventually the water will overflow from the sink.

We break down or explode under the pressure of the blocked flow of emotion.

(I was going to put an image of a blocked sink in here but they were too yucky. Just imagine!)

Emotions we embrace, on the other hand, move, change, transform, dissipate, become something else.

Like this.



Image:Nathan Anderson

HOW? THE DAILY PRACTISE.

Notice next time you feel in a way you don't like. Or choose a moment from the day where you can remember feeling in a way you didn't enjoy.

It might be very obvious like anger or fear.

It might be more subtle like disillusionment, disempowerment.

At the earliest possible opportunity (you might have to slip off for a bathroom break!) *sit down with yourself and open your heart to whatever the feeling is.*

Let it in.

Right in.

Don't be afraid.

Your heart can bear it all.

Let this feeling in.

Feel the reality of its naked nature without the story of *why* you feel this way.

Feel the physical experience in your body.

Locate it in your body.

It is ok.

You *can* bear it.

You can bear *you*.

Breathe it in deeply.

What is there actually?

3. Examine The Root Of The Emotion.

WHY?

If we do not examine the root of the emotion we have experienced, we will never understand why we react in this certain way to a particular stimulus.

We remain trapped in our own habitual patterns of reaction, trapped by our unidentified assumptions about life, doomed to deepen the grooves in our minds so that as we age we have less and less freedom to respond in a new, spontaneous and joyful way to life.

If, as we walk through a room, we trip over something on the floor, we will, of course, remove the obstacle to enable an easier and more enjoyable movement through the room.

It is the same with our emotions.

If we keep tripping up over a feeling of resentment for example, we want to remove the obstacle that is creating this stumbling block

WHAT?

Reoccurring emotional states that we do not enjoy, as well as being welcomed into the heart and seen for what they really are, can be traced back to holding onto a certain belief or opinion that is causing the emotion.

Often we want to free ourselves of feeling bad for whatever reason, but are not prepared to look at the reason behind the feeling.

The reason is not what is going on in the outside world.

*The reason is the way we are **interpreting** what is going on in the outside world.*

This is extremely empowering as it puts the ball firmly in our court and it is up to us to see what we can do about it.

HOW? THE DAILY PRACTISE.

Having embraced the emotion as in the previous step, do this.

Ask yourself '***What am I thinking or believing that has created this feeling I don't like?***'

Jot down what you discover.

'I believe that should/shouldn't' is a common form that this will take.

Look closely at your belief.

Is it an old one that no longer serves you?

It is the cause of you feeling the way that you do. Can you see that?

Can you see that ***what you are thinking is what is creating your feeling?***

Ask yourself if there is any reason that you should continue holding onto that thought.

‘But it is true!’ you might say.

Is it?

Is it REALLY?

Allow yourself time to really consider this question.

Then, try turning what you are thinking and believing on its head and try that on for size.

Create the opposite sentence and see if you can find how that is equally true! Even if you definitely decide that the answer is yes, my thought and belief is definitely true, it is still your choice.

This is your life, this is your mind, these are your feelings, you are creating the way that you feel with the belief and thoughts you are holding onto.

Is it worth it?

Is it bringing you into a happier more fulfilled life?

From this point, you can choose.

Do I want to continue believing this thought and feeling like this?

Or not?

4. Focus on what you want to feel.

WHY?

If we don't focus on what we want to feel, the mind runs its habitual circuitry and how we feel is not a choice.

It is a pre-programmed reaction.

When we choose to feel a particular way we are starting to step into our powerful potential.

We are starting to realise the power we have to create an experience we desire.

It feels good. Life is short.

There is a part of the brain called the reticular activating system.

This is a filtering system that allows your brain to filter information that it considers relevant or useful to you, rather than being bombarded with so very much sensory input that we become overwhelmed and cannot function.

The saying 'what you focus on grows' is true for this very reason.

When we focus on a particular task, goal, ideal, feeling, the reticular activation system takes this as being important to us.

It filters out irrelevant information and the brain reaches towards that which it considers important.

You start to notice more components around you that bear some relevance to the 'important topic'.

You are drawn people, situation, environments that will fulfil this area of interest or focus.

Therefore, when you focus on how you want to feel, the reticular activating system will make sure that the necessary components in life bring it towards you.

WHAT?

So what do you want to feel?

For most humans you can boil it down to wanting to feel pleasant within you and pleasant around you.

Simple really.

But of course this can be refined into specific details about specific events

HOW? THE DAILY PRACTISE.

Choose an issue that is important to you.

For example, when I had my daughter, I decided I wanted the birth to be safe, easy and enjoyable.

Every night I would focus on these qualities. I had tried focusing on the specifics about *how* it would happen, but realised that the specifics didn't matter.

It was the quality of the experience that mattered.

Isn't it always like that?

Whatever we want, be it a house, car, job, relationship, when it comes down to it, it is the *experience we think that it will give us* that we really want.

Choose your event or whatever it is you want to manifest in a certain way.

You can of course focus on seeing, feeling, hearing, touching , tasting the outcome.

But equally well you can *focus on the way you want to feel*.

Use your imagination to see your event happening, and see yourself in it feeling the way you want to feel.

Keep it simple.

Carefully choose three words that really capture the qualities you want to experience in the event you have chosen.

Repeat these three words to yourself as you go to bed at night and wake up in the morning.

The words themselves have a power and a vibration.

Focus.

In the context of taking steps to create a world where everyone wins, do the same.

Choose one area of life on planet earth to focus on, maybe, world peace, earth care, people care, fair share, education, governance, food or energy production, you choose.

Choose one and focus in on how you would like to feel about this issue.

Do not worry about the details.

Focus on how you would like to feel about governance for example.

Grateful for the humility and wisdom of a leader? Trusting? Cared for? You choose.

Just start yourself off with the sentence:

'I would love to feel.... about....'

Let the images come and go. Don't attach to any one outcome.

Focus on how you want to feel. Imagine that feeling. Create that feeling within yourself.

Just as deeply examining your hand and evoking feelings of wonder and awe starts to create new paths in the mind, so does this.

Not only that, but the reticular activating system will regard this focus you have created as 'important' and start helping you notice information, people, and events that will bring your area of focus towards you.

There is another aspect to step 4 which is the **Wisdom Vision**.

Through relaxation practises we can allow the wisdom of the infinite life force rushing through us, to rise up through us and inform us of our desires.

Sometimes we can get lost in the habitual tangles of the mind and believe that we desire certain things, but when we look more deeply, or *relax* more deeply, we discover they are not really the **deepest desires** within, they are not really the desires that are going to fulfil our hearts' longing.

This is a practise that goes along with a meditation that is in the course, to allow, to evoke, to tap into the infinite, endless, unstoppable intelligence of life as it flows through, creating with *such success*, the abundance and diversity that we see in all nature, to flow through *us*, so that we can find within us, the truth of our desires.

5. Protect Yourself From Negativity.

WHY?

If we do not protect ourselves from negativity, our precious, malleable, easily influenced minds can absorb influences that are detrimental to our wellbeing and the manifestation of our dreams.

To create the world you want, the dreams you want, they need to be nurtured and protected, *especially in the early days* when you believe you can do something, start to try it out, fall, fail, get up and try again, this is the key time to protect yourself from naysayers.

WHAT?

Whatever we are exposed to creates grooves, literally, physical grooves, in the brain which start to become the default way in which we think, feel, act, develop as people and ultimately shape not only our destiny, but collectively we shape the destiny of the world.

Our tender, malleable, easily influenced brains are exposed day after day, many times a day, as a cultural norm, to a select amount of information that creates fear, anger, disillusionment, disempowerment (The News).

By exposing ourselves to this, we create habitual grooves of fear, anger, disillusionment and disempowerment in our minds that affects the way we see and respond to the world.

When we see the world from a powerless point of view and respond to it as if we should fear, or be angry, then this is the very world that we share the responsibility for creating.

Entire nations of people are brainwashed into feeling helpless, insignificant, powerless.

When we believe those thoughts, and have those feelings, this is exactly what we are, what we see and what we create.

Helpless, insignificant, powerless.

HOW. THE DAILY PRACTISE.

Ok. It is time to get radical.

If you have a dream project you believe you can do, protect it from naysayers.

Even if these are people close to you in your family, these can be the people who can most powerfully affect us and disrupt and uproot a tender shoot of a seed growing inside you.

Carefully pick who you share your idea with, those who believe in you, support your crazy plan. Maybe there is no one at all. It doesn't matter at all.

Hold it close to your heart, nurture it, grow in strength and confidence and when the shoots begin to shoot up it will be easy for others to believe in you!

Being a little odd, I have had plenty of experience in this.

I didn't like the idea of strapping my small child into a nappy/diaper at all, and knew that millions of people worldwide do not do this and do not pollute the land and seas with disposable nappies.

So I decided to tune into my child and listen out for when he needed to pee and poo.

Amongst the coffee mornings of new mums in a small town in England, this was not the 'done' thing.

But I was determined.

I didn't go out much, it was too distracting and I wanted to really be there for my child.

I had one friend who also believed this way was possible, and together we learnt, grew and succeeded with our mission of tuning into the signs from our children of when they needed 'to go' and used no nappies.

By the time we both had our second children it was easy, we were pros.

But to get to that stage we needed to protect ourselves as tender new mums from the rolling eyes and disbelief that it was possible from the other mums.

Going off to live in a yurt and home educate my children in a foreign country was also one of those ideals I had to hold close and nurture.

Ten years later, the doubters have turned to admirers.

So in the context of creating a world where everyone wins, how do we protect ourselves from naysayers?

Turn off the news. Do it!

Let go of that cultural obligation to fill and wreck your mind with the constant barrage of a selection of bad news.

Protect your precious mind from destructive information that leaves you thinking and feeling weak, fearful, insignificant, powerless.

Because when you believe these thoughts.

That is what you become.

[The podcast for those hungry to weave a Kinder World.](#)

6. Replace with Uplifting Thoughts and Images.

WHY?

In the world today, it is easy to nurture and strengthen feelings of fear, scarcity, competition and anger.

We also have the feelings of love, compassion and joy within us. **If we do not nurture this potential, they becomes weak and do not grow.**

When we learn how to increase, encourage and strengthen these qualities, they start to become the habits of the mind.

Love, compassion and joy become the filters through which we see the world and experience life.

It becomes possible to experience life as unbelievably wonderful right now, without anything having to change.

The practise of accepting now exactly as it is right now without trying to draw anything towards us, or push anything away, is a practise that brings joy now.

Just as the repetitive imbibing of the news creates patterns in our mind, thoughts, feelings, action and speech. It also stimulates the reticular activating system where by what we focus on grows.

Continual focus on events as portrayed in the media means that our minds are drawn towards this as an important focus. One which the brain will reach towards.

When we deliberately exchange this input into our brains, with that which uplifts, we start to develop new grooves in the mind which in turn lead to new feelings, new thoughts, new action and new speech.

WHAT?

As we commit to practising the development of these new thought patterns, the old ones become overgrown, the mind no longer travels automatically along them.

We change as people.

We think different thoughts, we establish the habit of new feelings.

We act and interact with each other differently. We have different conversation.

We live and spread a new vibration into the lives of those around us, our children partners, friends and neighbours.

We have an entirely different experience of life.

HOW? THE DAILY PRACTISE.

Subscribe to Know You Are Earth (formerly known as 'Choose Your Grooves') ([Listen to the Introductory episode here](#))

The podcast uncovering the uplifting visions within of the Kinder World our Hearts KNOW is Possible.

Build patterns of joyful anticipation within, see the world with new eyes.

Develop the daily habit of finding things to be grateful for.

Notice and make note of the good things going on.

An effective way is to create a gratitude journal and write ten things in it every night and every morning of things you feel grateful for.

This practise quickly starts to retrain the mind to notice the small things and appreciate them.

It makes a big difference.

Another practise is to imagine an aspect of your life as you would wish to see it.

The things that bother you right now are an excellent place to start.

What bothers you most right now?

Let that be your inspiration, your motivation, your impulse to find what it is you would most prefer.

Let that guide you to focus on the feelings you would prefer to have. Use the feelings you are not enjoying as a trigger to remind you to evoke those which you would enjoy more.

Find the words that describe your current experience and choose the exact opposite ones to create a version that is more preferable to you.

The key is to enter this vision, see it, feel it, let it uplift you and say thank you, feel thank you, thank you, thank you just for the joy of the vision.

Learning to tune into and cultivate uplifting, awe inspiring thoughts and feelings starts to create the grooves in our minds that become habitual ways of seeing the world.

Life is joyful.

May we grow ever more into the powerful beings we can be.

Checklist: Steps to Create A Kinder World.

1. Remember who you really are.
2. Embrace all feelings.
3. Examine the root of feelings.
4. Focus on what you want to feel. Evoke your Wisdom Vision
5. Protect yourself from negativity.
6. Replace with Uplifting practices.

About the author.

That's me, and my name is Maryjane.



I left home at eighteen and built a shelter in the woods to live in.

For the last thirty years I have lived deeply immersed in nature, feeling the power of nature, seeing the perfect imperfection of natural life, watching how life cannot end and learning to understand the patterns. Birdsong feeds my heart.

My story is one of following my guts and intuition (even though I didn't particularly want to go against the mainstream, I just found that I couldn't help it, I couldn't bear the thought of mortgage, full time, job, rent, school TV etc, (surely there must be more to life than this! was my feeling) so I ran away to live in a tent in a foreign country with my family) visualising and manifesting my dream outcome, only to discover that even when I had successfully ticked *all* the boxes of my desires, that I still wasn't happy.

I then managed to discover that nothing needed to change at all in order to experience happiness now.

For the last many years I have lived with my husband and two children, home-educating in a yurt, in a field, in France.

I have studied the mind and its patterns deeply for over twenty years, seeing how they reflect the patterns shown to us by nature, initially through living/studying at Yashodara Ashram in Canada.

This ever deepening process has been my daily way of being. Yes! I am an introvert!

Nature is my rock, my mother, my teacher and confidant.

Freedom is the nature of my desire

Cultivating freedom in the mind means observing, understanding, anticipating and accepting the existing patterns and cultivating the ones we want.

This is the magic I learn and teach.

YOU have the power to create your Empowered Life and at the same time, a World where Everyone Wins.

Together, we are unstoppable.

What are your dreams of a freer life?

What are your dreams of creating a Kinder World?

Can you feel the possibility inside you?

I would love to hear from you!

Contact me: maryjane@knowyouareearth.com

Thank you for buying this book.

My sincere aim is to offer what I can to contribute to the evolution of we humans into the full potential that we can be as we live here together on this wondrous planet in these incredible bodies.

I hope with all my heart that what you find here is useful to you and am delighted to tell you that as a direct result of you buying this book, even if you do not use what is inside, seeds have been given to a farmer in Cambodia to contribute towards a more empowered future for him and his family.

If you would like to go deeper with this work, you will turn your daily life into the adventure of a hero/ine.

Transform everyday trials into tribulations, discover treasure within the unwanted, uncover an inner calm, a natural stability and see life with eyes of awe, wonder, compassion and appreciation.

It is the small, daily things that make the biggest difference.

You are on the adventure of your life.

Your unique journey is perfectly designed to bring forth your fullest potential.

The trial and challenges you are faced with are specially provided *for* you, not against you.

This is it, right now. This is not a rehearsal for a life at some other moment.

There may be no other moments.

Take your life into your hands now, see it, experience it, know it and *love* it as the most magnificent gift it is right NOW...

Welcome to your adventure. Enter in. Gather together your backpack of essential supplies here.....

Thank you for Reading!

Good, good things are coming.

It is wonderful to be part of the wave of empowered living, rising up from the earth and entering from infinite space through you, through me and through many, many, many others.

Thank you for your part in Creating a World Where Everyone Wins.

Thank you, thank you, thank you.