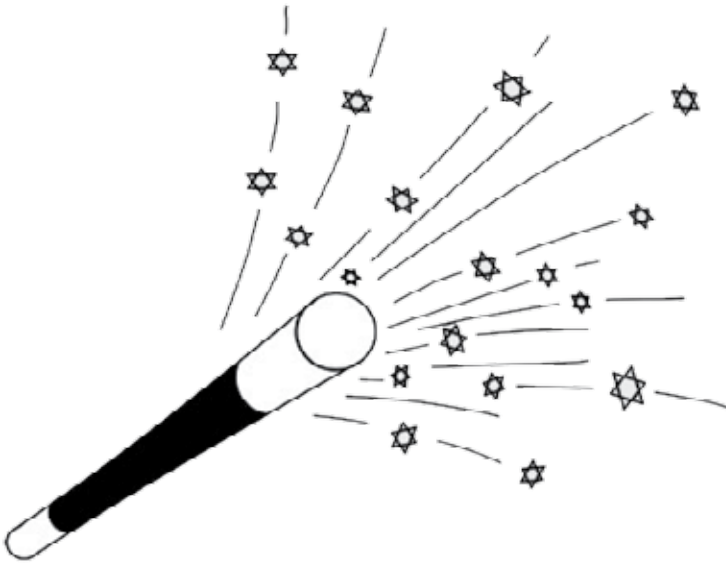


Chapter 5

Living in the Magic Zone – The Body Stuff



Loving your body

Let's talk about body image!

Feeling unhappy about the way you look is very common. Many people wish they had someone else's face or body!

Very few females are happy with their body shape, and will try to lose weight, even if they are already a healthy weight.

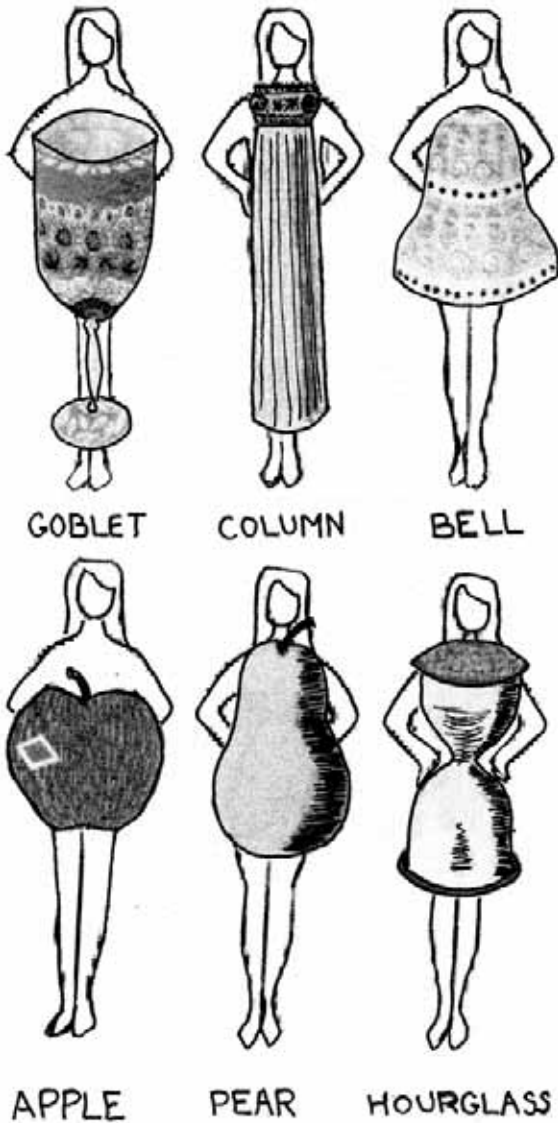
Males usually want bigger muscles and height, and will go to the gym to bulk up and try protein supplements or even steroids.

Film stars or other famous people spend a lot of their time worrying about how they look. They also spend an enormous amount of money on trying to change their appearance. The end result for some is scary – they end up looking very different, even like aliens from another planet.

Strangely we have this image of perfection that the media has created and is totally unrealistic, even crazy!

We are so tuned in to what other people think of us, it makes it even more ridiculous.

Natural body shape comes mostly from your genes. You can re-shape it slightly, through regular exercise and healthy eating patterns.



When you love yourself enough – you know that your face and body shape is right for the special and unique you!

Loving your body (continued)

Here are some tips to improve body image and self-esteem

- » Learn to love your body and treat it with respect
- » Make a list of your strengths and the things you are good at and give out to others
- » Enjoy the special characteristics you have to offer
- » Learn to love and make friends with the person you see in the mirror
- » Grow to appreciate the many different sizes and shapes that human beings naturally come in
- » Wear clothes you feel good and comfortable in
- » Pass on the things in your wardrobe that don't fit
- » Say thank you for all the things your body does for you (walking, hugging)
- » Find what you love doing – maybe dancing, walking or sports
- » Try to meet your own emotional needs as well as the needs of others
- » Tell a new story about your body
- » Stand tall and feel your inner confidence

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Love and nurture your body – it's your temple for life!

Play with this idea!

Next time you look in the mirror, start to tell a new story about yourself.

- » Think about the special package that is you. Tell yourself:
- » I am special and unique, there is only one of me in this whole wide world.
- » Like all packages we come in different wrapping. The gift is on the inside and that's the most important thing.
- » The people around us see us as a whole package, not in separate pieces (they don't think "there's a head, an arm, a leg").
- » Let the inner essence of you shine out – love yourself for the wonderful you that you truly are!

Did you know that sometimes being overweight is because of carrying too much emotional baggage! A little further on there is a section on meta-physical reasons we get out of alignment with how we are meant to be which will explain this a bit more.

Reducing weight to the ideal weight for you (not too thin either) comes easily when you get rid of your emotional baggage and learn to love the special and unique person that you are.

Loving your body: Summing up!

There are many different body shapes

Learn to love and appreciate the one
you have

Remember you are special and unique!

Feel good foods

Have you heard the expression “you are what you eat?” Well it’s true if you asked the cells in that amazing body of yours.

Food fuels our cells, muscles, brain, organs and much more. It converts food to energy and we know how important that is to your every need.

Think about a car that is low on oil, water and fuel! It bunny hops along and simply stops when it runs out.

Balance is the key with food as it is with exercise, rest and play.

Junk food is addictive! The food manufacturers have gone to a lot of trouble to condition our taste and create addictive food and drinks so we will keep buying it and they will make money!

Some drinks are loaded with caffeine, e.g. Coke, Red Bull, coffee and tea to name a few. Heaps of caffeine revs you up to an unhealthy level. They are often loaded with sugar too.

More and more people are developing food allergies today because of the refined foods and incredible mix of chemicals.

If the food label on a product looks like a science lesson – it probably is. If we eat refined and fast foods we are loading our bodies with unwanted chemicals every day. No wonder we get tired and crabby!



Feel good foods (continued)

Did you know that we get a new set of taste buds every 14 days? That opens the door for you to try new things – you might even like them! We often “think” we don’t like something and could be missing out!

A good balanced diet includes:

- » a wide variety of nutritious foods
- » plenty of vegetables, legumes and fruits
- » cereals (including breads, rice, pasta and noodles) preferably wholegrain
- » lean meat, fish, poultry
- » milks, yoghurt, cheese
- » lots of water

Play with this idea!

Look at the healthy food suggestions.

How does your diet stack up?

Is there anything you could change to be more healthy and energized?

Tips like these will help you gradually introduce a healthy diet if yours is a bit lacking. You will feel so much better for it!

- » Add one piece of fruit a day to your diet
- » Begin to drink two more glasses of water a day
- » Eat something healthy for breakfast. Research shows that breakfast helps young people maintain a healthy weight and to be active
- » Wholemeal or whole grain bread is a better choice than white
- » Try to avoid fried foods as much as you can
- » Try spreading less butter on your bread
- » Choose to eat smaller portions than you used to, or eat more slowly and give your body a chance to tell you when you are full

Treats are important too and ok now and then. Remember it's what you do most of the time that matters most of all!

To thrive we need a balanced diet! Especially as a growing teen!

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Feel good foods (continued)

Let's talk about dieting!

It's true there are many people overweight and the number is growing. Having too much weight is dangerous for your overall health and wellbeing.

Crash dieting doesn't work for several reasons:

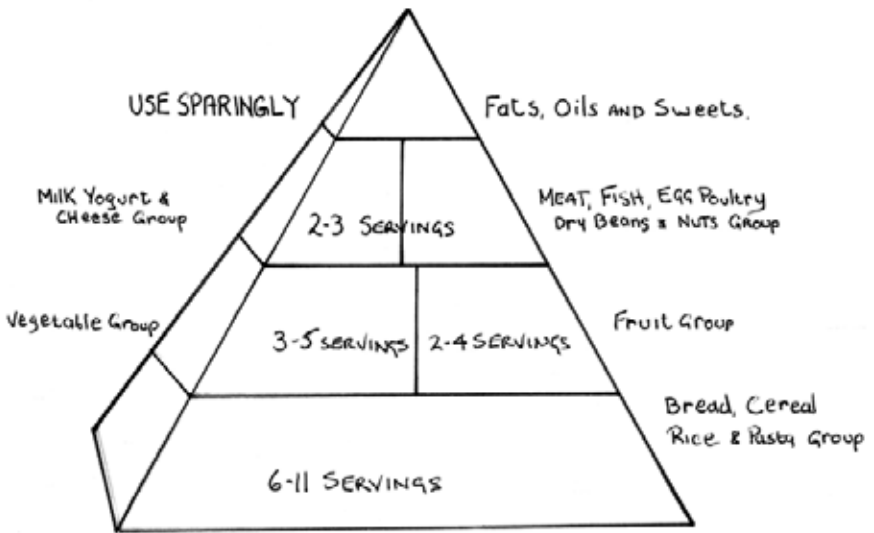
1. For most people dieting is about the focus on what they don't want – "I don't want to be overweight"
2. This is opposed to what they do want – "I am working towards my ideal weight" "I don't want to be overweight" holds you in negative space while "I am working towards my ideal weight" moves you into positive space.

Remember what you focus on grows!

3. The more you focus on dieting you get into the yo-yo cycle - losing weight and putting it on again.
4. Metaphysically carrying too much weight can be related to carrying emotional baggage. So learning to love yourself is a great place to start to work towards a healthy weight.

A healthy balanced diet including the foods and tips mentioned earlier is the best way to lose weight. It is safest with long-term benefits.

The food pyramid is a good guide for a healthy balance diet.



**Remember treats are fine occasionally
– like everything, balance is the key!**

Feel good foods: Summing up!

BALANCE

+ VARIETY OF FRESH WHOLEFOODS

+ FOCUS ON YOUR IDEAL WEIGHT

= ENERGY, GOOD HEALTH & A ZEST FOR LIFE!

Making exercise fun!

Do you want to feel more energized, bright and bubbly?

Do your eyeballs and favourite computer or remote control finger get the biggest workout of the day?

Regular exercise can change your life in many ways and it can be lots of fun!

Let's look at the benefits it brings:

- » The more exercise you do, the more energy you will have for hours afterwards – how great is that!
- » Your heart works heaps better pumping blood and oxygen through your body at just the right rate
- » It ups your immune system to fight disease and keeps you healthy – if you run fast enough the bugs just can't catch you!
- » It's a relaxant too - it releases a lot of muscle tension and adrenalin, which builds up in our system because of stress
- » It clears the mind of clutter, negative thoughts and anxiety
- » Your muscles develop strength and power - your lungs hold mega amounts of oxygen and you burn off extra fat
- » It's a time to be alone and think – it's amazing what creative thoughts you can come up with to solve the problems of the world. And your's of course!

Let's look at the benefits it brings: (continued)

- » OR it's an awesome time to chat with your friends
- » Exercise improves self-image, and weight control
- » Just 20 minutes of aerobic movement releases powerful hormones endorphins, or feel good beads in your brain AND they really lift your mood!
- » It simply makes you feel great!



Run for Your Life!

Making exercise fun! (continued)

Ways to exercise in a fun way so you are inspired to do it!

Fun ideas for the quieter types

- » Walk the dog - it's great for him and you
- » Swim in the ocean or at the local pool
- » Local fun runs are fun fun fun!
- » Get a team up for touch footy
- » Play frisbee with family and friends

Fun ideas for the noisier types


- » Beach volley ball is a real work out
- » Join a school sports team
- » Soccer, netball, hockey you name it!
- » Roller blading or skating
- » Join a community kids club
- » Dance like no-one's watching!

Make chores fun

- » Whistle or sing – burn some calories and help others too!
- » Rake the leaves
- » Sweep the driveway
- » Clean the windows
- » Vacuum the house

Grab an exercise buddy to help you get inspired and enjoy it more too. Once you start – you wont want to stop!

My Fitness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Walk the dog	Bike ride	Roller blading	Bike ride
FRIDAY	SATURDAY	SUNDAY	
Youth club	Touch Footy Help with chores	Walk with friends	

Play with this idea!

Q. What ideas can you come up with?

Write them down and make a plan in your own fitness calendar.

If you don't know, talk to family and friends.

Did you know?

As little as half an hour exercise three times a week can make a big difference to your health and wellbeing!

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Making exercise fun: Summing up!

Get energised!

Take a friend and make a fun plan to move

You will burst right out of your skin!

Laughing Loudly!

Ever heard the phrase “Laughter is the best medicine”? Well it sure is true!

Like exercise, when you laugh endorphins or “happy bead” chemicals are released in your brain and flow throughout your whole body.

You can’t give a long and hearty laugh and feel bad at the same time.

Have you noticed how catchy it is when you laugh? Even if people don’t know what you are laughing at they will often laugh with you.

Sometimes people laugh until tears flow down their face. This is the body’s way of releasing tension and emotional hurt that we all carry in some way or another.

It has been proven that people who laugh when they are sick get better quickly. That’s why you hear of clowns visiting children’s hospitals. The cheerier the environment, the faster the children will heal.

Remember Magic Rule No. 7 – Life is meant to be easy and fun!

So if you are feeling down and the time is right

- » Watch a funny movie
- » Read a funny book
- » Remind yourself of a funny joke

Here's a couple of quickies

Q: How much do pirates pay for their earrings?

A: A Buccaneer!

Q: Why did the scientist install a knocker on his door?

A: He wanted to win the No-bell prize.



Laughing Loudly! (continued)

Play with this idea!

Here's another little trick if you are feeling down:

- » Close your eyes and name the feeling you are experiencing such as "I am feeling down today"
- » Start to sing the words to the tune of happy birthday
- » Then imagine in your mind your favourite cartoon character saying the words in their funniest voice
- » Repeat a couple of times for each song

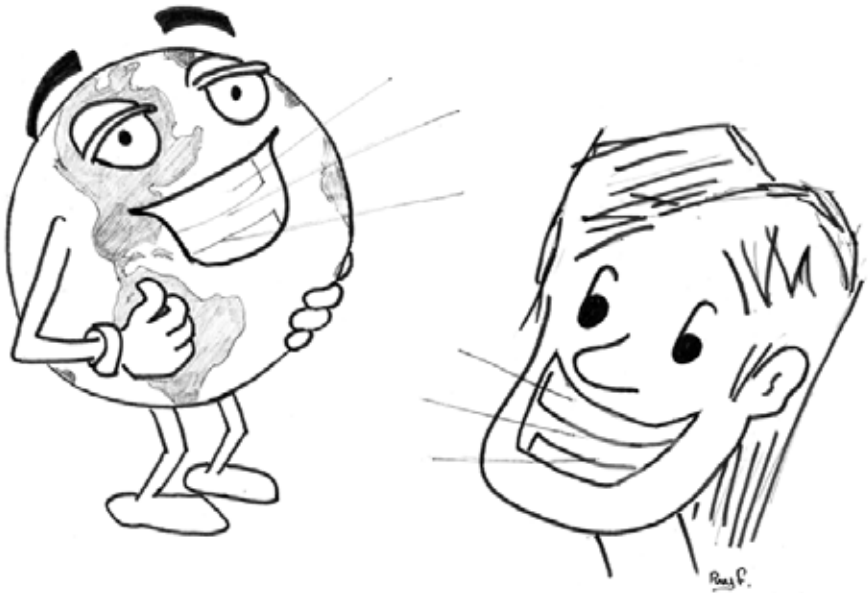
What happens is that the emotion gets a bit lost in the cheerful or funny words and it just seems to shrink. Even if it is still there a bit it seems to have space around it now and doesn't take up your whole mind and body.

Give it a try, you can use any emotion you like. You will be surprised how it works!

Did you know?

- » Laughing uses almost every part of your body
- » It gives your organs a much needed massage
- » It first increases then lowers your heart rate and blood pressure
- » It increases the oxygen we take in and moves it faster to relax the muscles
- » It balances the brain
- » It releases opiates (happy beads) and a pain reliever
- » It's great for your immune system
- » It's a great way to get over things quickly!

Even if you feel down and you hold a smile or grin for a little bit – it will start releasing the happy beads and help you feel much better.



Laugh and the whole world laughs with you!

Laughing Loudly! Summing up!

Laughter soothes the mind and
nourishes the soul

Release your happy beads every day

Laugh and the world will laugh with you!

Chilling out!

Balance is the key to so many things. To improve your health, to feel fab and think clearly you must keep your body balanced with a:

- » Balanced and healthy diet
- » Balance of activity and rest

When you rest it gives your body a chance to refresh and renew your cells - to get them ready for the next round of things you want to do.

Great ways to chill out include

- » Reading a book
- » Listening to music
- » Playing a game (not too much computer though, as this will re-activate your cells and take them off the job of refreshing)
- » Sitting under a tree
- » Just noticing the things around you, for example the colour of the sky, the smell of the grass, the warmth of the sun



Chill out with nature! This can have a wonderful effect on your whole mood as well as your body!

Chilling out! (continued)

Sleeping is a particular time to rest and renew your cells and energy for the next day.

Sometimes sleeping can be hard if you let the “nagger” take control of your mind by re-running what happened that day, or getting anxious about the next day.

Here is a great way to keep the “nagger” at bay, to relax and fall asleep.

- » Lie still in your bed.
- » First of all focus on your breathing. Feel it moving slowly in and out of your body.
- » Choose different parts of your body to focus your attention on. Start with the right side of your body - each finger, hand, arm, your head and so on
- » Hold your attention on each part for about 15 seconds.
- » Feel yourself relax and drift gently off to sleep



Chilling out! (continued)

Meditation is another powerful way to chill out and it's so good for your body, mind and soul.

Have you heard of it? It's a bit like focused day-dreaming!

You learned earlier that when you imagine something and use all of your senses, the brain can't tell the difference between the imagined thing and the real thing.

Meditation is when you take special time to sit quietly, somewhere where you won't be disturbed. It's about finding and listening to your heart. You can meditate anywhere at any time. Just 5 to 15 minutes a day can do wonders to help you become calm and happy and relaxed.

Take time to chill out and totally relax – take the gift of the “present” - refresh and renew!

Relaxation Meditation

Close your eyes and focus on your breath. Feel yourself beginning to relax.

Imagine a lovely and warm summer's day.

You are walking along a beautiful sandy beach, and in front of you is a warm ocean.

As you walk into the water, you notice the temperature and feel of the water like you have never felt it before. It is almost as if you are feeling it for the first time. You feel its wetness, the way it flows through your fingers and how it feels against your skin.

Imagine that you are standing still and just feeling the water flowing around you.

The little waves are passing by and you are not affected.

Next try and imagine that there is a force or an energy that joins us all together and it is this water. Feel the water joining you in peace and love with everyone and everything that is also touching this water.

Breathe long, slow deep breaths and feel yourself joining with the water and feeling more and more your connection with the entire ocean.

When you are ready, relax a little but keep your eyes closed. Just for a few moments think about this connection we have with everything, and how it feels.

When you are ready take a couple of deep breaths and relax – your meditation is finished.

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Chilling out! Summing up!

Chill out & relax

Meditate – read - just veg

Allow your cells to refresh and renew!

Metaphysical ideas

Did you know there are billions of tiny cells that make up your body. Each one has its own intelligence. It knows exactly what to do and its part in keeping the physical and mental aspects of your body operating. It's simply amazing! Your body knows how to heal itself and will do that very quickly if you look after it and give it the best opportunity.

There is a theory about “metaphysical” reasons why we become unwell which is very interesting and food for thought!

“Meta” means around, or above something. If you are into computers you may know the term “meta data” which is the extra words hidden behind the text. The search engine can pick these words up when you are searching for a topic.

So “meta-physical” means around or above the physical. The theory goes like this.

Our body and mind are totally connected. So much so that if you are feeling ill at ease or uncomfortable in your mind and having negative emotions it causes dis-ease in your body.

What's really good about knowing this is that your body gives you big messages about what's going on for you inside.

On the down side if you have unhealthy thoughts and unhealthy feelings you often get sick or have symptoms of disease.

**If you have healthy thoughts and healthy feelings
you have a healthy body!**

Metaphysical ideas (continued)

There are said to be metaphysical reasons why we get sick in the first place.

You will see by the suggested reasons below that the cause and the symptoms are closely related so it does make some sense.

Here are some examples:

PHYSICAL DISCOMFORT OR ILLNESS	ASK THIS QUESTION
Vomiting (throwing up)	Is there something you don't want to digest and want to get rid of?
Laryngitis (lost voice)	Is there something you want to say?
Headache (pain in the head)	Is someone or something causing you tension or pain?
Ulcers (sores in the mouth or tummy)	Is something eating you away?
Bruising	Has something happened to make you feel bruised?
Cut finger	Are you feeling "cut" or hurt by someone?

It's interesting isn't it? An illness with "itis" at the end for example tonsillitis suggests it has some inflammation or anger linked to it. So the question "What is making me angry?" is a good one to ask.

It's a good idea to ask such questions because if you don't find the cause behind your illness it may keep coming back and end up in being something quite serious.

PHYSICAL DISCOMFORT OR ILLNESS	ASK THIS QUESTION
Sinus	Is there someone or something getting up your nose?
Blocked ears	Is there something you don't want to hear?
Broken bones	Do you need a break or rest?
Sore knees	Do you have a problem moving forward in life?

- » Feeling "ill at ease" with yourself over a long period of time = "dis-ease"
- » Listen to your body – it always lets you know what is going on emotionally!

Metaphysical ideas: Summing up!

“Dis-ease” causes “Disease”

“What is your body telling you that you need to know?”

The answer might be easier than you think

HEALTHY THOUGHTS

= HEALTHY FEELINGS

= HEALTHY BODY

SECTION THREE – MAGIC SURROUNDS



Magic Tools to Overcome Bullying and other Stressful Stuff!

Well done! By now you will be feeling pretty good about yourself and in control of your life with many Magic Tools close to hand.

The final section of the book Magic Surrounds is designed to help you understand others. To really develop your people skills, take your “emotional intelligence” to another level. It will help you to:

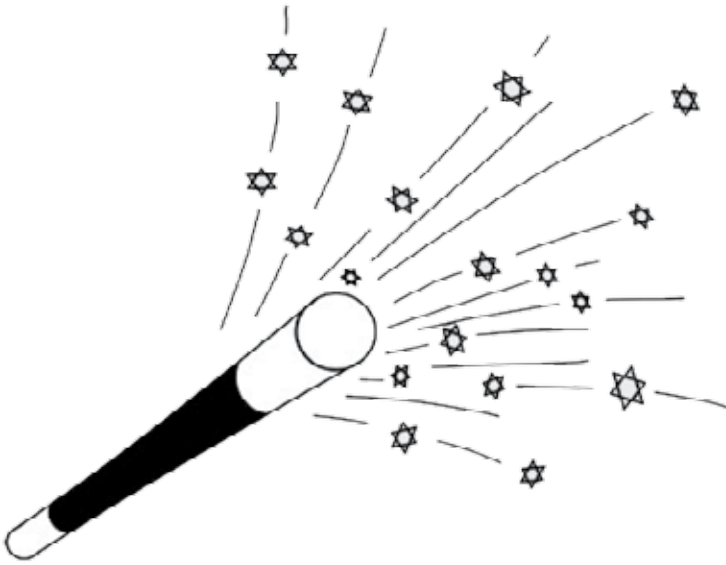
- » Build awesome relationships, make friends easily and truly connect to the people around you
- » Take control, feel happy and inspired – ready to take action and live life to the full!

This section will also help you to become a “lighthouse” for others, to be a leader and show them by your influence that you can be, do or have anything you choose!

Remember life is meant to be easy and fun!

Chapter 6

Creating Magic Relationships!



Understanding others!

Now you have discovered you – you are learning to love and accept yourself more and more everyday! By loving and accepting yourself it's a natural thing that you start to accept others for being who they are too.

Let's talk more about accepting and understanding others.

We all see things differently and this is a good thing – it would be pretty boring if we all thought the same way – don't you agree?

Remember in the “Reframing” chapter where we noticed that some people see the glass half empty and others see the glass half full?

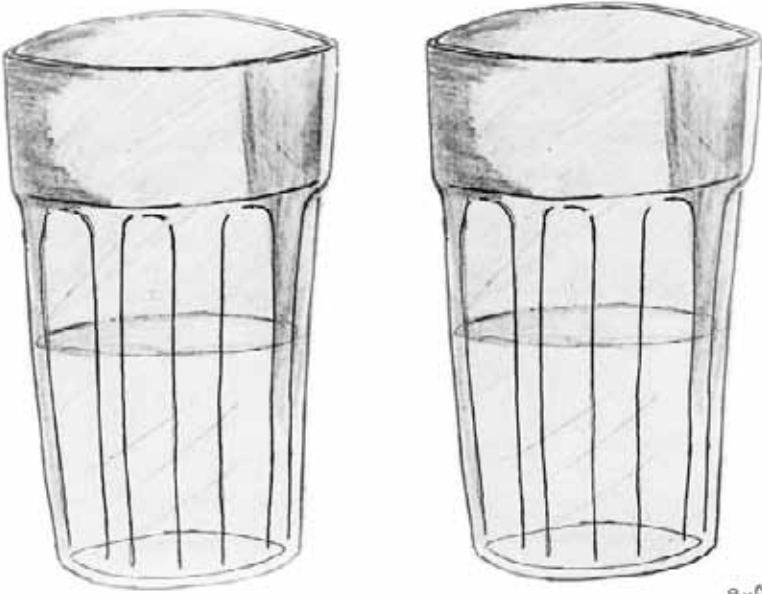
Guessing what others are thinking is something most of us do at times. We think we might know what's going on for them, or worse simply believe we know for sure!

A school mate might be snappy with you. You take a guess which might be “he is in such a bad mood!!” It could possibly be that something bad has happened and he is quite upset about it and is just reacting in a snappy way with you without meaning to.

A question such as “You sound a bit out of sorts today – is there anything you would like to talk about?” may give him a chance to get it out and feel a little bit better.

If he doesn't want to talk, that's OK too. Remember everyone is entitled to their “rights”.

It's about learning not to judge and guess!



Both of these glasses are different

- » One is half full!
- » One is half empty!

What do you see?

Understanding others! (continued)

Sympathy and Empathy

Have you heard of these words before? They are words used to describe how we understand other people at an emotional level.

Sympathy is when you take on someone else's feelings - you really feel their emotion deep inside you.

It's like walking in someone's shoes – taking on their emotions and feeling bad too!

Empathy is when you try to understand someone else's feelings - you picture what might be going on in their mind.

It's like walking beside someone – trying to understand them and support them!

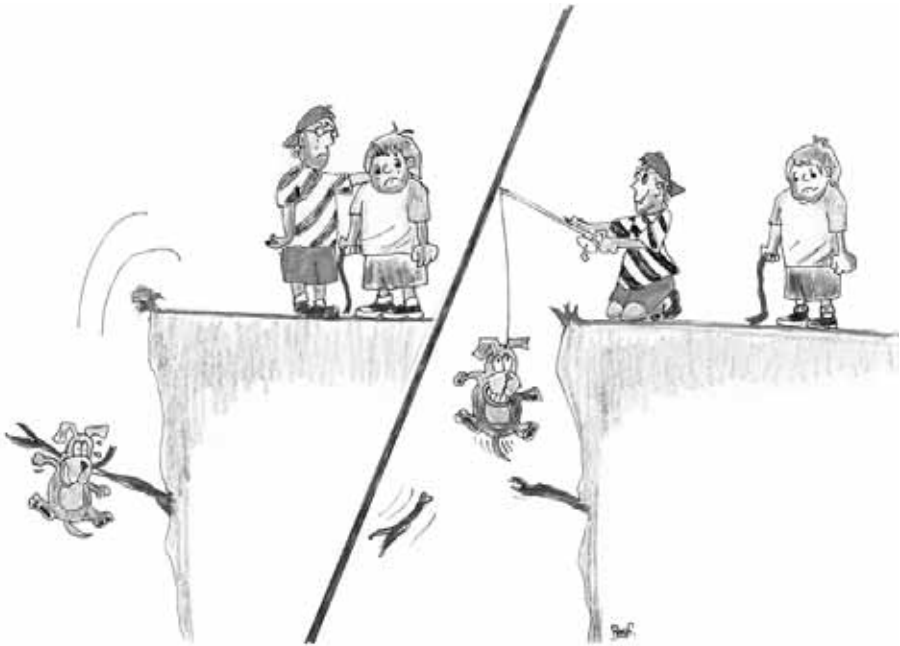
Play with this idea!

Think about how you give support to your friends.

Do you act with empathy? How does it feel?

Do you act with sympathy? How does that feel?

Knowing what you know now, could you change the way you support others?



Too much sympathy is not helpful to others or yourself.

It takes you into the negative zone and feeds the problem!

By feeling empathy you are more able to help.

You can stay more focused as you have kept your emotions at a distance!

Letting go of Labels

Judging or labelling people or things as good or bad can be important in life. If you didn't do this you could make poor choices that could get you in to trouble or even hurt you.

e.g. If you didn't judge the traffic when crossing the road you could get run over!

Sadly some people get into the habit of judging others for no good reason. Usually it's because they judge themselves too much too!

Judging is about putting a label or name on something or someone.

We label the things that people say to us e.g.

"She calls me a name, I label it as bad and it makes me upset."

If you take away the label and think "Hey, they are just words" you don't put any negative energy into it. The person will usually stop.

Play with this idea!

Think about the difference between the questions below. If you catch yourself using the judging questions reframe them into learning questions

JUDGING QUESTIONS	LEARNING QUESTIONS
What's wrong?	What works?
Whose fault is it?	What am I responsible for?
Why bother?	What's possible?
Why can't I do it?	What can I do?
What is the problem?	What is the answer?
Why don't I like him?	What good things can I see?

**Reframe judging questions to learning questions
– create a world of possibilities!**

Letting go of Labels (continued)

Play with this idea!

Let's throw away a label! Let's start with something simple we don't have much emotion about.

Hold up an object, for example a mobile phone.

Say in your mind – “this is a mobile phone”.

What things do you like about it?

- » The colour?
- » The size?
- » The screen?
- » The numbers?

What things don't you like about it?

By doing this you are labelling it and deciding if you think it's good or bad. You are passing judgments!

Now start again. Hold the object up and look at it afresh.

Imagine it doesn't have a label and you don't know what it is.

“It just is!!”

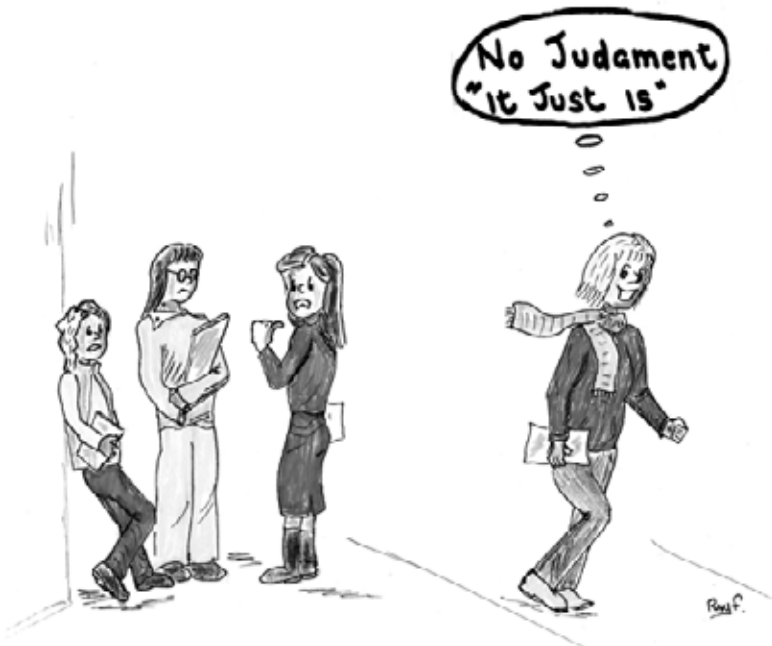
Because you haven't labelled it and "it just is" you don't have to get involved in judging it as good or bad!

Imagine if you could transport this new idea to something you feel a strong emotion about!

For example if someone is calling you names – take away the labels and think "it just is!"

You now don't have to get involved in judging anything about it. You don't have to label it as good or bad.

By doing this you will feel empowered, let it go and any emotion you had about it will simply fizzle out!



Understanding Others & Letting go of Labels

Summing up!

EMPATHY

+ STOPPING JUDGEMENTS

+ LETTING GO OF LABELS

= LOVE AND ACCEPTANCE OF OTHERS!

Looking for positives

Most of us love to feel connected with other people – it can bring joy, fun and laughter. A sense of warmth and comfort!

Why is it that relationships often start off in a good way, where everyone is happy, then for some strange reason things fall over. What could have happened?

When you first meet someone, a new mate for instance, you often seem to “click” or get on really well from the start.

What you notice about your mate is all of the good stuff about him/her. You enjoy their company and everything goes along wickedly.

Then something little might happen – that gets right up your nose! Maybe your friend might start to spend a bit of time with some other friends and you feel a bit left out in the cold.

Oh well, you get over it as you still do cool things together so you don't think too much more about it.

Then something else little happens. Maybe he/she said that they didn't like what you were wearing. They also didn't return your favourite DVD game that you lent them.

**I look for the best in people, the things,
and the world around me!**

Mmmmmmm Now you're starting to feel a bit negative about them and run some negative thoughts over in your head.

And so it goes, you start to focus on the yuk stuff rather than the good stuff. If you looked at them with fresh eyes you would notice that the good stuff is still there.

You are thinking about what you don't want – to be ignored instead of what you do want – to feel connected.

Do you get what's happening? By simply noticing the negative things about your mate, you will start to attract more of that.

The good news is, of course, if you start to notice the positive things about him/her you will attract more good!

Looking for positives (continued)

Relationships with family members, school teachers, anyone in your life can be improved in the same way. Simply focus on the good things and magically they will change.

Sometimes when relationships go downhill, it's hard to find positive stuff at the time. There is always something to start with no matter how small! Focus on that – say how thankful you are for it and it will magically grow and grow.

There are times too that you just know it's time to move on and end a friendship, and that's ok too. It's much better to leave it behind if you feel at peace about it – that way you won't attract the same thing in your next relationship!

Play with this idea!

Think about someone you know who you had a great relationship with and how it might have changed.

What things did you notice when you first met?

When did things begin to change?

Did your focus start to shift from the good stuff to the yuk stuff? If so what sort of things were you thinking?

Do you think you could have thought differently and had a different ending?

Looking for positives: Summing up!

Focus on the positive things

No matter how small

As if by Magic

They begin to grow and grow



Hanging with Magic minded people

Remember Magic Rule No.2: Like attracts like!

It makes sense that the people we hang around with have a big influence on us in a positive or negative way.

Imagine how awesome it would be if you hang with others who are positive and think like you do! It can be like a power surge to your emotions.

Have you heard the word “synergy”? It’s the powerful energy that comes from working together.

What it means is that if you join two or more people together the energy created is more powerful than the energy would be if they were working separately.

This can have a bad effect if several negative people are getting around together.

An example is street gangs or cults that get up to no good, harming others as well as themselves. It seems that some people lose their identity and are controlled by the leaders and others in the gang.



Hanging with Magic minded people (continued)

The upside is it can have a great effect if several positive people are hanging around together. An example of that is volunteer groups who help the community to be a better place.

So give yourself a power surge as you go through life!

Play with this idea!

Think about the choices you have made and the people you hang around with.

- » Do you feel empowered and in control of your own life?
- » Are your friends a good influence on you? In what way?
- » Is there anything you would like to change about the company you keep?

Remember you are 100% responsible for you – it's your choice.



**Make a choice to hang with like-minded people
– it will improve your life in every way!**

Hanging with Magic minded people:

Summing up!

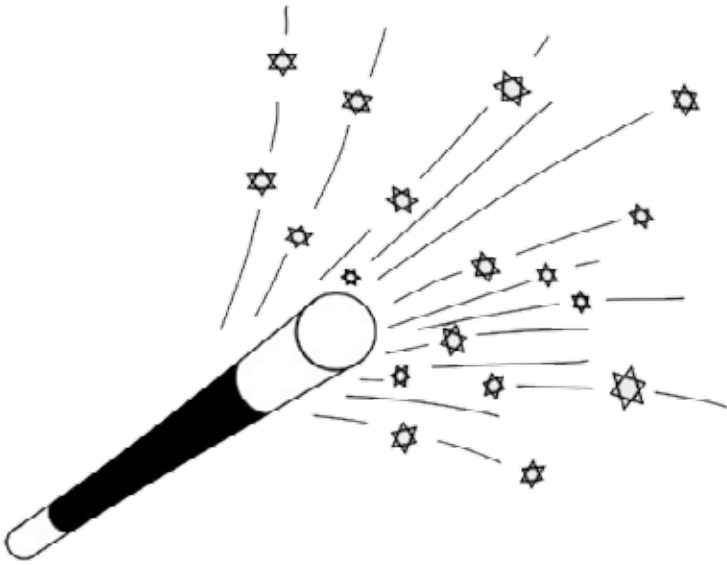
HANGING OUT WITH MAGIC MINDED PEOPLE

= A POSITIVE POWER SURGE

= A LIFE THAT GETS BETTER AND BETTER

Chapter 7

Helping others feel Magic



Becoming a Magic Champ

Being a champion of something means you have the ability to be a role-model and influence others.

The great news is you don't even have to do anything extra if you don't want to.

By just being the wonderful new you, the people around you will feel your positive vibration, how positive and special you are.

You can of course lead in a more active way if you choose to. When you feel great about yourself, you want the best for those around you.

You can lead by

- » Just being the kind and positive you and shine your light on everything and everyone around you
- » You can play the re-frame game if others are using negative words
- » Give them support if they ask for it



You are now a “lighthouse” for others! Become a leader and shine a guiding light!

Becoming a Magic Champ (continued)

Play with this idea!

Think about what it means to be a leader or a light-house.

How would you go about your day?

What benefits do you think it would bring to other people?

Who are the student leaders within your school?

What do they do differently from other students?

In what ways do you think you could lead others at school, at home or in the community?

By practising being a leader it opens opportunities for you, in later life, and in particular at work

Remember we are all on our journey of life. You have travelled quite a long way in discovering the new you.

People travel at different speeds and will only choose to take the next step when they are ready.

Accept others for who they are and respect where they are at in their journey of life!

Growing your circle of friends

Imagine how awesome it would be if more people were now like you – fully awake and able to live in the Magic Zone most of the time. Imagine how that would be in and out of school! Wow what a great world we would live in.

Take a moment to think about some of the sad things that happen in the world.

Did you know that wars and conflict are caused by masses of people who are very disconnected to their inner selves? It's called "collective consciousness" which means the thoughts of a group of people. In this instance the group has extremely negative beliefs and emotions and they often live in the past.

They are **creating their reality of war** by not letting go of old hatred that they have carried often for generations.

Fortunately we have many places of peace and happiness on earth. This is because of a collective consciousness too. These people think like you. They love and respect themselves and they respect others as well.

They are **creating a reality of peace** – a very different reality than in the previous example.

We have choices in the reality we create!

Mother Theresa once said the following:

“I will never join an anti-war rally” however,
“I will always join a peace rally”.

Do you get the difference here? Joining an anti-war rally has a whole different feeling than joining a peace rally. Again it’s about focusing on what you want that’s most important!



Growing your circle of friends (continued)

Play with this idea!

Become a leader and shine your light on others.

Hang out with like-minded people and talk about how you could form a Magic Circle.

Why not get together to do this exercise as a group!

- » Use the template for creating a magic vision to come up with a vivid , alive and colourful picture of what you want to achieve, for example, lots of people joining the circle
- » Use your reframing skills to influence people – do it from the heart
- » Accept the choices of others without judgment
- » Imagine the circle has transparent sides and is open to anyone who wants to join

Summing up!

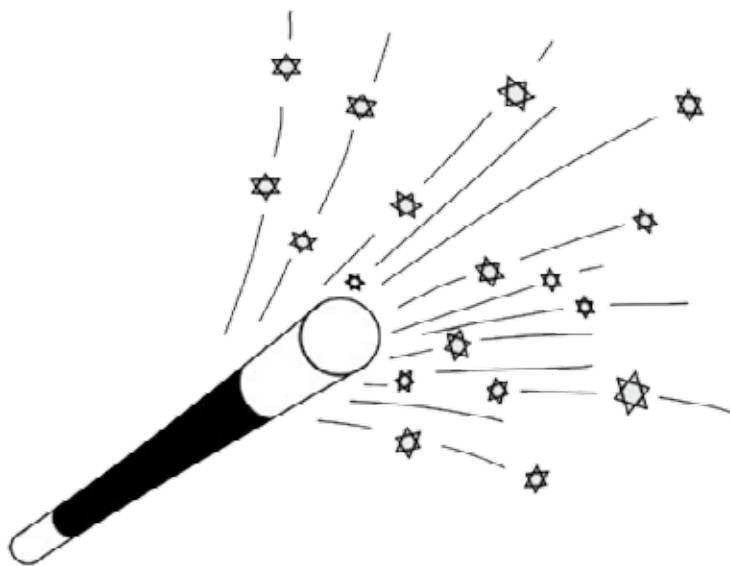
Become a lighthouse and a leader
and shine your light on others

Start a Circle of Friends to spread
the light into the community

One person can truly make the world
a better place

Chapter 8

Creating a Magic Environment



Caring for our planet

Our world is an amazing place. What a masterful creation!
The miracle of nature delights us everyday – from the trees, plants and flowers to the animals, birds and insects.

The living earth - a creative balance of seasons, food, water and air. Everything we need to thrive and grow.

Step back and think about it - it's simply awesome!

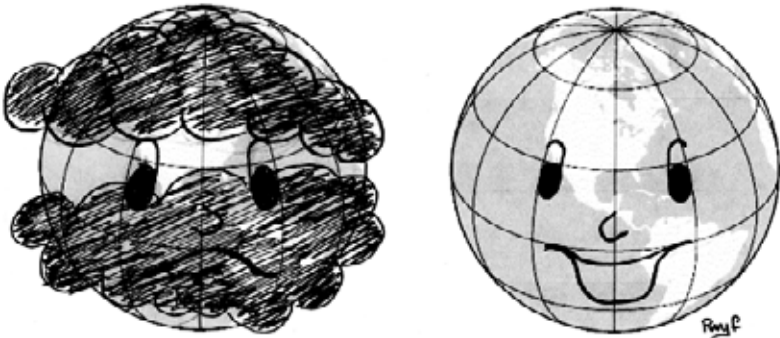
Like humans, every ingredient of earth has its own intelligence, it knows what to do to keep the balance, to refresh and renew. Climate change and the damaging effects of our modern way of living is a big focus around the world. Sadly, the focus is what we don't want. That is "we don't want to ruin the earth".

This is opposed to focusing on what we do want "we want a beautiful, healthy planet".

If we all begin to think in terms of what we do want, we will all feel happier and be much further on the way to attract the things that will make it happen. We can all do our bit to help mother earth flourish and keep her amazing essence.

Nurture the space around you – everything has its place.
Become a volunteer in support of our earth. The "Clean up Australia Campaign" is a great example.

**Be at one with nature
– remember we are all connected!**



It's simple, by feeling special about ourselves, loving ourselves enough, we naturally want the best for everyone and everything around us, including our earth.

Caring for our planet (continued)

Here are some other tips to save energy and protect our planet

- » Encourage your family and friends to drive less and walk more (it's good for them and earth too!)
- » Use public transport whenever you can
- » Turn off lights and appliances properly (don't leave them in stand-by mode)
- » Encourage the use of compact fluorescent light bulbs
- » Recycle everything that you can
- » Save water
- » Boil water with a lid on the pan
- » Encourage others to be earth conscious too (family, friends, at school and in the community)



A butterfly flaps its wings in the Amazon and the effects are felt around the world! Become a butterfly and flap your wings for the good of our planet!

Connecting with our planet

We are vibrationally connected to everything and everyone around us.

Remember Rule No. 2: “Like attracts Like”. You learnt how we send out wave frequencies or vibrations. It is simply amazing how far this expands.

Let’s look at that idea more closely! You are connected to:

- » the things and people around you
- » your local community
- » your state
- » your country
- » our planet
- » and beyond!

So any changes you make (no matter how small) will have a big affect that reaches far and wide!

By sending positive thoughts and messages – you receive good thoughts and messages back!

It's like throwing a stone into a pond, the ripples expand and expand. When the ripples touch the side of the pond they come back toward you.



It's win-win for all! You win, and our amazing planet wins too!

Connecting with our planet: Summing up!

Care for our planet in every way
that you can

Send positive ripples to reach
far and wide

Say thank you for our home and plan
to make a difference

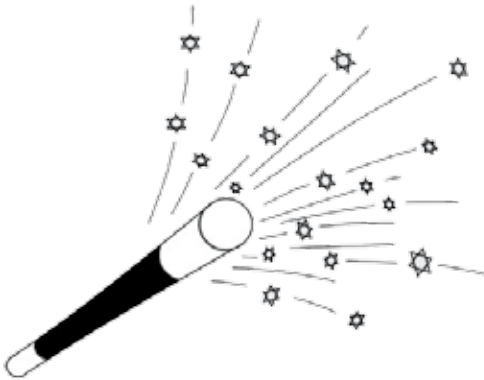
Closing words from Maz and Ray

“Just imagine ...

- » Now you have the magic wand to change your life in amazing ways
- » Now you have the secret to attracting good things every day
- » Now you feel empowered and great about yourself! You have discovered the beautiful essence that was hidden deeply within yourself
- » Now you have the magic tools to handle challenges old and new

And, the magic wand is in your hands!

It’s simply up to you!”



Congratulations, we are so honoured to have shared this part of your journey of self-discovery. AND the really exciting thing is that it is only just beginning for you!

You will never return to the “old you” from here, because you are now aware of your thoughts, feelings and actions.

Remember you will have negative moments from time to time. Say thank you for them, as they help you to grow and learn.

You now have conscious choice in whatever you do:

- » Choice to make healthy decisions
- » Choice to give your gift of healthy responses
- » Choice to dream and realise your dreams

You now have the blueprint of your “Magic Tools for Life”

The principles are the same at any age, for any reason – whether you are caring for yourself, others, or our amazing planet!

So embrace them – share them – the wonderful world of tomorrow belongs to you!

With all our love

Maz and Ray

Glossary

Provided to explain the words used in the context of the messages in this book.

Magic Rules:

- » Magic = feeling happy, positive, enthusiastic, cool!
- » “Magic Zone” = a place in your mind and body where you store warm fuzzy feelings
- » Energy = activity, force, zip
- » Negative energy = bad force
- » Positive energy = good force
- » Waves = pulsing energy
- » Frequency = the number of waves and how quickly they pulsate
- » High frequency = fast moving energy
- » Low frequency = slow moving energy
- » Vibration = wave pulses

Magic Tools:

- » Affirmations = words we say over and over and believe they are true
- » Aggressive behaviour = pushy, forceful energy, meets own needs
- » Passive behaviour = neutral, withdrawing energy, meets others’ needs

Glossary

- » Assertive behaviour = balanced energy, express yourself with consideration to others
- » Amygdala = part of the brain that triggers our emotions
- » Anchoring = locking a feeling into something you can easily access e.g. your ear lobe. It is like a security blanket
- » Antidotes = thoughts or words to respond positively to negative situations
- » Collective consciousness – masses of people who think the same way and give off the same energy, good or bad
- » Consciously = mentally aware of what you are doing
- » COW = can of worms, negative beliefs about yourself
- » Create your reality = to make things happen for yourself
- » Disease = illness that comes from dis-ease with yourself
- » Downhill spiral = going down hill like a cork screw into the negative zone
- » Ease = freedom from discomfort, worry or anxiety
- » Effort = physical or mental exertion
- » Ego = the personality that sits outside of the inner you
- » Emotional Intelligence = awareness of your own feelings and reactions, and that of others
- » Empathy = supporting by walking beside someone (helpful)
- » Sympathy = walking in someone else's shoes (taking on their feelings) (not helpful)

Glossary

- » Happy beads = good feeling chemicals released by the brain
- » Inspiration = the feeling of passion and joy you have from within to do something (easy!)
- » Motivation = the “push” you have inside you to make you do something (hard if you don’t really want to do it!)
- » Intelligence = ability to see, understand or do something
- » Labels = judgments of whether things are good or bad
- » Lighthouse= becoming a guiding and “magic” light for others
- » Loving yourself = respecting and loving the inner you
- » Metaphysical = above or around your physical being
- » Pick-me-ups = tools to lift your spirits
- » Present = focused only on what you are doing in this very moment
- » Reframe = say something in a different way to create a different feeling
- » Strengths = the things you are strong at and do well
- » Synergy = a power surge from working together with people of the same mindset
- » Vibes = vibrations, wave pulses

Resource Directory

Kids Helpline

Helpline 1800 55 1800

www.kidshelpline.com.au

Australia's only free, private and confidential telephone and online counselling service specifically for young people aged between 5 and 25.

Youth Beyond Blue

www.youthbeyondblue.com

Info Line 1300 22 4636

A youth mental health website to help raise awareness of symptoms of depression and anxiety and to help youth get up.

Headspace – National Youth Mental Health Foundation

www.headspace.org.au

Ph. 03 8346 8213

Provides mental and health wellbeing support, information and services to young people aged 12 to 24 and their families across Australia.

Ronald McDonald House

www.rmhc.org.au

Ph. 1300 307 642

Ronald McDonald House Charities (RMHC) is an independent, nonprofit organization, that seeks to help seriously ill children and their families lead happier, healthier lives.

Barnardos

www.barnardos.org.au

Ph. 1800 061 000

Families and young people will be valued and supported by quality services and engaged communities. Barnardos' strategy is to support children who may be suffering from, or who are at risk of, abuse, neglect, homelessness or poverty.

The Alannah and Madeline Foundation

www.amf.org.au

Ph. 03 9697 0066

A national charity protecting children from violence and its devastating impact. The Foundation's vision is that every child will live in a safe and supportive environment.

Appin Hall Children's Foundation

www.appinhall.com

Ph. 03 6492 1266

Appin Hall Children's Foundation (AHCF) vision is to build a respite and learning center for children at risk in Tasmania and Australia, and, eventually, refuge and safe haven for children orphaned by war in other countries

Camp Quality

www.campquality.org.au

Ph. 02 9876 0500

Camp Quality believes in bringing optimism and happiness to the lives of children and families affected by cancer through fun therapy. They believe that laughter is the best medicine.

Inspire Foundation

www.inspire.org.au

Ph. 02 8585 9300

Established in 1996 in direct response to Australia's then escalating rates of youth suicide, the Foundation has a mission to help millions of young people lead happier lives.

Variety, The Children's Charity

www.varietyaustralia.org.au

Ph. 02 9555 7577

Variety, the children's charity, is dedicated to inspiring hope and improving the lives of children with special needs.

About the authors



Maz and Ray Fellowes are passionate about helping people create happy and amazing lives.

They were born on opposite sides of the globe, Ray in Scotland and Maz in Tasmania. The amazing coincidence (or is it!) is they share the same birthday

even to the year. Ray worked out the time difference and Maz is two hours younger (he thinks this makes him the boss!).

Ray immigrated to Australia with his family in the early 1960's, as an 11 year old, and considers himself a true Australian (he still has a twinge of that Scottish accent!).

Both charmed to grow up with loving families, they similarly experienced the “normal” teenage doubts about their identity. Lucky enough however, to have positive genes and a belief that if you set your mind on something you could achieve it!

Always excited about trying new things, Maz held a wide variety of positions during her full-time working life. These experiences ranged from retailing to real estate, restaurateur to human resource consultant, with many others along the way!

Always with a passion for natural therapies, Ray & Maz studied various modalities behind the scenes, including reiki and massage. Maz continued the journey and received a Diploma of Remedial Massage and a Master of Education in Counselling. She realised her life dream in 2007 and established her natural therapy business - now offering counselling and empowerment coaching to the workplace and wider community.

Ray has a wealth of experience from his career with ABC Television where he was a technical operator and specialised in camera. He contributed to a wide range of programs and events including children's education programs, all aspects of sport including the Olympic and Commonwealth Games and Gardening Australia to name but a few. He still works casually on the program "Collectors".

About the Authors

Although with one organization for most of his working life, it was like a new job every day! His catch phrase “I could be in a helicopter, down a mineshaft or anywhere in between today!” said it all.

Together for 25 years, Maz and Ray are blessed with four sons and seven grandchildren (so far!), who they profess to be their greatest teachers!

They have a belief that with the right mindset and a holistic approach, we can all live joyous lives and be, do, or have anything we desire.

They have a heartfelt passion to bring these messages to children, to help them feel empowered and create the life of their dreams. This has been the big catalyst behind the book. Maz brings the insights and tools that work so well with her adult clients and Ray brings the book to life with his artistic flair and the illustrator he found hidden deep inside!

Let the next stage in their exciting journey begin

Additional tools and products

Become a Magic Tools Club member.

Sign up via www.magictools2overcomebullying.com today!

Membership is free!

You will receive:

- » Access to the Club Blog and shared stories
- » Access to free downloads in the membership kit at anytime, plus more! The membership kit contains:
 - » Magic Tools Club membership certificate
 - » Magic Rules Chart
 - » Setting Goals template
 - » Creating my Magic Vision / New Story template
 - » Taking action template
 - » Magic Tools strength cards
 - » Strength cards worksheet
 - » My Rights Chart
 - » Can of Worms
 - » Can of Worms declaration

Additional Products

- » My Support Group template
- » “Old” versus “New” story template
- » Anchoring Magic feelings meditation
- » Loving your body tips
- » Feel good food tips
- » My fitness calendar chart
- » Relaxation meditation
- » Caring for our planet tips

All of your free gifts are valued at \$100! You can purchase additional products on-line by visiting www.magictools2overcomebullying.com

- » Magic Tools boxed strength cards
- » Magic Tools for Life wrist bands
- » Magic Tools Journals
- » Magic Wands

Magic Tools to overcome bullying and other stressful stuff!

- » Hard copy version
- » E-book version
- » CD version

Magic Tools for Life tutorials for teachers, parents or other groups are available upon request.

Teachers' Guide

- » The guide includes easy-to-use lesson plans with student worksheets. It is interactive whiteboard compatible. This Teachers' Guide is an integral part of the program and resource set for the schools "Magic tools to overcome bullying and other stressful stuff!"

Teachers' Pack

- » The pack includes one book, one Teachers' Guide and three A4 coloured posters.

The authors are available for:

- Community or corporate events or interviews

Magic tools to overcome bullying and other stressful stuff!

A one-stop-shop to bring harmony to the classroom and empower your students for life!



TEACHERS' GUIDE