

*Operation
Self
Transformation*

A Self Coaching Guide to Personal
Freedom

Lyndel Daly

Published by

Kima Global Publishers,

Kima Global House,

50, Clovelly Road,

Clovelly

7975

South Africa

ISBN 978-0-9802561-9-2

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First Edition May 2008

e-mail publisher: info@kimaglobal.co.za

Web sites: <http://www.kimaglobal.co.za>

<http://www.lifecoaching4U.co.za>

Cover design: Nadine May

Photo of author on page 279 G. Harman, Navy News

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OPERATION

Self

Transformation

Lyndel Daly

Unlock your inner power

Dedication

'The greatest gift any parent can give their children is to help them to become self confident by making them self-reliant. Children should be given as much responsibility as they can handle at any age level. Only through independence will they learn the joy and privilege and human dignity of standing on their own two feet'

The above words jumped out at me as I was reading the book by Susan Jeffers 'Embracing Uncertainty' .

These words were profound to me because I grew up so independent it was scary. There were times as a child, and more so as a teenager, that I felt that my parents did not really care for me as I was left to make my own decisions and to take full responsibly for my life in all its areas at a very early age. In my home I was called 'Miss Independence' as I could do anything on my own and very seldom took up offers of help. It is only now that I can look back and see that my parents gave me the greatest gift any parent could give. This gift guided me to be successful but more importantly has made me stand tall in adversity. I now thank them from the bottom of my heart and I dedicate this book to the two of them with an abundance of love. Mom and Dad I miss you two stacks.



Acknowledgment

I place an acknowledgement to all the people who have and will in the future be part of my life. I thank you all for the gifts that you have given me by your mere interaction especially those who served as my guides. I however give my biggest thanks to the greatest teacher of all – life itself.

To my two dynamic children Claire and Gregg thanks for keeping me young and on my toes. You two prove to me the power of the application of living in the 'NOW' as your laughter from deep within has always filled our happy home. May you two expand into your true GREATNESS.

To all who read this book may it act as a catalyst to transform your life from ordinary to extraordinary and that in the process you evolve into your true GREATNESS. Remember it does not matter what others think – it's what you think about yourself that forms and moulds your life.



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What is life coaching?

Life coaching is about guiding the client/s towards more success, happiness and well being than they are currently experiencing. The coach supports them in new ways of working, improving their performance and to get better results in any area of their life.

Self coaching

Self coaching is being a coach to yourself. A life coach has a duty to support and care for the client; you have a responsibility to take care of yourself. This includes fostering your well being, recognising your strengths and weaknesses, enjoying your successes, leaning from your failures and in the process embracing and evolving into your true GREATNESS. Self coaching must become part of your existence.



PART ONE:



You have been Programmed

My personal introduction

My journey to Freedom

Becoming a free person involves learning to think differently. Once you change your thoughts your new feelings will emerge and you will have taken the first step to personal freedom. This book guides you to create a solid relationship with yourself and instant life changes are guaranteed. You will be undertaking an awakening journey and there is no going back. In the process you will obtain powerful knowledge and insights that you never had before so I invite you to apply these skills and enjoy your journey to personal freedom and a life filled with self-created enjoyment.

'Trapped me'

October 2005

I wanted you to sleep over last night but the few hours of closeness and happiness would soon be destroyed when you leave me to be with your lover. The person who you chose over 'ME' your wife.... and children. I cannot deal with this reality, like a lot of other things that I am not dealing with in my life at this moment. The fact that you are not my life partner anymore is my biggest burden. I find myself waiting for you to come home like on so many previous occasions. Then the reality hit me 'you are not coming home!' Within seconds I feel a rush of air leaving my lungs and darkness closing in all around me. I have once again disappeared into my dark place of safety.

I lie here crying silently. Will anyone ever know the amount of tears that I have shed over the last year, over my loss of you? It had been easy when you said you did not want me but a month after the divorce you told me you had made a mistake and you wanted me back because I was the one you truly loved! However you are still sharing your life with your 'mistake'. This fact made it all feel so much worse. It is a now a year after the divorce and I cannot seem to hold it on my own even though it may appear that I do to all in the outer world.

The psychologist said I am too harsh on myself, as one cannot shed the ties in one shot like I have tried to do.... After being together twenty years. It had taken twelve weeks from 'discovery to divorce'; a healing process has to follow. But I ask 'when will all this heartache and inner pain end?' When I stand in front of the mirror and look at my anorexic state and dead eyes; all I see is total self-destruction.



'A free me'

October 2006

.....tears streamed down my face as I read the words I had written a mere year ago... I again felt the raw pain tearing at my very soul.. yet as the warm tears travelled down my cheeks the realisation dawned on me that amongst the tears of pain were warm tears of joy and acknowledgment that I had moved on from that dark destructive space... I was free from that horrible place filled with pain....I now live a life filled with joy and meaning. This all was part of my journey to personal freedom. I am now sharing my journey with you so that you will also find personal freedom and joy, no matter where you may find yourself at this time of your life.

The question you may ask is 'why was I writing and exposing my pain to the world?' This is because I have come to realise that I have created my own reality and have chosen to take full responsibility for where I am at this very moment in my life. During this process of searching and healing after my 'perceived traumatic event' I have acquired many new life skills that I feel I just have to give away to others so that they too may find personal freedom. Furthermore the essence of who I am is the teacher, the coach and the guide, always wanting to share my knowledge and life experiences with others. By giving away the 'lessons learned' through this journey I also came to realise that had I had these skills whilst still married things could have been vastly different. I know that some of the skills learned in this book will save the marriages of others even though I failed to save mine. Irrespective of what happened to me in this journey I found the person I really love and admire.. ME .

It is also a reality that no matter who you are in your life journey you will encounter pain and suffering. I am not unique in this situation, so know that even the *great* suffer. The secret to surviving any trauma is the way that you choose to

deal with the pain and suffering, as this is what has a profound impact on your life forward. I know with this book I will instill hope and insight as well as the awareness that all the power for a having a happy fulfilled life lies within each one of you no matter who you are or what your circumstances are. The possibility exists that no matter what traumatic situation you may find yourself in, the power lies within you to make the choice of being the survivor and in this journey getting to experience real joy.

One's actions in life relate to a need that one has to fulfill at a specific point of time. This need can be survival, approval seeking, appreciation, love seeking, etc. After my divorce I wanted acknowledgment from others, I wanted to feel valuable again, I wanted to be needed again as my powerful 'ego' had taken a blow right in the solar plexus. This book and the insights I have learned has been my journey of becoming 'whole' again. This greatness of 'being' is a new possibility for you. By reading this book and taking part in the self-exploration exercises you will be led to explore the following burning questions

'WHO AM I REALLY?'

'WHO DO I WANT TO BE?'

'HOW CAN I HAVE A MORE FULFILLING LIFE?'

'WHO IS THE REAL AUTHENTIC ME?'

'WHAT IS MY PURPOSE ON EARTH?'

On my journey I read tons of books trying to explore what had made me different from so many others besides I needed to know how I had failed as the 'perfect wife'. Additional to this I wanted to know why some people had the ability in a short period of time to bounce back bigger and better after each life crisis, where others in similar situations had literally chosen to die and exist as shells of their former self? As I found the answers I felt that I just had to give these gifts away so that others could also evolve out of any life crisis a better and *greater* being.



When I had found the answers I was looking for I was so inspired I created a self-development workshop, which I called Operation Self-Transformation. (transform being to have the ability to go beyond one's form, the physical). As a start I implemented this workshop in the work place as a coaching initiative. At the same time I took this workshop to the public arena as a secondary occupation. With the earth shattering feedback I received from participants I became driven to reach more and more people and I realised that I could not do it on my own. It became a requirement for me to train others to assist to facilitate at some of the workshops and this was problematic for me as all that I taught was captured in my head so the idea was born to put all of this information down on paper and the end result became this amazing self-help coaching book. What is amazing for me is the fact that as I evolved so did this book. By participating in your life you too will learn to live at a higher level of self fulfilment.

So welcome to my practical self-transformational book which is just another tool of mine to reach the masses and in doing so become the catalyst for others to transform their lives from ordinary to extraordinary. Just know that the teacher, guide, coach gives the student the tools and it is up to the student to take these tools to make them part of their life.

At this point of time know that you are the force of change in your life; no one else can set your destiny, heal your wounds, suffer your losses or to tell you what to do. All this power is yours. So go for it.



An introduction to the self-coaching program

The purpose of this book is to empower you the reader to take full control of your life and to move to a level of living where each day has a high level of joy and self-fulfilment. You are required to give at least thirty minutes of your time each day to highly focussed consciousness, so identify a quiet time each day where you will not be disturbed to work through the exercises. It has to be only you and your mind, no disturbances. If at any point of time you have a problem believing what you are reading take up the challenge of practising the skill, knowing that the possibility exists that it is all true. What have you got to lose? Some of the concepts will not be new to you, you may find yourself saying 'I know this', or 'I have read something about this before' however the challenge is to do the exercises presented as a concrete action of you wanting to make changes in your life to move your level of existence to a higher level of enjoyment. In most of the exercises examples have been given to support you in finding your own answers. Know that you will have to incorporate these skills in your life for permanent change.

Just know that if you complete the reading and practice and the techniques taught I promise you that an entirely new life awaits you. You may however, not agree with some of the information provided; so simply apply what feels right to you. Some of the skills you will be exposed to can be applied immediately with instant results. How totally awesome is that? May your journey of 'truly living' begin!

Before starting, my invitation to you is to share the information and gifts that you receive during this program with your partner and family because you may look again one day and realise you have lost them on the way. This is because the continual use of these skills in your life will have profound results. Know that in a relationship a shift in one partner especially in terms of changed behaviour creates anxiety in the other if they do not know the underlying reasons for the changes. What happens in this process is the fact that you gain



amongst other things self confidence, independence, self-direction and a higher level of self-fulfillment and the people around you start to wonder if they are still be needed and this is where a threat is created. However if they can see your growth as positive and that it will benefit them as well they ought to support you on your journey.

Some of the benefits of mastering these skills are:

(just know some of these are immediate- I am tempted to say make sure you have your seat belt on)

You will experience

Increased self awareness. Find out your life passion and re-connect with your values. Get insight in terms of the person you have created - YOU.

Increased self confidence. Finding your life purpose and the application of this skill will result in self confidence.

Self-direction. Identify where you want to go and how to get there in terms of confirming where you are at this moment, connecting with your purpose, setting of personal goals and learning supporting techniques like, the power of affirmations, visualizations, and vision board creation etc.

Contentment. Having a good relationship with yourself, being in control of your life and being able to see how you are serving others creates a sense of inner contentment.

Personal control. By taking the control back in your life and shifting the focus on your own needs puts you back in control of your life.

Personal freedom When you realise that you have the power over your thoughts, emotions, attitude and choices you will feel personal freedom.

Improved concentration and focus. Learn to complete incomplete in your life that are draining your energy.

Established framework for personal change. Insight given on techniques that needs to be applied to affect changes and break old habits. Different behaviour creates different results.

Improved self-esteem. Changing your self image and building your own self confidence creates an improved self esteem. Knowing that you do not need the love and appreciation of others to be fulfilled. You are complete.

More life energy and personal happiness. By being able to apply the mind power techniques and to have direction gives you life more meaning and energy. When pursuing ones passion and being a contributor in the universe, this supports personal happiness.

A higher level of self-fulfilment. Knowing yourself, where you are going and knowing that you are contributing all contributes to a higher level of self-fulfilment.

How to live in the NOW. Learning to let go of the past and to stop worrying about the future and to focus and to live only in the present moment. The NOW.

Connection with your life purpose. Finding out what your contribution to the universe is.

Getting rid of limiting beliefs. Identification of beliefs about yourself that are keeping you small and hindering your path to reach your full potential and to expand into your own greatness.

Creating a new self image. Coming to the realization that you have created your self image which results in you having

the power to recreate a new self image and in the process move to the real authentic you.

Mind power skills. Introduction to the power of affirmations, visualizations, contemplation, creating, thought insertions, thought observation etc

Realising the importance of goal setting. Know what you want in all areas of your life, then learn how to define it properly and how to get into action to achieve what you want.

Improved relationship with all people. Letting go of judgment and applying compassionate listening and interacting from a place of love will improve your relationship with all.

Redefining your values. Reconnecting with your values and their priority in your life and then being aware how this impacts your relationship with others.

Getting rid immobilising emotions. Identifying and dealing with the emotions and behaviour that are preventing you from moving forward.

Note that these are but a few of the skills that you will walk away with. Know that all of this is yours and that you will have to make a personal commitment to apply these skills into your daily life. This journey is much like it was when you learnt to ride a bicycle. You practised and practised until it became natural and the reality is that the skill once mastered, cannot be taken away from you. So in the journey if you fall off, pick yourself up, dust yourself off and go for it again. (At this very moment I am getting excited for your part as I know that the rewards of embracing these skills are great and no amount of money can buy what you will achieve)

Get started by learning to make yourself 'present'

Before under taking any task and especially in the morning after waking up is important to align yourself where you are at this point to time in terms of what you are feeling. Acknowledge your emotions, how you are feeling about yourself, your physical condition and mental state. So if you are feeling tired commit to do something about it, if you are feeling anxious or stressed do something about it. Undertaking this personal scan creates the base line for the day and also allows you to presence yourself to the task at hand without being influenced by these conditions once you have dealt with them. So if at this moment you are feeling tired or confused or whatever other emotion acknowledge it, own it and move your focus on to the task that needs to be done. This process of self-alignment is a stunning way to prepare yourself for the day or for some big job that you have to confront. It is the creation of the foundation for the day from which to start creating.

Learn to scan your 'state' several times a day. When you are not feeling 100% have a look at how your feelings could be relating to specific events. What significant event happened in my day, what were my feelings, what was my reaction? By regularly asking yourself these questions you gain a lot of insight into yourself and these often link to a belief we have about ourselves. Know that a feeling is a direct result of a thought you had. When you experience some physical discomfort like a stomach ache consider looking at what happened in your day that could have created it. I had come to realize that if I kept something inside and I did not open my mouth when I am unhappy about something I would very soon end up with a stomach ache. I now know that so much of my own emotional state related to self doubt and this emotion linked itself to my stomach. What was profound to me was the fact that when I got divorced I had a continual nausea feeling in my stomach and eating became an issue in so far that I

Get started by learning to make yourself 'present'

ended up weighing 47 kg, and walked around in an anorexic state. So learn to scan your body and look for physical discomforts that are in relationship with your thoughts. The verdict then is to do something about your thoughts and in the process eliminate the physical discomfort which in reality could create itself into disease being related to you being in dis ease. So learn to listen to your body.



Confirm your current state several times a day. This is the foundation from which to create from. Be present to where you are.

Once you have completed the morning scan you are then able to refocus by knowing that you have now taken your mind energy away from these feelings and you will presence yourself and will be moving your energy towards the tasks for the day.

At this moment pretend that you have more energy than you ever had before. Stand up breathe deeply and undertake each exercise in this book believing in total release and a new way of living. So before commencing further with your reading acknowledge what you are feeling at this very moment in respect of your mental, physical, emotional and self-state. And then commit to do something about the areas where you are not feeling 100%.

Now write down your answers in terms of your current state in the space provided below Note that an example has been given to guide you with your own answers.

What I am feeling at this very moment?		
	An example	Your state
Mentally	Confused and unclear	
Physically	Tired with a headache	
Emotionally	Depressed	
About myself	Unworthy	
Other	Desperate	



Now continue with your reading. Take note that if at this at this point of time if you are desperate for life changes the feelings you have written above may not be positive and inspiring but never the less just list them. For you to benefit fully from this program you have to be honest with yourself all the time, hide this book if need be.

By having completed the above you have taken the first action towards change. Another step on your journey of self-transformation is for you to acknowledge that the past is over and the future is not here yet and this is the time you can take action to change your life. This is a very powerful place to be at the moment and this is supported by the fact that the entire process of self transformation relies on only YOU. If you are truly committed to wanting changes to happen in you life right now changes will happen. This mere thought should be creating an inner surge of energy and a deep desire to go forward. What is so powerful for me is that within a few minutes of reading this book you will start feeling an inner change. So welcome to a new life addiction on how to control your life and how to create your own realities and ultimate destiny.

Change

When there is change there are two aspects to consider; what has to stay the same and what needs to be replaced. This replacing is what you do not want and should be replaced with something better. We as humans want to effect change in order to improve on something. When you change in terms of the principles applied in this book it is a good idea to share what you learn with your partner or even better take them on the journey with you. In a relationship the other person will have to change to accommodate what you are doing differently. If they do not, conflict will arise. You must know that no one changes because someone else tells them that they have to. The person concerned must be convinced that it is worthwhile to change. However if several people tell you the same thing about your behaviour then you need to sit up and pay



attention. So if a certain behaviour is ruining your relationships, your work etc and the feedback from different sources is telling you the same thing, the question is are they not telling you something? You should consider that there may be some substance in what they are telling you.

Furthermore consider the possibility that if you are not happy with the results you are getting in your life at this moment then surely if you changed your behaviour in the specific area that you are not happy with there will be a different result? A friend of mine moves from one unsuccessful relationship to the next and was told several times that she is 'too clingy and needy' and for this reason her relationships never seemed to last. Surely if she changed her behaviour in this area would she not get different results in terms of her relationships? My friend needs to become secure within herself until she can realise that being in a relationship is just an extension of herself and not her entire existence. Another simple example is the person with criminal intent who continually ends up in jail. Surely if he changed his behaviour the results he would create in his life would be markedly different?

Perhaps you could benefit from adjusting your behaviour in line with repeated feedback of shared perceptions in the area of your life that you believe is a disaster.

Remember that change is not usually as painful as we project it to be. Instead of thinking we are losing something, start to consider change as a means of gaining something better. With such a mentality you create in yourself a reliance on being able to adapt to any change. You may believe that you cannot change who you are, this fact is not true. Just know that with such a thought, the reality is that you are choosing not to change.

Change is taking place around us all the time, this can be seen in our physical body and the world around us. You must learn to embrace change as an integral part of your life. Consider looking at change as a new way to make your life easier, better and more fulfilling. You will then see change as a means

of personal growth and experience. The challenge for you is to start to change your relationship to change. See it as a good thing.



For a person to change they must be convinced that it is worthwhile to change.

The power of 'now' and the power of 'letting go'

There is a reality that we only ever live in the moment of the NOW. What is totally awesome about these words is the fact that no matter how you and I wish, beg or dream of being able to turn back the clock of time the reality is that what has happened in the past cannot be erased, it has happened. We often wish to erase traumatic events and suffering in our lives and we wish for it all to be different. This can be seen in an example of the death of a loved one, a failed marriage, having done a bad deed, or not done something we believe we should have etc.

No matter how much you think about the event it does not change the fact that it happened. However, spend some time finding a way to move forward from this holding on. For a start learn to embrace the past as a teacher, as suffering, disappointment, failure are essential to personal growth. The true power is how you intend to deal with these trauma's, failures, mishaps, mistakes, etc. Do you choose to become a victim or a survivor?

This is a difficult concept to grasp in relation to the death of a loved one, however consider what you could possibly do to honour who they were. i.e. by doing things in remembrance of them. I am a firm believer that we get the most satisfaction from doing something for someone else. So take your emotions and move this energy towards a cause that supports others. See this gesture as your own release.

Additional to this the future that one worries about is not here and no matter how much one worries about it now there is nothing one can do about it at this moment as you are only living in the present moment. When one thinks of the past or the future one is thinking these things in the NOW, in this very moment of space and time. Therefore actual living only takes place in the NOW. For you to observe in which space you are living have a look at the thoughts that continue to play in your mind at this very moment. Do they relate to the good old life of the past or do they relate to some dream fantasy you envisage in the future. The things that relate to the future play themselves in thoughts ofone day when I win the lotto, one day when my ship comes in....one day, one day or I can't do this now because... or are your thoughts reliving the past and the beautiful memories there, saying I wish I had, or remember when...

Continual thoughts of the past and the future results in you actually living elsewhere and not in this wonderful moment of NOW. When one spends too much time in mind fantasies one is not in action, and valuable living time is being wasted. One has to learn to let all of this stuff go and to embrace exactly where you are with meaningful commitment.

Another example of mind time wasting can be seen in the situation where one has a short lived fight with someone and for hours and in some cases even weeks or years later the fight still replays in one's mind. This fight just continually replays itself and in the process you do not live or create. There is a saying 'he who wastes an hour of life does not know the value of life (a scary thought). I have a scary vision of standing at the 'pearly gates' or wherever and I get to see the movie of my life and all the wasted living time.. Ouch.

Holding onto past hurt, anger, bitterness, resentment, shame, betrayal etc creates incompletes in one's mind and takes space and energy so that new feelings, ideas, inspiration, creativity have a problem coming in; the reality being that you can only entertain one thought at a time. For example if you

are holding on to the resentment attached to an old relationship you are not allowing a new relationship to happen. It is like having your hands closed and holding and then being unable to grasp something new that comes around. The idea is to then let go in order to grasp the new. In other words you have to let go in order to embrace what is available now. Often when one makes the conscious effort to 'let go' that which you were looking for appears instantaneously. This I can personally relate to in the sense that I harboured feelings of love towards an ex yet the moment I took the conscious effort to stop sending him messages and calling him I attracted a new partner into my life.



You have to let go of something in order to grasp something new. Learn to live totally in the moment.

This also has to do with who you are choosing to be as you attract towards you like energy. At the point I became open to receive and I received. This is the same for all relationships and other areas of your life. Have a look at what you are holding onto that is stopping you from advancing forward. There could be areas in your life where you need to forgive or to 'let go of' and then make a commitment to do so. There is an exercise under the topic of incompletes that you can do later on in the program to assist you with this 'letting go'. The exercise of 'letting go' is known to produce an immediate release on an emotionally and physical level. Emotions that stop you from going forward are things like, hate, resentment, jealousy, bitterness, guilt, shame etc. These you have to let go of in order to embrace the new.

If there is such a place where all the creative forces of the universe come together, how do we know it is the present moment? All our dreams for the future and even your memories of the past can happen only in the present moment. The present moment is that one point where everything comes together. When do cause and effect take place? When is it that we meet every challenge? When are problems experienced

and when are they resolved? When do we feel pain and suffering? When are we healed? This all happens in the present moment. However we have been taught that these moments are separate from each other, but in truth, they all take place in the NOW. No matter what happens in life, it is always NOW. It is always in the present moment.



The past is gone; the future is not here yet. Everything that happens to us always takes place in the present, the NOW.

Nothing exists outside of the NOW. Nothing ever happened in the past; it happened in the Now. Nothing will ever happen in the future; it will happen in the Now. When you think of the past it is stored in the mind as a previous NOW. When you think about the past, when do you do it? You do it NOW! When the future comes - it comes in the NOW. When you think about the future, when do you do it? You do it NOW! The past and the future have no realities of their own. These realities are "borrowed" from the NOW. When one bonds with the thoughts in one's mind the reality is that very few of us actually live in the NOW. To grasp this concept and to live as such is a profound place to be. A simplistic example of living in the NOW is when you are on a date. Focus on the 'date' and do not think about the rest of the evening or planning the next date. When talking to your loved ones concentrate and take in everything and forget about the hundred other things in your mind.

In these moments keep those hands still. If they are moving around you are not present. When on holiday do not think and plan the next holiday focus on enjoying the holiday that you are experiencing at the moment. If you want to really embrace the concept and power of living in the NOW have a look at a young child at play. They are totally absorbed in living in the NOW. This says it all. The possibility does exist that you can take yourself back to living in the moment if you are committed to letting go of the past and planning for the future in the now moment.

When one is at a level of living in the NOW things around one have more clarity in form shape and colour as there is more to see as one's mind is not occupied with events of the past or speculating about the future. You need to be totally focussed on what you are doing right now; be complete in the moment. These are the times where time seems to stand still.

If you find you are experiencing stress or anxiety, take note of your thoughts and you'll find that a majority of them are focussed on the past or the future. When one really bonds with living in the NOW a lot of stress automatically disappears. Stress is often related to the unknown so focus on the known, which is the reality of the moment. When you're not in the present, when your thoughts are not focussed on the present, you will miss opportunities to improve your life and you will not be able to eliminate the stress.

Remember when you think about the past you do so in the present moment. You do not go back in time and relive the past. You do so in the present moment. When you think about the present moment you do so 'now' as you can not move to the future. When you think about the past and the future you are wasting valuable 'present moment, NOW' time. So detach yourself from the past and the future and really bond with the exact moment that you are in.



Detach yourself from the past and the future and live fully in the moment where you are right now.

The only reason people are unhappy is because they fail to live in the present moment by not embracing the now. Instead time is wasted thinking how the present moment should be and in the process allowing their ego to dominate so that unhappiness sets in. When one lives in the NOW frame of mind the worries and stresses disappear and one's level of happiness is profound. Because the reality is that a lot of things we stress and worry about at a given point of time we are unable to do anything about at that very point of time. So the idea is to

let some of them go and deal with them at the correct time, should that time ever come!



Live in the present moment and you will find happiness.

Don't compare your present situation to anything – accept what it is and make the most of it with the intention of making the present better with each step that you take. I'm not saying accept your present situation and don't do anything to improve it. I'm saying deal with your present situation and do everything you can to improve your life.

Once you begin working on the present moment with the intent of improving your life you begin to utilize the power of now, you leave the past in the past, you don't concentrate on the future and instead you start living in the present moment doing everything that you can to improve your life right now.



The past is over. The future is not here yet. It is only in this present moment that I can take action to change and improve my life.

The reality is that it is impossible to have a problem and live in the present moment at the same time. When you live in the present moment your attention is completely focussed on what is happening at that very moment. There are no thoughts of the future or the past. If you are at work - focus on work. If you are at home – focus on the home. If you are with friends - focus on your friends. When you are with your partner or children focus on them totally. Make each moment where you are totally meaningful. With this approach your subconscious mind is released and free to start working on improving your life, NOW.



About the Author



Lyndel Daly started her fixation with human behaviour and the power of the mind whilst completing her four year psychology degree at Pretoria University. Lyndel is currently employed as a Human Resource Manager (Deputy Director) within the South African National Defence Force stationed in lovely Simons Town, Cape Town.

Lyndel trained as a 'Consciousness Life Coach' with Creative Consciousness International Academy under the master coach Marc Steinberg. Her psychology background and her life coaching training made her realise how personal growth escalates if one works from the base line of dealing with the 'what is', as this establishes the foundation on which individuals can use as a springboard to leap and expand into their own true GREATNESS.

With all the knowledge, insights, readings and more importantly personal experiences gained Lyndel created and presents various forms of life coaching interventions where she inspires others to take responsibility for who they are and to then to move themselves towards exploring who they really want to be in order to expand into their own true GREATNESS.

Lyndel says she is committed to serve as a catalyst supporting others to transform their lives from ordinary to extraordinary. Her two day inspiring and interactive self coaching workshop called OPERATION SELF TRANSFORMATION based on the content of this book is transforming the lives of many as can be seen from a few of the following testimonials from participants:

I needed to get back on track. I have just left a verbal abusive relationship and felt (was told) that it was all my fault. I took it all personally. Thank you for cleansing my soul and putting me back on my path. 'I AM A WORTHY, WONDERFUL AND USEFUL PERSON. Thank you

It has changed my life.

Made me more aware of myself and my expectations of life.

Excellent, so motivating, just what I needed. Thank you.

Knowing that I am my own miracle. Only I can change what is happening around me.

I am aware about my surrounding and that what I give to the world comes back to me but I got caught-up in everything and almost lost that gift. Thank you for helping me get my groove back.

I need to remind myself that I have unlimited potential

Made me sit up and think. I will start to make the changes in my life NOW.

I really needed this work shop to refocus on my personal life and career.

I can change to become a better and grateful person.

I can change my circumstances.

Finding myself again.