

Mind-Mastery Toolkit

For Self-Mastery and Personal Power Volume 1

By Caroline Rushforth
Mind Coach and Trainer UK




CarolineRushforth
Training | Coaching | Mastery

✉ caroline@carolinerushforth.com

☎ +44 1273 583 987 📞 07881 998 816

www.carolinerushforth.com



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Introduction - The Power Within You

Did you know that your subconscious mind extends as a magnetic field of energy which envelops your entire body? It forms part of your aura which is also connected to other energy centres in your body called chakras. These energy systems are vortexes where energy can be absorbed and also transmitted. We take information in, and we emit information out. This is also how we can read body language and also transmit information in a telepathic and subconscious way – yes there really is such thing as telepathy! We can sense when someone is feeling happy or sad and we can also sense fear and love. The heart is a powerful energy conductor and there is much scientific research about the power and life-force energy of the heart (see links at the end of this book). Intuition encapsulates all of this but it is often disregarded and ignored. However, our intuition is in fact one of the greatest and most powerful driving forces to living a happy and fulfilled life because it takes us to where we need to be. From our intuition, we make the best decisions for ourselves.

People look to many things outside of themselves for answers but we have our own inner tools that we use on a daily basis, although often we do not necessarily know we are using them. When we take responsibility for our personal decisions, processes and even mental health, we then have the power to change it. This, in my opinion is true self-mastery.

I decided it was time to write this book as I have been studying and mastering this knowledge and information for the last 18 years. I have healed from depression and reprogrammed my mind from sabotaging and psychological food addiction. I've dissolved a backlog of childhood and teenage grudges, and followed my true passion to help other people fulfil their potential. My life up until my later adult years was full of frustration, crossroads, drama, emotional pain, personal transformation and self-discovery so I really understand being in that place. My life flourished when I discovered the work that truly fulfils me. I am so incredibly grateful that I eventually found what I love to do, as I really wasn't sure I ever would.

The biggest transformation comes when there is absolute commitment to changing. We have a power and force of "will" within all of us that is beyond scientific explanation and we have natural gifts that we can access daily in order to keep our life in balance. My passion is to bring the art of self-mastery into the spotlight, into people's conscious minds in a modern and accepted way.

I truly hope this Mind-Mastery Toolkit will help to enhance your life in a beneficial way. It is the toolkit that I have used for my own self-healing and indeed the toolkit I use in my client work. I truly hope it is of great value, even if you only have one new thought or idea!

All the resources you need are inside you! <3

What is Self-Mastery?

Having worked with many people over the years and trained in many different techniques, what I've truly discovered is that good, sound health comes from understanding our own behavioural patterns, expressing our truth, dealing with trauma-stress, communicating feelings, maintaining our personal power and being connected with people who have a positive influence.

The placebo has a powerful part to play in mental and physical transformation and we are the catalysts for our own inner healing. No one can fix us completely, even the person who overcomes cancer with chemotherapy needs to make good choices about how they stay in balance. Inner healing starts within and by the power of belief, we have all the resources we need to make the best decisions that contribute to a happy, healthy life. True health resides when the mind and body work in synergy.

So take a moment to think:

- ***How do you shut yourself down?***
- ***What would you love to do that you are not yet doing?***
- ***How can you work with your shadow parts to change or heal?***

Take time to listen to your inner self. Perhaps your mind is full of chatter but the monkey mind can be managed, because the mind is like a muscle and it can relearn new thoughts and behaviours.

Here are some tips:

- ***Give your mind a little time and attention by focusing on nothingness and allow yourself to daydream.***
- ***Fill your mind with uplifting content as often as you can***
- ***Stay away from negative stories, whether it's people you know or negative media***
- ***Give less energy to analysing and more energy to focusing on what you have learned from a situation that upset you***
- ***Try to focus on the positive aspects in any situation as it is always a chance to learn something new about your "self"***

The mind is a computer and records tons of information on a daily basis; it forms patterns and habits that we play out consciously and subconsciously, so the more we fill it with good stuff, the happier it will be.

The art of self-respect and self-worth

As a collective, we rely heavily on the need for other people's approval. This includes the decisions we make, the actions we take, and how other people respond to our thoughts and feelings. When someone disapproves of something we say or do, we may battle to restore their approval by changing our behaviour to suit them. This is wasted energy as it's impossible to please everyone as we are all unique and base our decisions on the judgement we have of ourselves. No one can ever be the perfect person to everyone, because unless we feel perfect in our individual selves, how can we then perceive perfection in someone else? Our perceptions change as the relationship with our "self" improves.

When you build your self-esteem and change the relationship you have with your mind and body, you no longer rely so heavily on other people to make you feel good about yourself. This gives you more freedom and opportunity to reach your potential.

Suggested exercise:

How could you respect yourself more? What could you change about the relationship you have with yourself and others so you feel more valued?

- 1. You could start by writing out all the amazing things your body does for you to keep it alive – not something we necessarily think about, but good to be grateful for.***
- 2. If you are sensitive to other people's opinions, then there are ways you can look to improve your self-esteem.***

Write out a list of your most positive traits.

Write out what you do well.

What do people like about you?

What makes you feel good about yourself?

What are you proud of?

When you look at your list, decide how you can connect with these things more often.

***“People are often judging themselves.
This makes perfection in other people impossible.”***

Perception and projection

We each hold pictures of ourselves, as well as images and pictures of other people. Have you ever stopped to notice what images and pictures you hold in your mind? If you are very judging of yourself, other people may feel that you are judging them too. If you hold a picture that you are too fat or too thin, your perception drives you to seek out ways to keep reinforcing your belief and images.

Any image you hold of yourself will attract situations or people who will reflect that back to you. If you have dramas going on inside of you, the same dramas will play out in your daily life until you resolve them.

Your physical body is affected when you have a pattern of negative thoughts. Negative emotions transmit through your entire nervous system which creates a physical weakness in your body. As a result you might find yourself being clumsy or having a bad day because you are sending out that emotionally charged thought into your day. When you feel happy and in a good positive state, the body is more physically strong and stable, and on those days you will find things flow more easily and effortlessly.

“Thought impacts on behaviour and your body will respond in either a balanced or unbalanced way”

When you feel let down or rejected by another, consider what may be going on in the other person's life at the time. Also, how does that person relate to himself or herself? Are they happy enough in themselves to be able to validate or approve of your actions? Are they going through a difficult time or do they feel insecure? Did you reflect back something to them that made them feel uncomfortable?

“Our responses to each other are all relative to how we feel in our own mind and each day we may feel different.”

The Ingredients to Long-Term Happiness

Life is a journey with a strong pull to search for answers and we seek to complete a jigsaw puzzle that is missing many pieces. We know deep down that there is something more for us amongst the ordinary humdrum of life and we often look to fill the emptiness with something outside of us. But what if the missing pieces were there all along?

We each have something in common; we have a past, we have feelings and emotions and we have wounds that need to heal. We want to be seen and heard, accepted and loved. So how can we expect other people to honour and accept us if we don't accept and honour ourselves?

In our younger years our parents, teachers and role models lived out their own beliefs and values so we took them on as our own because we knew no different. As we moved into adulthood, we started to work things out for ourselves. We became curious and inquisitive about the alternative so we sought out our own answers and solutions. Like the blooming of a flower, we continue to enjoy the exploration and meaning in life whether it's spiritual, through learning or in someone we find interesting and prefer to spend time with.

For many people the affects of growing up in a strong belief system means they are often influenced to follow a certain path. As we grow into adulthood our values and beliefs change but some of us hold onto old beliefs because of fear of rejection or disapproval from family and friends. When we do not express our true authenticity we create a block of energy that can greatly affect our mental and physical wellbeing. Expression and creativity is an emotional energy that should flow through the body just as the tide flows with the moon.

If happiness is not occurring for you, if you are frequently unwell, instead of reaching for the outside stimulants, ask yourself these questions:

- ***What am I denying myself?***
- ***What am I blocking?***
- ***How can I express myself more?***
- ***Will I be judged or rejected if I speak out?***

“Feeling true happiness and contentment means that you are living out your truth, doing what deeply fulfils you and not waiting for validation from other people to become who you want to be. This includes being comfortable with your sexuality, expressing your thoughts and being passionate about what you believe in.”

Suggested Exercise:

Here are some questions you can answer to help move towards inner happiness and wellbeing:

- ♥ ***Am I doing something I love on a daily basis?***
- ♥ ***Am I honouring my highest passion?***
- ♥ ***Are my relationships serving me in positive ways?***
- ♥ ***Am I treating myself with love and respect?***
- ♥ ***Do I allow myself the things that I value?***
- ♥ ***How can I pay more attention to my feelings and emotions?***
- ♥ ***Do I take responsibility for how I feel?***
- ♥ ***Do I support other people to feel good?***
- ♥ ***Do I take on the feelings and emotions of others?***

Mastering Your Mindset

Having suffered with depression as a young adult, I know how it feels to experience negative thoughts and I know how difficult it can be to shift out of a negative slump, particularly when everything feels like a heavy cloud. But during some of the most challenging years of my life, and in between the flood of prescriptions from my doctor, I always knew deeply that if anything was going to change long-term, it was down to me to change it.

One of my greatest fascinations was learning about my mind. Simply understanding how susceptible and flexible it can be was a big relief. Most significantly I discovered how the mind and body is influenced to think and behave in the way we tell it to, and by carrying out repetitive thoughts and actions our body responds in synergy. Eventually we can think in such recurrent ways that our body automatically performs and operates at a very subconscious level, acting out and playing out these thoughts. This comes through in the body's ability to behave in the way we think. This is how habits are formed and why habits can feel excruciating to break. We have to change our thoughts first!

For example: when you want to incorporate a new exercise regime, you will need to carry out the new routine for at least 21 days or more. Then eventually your body uses its memory to respond and eventually the new routine gets easier because it's literally in your muscle!

Good nutrition, water hydration and incorporating more colourful foods on your plate are also fundamental for feeding and nourishing your body. My diet and water consumption was one of the first things I looked at during the stages of depression and as my body rejected anti-depressants, I moved on to homeopathy. Within 6 months I was a very different person.

The impact of emotional suppression

Just like a video camera, the human mind records your daily interactions and perceptual experiences irrespective of whether they're loaded up with stress or wildly exciting. Each night when you are asleep, your subconscious breaks down and disseminates information into little filing cabinets in the brain. Often this processing takes place harmoniously but if you have experienced repeated stress, shock or trauma, the brain often struggles to process the experience. Imagine an email containing photo attachments that are too large to send; the email gets stuck and the photos don't shift. This is very similar to when the mind tries to process a stressful experience and it is particularly apparent if there has been sleep disruption or interference from drugs or alcohol. As a result this backlog of stuck emotion impacts on habits and behaviour, patterns of thinking and the way you integrate into your future life. Unprocessed stress and trauma can result in anger outbursts, depression, memory loss, panic attacks, nightmares and PTSD (post-traumatic stress disorder).

A build up of subconscious stress can create a secondary problem such as anxiety or emotional overwhelm as these unwanted feelings can take us by surprise and so we try to cover up our feelings in fear of appearing weak. There may be a fight to consciously suppress and hide feelings, but this only makes things worse.

Although there is much you can do on a personal self-help level to move towards inner healing, sometimes we need a little help along the way and seeking out the support of a professional

is a good option along the journey of self-mastery. Therapy and coaching can be likened to an overgrown garden, they can help you to trim back some of the overgrowth so you can see the ground more clearly and begin to reseed your own foundations. I found wingwave coaching and NLP to be very effective for subconscious change; both helped me to rebalance my body and mind by reprogramming unconscious patterns and releasing subconscious stress. Other therapies include CBT (cognitive behavioural therapy) and EMDR (eye movement desensitisation reprocessing).

Whilst going through the process of healing, you can tap into your own resources and kick-start your own therapy at any time. If you are ready to take action and responsibility for your mind and your emotions, doing some of these simple exercises will help you to become more aware of your internal thinking and feeling. The most effective change happens in small manageable steps. Be realistic and patient as healing takes time and often there are many layers.

Suggested Exercise:

Current people/situations that cause me stress are:

- 1.
- 2.
- 3.
- 4.
- 5.

Some things I can do now to change my thoughts and feelings about these are:

- 1.
- 2.
- 3.
- 4.
- 5.

I can help to improve my mindset by a commitment to do 3 things that are good for me every day:

- 1.
- 2.
- 3.

Retrain your mind to think more positively

Repeating uplifting sentences daily are an amazing tool for reprogramming the mind. I have benefitted exceptionally from saying positively structured sentences repetitively, even though it took me a few years to write them and say them! Filling the mind with uplifting happy content works because the mind and body responds to how you are thinking which impacts on how you feel.

When you say an affirmation or think uplifting thoughts, you are sending a message to your subconscious mind and focusing your attention to what you want, rather than what you don't want.

It is important to say uplifting things that resonate so that you believe you can move towards them. The joy of these is that the mind doesn't know the difference between what is real and what is imaginary so you can stretch the truth a little!

If you were to imagine biting into a lemon or lime, if you really imagined it, felt it, sensed it, your mouth will start to salivate due to the sourness. It will believe that what is happening is real and the same is true about how we speak to ourselves. Try it!

When you repeat affirmations daily, your subconscious mind will seek out what you are asking for. Affirmations and speaking in uplifting ways are a great way of reprogramming and focusing your mind so you can change negative thought patterns.

Here are some suggestions:

- ***I focus on the good in myself and others***
- ***I appreciate the journey I am on***
- ***I am always doing the best I know how***
- ***I love and appreciate my mind and my body***
- ***I am loved and accepted by those around me***
- ***I choose to see the good in everything***
- ***I am grateful for....***
- ***I am worthy***
- ***I am enough***
- ***I am abundant and open to receive!***

The intelligent mind-body connection

“The mind is the body, and the body is the mind”

We have the power to heal ourselves in ways that could seem unimaginable; the mind and body are powerful when they work together. There is more evidence to prove that suppression of emotion and blocked stress can eventually lead to physical pain and at worse disease. I am a passionate follower of this topic and I really enjoy hearing about the scientific studies that Dr Joe Dispenza has been undertaking in his work since he healed his own fatal spinal injury. Of course the east has known about the body's power to heal itself for thousands of years but in the west it's still very new and many people are yet to be convinced. How could we possibly be responsible for our body going into disease or pain?

Pain and illness are often a manifestation of stress, repeated negative thinking, limiting beliefs and a way of releasing physically blocked feelings and emotions. It is essentially an indication that something has been suppressed, and needs to be released. There is always a positive intention behind any physical symptom, so acknowledging the symptom is really important.

If you were to sit and tune into your body, where in your body do you feel a sensation, ache or pain? Perhaps you rarely tune into your body and prefer to ignore the pain, or see it as an enemy and push it down with a tablet or emotional prop such as food or alcohol?

We are naturally programmed to move away from pain or discomfort and into pleasure. We can often hear people say:

“I want to ‘get rid’ of the pain”

“I will put it to the back of my mind”

“I need something to numb the pain”

When you feel pain, welcome the pain and appreciate that your body is trying to tell you something. You can close your eyes and meditate on it, ask what message it has and send it love and acknowledgement. It may feel strange at first but the sensations you receive from your body is a form of communication that something within you needs addressing.

Suggested Exercise:

If you are consistently unwell or have a physical symptom that keeps appearing in your body, ask yourself these questions:

- ***Who has annoyed me?***
- ***What am I angry about?***
- ***Who am I angry at?***
- ***What do I need to express?***
- ***What am I sad about?***
- ***What needs to change?***
- ***What am I holding in?***
- ***Who do I resent?***

Take some paper and work through the questions that resonate. You can also take some quiet time and focus on the physical area you want to address and ask it questions. Your body will respond as you trust your higher mind.

“When you take responsibly for your health, you gain your power back.”

The Power of Beliefs and Directed Emotion

As I mentioned at the beginning, there is much more to our reality than we can see and touch and ongoing research is proving this. There is a magnetic field that envelops our body and a magnetic field around the earth that cannot be seen with the naked eye, but we know it's there. Gravity is an energy we cannot see but without it we would fall off the planet! Intuition and emotion work in a similar way; we feel it and have a deep inner knowing about what is best for us, just as babies, animals and insects do. Your intuition can be likened to your own navigational compass that directs you in a way that will be the most beneficial to you. When you "go inside" and connect with your deepest and highest mind, tune in to your intuition and grasp how to direct this amazing energy; many positive changes can happen.

Suggestion:

When your life path, relationship or job feels like a struggle, stop for a moment and connect with your "self" and ask if the situation is serving you in the highest possible way. Try not to be distracted from using your intuition for it serves a great purpose.

"If you seek an answer, ask yourself a question and then listen."

Tapping into your personal power

Athletes are constantly pushing themselves towards goals that seem unreachable when they start out. Things only seem reachable or unachievable depending on your belief at the time so the more you push your comfort zone, the more you will believe you can do something. Can you recall a time in your life where you put immense power and strength into something and felt great as a result by achieving it?

I am often proving this to myself: One day I was rearranging my lounge where I had a really big 40 inch wide screen television that was very heavy and needed two people to move it. I wanted to create some space in my lounge and the best way to achieve this space was for the television to sit on top of my 3 drawer high filing cabinet. The television was on a low table so I needed to lift the telly quite a long way upwards on my own without the help of gravity. Never one to give up easily, in my determination, I visualised the telly on the filing cabinet, tapped into all my resources, and directed absolute power and energy into my visualisation. Two bath towels, a ladder and a big heave later, I got it up there! I don't think I will ever forget the feeling I had on that day as it really was quite an outstanding result! But the power of my directed focus and emotion took me to my desired outcome. I know I can tap into these resources any time when I really want something; in fact I use many tools and techniques to bring about what I want, but more on that in the second volume.

There are many ways we create, be it thoughts, feelings, emotions and taking action. We are using the power of thought daily but in order to bring those thoughts into reality we have to give directed focus and take action. You have probably heard this countless times but to really understand and master it, it takes some attention and commitment. Anything is within our power to create, if we believe it.

"The core to true self-mastery is learning to trust your intuition and direct your powerful emotions. When you consciously use the power of emotion, you can create and achieve many things."

Suggested Exercise:

You can tap into your personal resources any time, just remind yourself of a time when you achieved that same resource such as winning, laughing, feeling confident and strong. Visualise yourself at that specific moment again, as though it is happening in the present time and bring the feelings and emotions into your body. Act as though you are a winner, feel strong and confident and your body will respond.

How to Strengthen Your Body's Energy Field

Being that our bodies are a bundle of energy source, it makes sense that outside factors can knock our field out of balance and weaken it. The increased amount of time sitting at a desk or use of mobile technology can really interfere with our body's natural balance which is often drained when continuously exposed to these invisible waves of electromagnetic fields. There is an epidemic of anxiety in young people and I often wonder if there is a connection. Along my self-mastery journey I discovered the wonderful rebalancing effects of magnets, in particular magnetic insoles which I wear in my shoes and slippers every day. They have given me wonderful strength and vitality and an abundance of energy. All the Nikken magnetic products recalibrate the energy field of the body so that the body can function more healthily, which is vital for inner balance and wellness. If you would like to know more about these, you can visit my YouTube channel or click here for further information.

In the meantime, be aware of the amount of time you spend on your gadgets, try not to sleep in the same room as a charging phone or a live Wi-Fi box and switch your phone off at night, if possible! If your sleep is disrupted, try and keep screen use to a minimum around bedtime as the blue light affects the production of the sleep hormone melatonin.

Wrap Up

So this brings us to the end of the first volume of this toolkit. I do hope it has been helpful! Each day is a step in the right direction when we take back control of our own wellness. We are all masters of our own unique lives and have the power of choice to change at any given moment.

In my second volume, I will be stepping it up a little out of the norm. I will be discussing tools and techniques on how to harness the use of unseen forces and master universal laws that can change your life in profound ways. I will go more deeply into subjects that are themed as "spiritual" in the mainstream, but are in fact techniques that we can tap into anytime to further our success. When you know how to work with energy, miracles really can happen. It has been a pleasure to be with you and I hope you will join me again.

~ Caroline ♥

About Caroline – Get in touch



I'm a specialist in the area of anxiety and stress and have helped hundreds of clients over the past 10 years. I am passionate about helping people transform their habits and thought patterns for positive change by way of mastery where change happens through many different layers and levels. I generally work with overburdened busy people who are stuck in an endless loop of negative thoughts, a cluttered mind and at risk of burn out. Using my unique 3 step system I can help you shift into clarity and focus, so you take back your power and prosper abundantly in your work and relationships.

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✉ caroline@carolinerushforth.com

☎ +44 1273 583 987 📞 07881 998 816

💰 caroline.rushforth

www.carolinerushforth.com



Useful links and research:

(Please click on the links below)

- [Dr Joe Dispenza Blog](#)
- [Heartmath Institute](#)
- [The Dangers of Electromagnetic Field \(EMFs\)](#)
- [Useful Links:](#)

Nikken Magnetic Products for better Energy, Sleep and Hydration:

(Please click on the links below)

- [Further information on Magnetic Products](#)
- [Nikken Magnetic Insoles](#)
- [Nikken Magnetic Seat Cover](#)
- [Nikken Magnetic Mattress Topper for deep restorative Sleep](#)
- [Nikken Magnetic Temperature Regulating Duvet](#)
- [Nikken Gravity and Magnetised Waterfall System](#)

Book Recommendations:

(Please click on the links below)

- [*Bruce H Lipton PHD – The Biology of Belief*](#)
- [*The Field – Lynne McTaggart*](#)
- [*Living with Joy – Sanaya Roman*](#)
- [*The Happiness Effect – Earl Mindell*](#)
- [*The Chimp Paradox – Prof Steve Peters*](#)

Artwork

Front page piece designed by the talented Kiah Knight who is 18 years old from East Sussex. Kiah is inspired by various artists including contemporary and local artists, and designed this piece especially for this book. Thank you Kiah!

Kiah Knights Contact and information:

Facebook page: Kiahs Art

Instagram: Kiahs_Art

Email: kiahsart@gmail.com