HUMAN DOING & HUMAN BEING

Human Doing & Human Being is a passionate and practical approach to personal development. It may inspire you to make changes you never believed possible.

— William Bloom, author of The Endorphin Effect

Costa has poured his considerable knowledge and expertise working with clients into a remarkable book that not only explores the meaning of life and how we can be happy but gives us practical techniques that could help anyone who is open to the idea that we are more than body and mind. If you are a seeker of personal truths and want to make the most out of your life, I believe this book is essential reading.

— Coby Zvikler, author of The Key To Gabriel and Unlock Your Inner Power

The sessions I had with Costa were great! I was going through a difficult time in my life and it really helped and gave me hope for the future. I recommend his brand of therapy — thinking about it even now makes me smile. He’s a class act!

— Peter Hook, bassist Joy Division / New Order
In *Human Doing & Human Being* Costa addresses both psychological and spiritual aspects of personal development. He holds your hand every step of the way through self-development exercises and audio sessions to help you find or rediscover your sense of worth — your “worth-full-ness”. He then invites you to open your heart and mind to discover more about your true purpose as he guides you to experience your divine nature.

A powerful, timely contribution to personal development.

— Dame Irene Loudon DGSJ, MRSPH, theologian, hypnotherapist, psychotherapist, counsellor and personal development coach
HUMAN DOING & HUMAN BEING

THE EVOLUTIONARY SELF-HELP GUIDE TO ACHIEVING YOUR LIFE’S OUTER & INNER PURPOSE NOW

Costa Lambrias
The UK’S Self-Esteem Doctor

~ an Answers Within book ~
Manchester UK 2014
This Guide is dedicated to Panayiotis (Takis) Lambrias and Chrystalleni Christodoulou, Ameer Jahan and Madiah Noor, and to my brothers and sisters, present and future.

My most sincere wish is that it assists you on your journey to abundance and fulfilment.
CONTENTS

Dedication vii
Foreword – By Dolores Ashcroft-Nowicki xiii
Preface – “Who/What am I?” and Why Positive Affirmations, The Secret, Cosmic Ordering, etc. won’t work for you until this ONE thing changes!

Acknowledgments xxiii
Introduction xxv

– About Human Doing and Human Being, including “Owner’s Manual: Hints & Tips”

Part One: Human Doing

Chapter One The Key to Enjoying Life 3
– What do you want from Life?

Chapter Two Step One: Self-Diagnosis 7
– Take the two to three minute self-diagnostic test

Chapter Three The Secrets of the Mind: Reprogramming for Success 13
– The untapped resources inside your mind
Chapter Four

Boost Your Confidence
- Setting the foundations for success

Chapter Five

The Multi-Level De-Stressor
- One important Life Lesson no-one ever told you about until now
- A new way of Being: re-assessing your reactions, moving from victim mode to in control, and beating illness from the inside out

Chapter Six

A Closer Look at Your Self-Esteem
- More self-diagnosis

Chapter Seven

Sticks and Stones
- The power of words, things said and unsaid, done and not done

Chapter Eight

Your Story
- Opportunities to reflect, process and understand

Chapter Nine

Heal Your Childhood, Transform Your Life
- Meet your inner child; change the effects of the past

Chapter Ten

The Supreme Performance and Self-Esteem Booster
- For worth-fullness, achievement and success in this world

Chapter Eleven

Attaining Your Goals
- Motivation, focus and fine-tuning

Chapter Twelve

Resources
## Contents

### Part Two: Human Being

<table>
<thead>
<tr>
<th>Chapter One</th>
<th>Being versus Doing</th>
<th>149</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>The different realities</td>
<td></td>
</tr>
<tr>
<td>Chapter Two</td>
<td>Who / What Are You?</td>
<td>157</td>
</tr>
<tr>
<td></td>
<td>Beyond form, what makes up you?</td>
<td></td>
</tr>
<tr>
<td>Chapter Three</td>
<td>Going Within: The Aspects and Attributes of Spirit and the Divine</td>
<td>177</td>
</tr>
<tr>
<td></td>
<td>The intangible, experienced tangibly</td>
<td></td>
</tr>
<tr>
<td>Chapter Four</td>
<td>Life as a Conscious Being</td>
<td>205</td>
</tr>
<tr>
<td></td>
<td>How does “Human Being” affect “Human Doing”?</td>
<td></td>
</tr>
<tr>
<td>Chapter Five</td>
<td>Is There Anybody Out There?</td>
<td>227</td>
</tr>
<tr>
<td></td>
<td>Do we have to do it all alone? Your call!</td>
<td></td>
</tr>
<tr>
<td>Chapter Six</td>
<td>Resources</td>
<td>239</td>
</tr>
<tr>
<td></td>
<td>Where to call</td>
<td></td>
</tr>
</tbody>
</table>
FOREWORD

The older I get, the more excited I get about the future and what lies in store for us. Along with all the new scientific discoveries, there is the prospect of new writers and thinkers coming to the fore. Ideas and theories that once would have been considered outlandish and not to be taken seriously are now being not only published, but utilised, taken further, and explored with a view to them being accepted by Science.

I look along my book shelves (there are 5000 books in this small house) and the thought that is uppermost in my mind is “If only I had had these books when I was training with the Inner Light School in the sixties.”

The book you now hold in your hands is among those treasured books. When I first read it, my thoughts were “How different things were in my young days.” A book like this would have been such a Godsend. It would have reassured me that I was not alone in the way my mind worked.

It has been written with insight and dedication, and is filled with knowledge that has been won through dedication and hard work. All too often, books are written simply by reading someone else’s work and embroidering what has already been
said. Here you have original work based on the *personal* work and *personal* experience of the author — the highest accolade that can be given to any work.

I recommend it to my students and Supervisors in the Servants of the Light School.

— **Dolores Ashcroft-Nowicki**  
Director of Studies for SOL
PREFACE

This Guide and “Owner’s Manual” is for you! It has everything to do with your quality of life as a human being and your birthright to be happy. It empowers you to approach life with a greater belief in yourself and to live your life with true purpose. It will enable you to squeeze twice as much fulfilment and joy from each and every moment.

There is a two-fold purpose behind this book. Its aim in Part One Human Doing is to undo all the negative unconscious programming that has so far prevented you from living life to the full and making a success of every area of your life in this world: relationships, careers and lifestyle aspirations. Since 1990 I have helped thousands of people to overcome lowly self-perceptions and to increase their levels of self-esteem so that they could now feel worthy of receiving all of Life’s riches. Once I realized that the powerful transformational processes I use could be expressed through the medium of the written word and via the internet, the idea of this book came into being. I have taught my self-development processes to other therapists around the world, and now is the perfect time to share them directly with you.
The aim of Part Two Human Being is to answer the fundamental questions about the purpose of human existence. I promise that if you approach Part Two with an open mind and an open heart, you will receive far more spiritual riches than you could possibly imagine. I am not talking about following a religion, but instead enjoying your own personal practical and direct experience of the Love that breathes you, the universe and all of creation. Please approach this part of your Guide as an opportunity to grow in consciousness and spiritual awareness, and to fulfil the inner purpose to your life.

This book has taken six years to write. The self-development processes, which I include in downloadable audio form, have been used one-to-one with clients for over twenty-three years, but their genesis began over forty years ago when I was searching for answers to the questions “Who/What am I? Why am I here?” The fulfilment I received as a result of this quest has led to my two greatest passions in life, apart from my passion for Life itself — they are about improving quality of life for others, and Consciousness. Fortunately, I combine both in my “therapy with consciousness!”

I had been a “Seeker” from an early age, searching for an experience that I had come from before birth and would be returning to at death, but needed to reconnect with during this lifetime in order to provide purpose, meaning and fulfilment to my existence. As a child, I always had the feeling that I was “different”. Even though I was the eldest of two sets of twins, I had the feeling of “not belonging”. Despite being loved by my parents and siblings, I always thought of myself
as the “black sheep” of the family. I was different but didn’t know why.

I had a very enquiring mind and asked questions about everything because I wanted to know more. I remember a phase around the age of twelve of being completely fascinated by the mystery of life and death. I would use an empty glass container to catch large flies in the store room of my father’s shop and then hide them in a corner of the freezer. Several hours later when they were “dead”, I would retrieve them and place them outside in the sunlight. Within minutes they would thaw out and fly away. This raised more questions than answers!

Soon after this period I was taken seriously ill with pleurisy and was confined to bed for several weeks. This led to my own “Francis of Assisi” experience. Without my concerned mother knowing, I would stumble out of my sickbed and quietly unlock the door to my bedroom balcony in order to commune with the birds. In my feeble condition and altered state of awareness, I posed no threat to these tiny creatures and they would come and visit my balcony and sing to me while I did my best to continue our heartfelt conversations by mimicking their sounds.

As a teenager I recall going to the local library in order to study for some school exams. I was amazed, thrilled and nervously excited to discover a book there called “The Meaning of Life”. At long last, someone was going to answer my questions! I read that book in a single day. I remember reading it up to the final chapter and the answer hadn’t been revealed yet. I concentrated hard until I reached the last two pages of the book. Reading with even more intensity than before,
I slowly digested the final sentences that would explain the very purpose to my existence... and I was left no wiser than before! A few years later, in my first year of university, I was going through an identity crisis. I'd become an atheist because I couldn't understand why there was so much injustice in the world and how a God, if one existed, could allow innocent babies to die. For over a year I walked around Exeter University with *Who/What am I?* etched vividly in blue ink on the upper left leg of my jeans. Surely in this so-called “bastion of learning” I would find one tutor, professor or student of theology who knew the answer to that question?

It was during this time, as a student of French language and literature, that I had my own personal experience of what French Existential author and philosopher Jean-Paul Sartre called “la Nausée” (Nausea). Ironically, it happened to me while I was delivering a literature assignment to my French tutor. I knocked on her office door. There was no reply, so I prepared to place my papers in the box on the wall next to her door. As I was doing so, I noticed that my tutor’s name had been typed onto a strip of white paper which was Scotch taped to the glass front of her box. The right-hand edge of the tape had come unstuck and had curled up. It was dirty and discoloured with the specks of dust and dirt that had accumulated over time on its sticky surface. This was in marked contrast to the rest of the stuck down Scotch tape which was clear and clean. On seeing this grubby symbol of impermanence and decay, I immediately felt sick to the pit of my stomach. I was overwhelmed in my head and in my gut by a sense of absolute futility and transience, an overpowering
feeling of the meaningless of human existence: a tiny and insignificant speck of dust (me), a passenger on another insignificant speck of dust (Earth) in the vastness of Space and Time — that you’re here, then you’re gone — so what’s the point of it all?! This insight into the human condition was to repeat itself very strongly a few months later, over a year after I had worn my heart on my sleeve (or rather on my jeans with “Who/What am I?”) and throughout which time not one of the University’s professors, dons, tutors, academics or students of theology had answered my question about the meaning of existence.

It was December 1973. I was sat in my room in one of the university halls of residence. I could see through my window other students going home for the Christmas vacation while I was still here with an assignment to finish. I asked myself “Why am I doing this essay?” The answer came: To get a degree. “Why do I want a degree?” To get a good job. “Why do I want a good job?” To get a car, a house, a family. “And then what?” The answer to that question presented itself to me as the image of a dark railway tunnel with a big train heading straight for me: Death! “Well there has to be more to Life than just that! If that’s all that Life’s about, then what’s the point of living? I might as well not be here.” (Killing myself seemed the logical conclusion, one I hadn’t considered seriously before.) NO! IF YOU KILL YOURSELF YOU WON’T GET THE ANSWER! That “voice” was very strong! Just then there was a knock on my door, and it was only months later when I was fully immersed in my spiritual lifestyle (as described in Part Two of this book) that I realized that the person at my door
had been directed to me at the perfect time to guide me to the experience that answered all my questions.

Having received the answer to my spiritual questions, I chose to live a renunciate lifestyle which included meditating two to four hours every day on this wonderful internal reality, all the while feeling more and more “detached” from worldly reality despite working in a nine-to-five job. When my lifestyle changed, and I returned to the world and eventually became a hypnotherapist, I found that my spiritual experiences had given me an understanding of how human beings “work” that was more insightful and useful than the hypnotherapy model of conscious and unconscious/subconscious mind. I practised, and still do, what I call “therapy with consciousness!” Also, as I was still meditating regularly on the supreme consciousness within, I was “getting” information that was invaluable in forming new processes of therapy to help my clients with their damaged childhood and chronic low self-esteem issues.

Today, as the UK’s Self-Esteem Doctor®, teaching my inner child therapy and Soul Concern workshops around the world, I sincerely believe that there are two hidden and ignored factors contributing to the disenchantment of modern society. The first is what I call the hidden disease affecting the quality of life of most members of modern society, presented to me day after day by client after client: the completely curable affliction of low self-esteem.

Classic symptoms of low self-esteem can present as low aspirations in life (avoiding challenges or promotions), and forming unequal or unfulfilling personal relationships, because
the sufferer does not believe he or she deserves any better. Even those who have succeeded in the world can feel “a fraud” and unworthy of any achievements. There are many people who have already tried positive affirmations, the Secret, the Law of Attraction and Cosmic Ordering, who are still waiting for positive changes to manifest in their life. This is because no matter how hard you try in life, if the underlying belief in your psyche is that of “I am not worthy” then this is what needs to change first! Part One of this book is all about making the deep and positive changes that will enable you to change for the better what you receive in life.

The second factor contributing to the disenchantment of modern society is one that I am witnessing more regularly, especially in some clients presenting with symptoms of depression. Its symptoms also include despair, hopelessness, that there doesn’t seem to be a point to their existence. This is entirely due to a lack of spirituality and the ignorance of one’s true essence, which religion alone cannot fulfil. Part Two of this book addresses these issues.

Writing Part Two, Human Being, over the last two years has resulted in a greater focus on my own spiritual connection in order to maintain the inspiration required for inspiration itself to manifest on the page — there are many “quotes” in Part Two that allegedly came through me that still surprise me with their insight. This part of my journey has also enabled me to realize a long-held ambition of mine to lead workshops on Consciousness that impact powerfully onto the personal, spiritual and professional aspects of people’s lives. Love begets Gratitude… Thank you!
INTRODUCTION

Whenever I am asked by clients “What’s the purpose of Life? Why am I here?” I usually reply that that is the easy question! The answer is “To be happy!” The real question should be “How to be happy?” I recommend you take advantage of all the self-improvement sessions outlined in Part One before benefiting from the insights, truths and revelations of Part Two about the inner life that has eluded so many human beings so far. Because these two Parts are about different worlds and realities (one outer, the other inner), my language and writing style in each part reflects this. One will appeal to your logical mind and imagination, the other to your heart, your true soul essence.

Part One Human Doing addresses your situation in the world where Security, Love, Success, Reward, Abundance and Prosperity are the goals. It explains how essential a healthy self-image is, and it introduces you to powerful inner resources we all have but rarely use. By using the audio self-development sessions that accompany this handbook to reverse unconscious childhood or environmental negative programming, you will find yourself enjoying within a matter of weeks unprecedented levels of confidence and self-esteem. So deep are the changes
with these proven processes that you will deserve, attract and be able to enjoy “all the good things in life”.

Part Two *Human Being* is all about you as a spiritual being. Have you ever felt that there has to be more to life? I hope so because it is in our very nature to ask that question! Reading *Human Being* will awaken further the seeker in you and inspire you to find the true peace and contentment that is always inside you and beyond a finite world which for most human beings offers only a fragile sense of fulfilment.
Congratulations on acquiring a human body! Whether this is your first or most recent incarnation, there are several “Hints & Tips” we recommend you follow in order to enjoy maximum quantity and quality of life.

Care

1. Physical
Look after your body and it will look after you. Healthy food, water between meals, and a good standard of shelter and clothing are vital components to achieving a longer time span with your body.

2. Environmental
We cannot emphasize enough a commonsense approach. Avoid if at all possible taking your body into high-risk areas. Extreme climates and territories with a risk or actual threat of war or disease must be avoided.
3. Good Mental Health
Your emotional and psychological wellbeing is as important to the quality of life as good physical health. It is recommended that you take the self-diagnostic test in Part One immediately in order to ascertain which of the self-development sessions are the most suitable and beneficial for you. Thus the attainment and enjoyment of your goals in this world are virtually guaranteed as a result of the natural boosts to your personal levels of self-esteem and self-worth.

4. Good Spiritual Health (NEW for 2014!)
In response to a growing number of our valued customers who questioned the very purpose of owning a human body, we have decided the time is now right to provide invaluable information in Part Two about your true self. We trust that the provision of this essential information will assist in answering all your present and future questions about Life, and will lead you to fulfil in this current incarnation your potential for inner peace, love, unshakeable security and a zest for living.

We strongly recommend that you read Part One before Part Two in order to maximize the benefits and gains achievable from this Owner’s Manual.

We trust you are now ready to discover that all the answers are within… Happy Living!
PART ONE

Human Doing
“The quality of your life is not to be measured by what possessions, status or lifestyle you have or don’t have, but rather by how you feel about yourself.”

(Costa Lambrias, Self-Esteem Doctor)

Life. Some would say the most precious gift. But now that you have life, how do you get the most out of it? Chances are good, if you are reading this book, that you live in a so-called civilized society and already enjoy a reasonable quality of life when compared to human beings living in parts of the world where food, clothing or shelter may be in short supply; or where there is a threat to life from war or disease. Assuming also that you enjoy a reasonable level of good health, I ask you to consider this: that the quality of your life, and your enjoyment of everything you have in your life, is governed by your level of self-esteem.
It doesn’t matter if you desire — or already have — wealth, fame, a great lifestyle, material possessions, status or position; if your self-esteem is not good then you will always find it difficult to enjoy what you have. First of all, a lack of self-worth could be preventing you from attracting “all the good things in life” which you believe would make your life better; and secondly, if you do manage to attain any of these, the same condition prevents you from truly enjoying them anyway! Society, parents and peers may have programmed you with their expectations for you to feel inadequate unless you have a great job, income and lifestyle; so much so that these oftentimes unspoken expectations and pressures on you have now become identified by you as your own goals and desires. Nevertheless, if your childhood lacked consistent love and support, nurturing and encouragement, validation and affection from parents or carers, then the biggest program running in your psyche will be one of “I’m not worthy, I don’t deserve.”

Since 1990 I have met with many clients in my private hypnotherapy practice who, on the face of it, would appear to have all that they wanted. Yet time after time, many would tell me that they felt “a fraud”, unworthy of what they have. This includes those who in actuality do perform confidently in their work environment. Some of them in very senior management or directorship level positions expect to be “found out” by the CEO, despite being complimented on how well they are performing and how much of an asset to the company they are. That’s because one of the symptoms of chronic low self-esteem is that compliments enter one ear to exit immediately out of the other! As I will explain later, it is
not unusual for some low self-esteemers to be high achievers, but just like the majority of sufferers who prefer to avoid most challenges that come their way, the underlying feelings of worthlessness that usually originate in early childhood days run very deep! They are as deeply ingrained in their psyche as are the birth names they were given, and with which they so strongly identify for the rest of their life.

Thankfully, with the tried and tested powerful and effective processes included with this book, positive changes in your personality, outlook, attitude and quality of life can occur for you just as easily as it has for the thousands of clients who have sought my assistance one-to-one. The first step is to take the Self-Esteem Test in Chapter Two.

For those of you fortunate enough to already enjoy great levels of self-esteem, I recommend that you listen to the specific self-development sessions that the self-esteem test advises are best suited to you. Doing so will assist you to maintain your positive and optimistic attitude and your winning mentality, and will keep you motivated to attract into your life even more abundance and gifts for you to enjoy. The Universe has an infinite amount of gifts to bestow on those who recognize that they are special (we all are!) and are ready to receive. So, why not you?
Self-Esteem is defined in many dictionaries as “confidence in one’s own worth or abilities” and as “a good opinion of oneself; self-confidence”. With over twenty years’ experience as the Self-Esteem Doctor®️, I believe there is more to say about the difference between low and good self-esteem. For the many clients I have seen suffering with low self-esteem there is a consistent symptom of “not feeling as good as other people… feeling unworthy…” even “worthlessness”. They come to see me to feel “as good as”, but for me “worthy” and “worthiness” doesn’t quite cut it to describe good self-esteem. It’s more than that, it’s “worthfullness”: full of worth, brimming with the potential to achieve; deserving, and able to accept, the best in life.

Your first step to worth-fullness is to take the Self-Esteem Test and discover which of the included self-development sessions will most benefit you. There are two self-esteem diagnostics: #1 is “Easy-Peasy” (EZPZ), #2 requires you to think more. Why not take both?
The EZPZ Self-Esteem Test #1

The guide time for completion is two to three minutes.

1. Measuring Your Confidence
Thinking about your confidence levels, would you say

A: You only lack confidence in one or two specific situations, e.g. because of a phobia or whenever you’re the focus of attention. Do you get anxious or nervous in formal, group or social situations?

OR B: You have never lacked confidence in any situation, and you can’t imagine any situation where you would.

OR C: Your lack of confidence extends to most areas of your life, in other words it’s a general rather than specific lack of confidence, and you have a tendency to compare yourself unfavourably to others.

2. Time Scale
Assuming 1C above applies, is your general lack of confidence

A: A recent development only, due to circumstances beyond your control, and in contrast to how you used to feel for the greater part of your life?

OR B: A feature of your life since adulthood?

OR C: Something you have always had, even in childhood?
3. Childhood
It is important to take your time to seriously consider your answer to the following questions.

Which one of A, B, C or D best describes your childhood?

A. Genuinely happy.
B. Not so good.
C. Really very bad, i.e. “crap.”
D. Can’t remember.

4. Parenting
Throughout your childhood, were your parents or main carers physically demonstrably affectionate to you? In other words, apart from perhaps bedtime or when you were ill or hurt, did they regularly hold, kiss or cuddle you?

A. Mother or main female did.
OR B. Mother or main female did not, or was not around.
AND C. Father or main male did.
OR D. Father or main male did not, or was not around.

Now add up your scores to discover where you are on the self-esteem scale.

1A=1, 1B=0, 1C=2; 2A=1, 2B=2, 2C=3; 3A=0, 3B=2, 3C=4, 3D=3; 4A=0, 4B=3, 4C=0, 4D=2
0–2  Congratulations to you and your parents. A secure upbringing with positive and loving role models means the world is your oyster. Fine-tune yourself for success with Sessions 1, 4 and 5.

3–7  You sometimes feel vulnerable and lacking in self-assurance. Address any negative programs and symptoms with Sessions 1, 2, 4 and 5 so that you can attract and accept abundance and satisfaction in every area of your life.

8–14  Your low self-esteem affects most areas of your life, especially relationships. The Self-Esteem Doctor prescribes Sessions 1, 2, 3, 4 and 5 so that you can address childhood issues and become the happy and confident child and adult you deserve to be.

Self-Esteem Test #2
This more comprehensive diagnostic tool is an essential part of the preparation for playing self-development session 3. If you scored less than 7 on the EZPZ Test above, you might still like to take it to double-check your rating on the self-esteem scale. You can find it in Chapter 6.
Step One: Self-Diagnosis

The SIX Answers Within audio
Self-Development sessions

Human Doing

Session 1: The Confidence Booster
Play this first to get the whole of your mind, including your subconscious, on board straightaway with your new positive agenda. It will increase your sense of wellbeing in social and formal situations, and result in huge improvements in how confident and relaxed you are in all your interactions with others. Especially effective for when all eyes are on you.

Session 2: The Multi-Level De-Stressor
Extremely powerful, not just for protecting you from everyday stress but also for gaining release from emotional baggage, negative mood states, and a great many psychosomatic disorders and illnesses. Worth the price of the book on its own!

Session 3: Meet and Heal your Inner Child
 Allows you to permanently reverse the effects of a damaged childhood — a gentle yet powerful transformational process. Gender-specific male and female inner child sessions are included.

Session 4: The Supreme Performance and Self-Esteem Booster
This session allows you to rewrite any negative programs, after which you’ll be unstoppable and unshakeable — confident and self-assured in every situation and with any new challenge!
Session 5: Your Goals
Knocks out any remnants of self-doubt and focuses you on attaining success and happiness. You will literally make it happen!

Human Being

Session 6: A Glimpse
This “trancey, trippy” session literally takes you out of yourself in order to provide you with insights into your inner self and into who and what you really are. It serves as a gentle introduction to your connection with your spiritual self and a new way of Being.
For you to appreciate just how powerful the audio self-development sessions are, some understanding of how your mind works would be helpful. Nearly everybody is aware of their conscious mind, the part that does the thinking when we are awake. In fact some people believe this part is the real “me” inside the body. However, beneath the surface in exactly the same way as the biggest part of an iceberg is not visible to most of us, there is the subconscious mind which is far more powerful than the more obvious conscious mind. The subconscious automatically runs all your programs, including the ones you don’t like or want. These can include phobias, addictions, and negative patterns of behaviour. The conscious mind has very little influence on the Subconscious; on the other hand, the subconscious,
because of its programming, can affect positively or negatively everything about you: your physical health (immune system, illnesses), emotional and psychological states, attitudes of mind, vulnerabilities, and certainly your confidence levels and how you perform in each and every situation or challenge that comes your way in life.

The *Answers Within* audio self-development sessions have been specifically designed to engage your subconscious mind and bring about positive changes. Yes, your conscious mind will still be aware of what is being said as your body relaxes in line with the suggestions in each session; even so, your subconscious is taking on board the positive suggestions and begins to make those changes at the deepest level. Repetition is the key. Regular listening to each session allows the all-powerful subconscious to dump another load of negative programming as each positive suggestion is reinforced.

And beyond the mind, there is soul and higher self. I believe that when I am “in session” with a client then something happens at a “higher” level, not just at the subconscious level. If you and I are open to the positive changes that you seek, then my consciousness (in this context meaning “awareness of our true spiritual nature”) and energy, as well as my therapist’s voice and tone, together with the intent for your highest good, enable that to happen almost automatically. If we think of the icebergs analogy, it may appear that you and I are two separate entities supported in an ocean of water, but think again! Some of us actually recognize that in our true essence we are fundamentally one hundred percent water with no separation. If you can remind yourself of that truth whenever
you listen to the sessions, then you improve your chances of success as you open up on every level to receiving positive change in your life.

On a practical level, it is important is to keep to the structure of the book and to play the self-development sessions in the correct order, after having done the relevant preparation first. In this way you maximize your chances of success. The publishers and I cannot take any responsibility if you do not keep to this recommended format. Within one to two months, if you have followed all the guidelines, you could be enjoying far greater levels of self-esteem and confidence in every area of your life.

If you are aware that you are suffering from severe psychological disorders, then you would be wise to take advantage of the support you would gain by having one-to-one sessions with a professional therapist rather than taking the risk of doing it all on your own. Check out the Resources section at the end of Part One for more details if you are not already in therapy.

Now we come to the exciting part of beginning to make powerful and positive changes in your confidence and self-esteem, and how you relate to the world around you! As your relationship with yourself changes and improves, so your expectations of Life increase, and your raised vibration and inner comfort with yourself resonate outward and begin the process of attracting to you all that you deserve. Please be sure to read all the Preparation notes before playing each recommended *Answers Within* session.
Before playing the first of the *Answers Within* audio self-development sessions, it would be good to explain to you just how and why they work. There are two main criteria that guarantee success for virtually all my face-to-face clients which will also apply to you. First of all, you need to have a sincere desire for change — you do it for yourself and not because someone else has recommended it and you feel under pressure from that well-meaning person to try it out. Whether you believe this process is going to work for you or not, as long as there is a desire from you for something in your life to change for the better, then you are open to receive. Secondly, in order for the desired positive changes to plant themselves and take root at a sufficiently deep and effective level, all that is required in order to access your subconscious mind is a light degree of relaxation. That’s right, you don’t need to go “deep” or “under” (whatever that means!) or be “out of it”. Through the careful use of specific words, and the pace and tone of my voice, as well as the use of music and
explicit suggestions of relaxation, your body should get to relax quite easily. And if your mind is no longer racing away with you, then I am confident that the “therapy” or transformative part of each *Answers Within* audio self-development session is going to be effective for you.

Each session will typically start with a physical relaxation induction which will lead into a nature scene to engage your mind and your imagination. This scene may form a necessary component of the therapy process that follows. I am fortunate to have been “guided” when composing some of these scenes — sometimes the significance of certain phrases or parts of a scene has only been realized several months after they came into my awareness. And so it will be for you: your logical, analytical left brain (the conscious mind, if you will) may “understand” everything and relax accordingly, and yet may fail to grasp the significance of metaphors, symbols and imagery that appeal to the creative, intuitive and imaginative right brain (which can be said to be representative of the subconscious).

To conclude, you are very much aware of what is going on around you when listening to the sessions. Even so, you are still able to enjoy a relaxed state which most people compare to daydreaming. I strongly recommend the use of headphones to minimize the noises and distractions in your environment.

**Preparation**

As the *Confidence Booster* is the first session to be played, I will start with a very basic physical relaxation induction, asking you to tense and relax certain groups of muscles. You will need to make yourself comfortable first. If you have the use