

TO THE PARENTS

The children of today are the adults of tomorrow and our hope for the future. Their imaginative abilities combined with their vast creativity, if properly directed can indeed bring our societies into a new and more positive world that, as adults of today we have yet to envision.

It is our responsibility to ensure that each child's understanding of their true being is as comprehensive as possible. Further, it is also our responsibility to empower them so that they can effectively deal with the many tests and challenges that they will face throughout life.

Children often think that their emotions and feelings are entirely caused by the actions of others and that they have no control over their own thinking.

Clearly understanding what thinking is, and HOW TO think will help children from all walks of life to become creators of their own reality, instead of remaining creatures of circumstance.

Finding their own inner space and personality will give them a sense of self, personal power and security that money and societal structure cannot provide.

Education is the most effective path to purpose and fulfillment in the individual. The knowledge of the limitless potential inherent in each child instilled in that same child will lead to success and happiness.

Each, in turn will pass on this knowledge to their children, and our world will be a better, more positive place where there is hope for all.

With love

Isabelle Sennery

BRAIN, MIND & THOUGHT

Are Brain, Mind and Thought your favourite subjects?
I'll take a guess... and say they are not!

This is quite understandable. The Brain is so complex, so amazingly intricate, that anybody in their right mind would rather choose to leave the daunting task of understanding it to the experts, the neuroscientists and the neurophysiologists, right?

Who? Yes, you are right. Even the names given to the people researching and studying the brain are complex!

And what about the **Mind**?

Phew! Now that is even **more** wondrous and complex! It remains a mystery! It is not even physical! Exploring the Mind is like space travel. Going deeper and deeper, further and further, never ending, discovering along the way things that we did not even know existed!

What about **Thinking**?

Surely you **know** that you think. You do this all day long. And I suspect that you know **what** you think. But, and there is always a but, do you know **how** you think? Did you ever try to work out what actually happens between your

A TOP SECRET PAGE ABOUT MYSELF

An Application Exercise

Again, count from 10 to 1, slowing down your breathing with each count. As you are counting down, tense up your body, and relax.

Take a piece of paper and get ready to write some really **top secret**, great things about yourself. This is **not** about telling the world that you're wonderful. It is about telling yourself that you are wonderful.

And if you have any doubt about that, consider for a moment your magnificent brain, your wiser self, your little helper working for you... all of these wonderful and extraordinary aspects of you, that **ARE YOU**.

Write a list or short story about the person **you know you are**:

Remember, this is **top secret**, so don't be bashful or shy. This is for **your eyes only**. Put it in an envelope and hide it in a secret place.

When you feel a bit **down** or forget about who you truly



...AND HOW TO GET RID OF IT

You can choose to change the thoughts that are limiting you. These limitations have been collected over many years from other people calling you names or criticizing your abilities.

Remember? These are not **your** thoughts about yourself, you did not choose them. You could say that you do not own them! You heard them from somebody else; they belong to somebody else! It may be that this is the way they think and feel about you, but it does not mean that this is what you are or that this is true! You simply took them on board and ended up believing that they are truth about yourself!

That is why these thoughts are limiting. They are someone else's ideas, perception or beliefs, and now you think that they are true.

You can replace these limiting thoughts with the qualities, the good points that you know are the real you.

You are the boss! Remember everything that you have learnt so far.