

Spiritual Tools

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hypnosis, intuitive guidance, and coaching

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Life responds to us in the way we approach it.” Science of Mind

I see this wisdom reflected in my life over and over. If I am crabby, the cashier ringing me out is crabby, if I am feeling a bit full of self-importance I run into someone who views themselves more important than me (and who in my opinion takes up more than their fair share of the aisle, seat, planet, etc.). If I am radiating joy, contentment, delight, serenity, mindfulness, bliss, wonder, gratitude, awareness then another’s attitude just roll off my back – like that proverbial water on a duck.

Are others a blank slate just mirroring back to me? No they are engaging in the co-creative process with me. The crabby cashier goes home and says “all the customers were awful today! Why do I get all the grumpy ones”? Why indeed? And why did I get the one grumpy cashier in the place? We are mirroring for each other our own individual misconception that life is not perfect. Like attracts like and the energy level that I am functioning on is going to connect or entrain with others on that same level. If you consistently get the grumpy cashier or the grumpy customer, you can use that experience to do a self-check. It’s like an early warning system that you are going off track.

Several years ago I had purchased a car and needed to go to the registry. At the time the registry of motor vehicles in my state had a bad reputation for long waits and poor customer service. I spent the ride praying, calling upon my Angels to go before me smoothing the way. The woman assisting me went and got another woman and they both looked at the paperwork with great concern showing in their facial expression. I was confident in my Angels and wasn’t at all perturbed. A box had been incorrectly checked on the previous owner’s title indicating that the odometer was 100,000 miles more than it actually was. They presented the problem to me and the various hoops I would have to go through to correct. They thought that since the car

was only a year old that box wouldn’t be noticed and suggested that I just go through the regular registration process. They were kind, concerned and helpful. As I was leaving the building it dawned on me that the work the Angels had done was on ME not THEM! I didn’t express any upset during the process, no sighs, no muttering, no angry looks, and that was reflected back to me by these wonderful women working to provide good service and solve the problem.

Not long ago I was on a narrow sidewalk when a woman came out of a coffee shop talking on her phone. She stepped in front of me and then stopped. I stopped for a second thinking she would move out of the MIDDLE of the sidewalk. She glanced at me out of the corner of her eye and didn’t budge. Ooh my temper flared right up! She was so important that she could just block my way with no concern. I gave her the ol’ stink eye look and when I stepped around her I saw a person observing me and through that reflection, I saw it was MY overinflated ego that was upset with this woman. How dare she make me take two extra steps! I would like my first reaction to always be one of prayer for the other but I was glad to quickly be able to drop my indignation and not carry it on with me.

Have you yourself or perhaps heard others carrying on a conversation about an upcoming doctor’s appointment or some tests that are being done and the person is adamant of what the results are going to be. And the results they are postulating usually aren’t pretty! What I like to remind people (and myself!) is that if I am making up a story why not make up a good one! So instead of “I know the doctor is going to say I need surgery” why not try “my body has an amazing ability to heal itself”. Perhaps you will need surgery but you don’t need to spend the time prior to knowing in a state of anxiety – you don’t know so don’t make up something bad! It’s like waiting in a long line for a movie – you can spend the ten minutes fretting that they are going to sell out or spend the time enjoying the people you are with. If you get to the front and

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tickets are left you would have put your body through a lot of stress worrying that they were going to sell out. If they are sold out –oh well! You just had an enjoyable ten minutes hanging out. Your body reacts to the stress and worry whether it is real or not. So give yourself a break and tell a good story.

Studies have shown that just contemplating your core values before meetings helps the meeting go better. Not sharing your core values just you reviewing them. We are all so interconnected that performing an act of kindness for another improves your immune system; the person receiving the act of kindness also shows improved function of their immune system. And my favorite part? Anyone witnessing the act of kindness gets a boost too! So let that person with only a few items get in front of you inline!

I recently was in a discount store and could hear the cashiers talking about a woman who didn't have enough money for her order. The person behind her paid for her entire purchase. They were so excited and revved up talking about it. I caught the excitement just hearing them. The one that was the longest employed there told stories of two other times she had seen that happen. Around the same time there was a story on the internet about a coffee shop where all day long people paid for the person behind them. I like to think that all of the people reading that story online got a lift to their immune system. I know I felt good reading it.

Oscar Wilde once said, "We're all in the gutter, but some of us are looking at the stars." So make your story about the stars, keep a smile on your face and you and everyone around you will feel better –really feel better because your immune system will respond!

Tool Tip: Tell the best story possible. Not in a fake way, such as "I am so happy to learn of this dread illness I've been diagnosed with" but rather be authentic. "Losing my job is painful but I know that I will be all right." You may even be able to say "In the long run I may be better off." Saying things are lousy is going to

feel better than "Oh I am a failure, I am ruined, I'll lose everything, etc." Acknowledging not masking the pain you are feeling is important.

And if something happens that you feel you must vent, say your are rear ended, your car's damaged and your neck hurts, try limiting yourself to telling only three people – and that doesn't have to include the insurance adjuster! This way you are being conscious of what you are saying and not getting stuck in the rut of repeating the difficulty you are having.

*Know that YOU are an expression
of Sacred Energy.*

Mary Philomena Farrell

Upcoming workshops:

HYPNOSIS FOR LAW OF ATTRACTION:

Plymouth, MA October 21, 2014

LIVING INTUITIVELY:

Plymouth, MA November 18, 2014

*Private Sessions for hypnosis, energy
work, and intuitive readings available*

Suggested Reading:

"You Are the Placebo"; Dr. Joe Dispenza

"Why Quantum Physicists Do Not Fail", Greg Kuhn

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