

Worry Free Island



A peace of mind program
by Ian Crossley

Enjoy this tiny eBook.
It contains a wonderful exercise you can
do to bring yourself peace of mind ...no matter
what is happening in your life.

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Take the time and effort to take this vacation and enjoy your trip. If you can get a group of friends to do this with you will find it is even more powerful.

The WORRY FREE ISLAND PROGRAM

(You can start right away!)

Have you ever noticed how clear everything is when you are on holiday? You can solve almost any problem, you can see your life exactly as you dream about it, money problems just drift away, because you have thought of a fantastic way to supplement your income etc...etc...

This state of mind is produced because you feel safe from all your fears and worries. Subconsciously no one can get at you, you are unavailable.

Your work is being covered by other people, all the unpaid due bills are 10.000 miles away, all the people that annoy you on a daily basis do not appear, in fact you are in an induced state of euphoria. What has changed in your life? Nothing physical, just the way you are looking at things, and the way that you are thinking about situations.

Can we harness this state of mind for our own benefit in everyday life? Of course we can, we have the most brilliant piece of equipment on the planet at our beck and call. It is called our mind or our brain. When we are born, our brain is in the perfect state for learning and recording knowledge, it has no preconceived ideas, it has no past to judge against and every emotion and experience is yet to be discovered.

What a fantastic state to be in.

What happens then? Your mind is programmed by your surroundings, by your parents, by television, by teachers and all manner of things that you encounter, on your journey through life. It is logical therefore, that every one, has a differing outlook and opinion, on almost everything. No one is identical in their beliefs or their outlook on life.

This state of difference is something that we learn to live with, we learn that we can either disagree with someone or we can ignore them, we all see things differently, based solely on what we have learned to date. Is it any wonder then, that without any additional confusion, by the time we have had a few decades of input, we are all pretty confused and there is very little harmony. Our mind is in turmoil.

Are all the things that we have stored, really correct? Was that teachers views on politics based on anything other than the fact that she was doing what her Father had done? Did your parents really believe all the things they told you about life? Was the information you heard in the news correct or was it just sensationalism and so it goes on. Are you really surprised that you are confused. We are all trying to solve the same situations with totally differing abilities, and values.

The only real solution to this confused state, is to **become at peace with yourself.**

You have to find a balance that is good for you. Up until now most of you will have been living your life based on what others expect of you. You have to do well at school to make Mum and Dad happy, you have to get a job that people will agree with, you go to work and you are told, that your aim in life, is to amass as much money as you can, because this will solve all your problems.

You are told that if you ignore your family and friends during this period, that everything will sort itself out. You are fed gossip from glossy magazines, showing the lives of the rich and famous, this portrays a false world that you subconsciously feel is a better world. We are in turmoil, because everything that we think, is not what we really want. We are living our lives for other people, and we keep falling short of what we think they will approve of. Our conscious mind makes very few major decisions, that is all done with our subconscious mind, this has been programmed with everyone elses ideas and values. That is why we feel depressed, we are constantly trying to get to a position that will fit in with these subliminal thoughts.

Effectively we are trying to solve our situation by using other peoples thoughts and ideas, and we just keep muddling on through. What we need to do now, possibly for the first time, is to set our own targets as to what we consider is enough wealth, and what we regard as successful.

We must make these decisions on what suits us, and not what all the information in the past has told us it should be.

What is enough? What is rich?

Are we to base our targets on what other people see as wealthy? It seems that once we start on this journey, we keep seeing people with more and better, so our programming has told us to compete get more, and so it goes on.

The only solution is to **set your own targets** and do not worry about other people. Once you are at peace with yourself and genuinely are now looking for happiness rather than competing with anyone, it becomes very easy, because now you can set your own levels of success and wealth.

As you will see the reprogramming of our thoughts is no mean task. It all has to start somewhere and this is why we go to **WORRY FREE ISLAND**. This exercise is to show you in the very short term what your mind is capable of. Once we have established, that what we are desperately seeking, may not actually be what we really want, that puts us into a situation where we can then start to really assess our true desires.

Most of us are always trying to solve things that do not exist, we say **IF** that happens what will I do? And **IF** that does not happen what will I do? It is a real dilemma because these situations **DO NOT EXIST** we are trying to solve something that is at this point in time only a scenario we are painting in our head.

TO BEGIN THE WORRY FREE ISLAND EXERCISE:

The first part of our preparation for **WORRY FREE ISLAND** is to take everything that is worrying us at the moment and ask two questions.

Have I done everything I can to solve the situation?

And secondly, is there anything more I can do? If the answers are yes and no, in that order you can actually stop thinking about them. This does not make the problem disappear but it makes sense not to think about them, until they present as an actual problem, that you can deal with.

If the problem is a debt and you have not got the money to pay it, that is something that you cannot alter, but there is nothing at this point in time you can do to alter it. Wondering what the consequences of this action are, will not change the outcome at all.

Whatever the eventual outcome you will then have to deal with it when it occurs. OK so carry on through all your existing worries and get them filed. As you go through this, it is amazing how you start to sort out, what was necessary and what was done without thought, it sort of cleanses you and teaches you that most of what you call a problem was created by you and could possibly have been prevented.

If you are having a problem with leaving all these worries behind, put them in left luggage, tell them that you are only going for two days and you will collect them when you return.

Now you must condition yourself and say that there is **NOTHING**, in the next two days, that is going to happen, that will drastically affect my life, except of course the trip to **WORRY FREE ISLAND**.

With this definite knowledge that things are for the minute under control, just say to yourself, that you are not going to react negatively to any thing that happens today, I am on holiday and nothing is going to spoil it. The purpose now is that while you are in a relaxed state of mind and you have let go just a bit, you tend to see things in a new light. Without the constant awareness of problems around you, you will feel a **sense of calm enter you**.

During the next two days you can let your mind wander to simple things that you would like to happen in your life, do you want to be more relaxed around your partner? When was the last time you said something complimentary to **ANYONE**.

Have you been a bit harsh on the children? Just consciously say that for two days you are going to be the nicest person you know. **You must smile at everyone**, and spend time to listen, you learn much more by just being aware, that is why we were given two ears and only one mouth. This part is great fun because you will see that your whole day becomes **totally different** to what you have been experiencing.

You cannot pretend to be nice, you have to really mean it. When that car cuts you up, just let him in and ignore it, even give him a **genuine smile**. Do not try and work out why he did it, or how you are going to teach him a lesson, that is all wasted energy, and we have better things to do with our excess energy.

Remember we are only doing this for two days so there is no need to fret, all the things that were worrying you are on hold, just like on holiday they have not disappeared, we are just not allowing them to control our thoughts.

You must not talk in negative terms about anything or anyone. You must not have negative thoughts about money, imagine anything you have ever wanted is easily attainable.

As you become more relaxed, start noticing the reaction of everyone towards the **new you**, "**How long have all these friendly people lived in the neighbourhood**"? After a period of time you will start to realise just how powerful the simple action of smiling is, you start to get a real buzz out of the happiness you are dispensing. Try and take note of how many miserable people you meet. When you are really in control and you are **smiling because you want to**, this all becomes fun. By now, you will hopefully, be in a much calmer state, and feel a whole lot better, it is now time to consider you.

Wherever you live you must have a favourite spot, whether it be the beach, or a park, or a forest, or somewhere where you have had good times or have great memories.

On the second day, preferably in the evening, in this new found state of relaxation, go to this spot and just say thank you, for all the positive things in your life, list all the things **you have noticed and enjoyed** over the last two days, there may even be things, that you thought were problems that now appear as positive.

Sit here for a while and just wallow in the calm, that you have created. Imagine all the things now that you can see as distinct possibilities that could now happen. Allow yourself a few indulgent dreams and paint a picture of what you see, as your desire for the future.

When you have fully absorbed this feeling of calm and relaxation , **do any random act of kindness**. This is a real Buzz, if you have never done it before you are in for a real treat. This will give you **proof positive on the joys of giving**.

Spend this evening just relaxing and consciously take note of how you feel, whatever happens continue to stay in holiday mode, see the good in everything and everyone, no one can upset you, you have made it your choice what you allow into your thoughts. Relax with friends or family. Let them spend time with the relaxed you.

That evening in bed imagine your vision of **WORRY FREE ISLAND**, make this as clear as possible because we need this vision in the days and weeks to come.

Use the picture on the website if it helps, or just create your own.

Lie there just thinking of your holiday, Palm trees, the lapping of the waves, a hammock slung between two trees, your favourite drink being served to you, the sound in the distance of a beautiful steel band, or listening to your favourite music on an ipod, every thing is in perfect harmony as you slowly drift off to sleep.

You may need to do this exercise a few times before you actually master it. You must have two full days break, if anything negative creeps in get rid of that thought as quickly as possible.

Do not try and start again if you feel negatives creeping in, carry on for the full term, then do it again in a few days time. As you master it you will notice that you have more and more control over your thoughts.

Let me know how you go and tell me about your trip to **WORRY FREE ISLAND.**

As you master this exercise, you will get a clear picture of Worry Free Island, this image can be used if you get a little tense or stressed in the future, just think back to how you felt on the island.

This will let your mind rest for a few minutes and sometimes that is all it takes to see things in a new light.

My simple philosophy is that we all tend to look for happiness through money and success, I believe that once we have discovered happiness where we are, the success and wealth that we need will come looking for us.

Put the effort in to complete this, if you do it correctly, you will be totally de stressed and you will have a much clearer view of your future.

Abundance to All

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