



Ten Weeks

To change your life forever

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News Letter

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Hello.

If you do not know me my name is Sean. If you are a friend let me wish you a wonderful 2009. If you are or have been a student or client let me wish you a wonderful 2009. If you are a complete stranger let me wish you a wonderful 2009, because after all strangers are only family that we have not yet met.

Those of you that do know me may well feel that I have been a bit quiet over the last few months. Well, I've been through one of those periods of introspection and found myself gestating past experience and deciding future action, hence this news letter and the other attached files.

It was over forty years ago that I put my few possessions into a small case. With that, and a guitar, I went out into the world seeking some answers to the meaning of life. Over the years I spent time with many sects, orders and groups involved in accepted and alternative spiritual Ideas. I spent time with people like the 'Moonies', one of the many groups claiming that their leader is the second messiah following in the steps of Jesus.

I did find a community in which I felt that I belonged and stayed and studied Ayurvedic psychology. Around thirty five years ago my teacher made a very simple statement to me that at the time was an interesting but abstract concept...

..."what you hold in your bindu will come to pass"...

Over the years, since then, I have heard the same concept shared in many different ways by many different people...

You are what you think about

Thoughts become things

Energy flows where attention goes

In the last thirty years I have studied alternative therapies, sat in mediumistic development groups, trained as a healer and teacher of yoga and meditation, completed three academic degrees and become an accredited psychotherapist, I have provided therapy in the British National Health Service worked as a consultant of change and as an occupational psychotherapist in many organizations and businesses and seen many private clients. A psychotherapy student completing his Masters degree asked me to be one of the subjects of his research, which I happily did. Part of his feedback to me was that in my career to date I have seen over eight thousand clients for in excess of fifty thousand psychotherapy sessions.

Some years ago I began to understand what it was that my teacher had meant about the images that I had been holding in my bindu, and that my life truly was the result of all the things that I had paid attention to, the good and the bad. At that time my life was in a mess. I had made a bad relationship with a self seeking and insensitive woman who had fathered my son. It was hard to realise and acknowledge that I was responsible for my situation and that I was not a victim of this woman, or anyone else and in reality I had never been a victim unless I had chosen to be. For the first time in my life I took personal responsibility for myself. The penny had finally dropped. If I am responsible for all that I experience that makes me a pretty powerful person. So powerful in fact that I have the ability to create the life that I want in the future by changing what I pay attention to. So I did just that. That relationship came to an end, but thankfully all

things do pass eventually. I had begun to understand and live the law of attraction and that has been the developing focus of all my work for the last nine years.

The understanding that 'thoughts become things' is now the basis of all my work. It is true for you and true for me. It does not matter what the issue is. It may be hurt, loss, grief, bereavement, anxiety, panic, anger, relationships, sex, work, money, health or even terminal illness, it may involve rumination on an unresolved past and the blame of others, it may involve fear of an unknown future. Whatever it is and however it has manifested, you are the result of what you have paid attention to throughout your life. This is true of everyone in every situation, anywhere at any time throughout history, always has been always will be. It is what is termed, these days, as The Law of Attraction.

It can be hard to accept that you are responsible for your life, that there is no other person or circumstance to blame, never has been and never will be. However, this is the point where your life begins because now you have the power to make life what you want it to be. You have choice because you realise that you have choice, you have power because you realise that you have power.

As I discovered, the journey from the *theory* that 'thoughts become things' from wishful thinking to the *reality* of everyday experience, takes some time and understanding. That is what the courses attached to this email are about. Each course offers a ten week foundation designed to prime your pump and get you going. My Tai Chi teacher once told me I could learn the long form in a year but that it would take me the rest of my life to get it right. The same is also true for those involved in all forms of self-development, the theory is fine but the practise takes time. To allow the thoughts of your wishes and desires to become things you would like them to be takes a little time.

I would like you to download the other attachments on this email and fill in the application form and come on the courses and change you life for ever, because you deserve it. We all deserve to find fulfilment in our lives.

There is one more thing that I would ask you to do for me. I would like you to forward this email to everyone in your address book because everyone that you know deserves fulfilment. These course will begin in January on Wirral and move to Wrexham, North Wales and Nantwich in Cheshire, and then across the rest of the UK. Many people will continue to access these programs world wide via the internet and Skype.

I look forward to seeing you over the coming weeks. Take care and be happy.

In the unlikely event that you want to be removed from my list send me an email saying 'goodbye' and I will take you off the list.

Either way, do have a fabulous life and share your joy with everyone you meet.

With love

Sean x