



# Ten Weeks

To change your life forever

Sean Orford MSc

CBT & Psychodynamic Accredited Psychotherapist

# News Letter

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Hey, doesn't February always seem to go by so fast. It always surprises me that there are only a few days less in the month and yet it seems like there is a week missing. The really, really good news for me is that the days are getting longer. I just love going into work in the light and coming home to watch the sun set. In the dark of the winter I feel like a mole living in darkness.

I hope that your month has been a good one for you. I am getting on with my plans and developing the courses. The second Law of Attraction course is up and running and they keep rolling on. The next will begin on Wirral in six weeks. So if you have not yet signed up you need to and if you are on one of the programmes already and there are people that you know who need to be on one, get them to come on down. I shall be starting some new courses in Wrexham with my good friends Sharon and David, so if you know anyone down that way give them a push in my direction.

As the first course is now half way through my mind is turning to creating some ongoing support for all those involved. When you have made the investment in yourself of letting go of the unwanted past and envisioning a future that will allow you to achieve your dreams there is often an apprehension when the course is coming to an end that you will be left in the lurch unsupported. Well, there is no way that is going to happen. I want to tell you about my mind bank.

## **Mind Banks Ongoing Support**

What happens to people on these courses is that a light comes on deep inside them. That is a light of the expectation of fulfilment and the realisation of dreams. My teacher once said to me 'when the flame is weak it needs protection. Once it is strong it can stand in the wind without being blown out'. That is pretty much where most people are at week ten. Life is changing and each person is a work in progress. But think about every new year's resolution that you and everyone you know have made year after year. For most people the good intentions of January 1<sup>st</sup> have been forgotten by mid February. When we are young in the arts of self fulfilment and self discovery we often need support.

One of the strange things about self development is that it can leave you feeling a little different from those around you. As you go through the process of beginning to 'wake up' things that you used to put up with and accept become unacceptable. You now see the negativity in others, you hear the moans and the gossip and choose not to be involved in it because you have changed. That can make you feel a bit lonely and isolated. You are in the process of growing and changing. You know that your past beliefs and behaviours did not serve you well and that you now need to allow positive energy to flow through you.

A mind bank is when a group of people get together for mutual support. I have been involved in setting up many mind banks over the years for various interest groups from illness support groups, to teaching groups and business groups. I have my own Law of Attraction mind bank which is open to all students on my courses. It meets once a month on a Saturday morning 8 until 12.

Each one kicks off with an easy Chi Yoga session followed by a meditation. Then after a breakfast we have a session for general support which is subject driven, followed by a workshop where participants can book space to work on their own projects and use the mind bank to their best advantage, for feedback, support, brain storming etc. Many relationships are formed in mind banks that last a life time offering mutual support.

If you would like details on the mind bank give me a call, text or email.

The courses that seem most in demand are the Law of Attraction and Psychology for the Soul. I know that some of you were disappointed that the Chi Yoga and meditation courses are not up and running at the moment. Well, watch this space, I am sure that students coming off the other courses will realise the deficits in their work and realise the need to be able to distress and focus, so it will flow out in time.

## **Out of the mouths of babes**

The other day a nine year old lad looked me in the eye and said...

“Yesterday is history  
Tomorrow is a mystery  
But today is a gift  
That is why we call it the **present**”

I was completely blown away by this apparent level of insight from such a young mind. I said ‘wow that is so profound who told you that?’, he said, ‘oh, I heard it on Disney, Kung Fu Panda’.

Well, if that is the sort of message that Disney is giving to the kids let’s have more. I wonder how many people would describe their present as a gift. All practitioners of the Law of Attraction will understand the power of this verse that is in its own right a profound affirmation. I told the secretaries in one of occupational health departments that I work in and they were so moved they printed it up on sheets and hung it on the walls in the department.

### **Reinforcing the positive**

Using printed sheets like that as visual reminders is a very effective way of keeping yourself on track with your dreams and ideas. When I lived in Cowes on the Isle of Wight, where everybody sails, is learning to sail, or studying their Skipper exams, on the back of every loo door there would be sets of sail signals so that they could learn the alphabet in symbol flags. You would find them on the fridge door and in their cars. This is because we take in information subliminally.

If you want to get some positive feeling or information in to your mind try this. Put it on small cards and then put them in strategic places where they will continually feed into your system. Eventually they become a part of the way that you think without any effort. Dashboards are good for this or the corner of your computer screen.

Here’s a thought. What do you use as your screen saver on your computer? If you are using windows there is the scrolling sentence that you can write so that your most positive affirmations simply wanders across your screen reinforcing your dreams and desire until they become your reality

Take care and let your present be a gift

With love

Sean x

Sean Orford is a fully qualified and accredited consultant psychotherapist, course leader, clinical supervisor, author, coach, mentor and speaker

MBACP(ACREDD) UKRCP MIAH ICABT MSc BA CertEd

[sean.orford@virgin.net](mailto:sean.orford@virgin.net) [www.seanorford.com](http://www.seanorford.com) 0781 701 7297