

Twelve ways to overcome anxiety and depression

How to be the happy you, you are deep inside

Congratulations, you have just taken a big step in overcoming your challenges in your life. Why is that? Because you decided to download this e-book and open it to start reading. You may feel that I am making fun of you, but believe me, I'm not. Only 10% of people that see a free offer like this come along, take the opportunity to request a download. And from that 10% a lot of people simply don't open the document.

I know you are not used to complimenting yourself. It's is one of the many tools that I will be presenting to you in the e-book. If you are serious about making a change in your life, by reaching out for a better version of yourself, you have come to the right place.

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Fasten your seatbelts



I would like to ask you to take a short moment, and find a booklet or some sheets of paper, that you will be using while you read through this e-book. There is an exercise at the end of every section. You can recognize it by the logo that's in the left margin here. Jot down what you get out of the exercises in your booklet.

Now, to begin with, write down a few paragraphs, or even just a couple of words about what made you open this book. What was it? Were you so sick and tired of trying every time over and over? Or did you just felt, for a second, that it would be possible to overcome your feelings of stress and depression. Anything is good. It's not for anybody to read. Just for you to have a reminder of why you are starting this journey.

Because, a journey it is going to be. As I said in the introduction: you're probably so conditioned to think in terms of negatives, pitfalls, and problems. So, when you read something that contradicts what you belief in, this negativity will kick in and try and drag you away from the information.

So, underneath what you just wrote, write something like 'I will continue reading until the end of this book, then I will decide if it is worth it.'

Note: I am a somewhat old fashion guy suggesting pen and paper. Using them has an advantage over other means, as it activates many brain centers to work together to accomplish writing. Yet, if you are more into using a computer or recording device, feel free to use those.

Who am I

First let me take a little space here, to introduce myself. I will keep it short and simple, so we can get started quickly. My name is Jeroen, which is Jerome, but then at the end room with a n at the end: Jeroon. Anxiety has been with me from the very beginning of my life, to be more precise when my mom was four weeks pregnant. I also have had an NDE (Near Death Experience) when I was eighteen months old which has made me look at life differently than many others. Over the last thirty years I have been working on finding ways to deal with anxiety and this e-book shows you the main points of what I have learned.

If you want to know more about me, visit my website www.divinefulness.info/english where, amongst other things, you can select a chapter from the book I wrote about my life. Here you will also find a page on what I saw during my NDE. It is a narrative about what might happen after you commit suicide.

1. Embracing a loving universe

Enough about me. Let's dive into the real important stuff.

For me things started to change when I discovered that there is more to life than what we experience with our five senses.

For me this summons it up:

**We are all living in an incredible loving universe, which
creates all and cares for everything IT creates in the most perfect ways.**

Alarm bells ringing? Just hold on. This is not going to be a lecture about religion, dogma and how you can be saved if you follow this or that person. And I can imagine that you have a big question mark at 'cares for everything' when your life seems to be scattered to pieces and you have no one to turn to. We'll get to that in due time.

So, still here? Then consider for a moment if my statement might contain some kind of truth in it. That there is indeed something that initiates all that is: the whole universe, all the stars, the earth and all that's on it. And cares for all that IT has created. How does that sound?

Let's consider some of the answers.

1. This is complete nonsense.

This one leads directly to the scientific idea that the whole universe came about by accident. That only the survival of the fittest rules and that those with less capacity are doomed to disappear. Pretty depressing, isn't it?

2. Sound too good to be true.

It does, doesn't it. At the same time, if you have a look at nature, leaving out what humanity is doing to it at the moment, you see an unbelievable balanced system. Every tree, every animal, every climate has its function. Even predators play their role, keeping herd sizes just right. They only hunt when necessary.

3. Sounds reasonable, yet I don't see it anywhere in my life

A reaction like this, shows that you have an open and searching mind. A very good one to have. Don't take anything to be true before you have really considered the different perspective.

What is it than that, if the universe is such a loving place, that many of us don't experience it as such? The answer is in our thinking, which I will discuss in the next section.

If you have another answer to the question of 'How does that sound?', please let me know, so I can add it to this e-book: ja@divinefulness.info

But why would I even start with talking about the loving universe, which by the way you can also call God, Allah, Tao, Universal Wisdom, Light, Love or whatever resonates with you?

In my way of working, everything starts with the realization that we are part of this Loving Universe. Now you have a friend which can assist you in finding your way out of these ideas and start living a new way. And, Anxiety can be seen as being caused by believing that you are to be perfect, doing it alone or this universe isn't as lovely as it is pretending to be. Depression comes from the believe that you have been forgotten, that misery will come your way, because of something you've done.

Meeting IT

Building up a relationship with anyone or anything takes time. If you have not been introduced to this idea of a loving universe or are walking around with a dogmatic vision, it will take time to build this connection. I've been working on this for more than twenty-five years now and am still learning.

There is a first step you can take, and that is to send out an invitation to have IT make itself known to you.

Here's how that works.



Take something in mind that is relatively easy to occur yet isn't normal in your life. You could for instance think of a message coming in from someone you haven't seen or spoken with for quite some time. Or see someone having a certain color in their clothing. Be specific as to what it is you would like to see.

If you live in a busy city and asked to see a car driving by, that's nothing new. Asking for a cyclist where normally none would be seen, would be something completely different though. Or ask for a brand that is very uncommon, or a specific character sequence in the license plate. Write your 'wish' down into your booklet and next let it go.

Don't pay extensive attention to what happens during the next day or so. There will be a moment where you will see what you have written down, coming into your life. I guarantee you.

Now here's the tricky part. You can do either two things. The first is what most people do. They are happy for just a moment and next they let their mind take over, giving every reason why this is just coincidence. Or they start interpreting and narrowing down what they have written that what happened doesn't fit the description anymore.

Do yourself a favorite: **don't do this**. Underneath your request record what the result was. In detail, and how amazed you were this happened. Return to this, every time you doubt that the universe is real.

2. Your mind is yours

Most people believe that thoughts are uncontrollable. That they pop-up by themselves and lead a life of their own. It is true, that's how they appear to be. Your mind seems to be a constant producer of thoughts. Coming at you at full speed, they connect one thing to the other. In this way you can start thinking about a nice diner and end up imagining how an ambulance is coming to take your loved ones away. Because in the meantime something terrible has happened. Take a moment to realize what your mind is doing right at this moment did you too figured out what happened in the in between?

Here's an inconvenient truth: we all give rise and direction to our thoughts, ourselves. Now, this may feel like I am putting the blame on you, telling you that it is your fault that you are feeling the way you are. **It's not!**

Let's do a little game here. Move your eyes down the next page and read each word you see, out loud if you can, pause for a short while and notice what happens in your mind. Then move on to the next word.

Moon

Sea

Love

Hate

Victory

Blue

Have you noticed that every time you read a word your mind gives direct feedback? It tells you what your connection is with this word. So, moon could be a black sky with a white ball in it, but also be a crescent moon with a doll sitting in it.

The point here is, that your mind is the follower, not the initiator. Give it something, and it will produce. Give a word, you get an image. If you wait long enough, a story will arise.

A thought is not thinking

There is a very important difference to point out here: a thought and thinking. A thought is only the first image that comes to mind once you hear a word or see something. A thought has nothing attached to it. It is merely an image. The moment your mind starts bringing up associations about the thought that came up, is where the thinking starts. Your mind is now creating connections and started to think. And precisely here, you have the ability to change what is happening in your head. Again, this will not come overnight, or be an instant thing to do. Yet, once you succeed, even if it is for a mere fraction of a second to leave a thought a thought, and not start thinking, you are on your way.



To do this exercise you will need to be in a place where you will not be contacted by people for a couple of minutes. The best place to start off is in your bedroom, that is, if you can be alone there for a little while. Later on, you will be able to this anywhere.

Find a point, you can look at. Anything will do. A little dot, the wall outlet, or the door handle. Now hold your body still, while you look at the point. Now there are three things you can do, one at a time. While you do this, keep looking at the point and your body still.

1. Notice your breathing. Feel how it goes in and out, in and out.
2. Notice sounds that you hear. Just register whatever it is you are hearing. Simply identify it and move on to the next sound.
3. Notice what your peripheral vision is seeing. While you keep your eyes focused on the point on the wall there are many other things you can observe. Again, simply identify and move on.

Maybe you have noticed that there are small times, when you are so connected with the exercise that your mind seems to not be thinking at all. Great, that's where you want to go. If you didn't succeed so far, keep practicing, you'll get there.

Much of what will follow in the e-book, requires training. Mostly training of the mind. Not that you have to learn all kind of new skills, rules or formats. Most of the training is about learning to train your mind to go in another direction. This will take time. Deciding to go in another direction can be done in a split second. Holding on to that decision and repeating it, over and over again, to your brain, until it accepts it as the new reality, take dedication and perseverance.

3. Accepting you

A big game changer will be, once you can be more kind to yourself. Most of us are not that fond of the person we are. Indeed, most people are looking for someone else to like them so much, that they can finally start to accept themselves.

Now, here's something to think about. If you don't like yourself, how can anybody know what it is that you like? By reaching to the outside, you are asking someone else to answer the most important question about you: what do I like? Starting a relation from this standpoint needs an incredible amount of serendipity to succeed.

Just look at the situation from a little distance. Two people come together, both of whom don't know what it is that they like. Both now try to figure out, what it is that the other one is likely to appreciate. Yet the only point of reference they have is their own. Not knowing what it is they like, they turn to what they are told it is that makes people happy and offer that to their partner. The one receiving, also unclear on what it is he/she wants to receive, definitely knows this is not what is needed. And gets irritated over the partner not choosing the right thing. See the mess that starts to arise?

For me the only way to start your journey out of misery, is to start and begin with you. Now, I know that you probably have been told by many, including maybe parents, teachers and lots of people who called themselves your friend, that what you think, feel or do, is not worthy or even to be rejected. Read the former paragraph once again and remember that what you've been told has come mostly from people that also had no clue what it was that they liked or needed.

The sad part about it all, is that you believe this. Your mind has been filled, through the years, with so many things that aren't true, and that keep popping up in your mind because you have not trained it to go in another direction.

You're okay



Starting to accept yourself starts by 'faking it, till you make it'.

As stated before, you're so accustomed to seeing yourself as a complete mishap, it will take some effort to get your mind to turn around. Research shows that it takes about 30 days for something to really stick. So, give yourself time to get this into your system.

Every morning, as part of your daily ritual, which I'll get to in another heading, look at yourself in the mirror. And just say 'Hello, you're okay'. If your mind starts hollering about this not being true, simply let it go and repeat, looking at yourself in the mirror 'Hello, you're

okay'. Keep this up, and trust me, you'll start believing this before the 30 days are over.

4. Feeling

In our nowadays society, feelings are considered impractical and annoying. They are therefore ignored, or we are told to push them aside or not have them. Yet, when looking closer at feelings, there is much to be gained.

First, let's look at the two terms that are often used: emotions and feelings. People use these terms as if they are the same. There is though, a distinct difference between emotions and feelings. Emotions are caused by chemical reactions in your body. Something happens and your body responds, there is little you can do about it. Imagine, walking around the corner and seeing a lion there. Immediately your heart start pounding, and your eyes become focused on the lion. This is because part of your brain, stemming from a very old era, connects lion with attack and directly prepares your body to have everything ready to handle the situation.

Feelings are what happens once your mind starts to interpret the situation. It is much like what happens with a thought and thinking. In a way your mind is taken over the emotion and making it into a feeling. As it does this, all kind of small muscular contractions create sensations in your body: a feeling.

Looking from a distance there's little harm in what happens. An emotion is turned into a feeling that than creates sensations in your body. The problems start when we decide that feelings are not what we want and try to get rid of them. We thereby block the natural flow of things. Let's return to the example of the surprise encounter with the lion. When it turns out the lion isn't alive, but a very real replica, your alarm system will quickly settle down, adrenaline will drop, heartbeat normalizes, and you become aware of all that's going on around you. In short, the emotion is set in motion and leave your system. Cause that what it is supposed to be: energy in motion, e-motion.

Now look at what happens with feelings in most cases. You choose from either one of three possibilities:

1. Fleeing

The most common reaction to feelings that are labeled as unpleasant is to flee. You tend to find something different to do to get your mind of the feeling you have. This can go from going to the mall, playing videogames or giving in to some form of addiction. You do anything to not feel the feeling.

2. Fighting

Another way of resisting a feeling is to fight it. This is done by rejecting the feeling in the mind, telling yourself over and over again that "I don't want to feel this way". Because you are now focusing on your brain activity instead of your feeling, it seems the feeling has gone. At the same time, you are putting focus on the feeling, by constantly repeating what it is you don't want.

3. Freezing

The last way of pushing feelings away is by freezing. This is done by forcefully tightening your muscles. By doing this, you prevent the muscular motions to take place in your body. You also now focus on something else: the tightening of your muscles. Another way of freezing is to harm yourself.

Let it flow

The disadvantage of all these ways is that the feeling doesn't go away. It is suppressed but will come back after a while. The feeling wants something else: it wants to be recognized

There is a fourth way of approaching feelings, and that is **Flowing**. Here's how that works.



Sit in a place where you have a little time for yourself. By doing this, you eliminate the first option: you're not fleeing from the feeling. Probably you will now automatically enter option 2 or 3: you either start fighting the feeling or freezing.

For a moment tell yourself that you will do an experiment and if you don't like it, you can return to the state you were before anytime. Next, move your attention from your mind, down onto your body. Just notice what's happening in there. It might be strange, unknown and all kinds of thoughts may come up. The thing is, if you only connect to what is happening in your body, it is merely that: something within you. Now, indicate where a feeling can be most strongly felt. Is it in your belly, your shoulders, your legs? Any place is good. If you are able to stay with the sensation that is in you, just notice what happens. Does the feeling have the same intensity all the time, does it remain in the same place?

5. Positivity through gratitude

This section starts with a little anecdote.

A teacher walks into the classroom and tells all students there will be a surprise test. For this, the teacher tells them, to write an essay of 400 words on the following. He takes out a blank piece of paper and with a marker makes a black dot on the paper. After the bell has rung, the teacher takes in the essays.

The next lesson, the teacher informs his students that they all have failed the assignment. Because, he continues, all of you gave a long and extensive description on the black dot on the paper. I've read about the position, on how it could become bigger, move, how it was not centered on the paper. I can fill the whole lesson with versions like this.

Yet, have you all realized that the black dot was a little over one hundredth of a percent of the whole page? 99,99% of the paper was white. Nobody wrote about this white, or all the possibilities that it holds to be filled with colors, ranging from the lightest yellow to the darkest grey. This is what most people do. They look at the little black dot in their life and call it 'their reality'.

Your life probably looks a lot like a piece of paper, not touched by a little dot, but immersed in black ink. But might it just be that you are totally focused on the black dot, as all the students were. Again, we all are so conditioned to see misery, failures. The news, the internet, all deliver us what is going wrong in the world. Happy news isn't selling. At the same time social media convinces us that everybody is doing sooo great, life is one big party. Which adds to the idea that your life is just the biggest failure of all.

Light a candle in the dark

The challenge is how to get out of this idea that your living in a total black dot. This starts by working on gratitude. Gratitude is the way to finding the white paper that surrounds your black dot.

This probably sounds like I am asking you to light up a candle in a pitch-dark room with no matches. Hold on, I'll give you matches and show you the candle. There is so much to be grateful for, even if you are in the darkest place in your mind. For instance, let's say you don't want to go out, laying on your bed in a dark room. What about being grateful for the bed that you are laying on or the curtains that are blocking the light from coming in? Weird thought, not?



Finding things to be grateful for, is less difficult than it seems at first. Just give it a try. Think of the wonderful 'machine' that you are living your life in. Without you doing nothing, your heart beats every second, air goes in and out of your lungs. Look around you, how beautiful nature is. Even in a big, crowded city, little plants grow in all kind of places. They are unstoppable. Or let your mind wander off and think of something good that happened in your life. Everybody has had some angels coming into their lives. Keep on it, and a first little feeling of gratitude will come to you.

6. Reaching out

One of the big challenges you are facing when you are dealing with anxiety or depression is the idea that you have to do it alone. Now, this is not something that only you have. In fact, most people are largely focused on doing things by themselves. Which isn't strange if you think about it. Doing something yourself seems to have a lot of advantages. Not only can you keep all the credit for the results of your actions, you also don't need to ask anyone for help or advice. And being disappointed by others is out of the question. Super simple. And if you would have all the information and answers you needed, you would be on your way without any hassle. The truth of the matter is, that very few people are able to do things this way. All highly successful people advice to ask for help, let others do the things that they're not good at.

That may sound reasonable, yet I know that most of you have seen that reaching out, asking for help, exploded right in your face. Taking this leap of faith and then ending up with being put down has made many decide to just be very still and say nothing anymore. The great drawback of this, is that now you are in the position where you are playing a football game where you are player and referee at the same time. Which means that anything goes!

Have a discussion with yourself



Reaching out is something you best start with someone you can really trust. If you don't have someone around, like many, this is another way of starting to open up.

Take a pen and paper and write down your thoughts. Do this for about ten minutes, no longer. There may be much more you want to say but leave it at this amount of time for now. Next, read back what you have just written. And notice what your thoughts are about this. Are you ridiculing yourself for what you have said? Are you putting yourself down, thinking you are unworthy, you should do better or act differently? Consider for a moment: if you don't accept you as you are, then who will?

Read the text one more time, then take the pen into your other hand, and start writing to yourself about what a loving person would say to you. Have you use computer or phone? Then, now use a pen and paper to write your answer. The switch of hands or means will help you do this. The last thing to do is to decipher what you've just written down **and believe it!**

7. Activation

As you get caught up in anxiety and depression, the world becomes smaller and smaller. With this, people tend to do less and less. Very understandable, what's the use in doing anything when you are feeling afraid or down to the ground.

The truth of the matter is that a completely autonomic system is active in our body. It is called the Vagus nerve. In this system heart, liver, lungs, gut and also part of the ear and throat are interconnected.

The vagus nerve is associated with many functions of the body, such as blood sugar regulation, blood pressure, digestion by production of stomach basic and digestive enzymes. It is also related to mood, feeling of anxiety, stress and inflammation. An activated vagus nerve stimulates low blood pressure, right digestion of food, feeling good and reduces inflammation and migraines. The opposite effect can be seen when the activity of the vagus nerve slows down. Blood pressure goes up, moods start to deteriorate, anxiety level rises, and inflammation starts.

A downward spiral can be seen here. Once you slow down, become less and less active, the vagus nerve gets less stimulated. Hence, it shuts down its activity. This is a normal reaction, caused by the body thinking it is going to rest. As you are not taking time off, but instead keep only your mind at work, the negative effects start to show more and more. These feelings and negative thoughts only cause you to become more inactive, making the system even shut down more.

Pull yourself out of the mud by your boots

There once was a great storyteller, who told a tale about the baron van Munchhausen, who got stuck in quicksand. As he was sinking deeper and deeper, he suddenly realized he could drag himself out of this misery by pulling very hard at his own boots. Silly? Well, not if you look at the spiral inactivity causes to your vagus nerve. Once you start to activate this system just a little, your body will automatically react.

Now, there are many ways to start activating your vagus nerve and thereby giving yourself

an opportunity to get out of the spiral you are most probably in.

We'll take the strangest one to begin with. Why? Because you can do it anywhere and you



need do little for it. What is it? It is humming!

Just breath in, and while you breathe out make a sound in your throat as if you need to scrape it. Now leave only the first part, where it sounds like mmmmm.

Feel how the hum makes your throat tremble, maybe even some part of your upper body and your belly.

You can do this in your bedroom, at the toilet or even in public places if you don't do it too loud. Don't worry too much about the effect, it is going to show. As with everything in this book: keep on doing it.

8. Failing at success

Success is one of the most overrated things in our world today. The success somebody has is mainly measured by income, car, house or looks. Yet, let's face it, not everybody has a size S, is able to make a million dollars per year or own two or more houses. Most of us are working hard, trying to make a nice living and be a good citizen. There's nothing wrong with that!

Social media give everybody the opportunity to depict their life with its ups and downs as one chain of happy events. Simply let out the bad stuff, enlarge the rest, and display that to the world. This is not reality, it's just a sweet picture to look at. As with all the ads and articles in magazines, trying to let you believe that you need to have this thing or that appearance to be a happy person. Failing at success means you give up trying to be like what everyone is showing to the world. Simply, because it is not true.

Does this mean you simply give up on being successful, and accept that you are a failure? No! Yet, stop measuring up to others. For you, getting out of bed, making breakfast for yourself can be a huge success. Celebrate that. Taking a deep breath and walking outside for ten yards and getting inside very quickly. Another great victory. There are a million things you can do, that you can label a success. Maybe not for others, but they are to you. And as I said in the beginning: most important of all is accepting yourself; you are the most important person in your universe.

Failing is the success

Another important aspect is the concept of failing. Without failing, there is no success. The inventor of the electrical light, Edison, was interviewed by a journalist that had come to his laboratory. There were over a hundred lamps, all not working. The journalist asked Edison if it wasn't depressing to have created over hundred devices that failed. Edison answered: "O, no, I created a hundred devices that weren't the right solution. They led me to finding the right one." We all learned to walk. Not in one go, but by practicing. Getting up, falling down and getting up again. Little success comes at once: you need to keep on going!



Sit down and write on a piece of paper: 'if I could do this, I would consider that to be a success!'

Now underneath this, write examples of what you see as a success. Again, don't measure with anyone's standards but your own. Make the things small

at first. You can always add bigger things as you go along.

Now choose one of the small things you wrote down, and work on doing it. Remember, if you fail, simply get up, and try again.

9. Your inner child

Let's dive deeper into accepting yourself. Why is it so hard to find peace with the you that you are?

We all were little, one time or another. From being a small baby, growing up to become a person with a whole unique self. Unfortunately, this uniqueness is almost never acceptable to the surroundings that the kid is living in. Parents, grandparents, teachers, society, all have their own ideas of what it takes to be a good person. They start to influence you to behave according to their vision.

Being young and totally depending on those that raise you, you begin to adapt. Parts that are seen as not appropriate are hidden, and a more acceptable version is now developed. Someone for instance becomes 'a hard worker', always gets the job done. This is very helpful at the time, as it makes life bearable for the person.

Hiding one's true identity hurts. It takes effort and energy to go against the normal flow of the self. Yet, the chance of being rejected by those that sustain you, is so fearful that not adopting seems impossible at a young age. As time goes by, the mask that is worn start to feel as real. It also starts to feel natural to have this driving energy within, that always seems to tell there is a better version to pursue. This is in fact the backfire of the denial of the real self that is inside.

Remember, parents, teachers are just as programmed to be not themselves as we are. And we will most probably program, or have programmed, our children just as much. It is all part of the game of finding oneself without needing approval of anybody or anything.

Back in time

Deep within you, there is still this small kid. It thinks that by acting out the mask that it once took on, it will get the approval of others. And the truth of the matter is, that this idea is correct. When you were little, and you played the role of 'the hard worker' you would get applauded. What you have forgotten, is the feeling of emptiness that also was there, because inside you weren't a hard worker, but an artist that wanted to draw pictures.



Finding back this part of you, that didn't grow up, can make a big difference in your life. But where do you start?

The first step you can take, is to sit down and remember some happy moment from your childhood. It may well seem that there is not much to be seen. Take time. Let your mind wander, with this one request in mind: 'one happy moment'.

Now, two things can happen. Either you do find this precious moment. If it appears, simply sit with it, and enjoy having connected with your past. Especially see yourself in this memory. Or, you start feeling angry. With this all kinds of thought can come up: 'this is nonsense', 'I had no good times', 'leave me alone'. Be thankful, for you have just made a first, very small contact with the little you.

10. Energies

Everything in the universe is made out of energy. Most of these energies can't be seen, nor felt. Which doesn't mean that they are not there.

Taking energies into consideration while looking at your life can make a huge difference. There are many aspects to energy. In this e-book I will focus on the fact that everyone of us has an energy field that is larger than ourselves. If you are unfamiliar with this idea, it may sound strange. But think of a car of which the engine has been running for a while. When you walk close by the car, you feel the heat of the engine radiating outwards. Very real, although you cannot see the motor nor the heat itself.

Some people have an energy that's naturally large. Others keep theirs more to themselves. Or you might have been through a lot and learned to keep yourself small, which also results in drawing your energy inside. Those that take the lessons of life as an invitation to rule over others, have a tendency to push their energy more to the outside. The way people feel inside themselves, gives the energy a certain quality, which can be sensed as either pleasant or repelling.

When people walk around, the energy mingles and mixes. Especially when you have habit of keeping your energy to yourself, you may receive a lot of energy from others; there where you are not, others will take up the space.

The more you become aware of the reality of energies, the easier it becomes to notice them. Pay close attention if you are close to someone with a happy attitude; you may notice your mood rising just a little bit, maybe even the corners of your mouth starting to lift. The opposite will happen if you are surrounded by people with a negative energy, you will start feeling down, or even more down than you already were.

Your mood might not be yours



Many of your thoughts, feelings and fears, may well not be yours. You can have picked them up somewhere, by talking or even being with someone for a period of time.

One way of getting rid of energies that are not yours, is to take an energetic shower. It works best, certainly in the beginning, to do it while you are taken a real shower. Later on, you can do it just by imagining being in the shower.

What you do is, to first imagine that there is a big drain in the floor. This drain will flush away any energy that is not yours. Now envision a showerhead that sprinkles new energy in all colors of the rainbow on your head, and the energy flows all over your body, just like the real water does. As it goes down, it takes any energy that's not yours with it, disappearing into the drain in the floor.

11. A daily ritual

One of the best things to do to bring change to your life, is to mold the different steps that I have outlined in this manual into a ritual. Something that you do every day. By doing it every day, the same way, it will become a habit. Like any other, it will be harder and harder to break, once you have gotten it into your system. Remember, repetition is what is needed: three to four weeks at least.

Part of the daily rhythm is to go to bed in time and get out of it in the morning. Maybe your sleeping habits are completely different than this right now. Getting back to being awake during the daytime, is good for your body, and at the same time helps you to work on healing yourself. The nighttime is the worst time to try and get anything sorted out. You'll be tired, the sun will be gone, and most people are not be available to support you.



A daily rhythm works best, if you have a notebook of some kind to write things down.

To show you how a ritual like this would look like, I am starting at the end of the day. Little strange, but it'll make sense, once you come to point three:

- just before you go to bed, take a little time to write down three things you were grateful for in this day. Remember, these can real small things, as in 'it was a little quieter today at home', 'my dad smiled at the table today'. You can also be grateful for water coming out of the faucet, or you breathing.
- end the day, by remembering these things, thanking the Universe for this day and knowing that tomorrow you will get up, with a smile on your face, ready to start another day.
- when you wake up, take a moment to realize you are awake, being grateful for the day ahead and your body is still functioning (even if it is not perfect). Then, sit up and get out of bed. Don't snooze the alarm. The sleep you get in the ten minutes in between two snoozes is the worst kind, as you just dip into deep sleep and are then dragged out of it.
- While you wash up, greet yourself with a smile, stating you're okay.
- Take time for breakfast and meditation. If you need to be at work, or anywhere else at a specific time, set your alarm 15 to 20 minute earlier, so you will have time for them. These two actions might feel like you are losing time, but in fact you're winning time. Being well fed and having a relaxed mind, give you a head start on anybody else who hasn't. If you have no experience with meditation, use the exercise in point 2, focusing your attention on one point while you keep your body still. Then feel you are supported by Divine. This only take a couple of minutes to do.
- During the day, check in on yourself. Register how are you doing. If things are getting too hectic, find a place where you can take one minute to find yourself again. The bathroom is a great place to do this; no one will ask questions if you ask to be excused.
- Work on ending the day with a good, preferably home cooked meal. Take time to eat, without distraction from TV or mobile.
- Don't fill your end of the day with excitement. No computers, no television, no gaming. Just take a couple of minutes to relax and go over the day. If you notice that you are now falling back into old feelings of despair or depression, make a note for yourself that you need to look at these in the morning.
- Now write your gratitudes and end the day

12. Setting an Intention

The last subject in this e-book covers setting an intention. This may sound a little vague, what has intention to do with anxiety or depression? If you have come this far, you have made a little journey. Do you remember, I asked you to write down, why you opened this e-book in the first place, and after that to write down that you would read it all to the end. By doing this, you set an intention. You made a choice in your mind to do something, in this case, read the book till the end.

Now consider any action, be it eating, buying food, picking a fight with someone. Everything is presided by an intention. Even laying in bed with the sheets over your head. You eat to remove hunger or stress, buy food to be able to eat it, pick a fight to win or get revenge. And you lay in bed because you don't want to interact with the world.

Most intentions are made unconsciously. We simply notice the action we take, and never really recognize that there was an intention behind it. Making intentions consciously, gives you a great tool to start taking back control over your life.

Decide what you want



Setting intentions is no rocket science.

All you need to do, is take your notebook, and write down what it is you want to do. Begin with little, easy to achieve intentions: creating a daily ritual, having a happy thought every day. Mark the one you want to begin with, and name it every day. Make it part of your ritual.

So, what's next?

You've have come to the end of this e-book. I hope you've enjoyed what I have showed you. If you have any questions about what I've said, want to make a point, don't hesitate to contact me at: ja@divinefulness.info

If you want to really make a step towards feeling happy and free, have a look at <https://www.divinefulness.info/amazing>. There you will find information about a short 2 ½ hour workshop that will dissolve many of the negative thoughts you have.

Just click and read. You are amazing, the next step is you knowing it is true!