

Sample Chapter Spirituality Revealed by Rev Elizabeth Paddon PhD.

WHAT YOU BELIEVE

In today's world of "I want it" and "I want it now", plus the rush-rush of driving, running for the bus and having to get things done in a hurry, people often find they haven't paused and given any thought to how they are thinking and believing. This is a shame, basically because it is our thinking and believing that is creating our life and our world and our reality.

What we have experienced today, whether good, bad, or awful; has come about because of what we thought and believed. Oh, I know if it was bad you don't want to believe you instigated this... why would you? Yet you did indeed create that as well as the good that happens in your life.

Have you ever religiously said affirmations for something you wanted or for an outcome from a situation you desired and then not received it?

Have you tried creative visualisation for something great to happen for you and yet it did not work out that way?

I am sure you have. If you have seen the movie "THE SECRET" or read self-help books you will have learned the sayings; "fake it till you make it", "keep affirming it and visualising it and it will be yours" but disappointingly you have time and time again, found it did not happen. And you want to know the reason Why? – Right?

How many of you have wished to win the jackpot prize of the lottery?

How many actually bought a ticket for the game you visualised winning?

How many of you really believed you would actually win?

How many of you got ready to deal with the winnings?

And yet, how many of you when asked to buy or give some money for anything; that in your understanding of your present reality at the time you did not have the funds for; automatically said, "I can't afford it"!

Even though you had affirmed you had the lottery win, visualised you receiving the lottery winnings, you still said, "I can't afford it" and then wondered why you didn't win the lottery.

How many of you have done this to get just over a few extra thousand pounds per year? Or Some appliance you need, or a different car or a new computer and still not received it?

How many of you have even affirmed and visualised a parking spot outside the shop you are going to – and still not got one when you got there?

We desire something – we affirm already having it – we visualise receiving it and then the first instance the universe give us a quick affirming test – we automatically affirm – failure by stating something negative such as: I can't afford it, "I never have good things happen to me" (or what other negative wording you used).

How can you ever receive what you desire – if you are habitually verbalising in a contradictory manner against receiving it.

How many of you have running kill-joys in your mind? That keep saying things like, I don't deserve it, I can't do it, I can't afford it, I never get, It never happens to me, I am not lucky etc etc etc

If you keep running these negative sentences in your mind on Auto-pilot – it doesn't matter how many positive affirmations and creative visualisations you make yourself do – because when spirit test you to make sure you truly want what you have been asking for, you fail to confirm still believing you have it by giving an auto-pilot response in the negative, either verbally out your mouth or mentally in your mind and that squashes your ability to receive your desire.

This keeps happening over and over again.

I am sure that some of you have indeed manifested some of your desires and even materialised something you didn't have the money for either. Yet when it comes to either the important things or the big things – or a small thing you really, really want, for some reason you haven't succeeded.... WHY?

Because deep down in your core belief – you think you "Don't deserve, Aren't able, aren't worthy, Can't have etc etc etc

It is your core belief that needs changing because it's the core belief that is triggering your auto-pilot. So how do you do that:

You can change your thoughts and that will change your life for the better.

Let me explain how you can recognise it in others first:

Have you ever listened to someone chatting on having a real moan and groan session and thought to yourself – OMG! Aren't they being negative?

If you have and you are anything like I am, you will have tried to instigate the conversation into a more positive area of communications or left the person to their personal choice of misery if they would not change their topic of conversation.

A way to start helping yourself is not to be that way yourself: the next time you hear your own self having a moan and groan, shut your mouth for a few moments and mentally tell yourself; OMG, I am being negative, then immediately take the topic you were talking about so negatively and change to speaking of the same topic in a positive way (such as what it is teaching you about yourself) or change the whole conversation, if you cannot find anything positive to say about the situation. Make sure that whatever you do talk about is in a positive

way, so as to allow only positive vibrations being sent out from you. For what you send out comes back multiplied.

And please do this about others conversations too. In fact – if you can catch yourself or others speaking negatively then change it to positive, you will change in leaps and bounds to being a more positive and pleasant person yourself. For when you allow others negativity to mess up your vibrations you draw their negative karma to you also. Whatever you send out from you, or permit to be sent out around you reflects back to YOU and if only positive is sent out – then in return will be the same kind of positive vibrations the universe will magnetically draw back to you multiplied.