

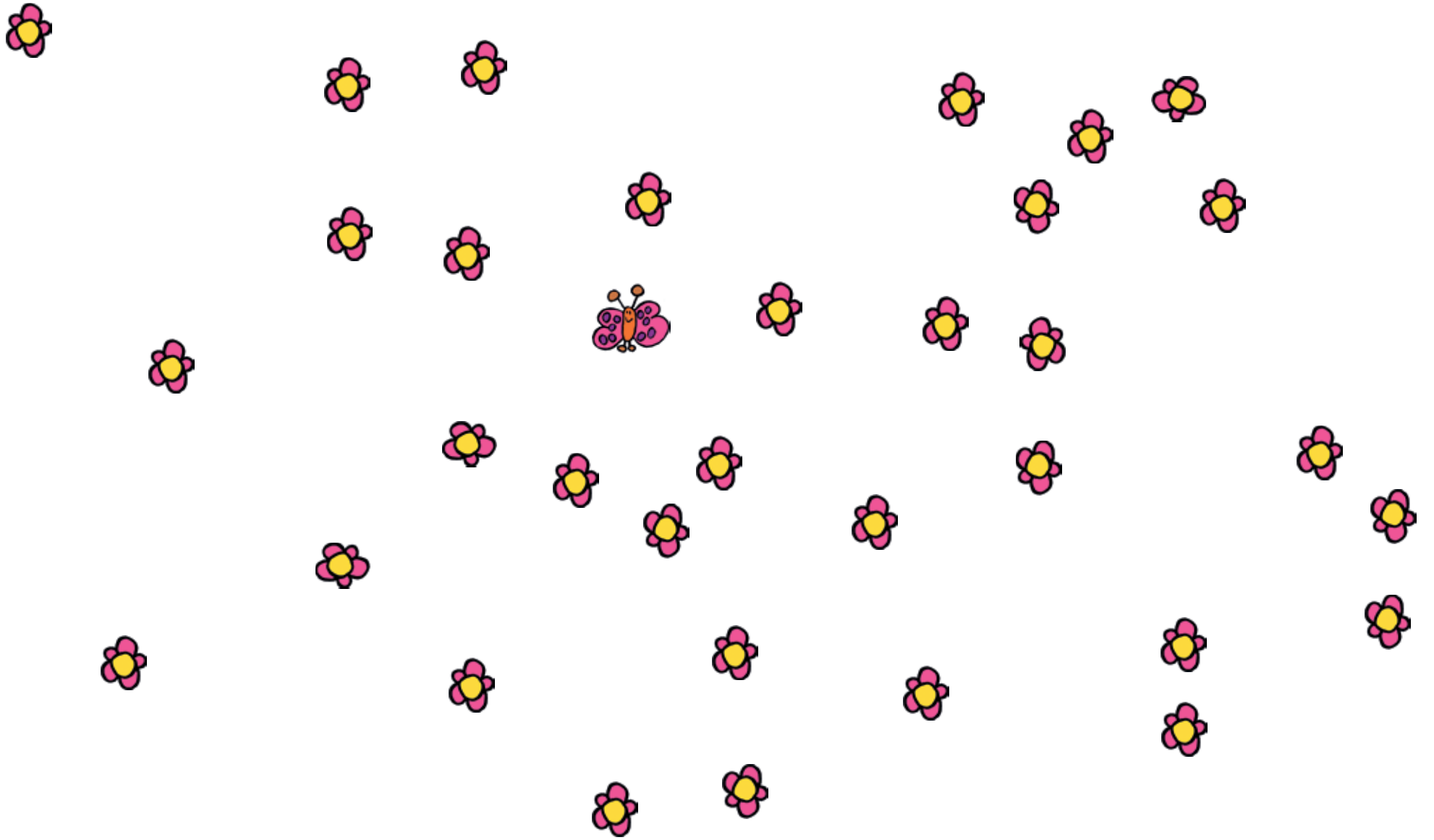
Thought Power

When you are wondering what your thoughts can do for you

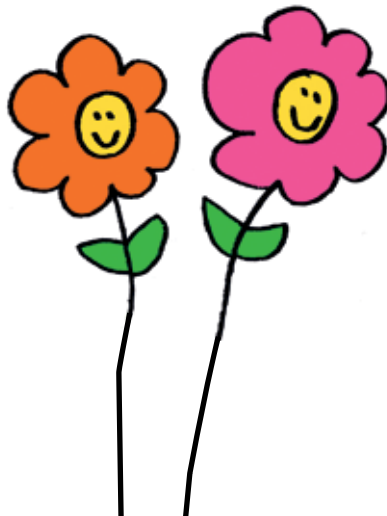


Written by Nicole Hage

Illustrations by Ilse van der Vliet







Thought Power

When you are wondering what your thoughts can do for you



Written by Nicole Hage
Illustrations by Ilse van der Vliet
Translated by Duncan MacLaren
Designed by Bianca Wisseloo



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Use the ideas, exercises in this book wisely and safely. Don't do anything that doesn't seem sensible. You can't blame me afterwards for any consequences resulting from your behaviour.

This book contains my ideas about what others have discovered. If you'd like to find out how they present their own ideas, please look it up.

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Jess writes YOU a letter

Welcome in my book!

If you're wondering what your thoughts can do for you, then this is the book for you.

Playing with your thought power is great fun and really easy. And it will often make you feel happier and more relaxed.

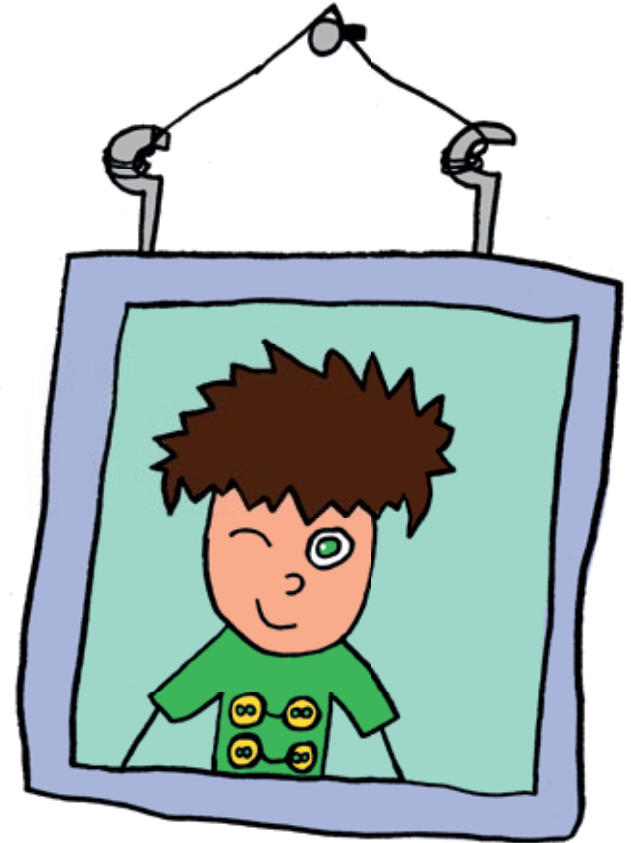
There's lots to discover about thoughts. Are you coming on this adventure too?

You'll find out how thoughts and feelings are connected. And you can try out something called thought magnets.

I'll introduce you to four special people and they'll each tell you their story about the power of thoughts.












And there's lots, lots more! Have a great time!

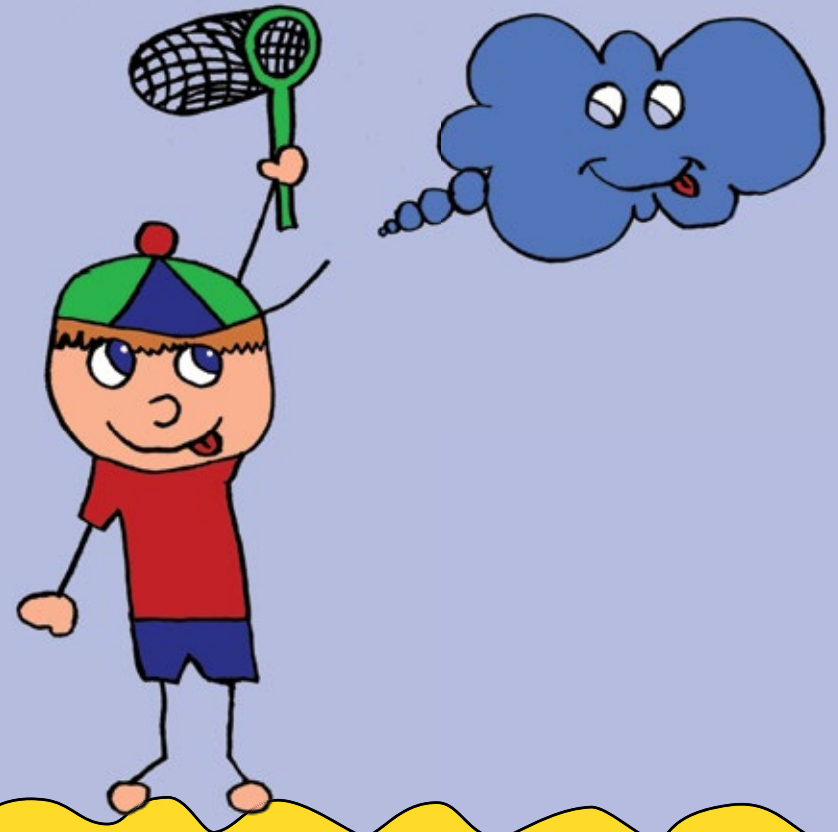
See you! **Jess**





Discoveries about thoughts


I've discovered the following things about thoughts:


-  You can't grab hold of thoughts, even though they're there.
-  Thoughts seem to be in your head as a sort of voice, photo or film.
-  A thought can be a memory, an expectation or a fantasy.
-  Sometimes it's handy for you to put a thought in your head on purpose, like:
 -  And sometimes thoughts seem to come all by themselves, like:
 -  Mum still has to buy a present for Olivia's birthday!
 -  Seven times eight is fifty-six.
 -  When I'm angry, I first count to ten.
 -  Oh, what an enormous dog! I hope it doesn't jump up on me!
 -  My drawing is turning out really well!
 -  What a nice cat! I'd like to stroke it! Come over here.




 When you think of something, you feel it inside yourself, like:


 When I think about eating an orange, my mouth waters.


 When I think about sad things, I feel a lump in my throat.

 When I think about someone I love, my heart misses a beat.

YOU decide if you believe your thoughts.
You can change your thoughts.
And this book will teach you how.

 When you think about something, it affects the way you feel.
Try this:

 Think really often: "I'm happy!"

 Don't just say it to yourself. Really MEAN it!



How thoughts can give you feelings

This is how thoughts work: you see, hear or smell something. That sparks off a thought, the thought you're used to thinking when you see, hear or smell this. And that thought gives you a feeling. It all happens automatically and really quickly. Here's a drawing to show you how it works.



The girl and boy see the dog. The girl thinks: "What a nice dog!" and feels happy. The boy thinks: "What a nasty dog!" and feels scared. They both have a different feeling when they see the same dog. That feeling has nothing to do with the dog. It's created by the thought they think.

The girl and boy create this feeling themselves, if they believe their thoughts. Most of the time, you probably don't notice that YOU create your own feelings. You probably think that they are the result of something else, like:

🌸 your brother or sister,

❤️ your friend,

🐞 your trainer,

☁️ your teacher,

☀️ the weather,

🌙 how well your football club is playing,

🌻 your father or mother,

☁️ a leaking bottle in your bag, that it's the weekend, or lots of other things.

You feel the way you do about these people and things because of the way you THINK about them. And you create that feeling yourself, after you've thought about them. If you change the way you think, the way you feel changes too.

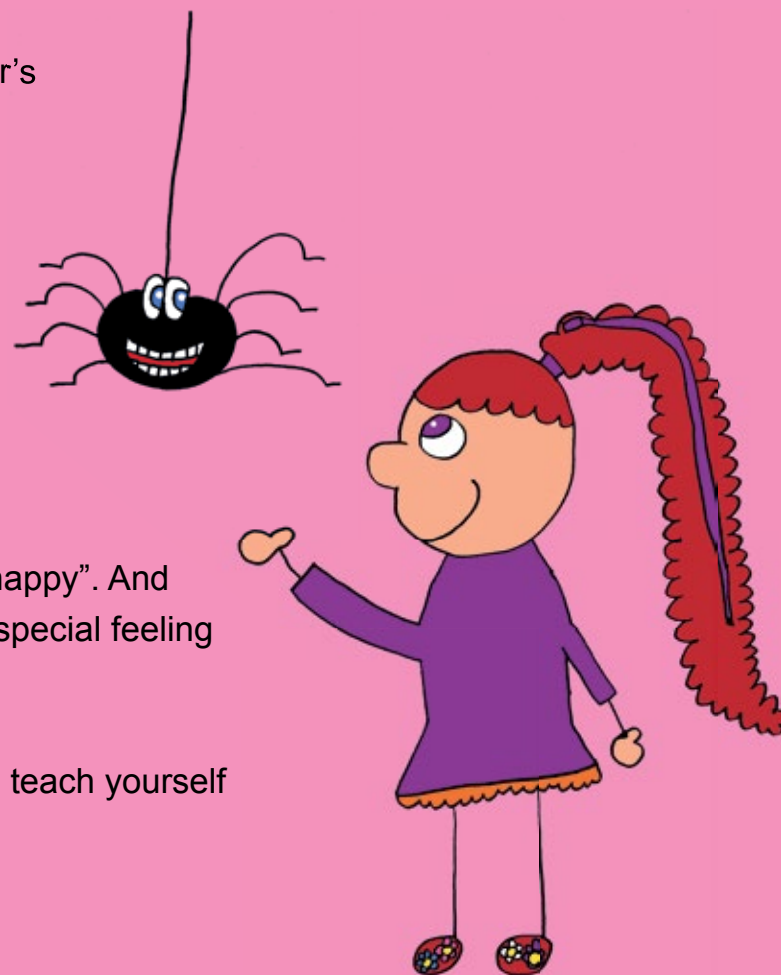
So when someone says: "That spider frightens me," you could say: "No, it's not the spider's fault. It just seems that way. You're just used to thinking scary thoughts when you see a spider. Maybe someone once told you that spiders are scary. That's why you feel afraid."

Or when someone says: "I feel sad when it rains," you could say: "No, the weather's got nothing to do with it. It just seems that way. You're just used to thinking sad thoughts when it rains. Maybe you weren't allowed to play outside once when it was raining. That's why you feel sad."

TIP: it's not always a good idea to talk out loud about this stuff. Lots of people think that someone else is the cause of their feelings. For example when they argue. Some people believe that it's someone else's fault that they're angry. But you know better.

You might think that a 'thing' will make you happy: "if I have more money, I'll feel happy". And it feels nice if you get it because you think happy thoughts. But after a while, that special feeling disappears. You get used to having more money and it just feels normal.

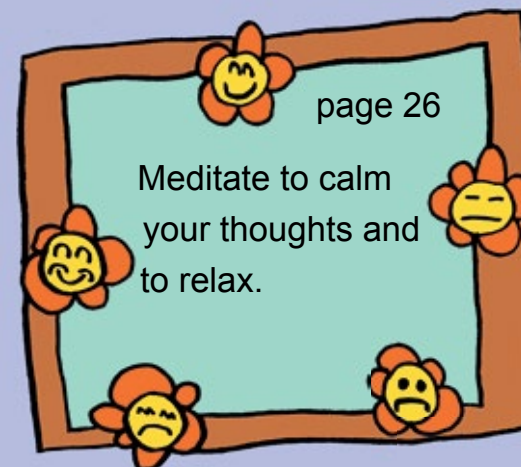
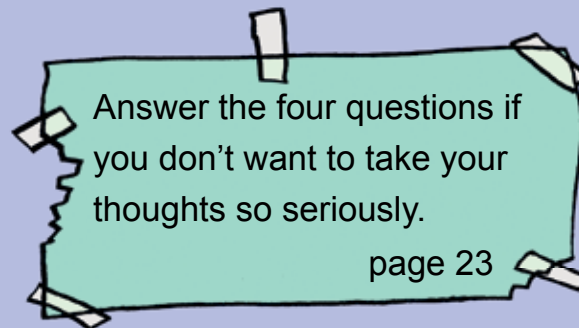
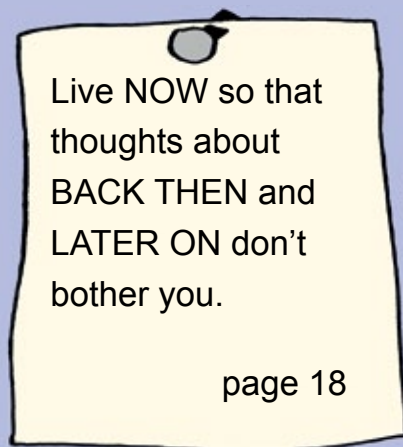
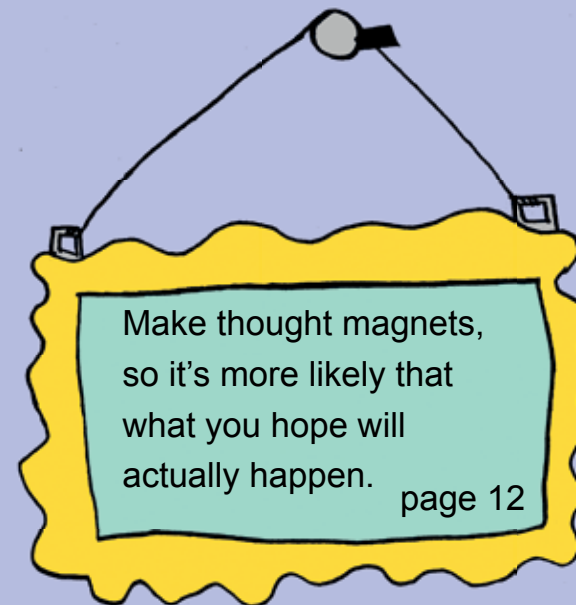
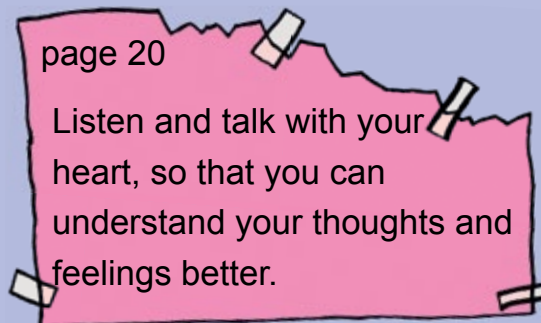
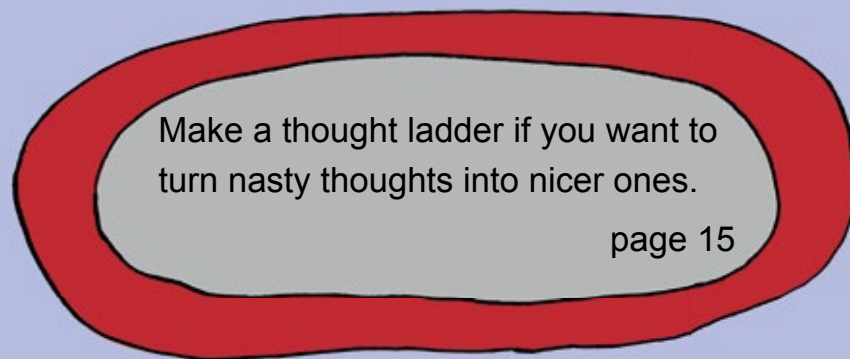
The only thing you need to be happy is happy thoughts. This book will help you to teach yourself how to think happy thoughts. And they're free too!

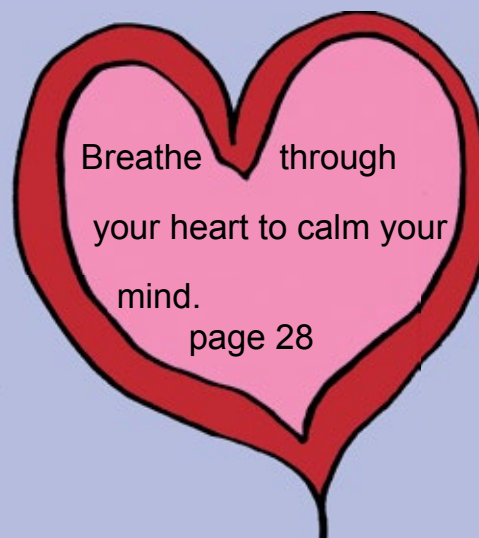
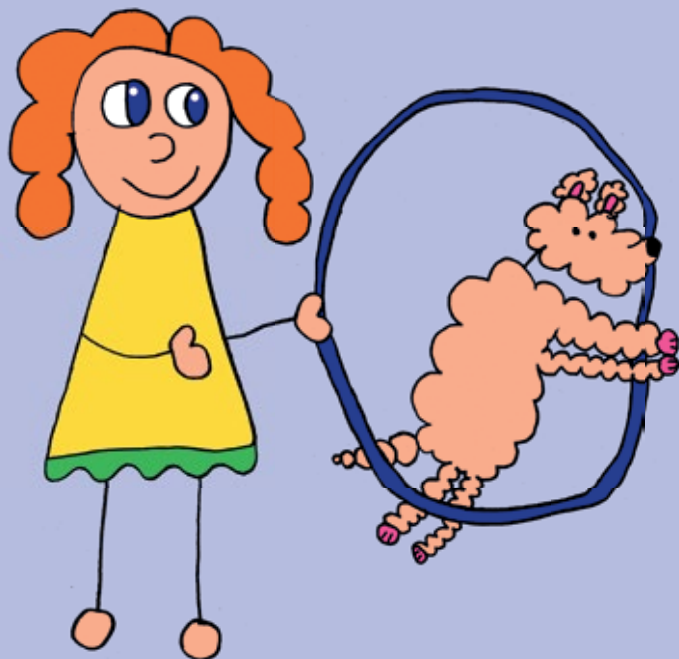


Training your thought power

It's fun to train your thoughts and you can do it in many different ways!

Have a look for yourself:

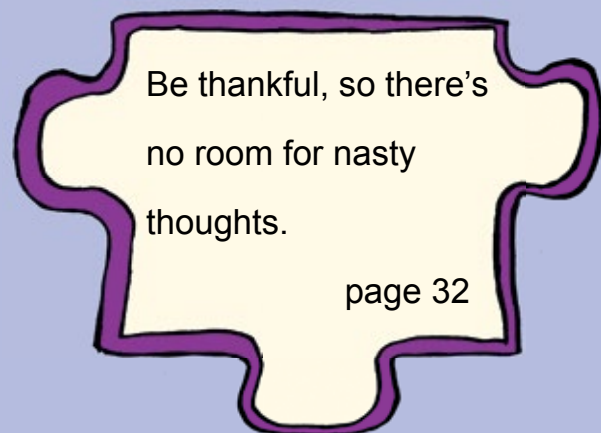




Breathe through
your heart to calm your
mind.
page 28



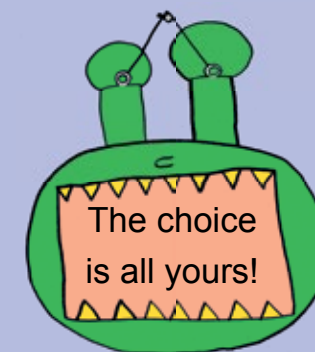
Be friendly, you'll think
more kindly about
yourself.
page 30



Be thankful, so there's
no room for nasty
thoughts.
page 32



Ask a su-
per question
to come up with
super thoughts.
page 33



The choice
is all yours!







Thought magnets

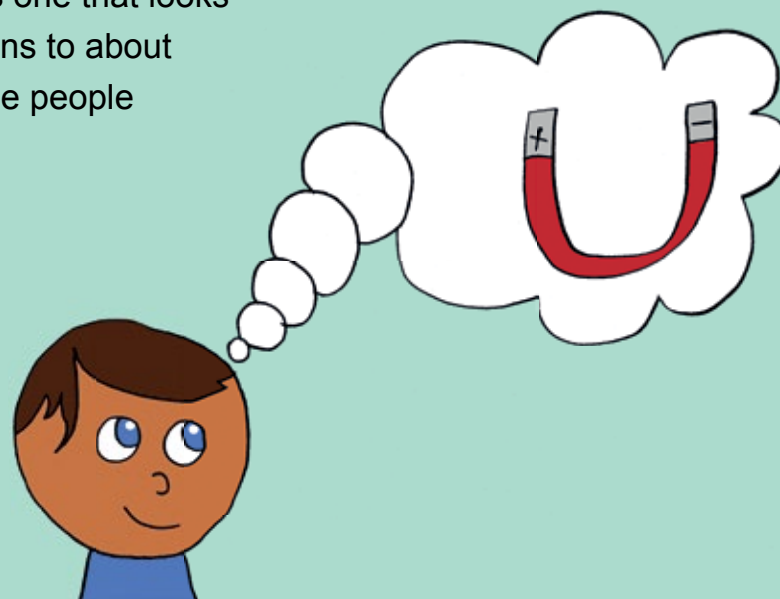
Thoughts do more than just create feelings. Thoughts work like magnets. One thought has a tiny bit of power, like a magnet. And that power gets stronger every time you think the thought. Or when you're certain the thought is true. The thought turns into something you believe. When you think the thought, it attracts other thoughts too, just like one magnet attracts other magnets. Imagine you've this great idea to build a hut. The more you think about it, the more ideas you have about how to build the hut. The great feeling that good ideas gives is called inspiration.

Unfortunately, it works the other way around too. Nasty thoughts attract other nasty thoughts. The good news is: you can do something about that! Create another thought magnet yourself by believing the thought before it's true. The stronger the thought magnet, the better it works. Here's an example: you want to do a handstand, but you think: "I can't do that!" But you'd really like to do it. So you create a strong thought magnet: "I can do this!" And you believe the thought before it's true: "I can do this if I do it often enough. I will practise until I succeed." If you hadn't created a strong thought magnet, you wouldn't even have tried to do a handstand.

Do you know that doctors sometimes give a fake pill to their patients? A fake pill is one that looks just like a real pill but doesn't contain any medicine. And do you know what happens to about half of the people? They feel better! How on earth is that possible? It's because the people BELIEVE that the pill works! That's how powerful thought can be!

The whole day long, you're busy making thought magnets, like:

-  When you decide to do something you want.
That's called having a goal.
-  When you pray.
-  When you believe in yourself.
-  When you believe in something.



This is how you create strong thought magnets:

And this is why you do it:

- 🔑 Relax. Create a thought magnet for something you'd like to do, but you don't have to do.
- 🔑 Watch how you say things, like:
"I AM ...*happy*...",
"I CAN ...*skate really well*...", "I HAVE...*lots to be thankful for*..."
- 🔑 Say what you HOPE for, without using a word such as 'not', like:
"I feel*healthy*..."
- 🔑 Imagine how it would FEEL if what you hope for actually happens. You can speak about it, sing about it, daydream about it, draw about it.
- 🔑 Be THANKFUL that what you hope for will happen, even though it's still a fantasy.
- 🔑 Trust that what you hope for will happen. Do something you like. Think about something else.

- ➡ Otherwise you have an 'I have to' feeling and that's not so relaxing, is it?
- ➡ If you say: "I WANT...*to win*...", you create 'I want' thought magnets and these only make you WANT it even more!
- ➡ If you say: "I'm not ... *feeling ill*..." , then you're thinking about what you DON'T wish.
- ➡ In your imagination, everything feels like it's real!
- ➡ Feeling thankful creates strong thought magnets.
- ➡ Otherwise you'll create 'it still hasn't happened' magnets. And they'll make sure it doesn't happen.







You create thought magnets for yourself, not for someone else.

You can create thought magnets for the things that YOU believe you can do, like:

- Being better in the sport or music that you play.
- Making something beautiful or wanting to discover something.

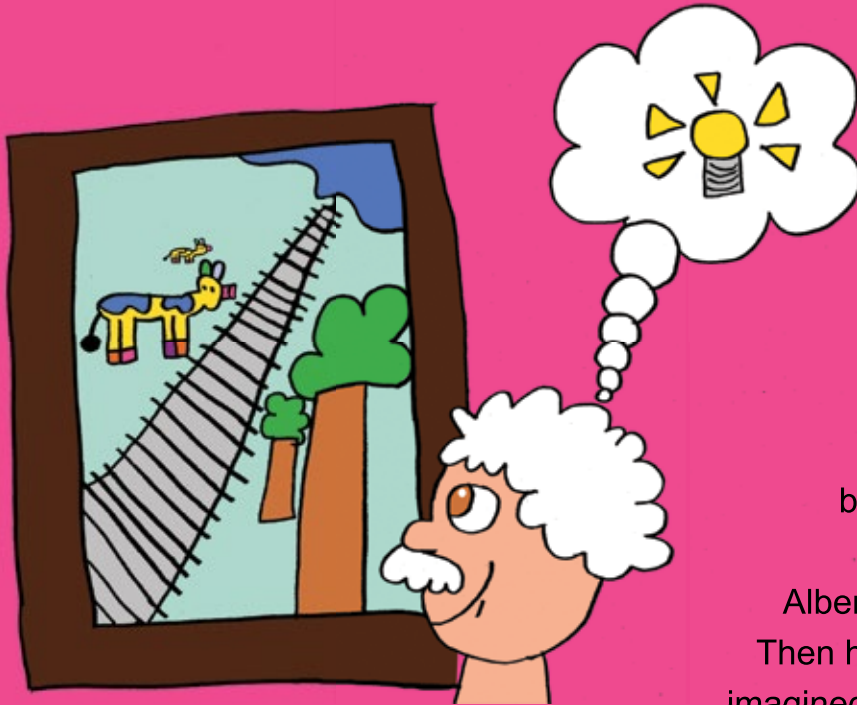


For example: create thought magnets for this: I've got a beautiful feather.

-  Say this to yourself a couple of times: I've got a beautiful feather.
-  IMAGINE about how it feels to have the feather:
-  SEE the colours, shine and form of the feather.
-  FEEL how smooth and light it is and how it tickles your cheek.
-  HEAR the soft noise it makes as you stroke your cheek with it.
-  Feel how happy and surprised this makes you.

Albert Einstein was a famous inventor, who discovered a lot of things about time and the speed of light. People thought he was very clever, but Albert saw it like this: "I'm not really clever. I'm just very, very inquisitive. Imagination is much more important than what you know, because our imagination knows no limits."

Albert imagined that he could travel at the speed of light, and that's really fast. Then he would be able to travel around the Earth seven times in one second! He imagined how the world would look if he could travel on a beam of light.



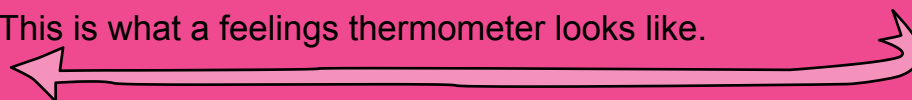
Change your thoughts deliberately

Esther lives in America. She has really brown eyes, lovely brown curls and a friendly smile. She helps people to use their thoughts better. Esther teaches people how their feelings thermometer works: how you get a nicer feeling by deliberately changing your thoughts.

Feelings thermometer



Your feelings are a sort of thermometer for the thoughts that you think. Nice thoughts feel light, warm and free. Nasty thoughts feel heavy, dark and cold. This is what a feelings thermometer looks like.



Feelings are a part of life. Everyone has them. A feeling is not good or bad, it's just a feeling. Some people get really upset when they have heavy, dark feelings. They don't understand that this is a sort of sign, telling them: "Hey! You're believing a nasty thought! Do you really WANT to believe it?" It's just like being angry at the normal thermometer when it's cold outside.

You know that game called 'cold, warmer, hot' when your friend hides a marble in a room and you try to find it. They call out: "cold, colder, warm, warmer, WARMER, hot, HOT..." until you find the marble. It works the same with feelings. And the good thing about feelings is that you notice when you're getting warmer or colder. Inside you feel better (warmer) or worse (colder).

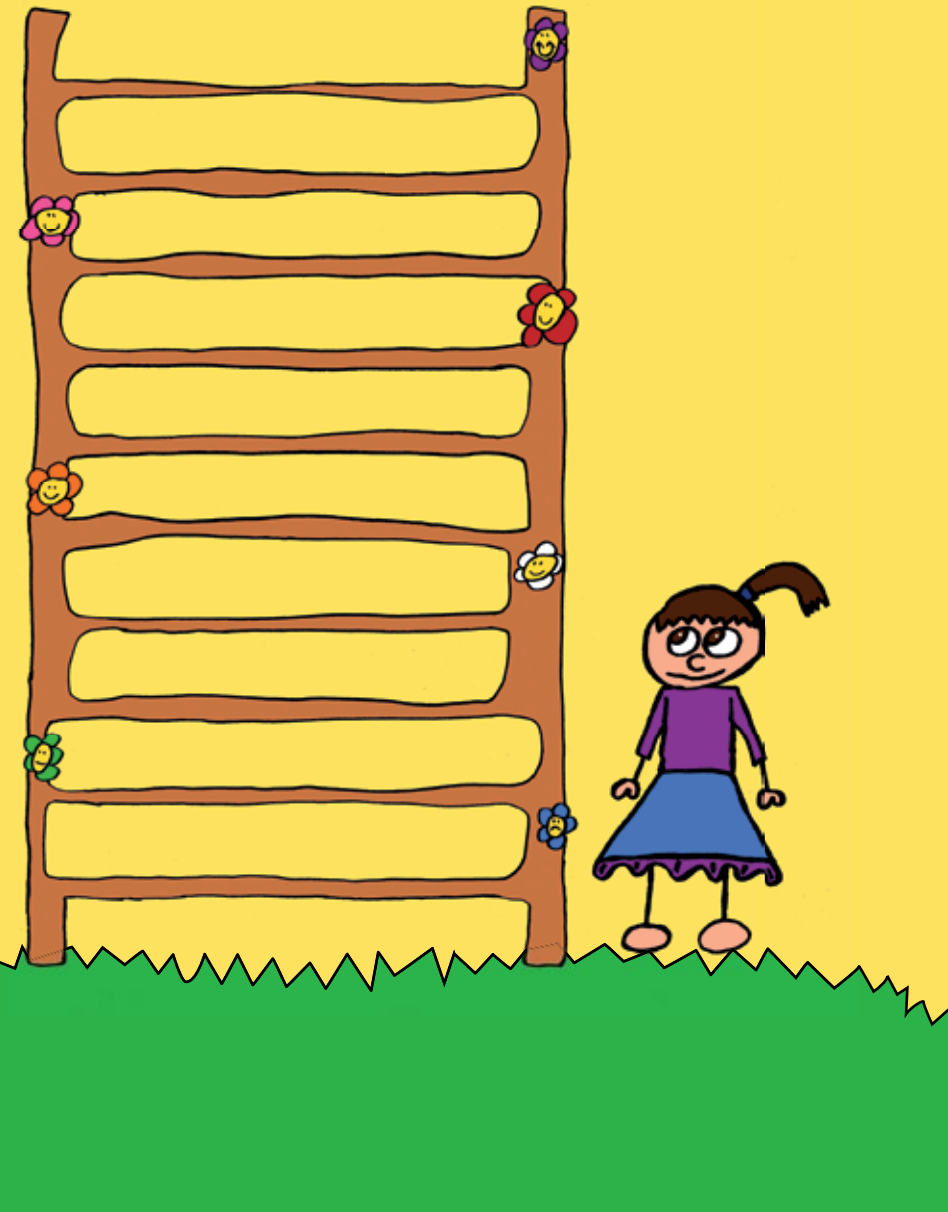
Thought ladder game

You can train yourself to think 'feel better' thoughts with the thought ladder game. You can change what you feel by deliberately thinking nicer thoughts.

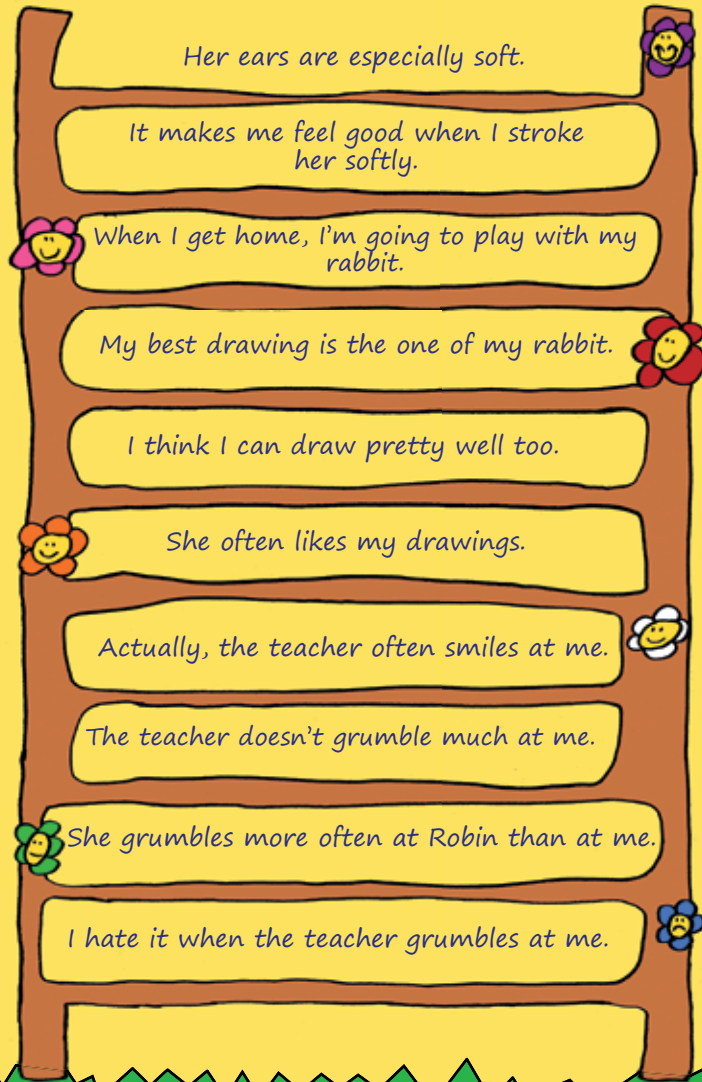
This is how you do it:

- ➔ Draw a ladder with ten steps.
- ➔ Start on the bottom step. Write the thought that doesn't feel so nice, the 'cold' thought.
- ➔ Think of a better feeling, 'warmer' thought. A thought that makes you feel relieved.
- ➔ Go to the next step. Write this thought on the step above it.
- ➔ Keep on going up the ladder, finding thoughts that makes you feel even better than the last one until you reach the top.

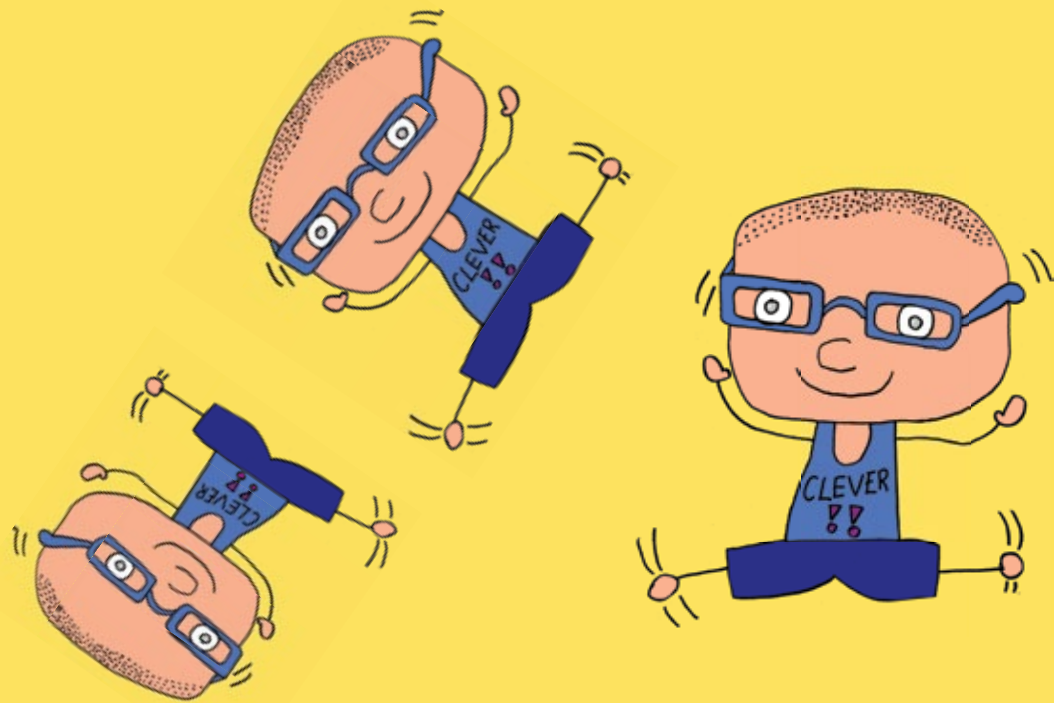
It's really important that you believe your 'feel better' thoughts, otherwise you're just fooling yourself. And then it doesn't work.



This is the thought ladder I made. Start reading at the bottom step.



You can change your thoughts deliberately in your head too. It makes you feel good and it's REALLY clever if you can do it!



now

Eckhart was born in Germany. His shoulders are bent slightly forward. He has short reddish-brown hair and a small beard. And his eyes seem to twinkle all the time as if he's chuckling to himself. Eckhart travels the whole world telling people about his discovery of NOW.

When ducks have an argument, they flap away the last bit of anger with their wings. And then it's over.



When people have had an argument, they often keep on thinking angry thoughts. If they think about the argument later on, they feel angry again even though there's no argument now. The row was BACK THEN.

They might be thinking about what could happen if they meet the person they had an argument with. But that person isn't there now, but might be LATER ON.

BACK THEN and LATER ON don't exist NOW. BACK THEN is a memory and LATER ON is something that you make up in your head. You don't know for sure what will happen LATER ON.

If you focus on NOW, you feel both relaxed and alert at the same time. You forget the time and enjoy what you're doing, whatever that may be.

Look, listen, feel, smell or taste

Thoughts of BACK THEN or LATER ON can give you a nasty feeling. Focus on whatever you see, hear, feel, smell or taste because then you're in NOW. You can do that inside or outside. In a place you really like, it happens almost by itself.

This is how you do it:



LOOK at the colours, shapes and movement around you, big and small.



LISTEN to sounds near and far, loud and soft and to the silence.



FEEL how warm it is with your skin, your clothes on your skin, the wind.



FEEL smooth and rough things with your hands, hard and soft, stroke an animal or your cheek.

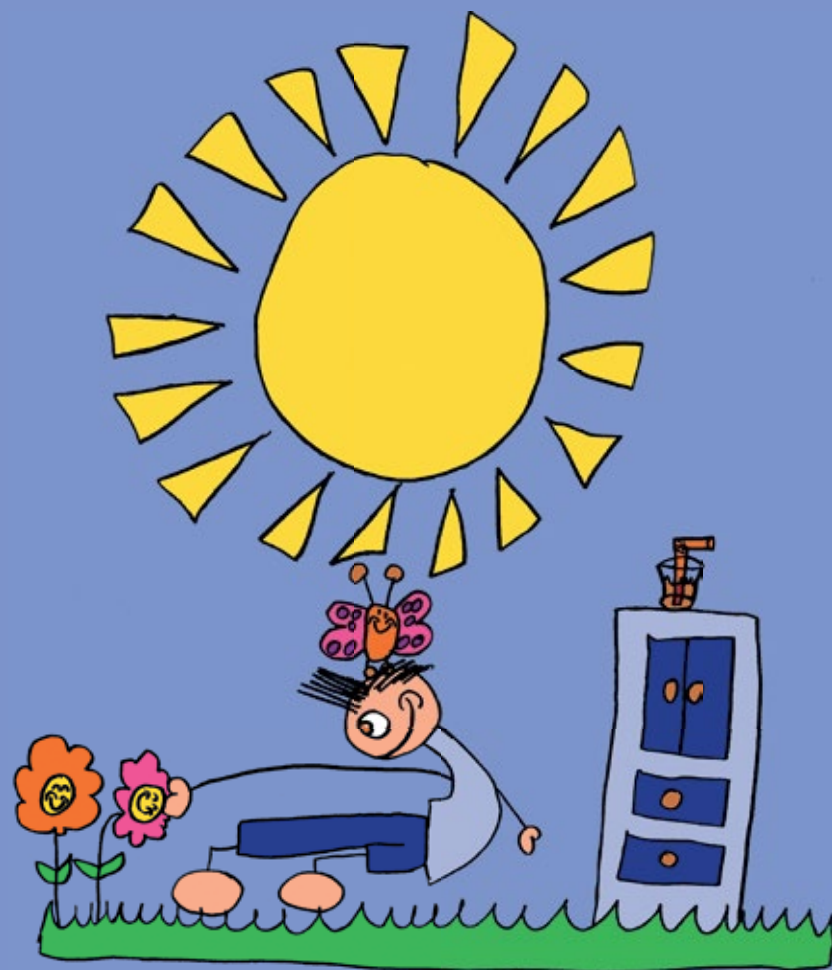


SMELL the air, flowers, the sleeve of your sweater, your cuddly, your hands when you've just washed them.



TASTE what you eat and drink. And notice how it feels in your mouth.

Start again if memories of BACK THEN or thoughts about LATER ON distract you. And do it without grumbling at yourself or someone else.



Listen and talk with your heart

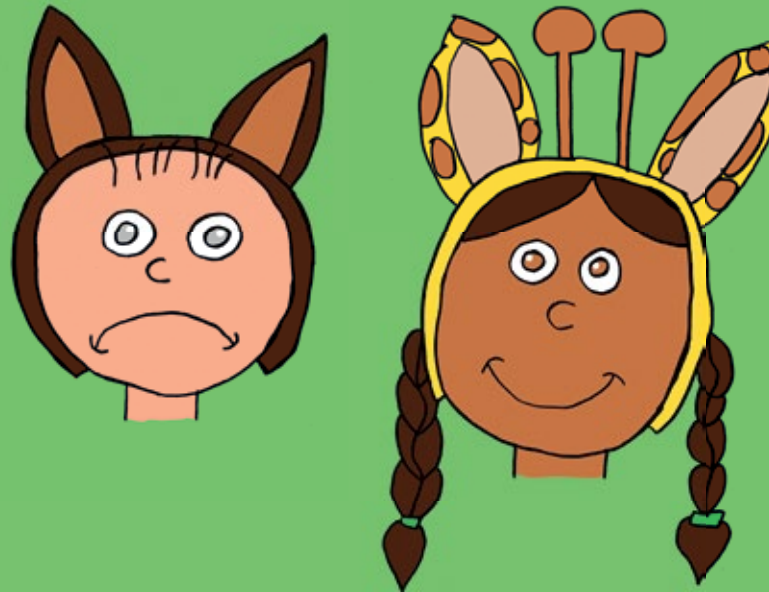
Marshall is a tall, quiet American with dark brown eyes. When he was a boy, he was beaten up on the way home from school, because he was Jewish. He asked himself why people sometimes did nice things and at other times, mean things. He discovered that people listen and talk in two ways: with their heart switched on and with their heart switched off. Your heart is switched OFF if you only want to do things your way. Your heart is switched ON if you want to do things in a way that's pleasant for you AND others.

Two ways to listen

Here's an example. Hannah says: "That's really mean! You threw my coat on the floor.
Pick it up, otherwise I'll tell your mother!"

If you listen with your heart SWITCHED OFF, you hear only blame and commands to do something. Marshall calls this: hearing with jackal ears.

With jackal ears, you hear: "She thinks I'm mean. She's mad at me. I've done something wrong. I've got to hang up her coat. She's threatening me."



If you listen with your heart SWITCHED ON, you hear feelings and what someone needs. Marshall calls this: listening with giraffe ears.

With giraffe ears, you hear: "She feels upset. She wants her coat to hang neatly and asks for help."

Two ways to talk

The jackal wants to be the boss. Or to have everything its own way. Or for someone to feel sorry for it. Or all of them at the same time. 😊

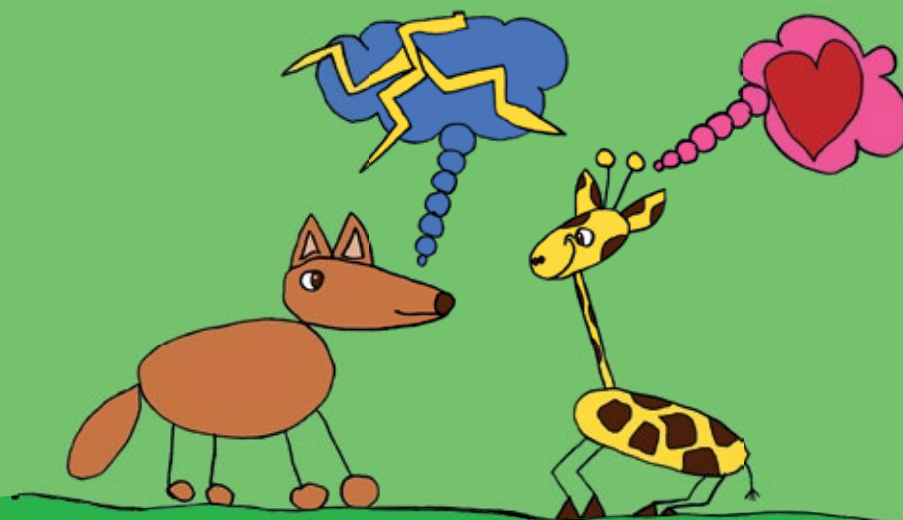
If you talk with your heart SWITCHED OFF, you tell someone:

- ✿ it's their fault and
- ✿ what they've got to do.

That's the language of the jackal.

As a jackal, you'd say:

"You little sneak! I saw you!
You stole my pencil.
You're mean!
Give it back or I'll tell the teacher!"



The giraffe wants being TOGETHER to feel good.
You want to feel good AND others to feel good too.

If you talk with your heart SWITCHED ON, you tell someone:

- what you see or hear, ❤️
- what you feel, ❤️
- what you need and ❤️
- ask a question. ❤️

That's the language of the giraffe.

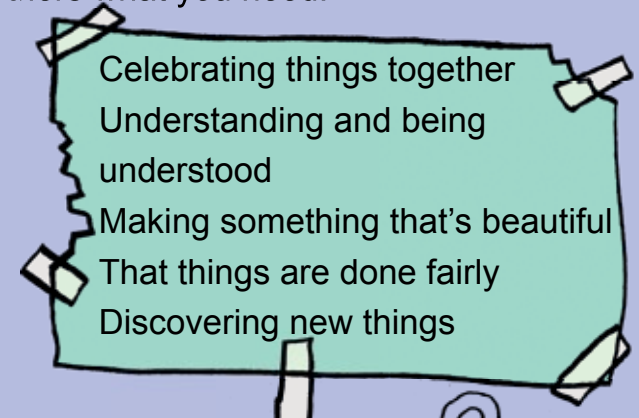
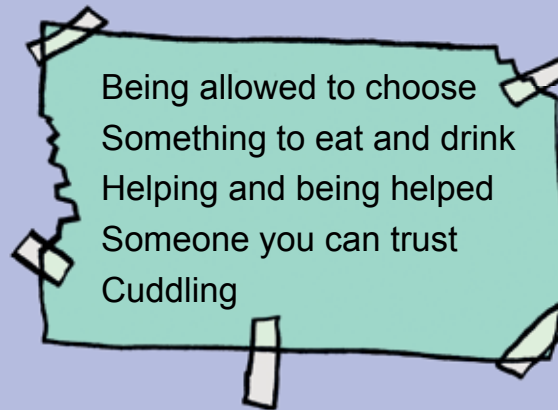
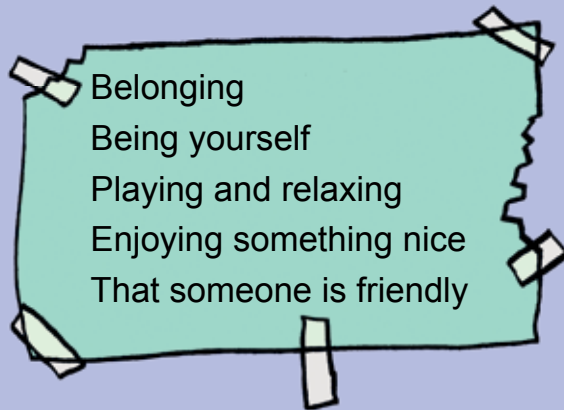
As a giraffe, you'd say:

"I saw you put my pencil in your desk.
That upsets me.
I want to be able to trust you.
Please give me back my pencil."

What people need

Everyone, young and old, the whole world over, needs the same things. But people who grumble, people who blame others and people who are always gloomy don't know how to ask for those things in giraffe language. If you listen with giraffe ears, you can try to find out what they need.

You can use these words if you want to find out what others need, or if you want to tell others what you need:



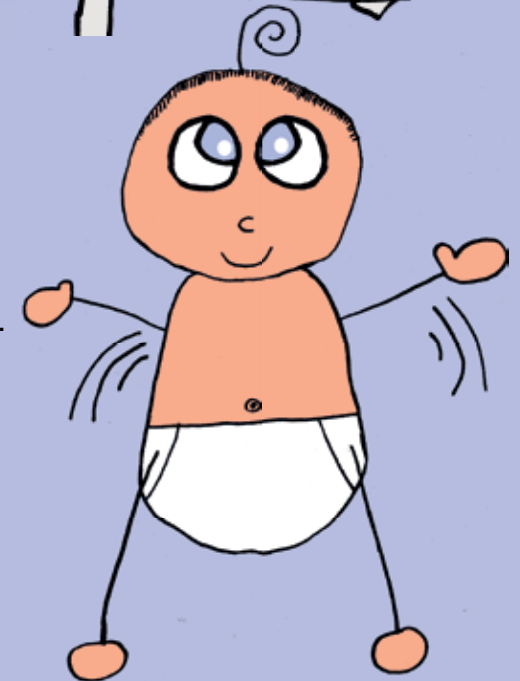
This is how you could guess what someone else needs:

- ➡ Would you like something to drink?
- ➡ Would you like things to be done fairly?
- ➡ Would you like to make something beautiful?

This is how you could tell others what you need:

- ➡ I'd like to understand you.
- ➡ I'd like to play.
- ➡ I'd like to be allowed to choose myself.

You learnt to walk by trying, falling, getting up and trying all over again. And again. Be proud of yourself that you're learning something new, like giraffe language. This is what Marshall says: "Each time something goes wrong, it gives you a chance to practise."



is it true?

Katie is a small, friendly American. She has bright blue eyes and short grey hair. For ten years, she was very, very unhappy. She thought she'd be happy if her family behaved better, so she tried to change them. But it didn't work. Eventually Katie discovered that when she stopped worrying, she felt really peaceful.

Here's an example: a glass falls and breaks. There's a saying: there's no use crying over spilt milk. That means there's no use stressing about an accident like a broken glass. It's happened. Feeling bad doesn't help you clean up the mess. Feeling bad only spoils your mood.

Four questions

Katie's thought up four questions you can ask yourself to calm your mind. You'll experience the difference between your feeling(s) WITH and WITHOUT a disturbing thought.

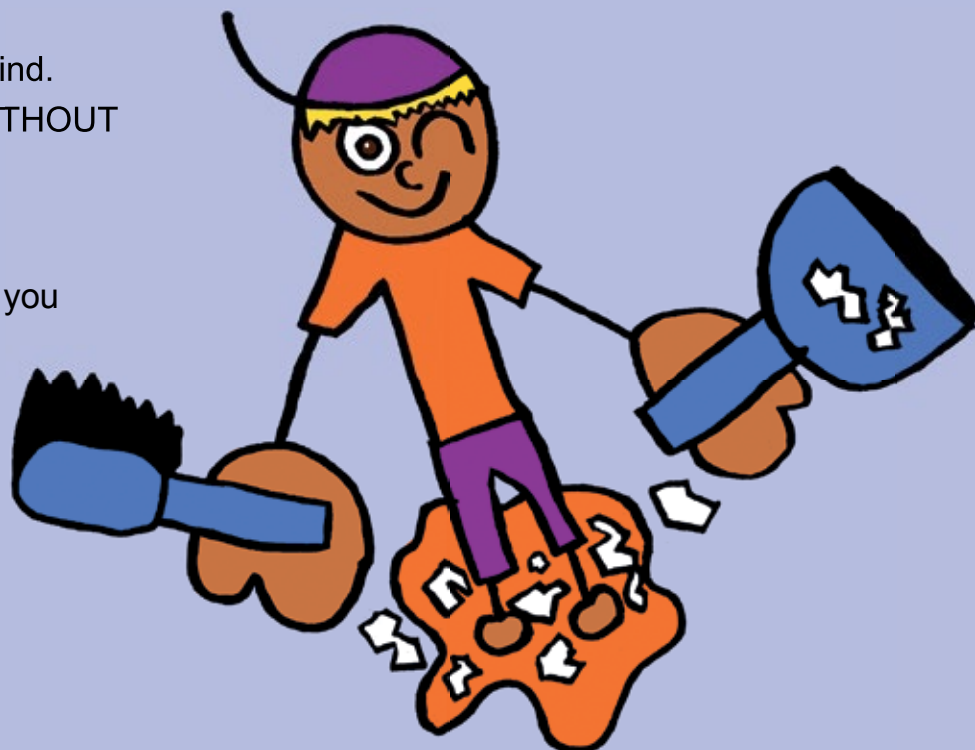
This is how you do it:

☁ First you pick a thought that doesn't feel good. A thought in which you blame someone else for how you feel.


☁ For example: I'm ...*mad*... at ...*my Mum*... because she ...*doesn't listen to me*.

Then answer these four questions about that thought:

- 1** Is it true?
- 2** Can you be absolutely sure it's true?
- 3** How does it feel inside when you believe that thought?
- 4** How does it feel when you DON'T think that thought?



 There's no right or wrong answer to these questions. Just be curious, take your time and wait for an answer to come.

 Finally, ask yourself this: could the opposite of that thought also be true? Like: turning "I'm mad at my Mum because..." into "I'm NOT mad at my Mum because..." And then try to think of three examples of the opposite thought being true.

Here's how I've answered the four questions about the thought:

I'm ...mad... at ...my Mum... because she ...doesn't listen to me.

1 Is it true that I'm mad at my Mum because she doesn't listen to me?

Wait until an answer comes to mind. It doesn't matter if it's 'yes' or 'no'.

If the answer is 'no', go to question 3.

Yes

2 Can I be absolutely sure it's true, that I'm mad at my Mum because she doesn't listen to me?

No

3 How does it feel inside when I believe the thought: I'm mad at my Mum because she doesn't listen to me?

*My head feels warm.
My throat feels tight.
My guts are in a knot.
I think even more angry
thoughts about my Mum!*

*My THOUGHTS about
my Mum made me
angry,
NOT my Mum herself!*



4 How does it feel when I DON'T think the thought: I'm mad at my Mum because she doesn't listen to me?

I feel relaxed. I see that my Mum's really busy. I really want to tell her something, but I'll just wait.

Can you turn the thought 'I'm mad at my Mum because she doesn't listen to me' around? Can you find the opposite?

The opposite is: 'I'm NOT mad at my Mum because she doesn't listen to me' because:

- ♥ *I don't feel any anger. I'm just a bit impatient.*
- ♥ *She makes my sandwiches and that's really sweet of her.*
- ♥ *My Mum listens to me most of the time.*

When you try using the four questions more often, you'll discover that you won't take your thoughts so seriously. My Mum woke me up this morning. "Time to get up," she said. I groaned and thought: "But I don't want to get up! I'm still tired!" And then I thought: "Is that really true? Yes, I'm lying in bed. But maybe it's just thinking thoughts like these that makes me tired!" I grinned. Stretched. Had a big yawn. And said to myself: "Hi new day. Here I come!"



Meditation

Meditation is just a big word for focusing your attention on one thing and relaxing.

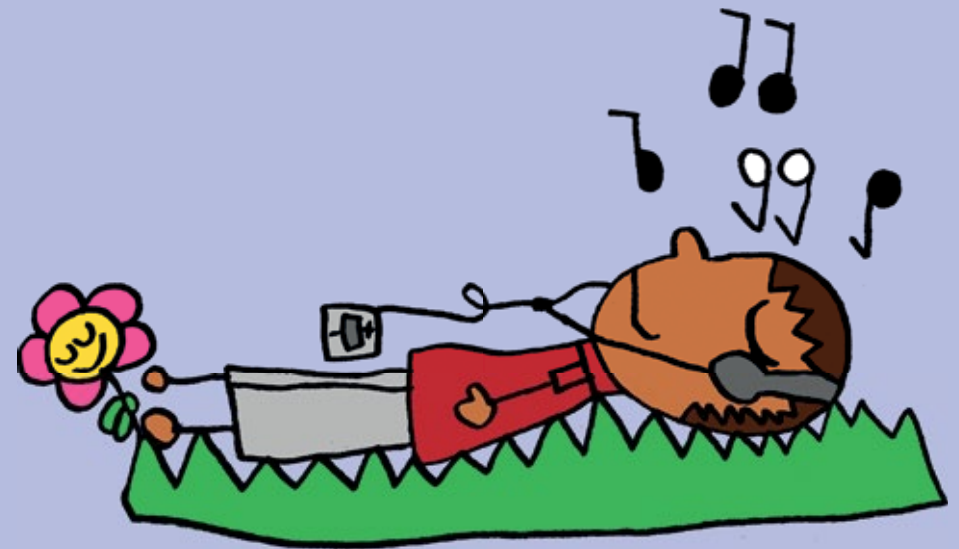
You often do it without noticing it, like:

- 🌻 When you lie in the sun and feel its warmth.
- 🌻 When you're having a shower and feel the water running all over you.
- 🌻 When you stroke an animal and feel its soft fur.

When you meditate, you relax your body and your mind. During meditation, you are absolutely and completely in NOW. After meditation, you are often more relaxed and your head is clearer.

This is how you do it:

- 🌻 Allow your body to relax. You can pull your shoulders up towards your ears and relax your shoulders slowly, for instance. Breathing slowly and deeply also helps you relax.
- 🌻 It usually feels good to close your eyes, but you can also relax your eyes by staring at something.
- 🌻 Focus your attention on one thing: your breathing, a feeling in your body, music or something else like a flower, the sea, a float.
- 🌻 If you get distracted, quietly focus your attention again on that one thing you were focussing on. That'll happen often but it doesn't matter.



You can meditate anywhere: in the garden, on the couch, on the toilet, in the queue for the checkout, washing your hands.

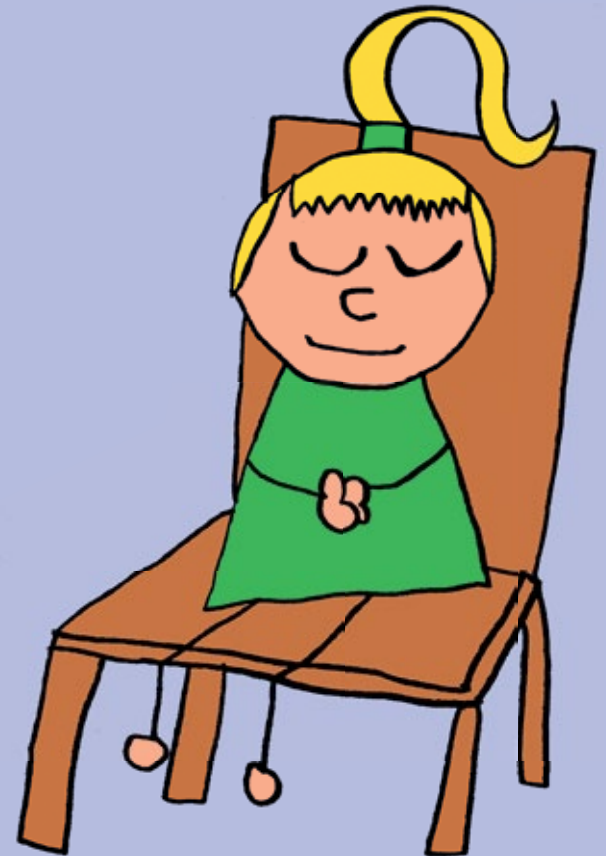
You can meditate anytime: when you wake up, before you go to sleep or somewhere in between, quickly or for a while.

Body meditation

During this meditation, you concentrate on the tingling and warmth in your body. It's handy if someone reads this text for you. Or you could record yourself reading it and play it back whenever you want.

This is how you do it:

- ➡ Sit somewhere you really like and allow your body to relax.
- ➡ Close your eyes.
- ➡ Feel your feet on the ground. Feel how you're sitting on your bottom.
- ➡ Breathe in and out three times, deeply and calmly.
- ➡ Rub your hands together a few times.
- ➡ Feel your hands tingling. They might feel warm instead of tingly.
- ➡ Lay your hands in your lap.
- ➡ Let that tingly feeling flow out through your hands to your arms.
- ➡ Feel it in your in your arms... your legs... your feet... and in your bottom.
- ➡ Feel it in your tummy... your back... your chest... your neck... and in your head.
- ➡ Do it until your whole body feels tingly on the inside.
- ➡ Keep feeling this for a short time with your eyes closed.
- ➡ Open your eyes slowing and do a big stretch.
- ➡ Rub your hands over your face and stamp your feet on the ground.



Breathing through your heart

Doc and Howard are two American men. They've discovered that breathing through your heart makes you feel calmer and gives you a clearer head. They've invented some cool gadgets and computer games to help you practise this. But you can also do it without them.

Breathing through your heart is really easy and good fun. Some schools do it in class. In these classes, children are friendlier for each other and are more relaxed.

This is how you do it:

- ♥ Focus on the big toe on your right foot. Wiggle it around a bit.
- ♥ Focus on your nose and wiggle it too!
- ♥ Focus on your heart. Point to the middle of your chest to feel where your heart is.
- ♥ Imagine that you breathe in and out through your heart instead of through your mouth and nose.
- ♥ Breathe deeply through your heart four times.
- ♥ Think about a time that you felt joyful or happy. Feel that feeling again.



You could think about a person or an animal that you love, a place you really like or something nice you once did.

- ♥ Feel that nice feeling and breathe through your heart.
- ♥ Breathe deeply through your heart five or more times while you feel that happy feeling.



You can do this anytime, anywhere. Some children breathe through their heart when they are nervous, when they almost have an argument with someone or if they feel sad. By doing this, they change the way they feel about what's happening.

Doing kind things

Just like that

It feels great to do something for someone without expecting anything in return, like:

- 🐞 Giving a compliment
- 🐞 Doing a job at home (laying the table, watering the plants)
- 🐞 Asking if someone would like something to drink and then serving it
- 🐞 Sending someone a card or mail
- 🐞 Asking if you can do something to help
- 🐞 Smiling at people you meet at the supermarket
- 🐞 Drawing a nice picture or writing a poem for someone.

Sometimes it doesn't feel good to do kind things. That happens mostly when you expect to get something in return, to be thanked or be complimented. Or getting things your own way. If it doesn't feel good, it's a sign that you'd like to get something in return. Maybe someone would like to do something for you.

If you GLADLY do something for another, just because it feels good to do it, then it comes from your heart.



Unnoticed

It feels great to do kind things WITHOUT ANYONE KNOWING.

This is how you do it.

- ♥ Cut out hearts and write a wish on them. Hide them where someone will find them, like: in a jacket pocket or in a library book that's being returned.
- ♥ Feed the birds in the winter.
- ♥ Throw rubbish that's lying on the street in the litterbin.
- ♥ Dry the swing in the park when it's been raining.
- ♥ Wish a nice thought to the people you meet on the street.
- ♥ Put a marble, a nice stone or a pencil somewhere with a little note: "For you!"

No one knows you've done something kind.... Or maybe someone does. You know about it YOURSELF!

The opposite of doing kind things unnoticed, is doing mean things secretly. It doesn't feel right to do mean thing, even if no one notices. Because you know about it yourself.



Being thankful

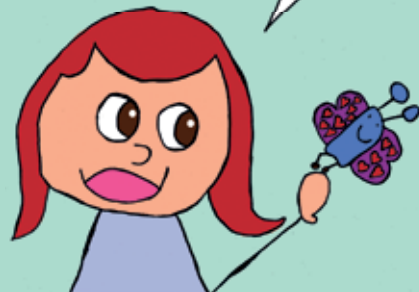
Being thankful means feeling happy with who you are and what you have. When you feel thankful, there's no room for nasty thoughts. You can teach yourself to feel thankful.

This is how you do it:

- ✿ Write five things that you're thankful for in a nice book each day.
- ✿ Draw a picture or write a poem about something that you're thankful for.
- ✿ Put a nice stone in your pocket and think about what you're thankful for every time you touch it.
- ✿ If someone's around right now, you can take turns to tell each other what you're thankful for.



I feel thankful for
Butterflies my marbles
You you too
Sunshine my dog
life laughter



Super questions

There are sorry-for-yourself questions and there are super questions.
Read the questions on the left and right and notice the difference.

☹️ Why will no one play with me?

☹️ When are you going to fix my bike?

☹️ Who messed this up?

☹️ Why does she blame me?

Feeling-sorry-for-yourself questions are 'looking for a problem' questions. They start with 'why', 'when' or 'who'. And the answers to them don't really help anyone.

'You only need 'why', 'when' or 'who' questions for "I'd really like to know that" questions, like:

☺️ Why does the Earth go around the Sun?

☺️ Who sings that song I'm listening to?

☺️ When are we going to the party?

What can I do?



☺️ How can I make it fun to be here?

☺️ How can I get my bike fixed?

☺️ What can I do to help?

☺️ What can I do to understand her better?

Super questions create new ideas. They start with 'what' and 'how' and 'I' is always in them.

Ask a super question if you want to get a super idea:

☺️ What can I...

☺️ How can I...

And finally

if you want to know more

So how did you like the book? I hope it was fun to hear about what you can do with thought power. If you'd like some more information, why not visit this website: www.thoughtpower.eu.

What you'll find is:

- 📞 A thought ladder to print out and fill in.
- 📞 The drawings in this book, which you can colour in yourself.
- 📞 Internet links and films about the subjects in this book.
- 📞 This book, which you can download, for yourself or for someone else.

if you're having a bad time

When things aren't going your way, you could maybe use a little extra help. Is someone hurting or bullying you? Are things happening at home or in school that make you feel bad? If so, it's really important to ask someone you trust to help you. That could be someone in your family, like you Mum or Dad. Or it could be an aunt or uncle. But your teacher, your doctor or a police officer will also help you. Remember this saying: a problem shared is a problem halved.



Be nice to yourself

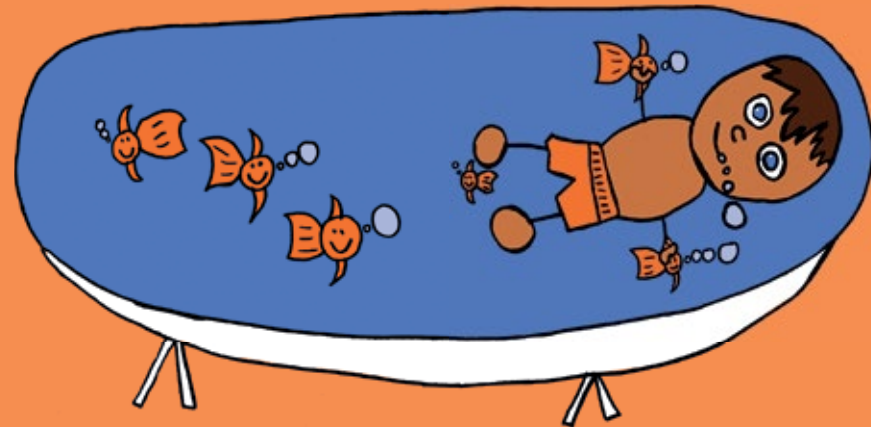
Now you know that you think your own thoughts. That's good to know. But don't start blaming yourself if you're not feeling so happy. Maybe you think: "why do I have all these nasty thoughts?" Or: "I know I feel this way because I believe my own thoughts, so it's my own fault".

In that case, don't be too hard on yourself. Give yourself a break and be nice to yourself.

- 🐞 Put on some nice music.
- 🐞 Look at your old baby photos or old drawings.
- 🐞 Do some drawing or make something.
- 🐞 Have a go on the swings or play football.
- 🐞 Dance or sing.
- 🐞 Read a comic or a book.
- 🐞 Change your room around.
- 🐞 Gather some flowers for yourself or someone else.

- 🐞 Play a game.
- 🐞 Call a friend.
- 🐞 Build a race track.
- 🐞 Play with your pet or take your neighbour's dog for a walk.
- 🐞 Put on nice clothes.

In other words, do something for yourself that makes you feel GOOD and makes you HAPPY.



When fun things don't feel like fun

Sometimes doing fun things doesn't make you feel better.

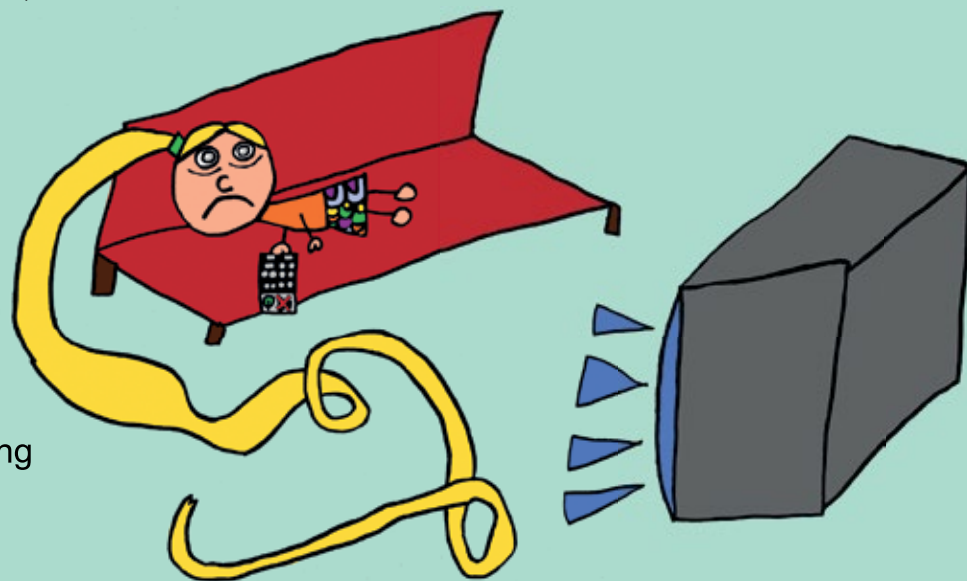
Here are two examples:

- 🔍 When you put off things you have to do, like homework. It's better to get the 'have-to' jobs out of the way first and then you can really enjoy your fun time.
- 🔍 When you're doing something that's really NOT SO GOOD for you, like:
 - 🌙 watching lots of TV or gaming a lot.
 - 🌙 staying up late when you're tired.
 - 🌙 buying something without really thinking about it.
 - 🌙 checking social media, chats and mail all the time, or just surfing the Internet for ages.

These things can make you feel really lazy, so just go and do something else.

Intuition

Have you ever had a really strong feeling when you meet someone or visit somewhere? You feel it but you can't explain it, because it has nothing to do with anything that's happening at that moment. It's a feeling that can be nice, but it can also make you feel uncomfortable. It's called intuition. Some people call it a gut feeling, because it seems to come from deep in your tummy. When you feel it, listen to it. And also very important: keep using your common sense.



Helping yourself remember things

There are lots of ways to help yourself remember things that you shouldn't forget. You can write it on your hand. Or if there's something you have to take to school, put it somewhere you always pass before you leave for school. Here are a few tips to help you remember to use your thought power:

Stick a note on the mirror that reads:
"You're the best!"



Cut out nice pictures,
stick them on a big sheet
of paper and hang it up.



Change the ringtone
in your phone to your
favourite song.



Use things that make you smile, like a funny mug, a good luck charm or your favourite shirt.



Choose a funny password,
like: IAmGr8 or
happyhappy123.

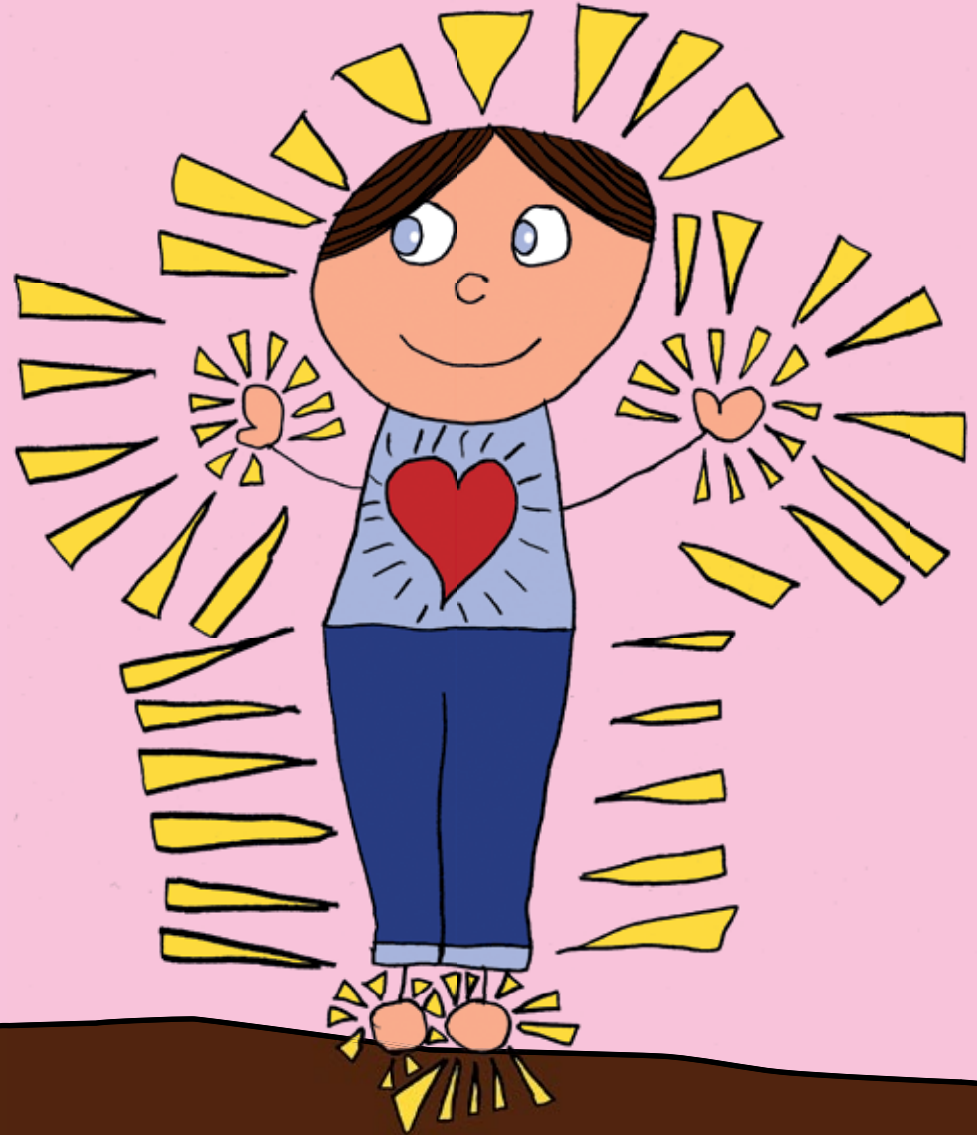


Print off a picture that you
can colour in.
You can find some at
www.thoughtpower.eu



**Think of all the
beauty within you
and in everything
around you and be
happy.**

**Anne Frank, March 7, 1944,
then 14 years old**



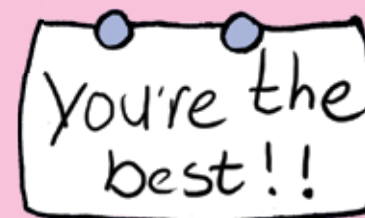
Thanks to all you helpers

I'm really lucky that I have so many talented and inspiring people around me, who helped me create this book. My daughter Ilse drew all the pictures when she was 9 years old. I'm really proud of her! Here's a message for her:

Dear Ilse,
Thanks for drawing all these fantastic pictures.
They make the book so cheerful. And me too!
Love, Mum

I'd also like to thank the following grown-ups and not-yet-grown-ups: Nura Babol, Kristel Boers, Willem Fischer, Serge Hogervorst, Natalie van der Horst, Luna Keijser, Duncan MacLaren, Ernst van der Vliet, Ruben van der Vliet, Bianca Wisseloo and Nienke de Wit. My message to them is:

Dear Ladies and Gentlemen,
Many thanks for your tips and help, which have improved this book immensely. You have all inspired me to make this book what it is. Thanks for your honesty and support.
Love, Hilde



inspiring books and websites

The following books and websites inspired me to write this book.

How thoughts can give you feelings

‘The stumbling blocks of the mind’ by Theo IJzermans and Coen Dirkx is a clearly written and practical book on the link between thoughts and feelings. This subject is also covered in books on Neuro-Linguistic Programming (NLP).

Thought magnets

Many people and organizations have explained how thought magnets attract. I think these books are must-reads for grown-ups on this subject:

➡ ‘Ask and it is given’ by Esther Hicks.

➡ ‘The Intention Experiment - Use Your Thoughts To Change The World’ by Lynne McTaggart.

➡ ‘Conversations with God - An Uncommon Dialogue, Book 1’ by Neale Donald Walsch.

Change your thoughts deliberately

Esther Hicks is someone who knows exactly how thinking works. You can find her interesting and inspiring films on the Internet: <http://www.abraham-hicks.com/lawofattractionsource/videos.php>. The feelings thermometer is based on the ‘emotional guidance scale’ in Esther’s work.

The thought ladder game resembles two exercises from her book ‘Ask and it is given’: exercise 13 ‘Which thought feels better?’ and exercise 17 ‘The focus wheel process’.

Now

Eckhart Tolle and his work is my inspiration for this chapter. His picture book for children, called 'Milton's Secret' is an exciting story in which Milton discovers NOW. My children (and me, too) think this is a very good book that invites you to apply the content. Other must-reads by Eckhart Tolle are: 'The power of Now' and 'A new earth'. I really enjoyed his DVD 'Findhorn Retraite'. In addition, his website contains many inspiring films: www.eckharttolle.com.

Listen and talk with your heart

Marshall Rosenberg is the founder of 'Nonviolent Communication'. His method 'Talking with your heart' is often explained to children using a giraffe and a jackal. There are even giraffe schools! I especially like Marshall Rosenberg's DVDs which can be ordered at: www.cnvc.org. It feels like you're in the room with Marshall. Great! I have also listened to his audio CDs many times. Very inspiring and authentic!

My favourite book on communication with children is 'How to Talk So Kids Can Learn' by Adele Faber and Elaine Mazlish - a great book with many eye openers. It helps to break free from old patterns and provides practical ways to connect and solve problems. The comics illustrate the examples clearly.

is it true?

The four questions described in this chapter are the key tool in 'The Work' by Byron Katie. Her website contains many films showing Katie doing the Work: www.thework.com. You can download the summary of her well-known book 'Loving what is' at the website: http://www.thework.com/downloads/little_book/English_LB.pdf

Children of four years and older will enjoy the very sweet picture book 'Tiger-Tiger, Is It True? - Four Questions to Make You Smile Again'.

Meditation

A website with a lot of general information about meditation is: <http://www.abc-of-meditation.com>. Some other interesting web links on this subject are: <http://noetic.org/meditation/> and <http://myown.oprah.com/search/index.html?q=meditation>.

Breathing through your heart

I first read about heart coherence in the book 'The Instinct to Heal - Curing Depression, Anxiety and Stress Without Drugs and Without Talk Therapy' by David Servan-Schreiber, who calls this experience 'breathing through your heart'. Your heart pounds with consistent rhythmical accelerations and decelerations.

David writes in this book about several interesting methods, which are well researched, but relatively unknown.

The exercise 'breathing through your heart' in my book is based on exercises from the Heartmath website: www.heartmath.org/free-services/tools-for-well-being/heartshift-age-7-to-11.html.

Super questions

A very accessible and easy to understand book on this subject is: 'QBQ! The Question Behind the Question - Practicing Personal Accountability in Work and in Life' by John G. Miller. The book has a real American feel to it (from a Dutch perspective :-)) with a lot of stories and examples.



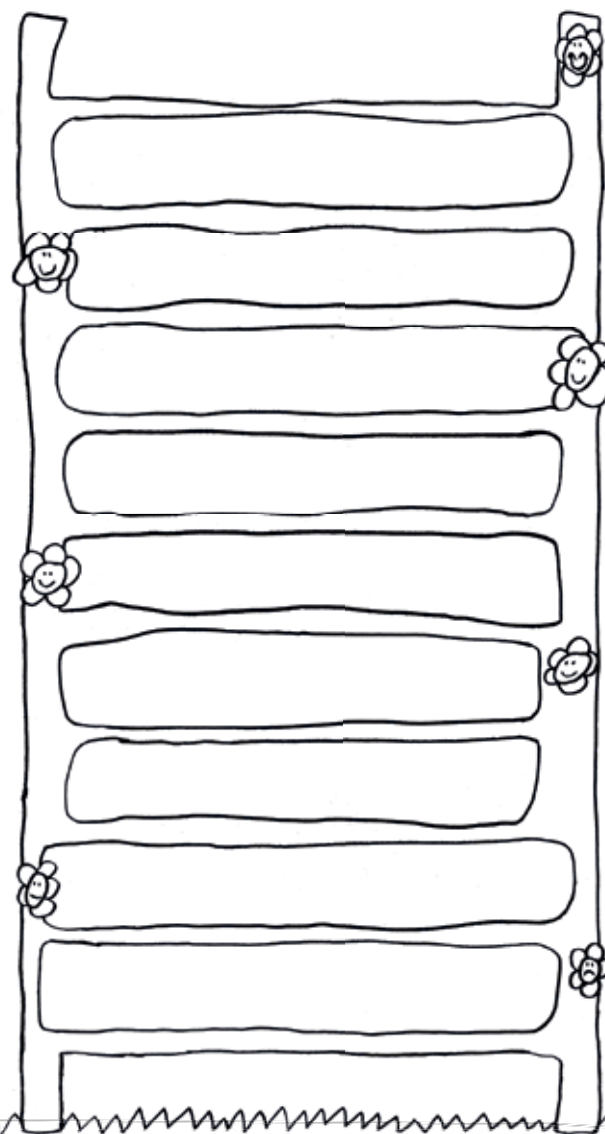
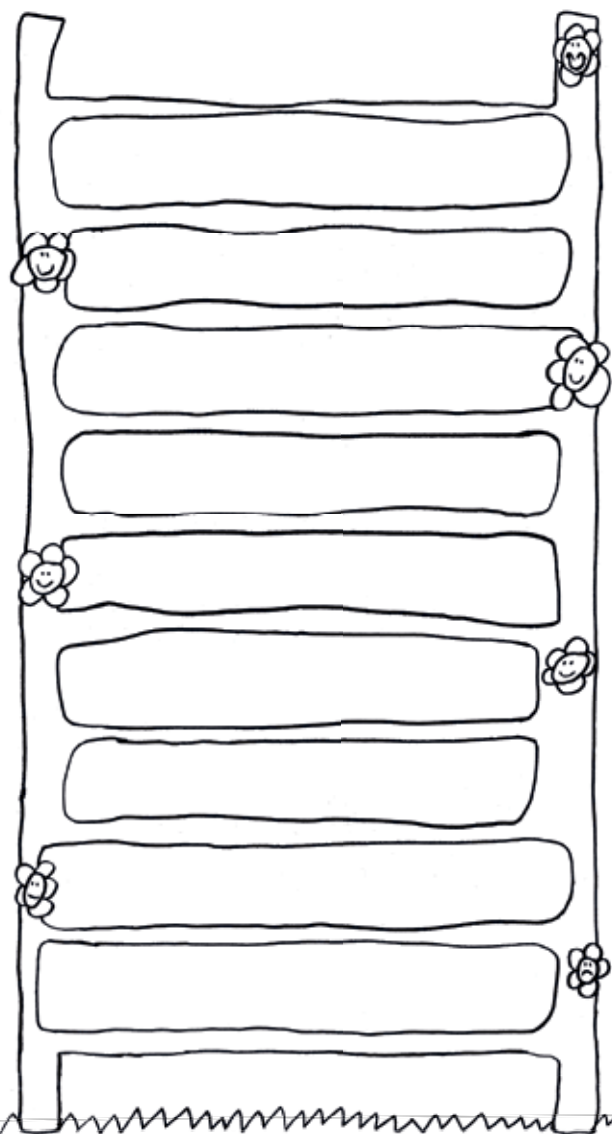
Notes



A series of ten horizontal, wavy black lines spanning the width of the page, designed for writing notes.



Trace your thought ladder here or copy it



Notes



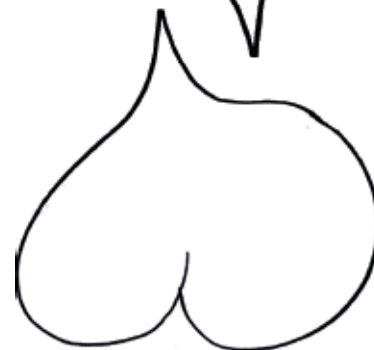
Handwriting practice lines consisting of ten horizontal, wavy black lines.

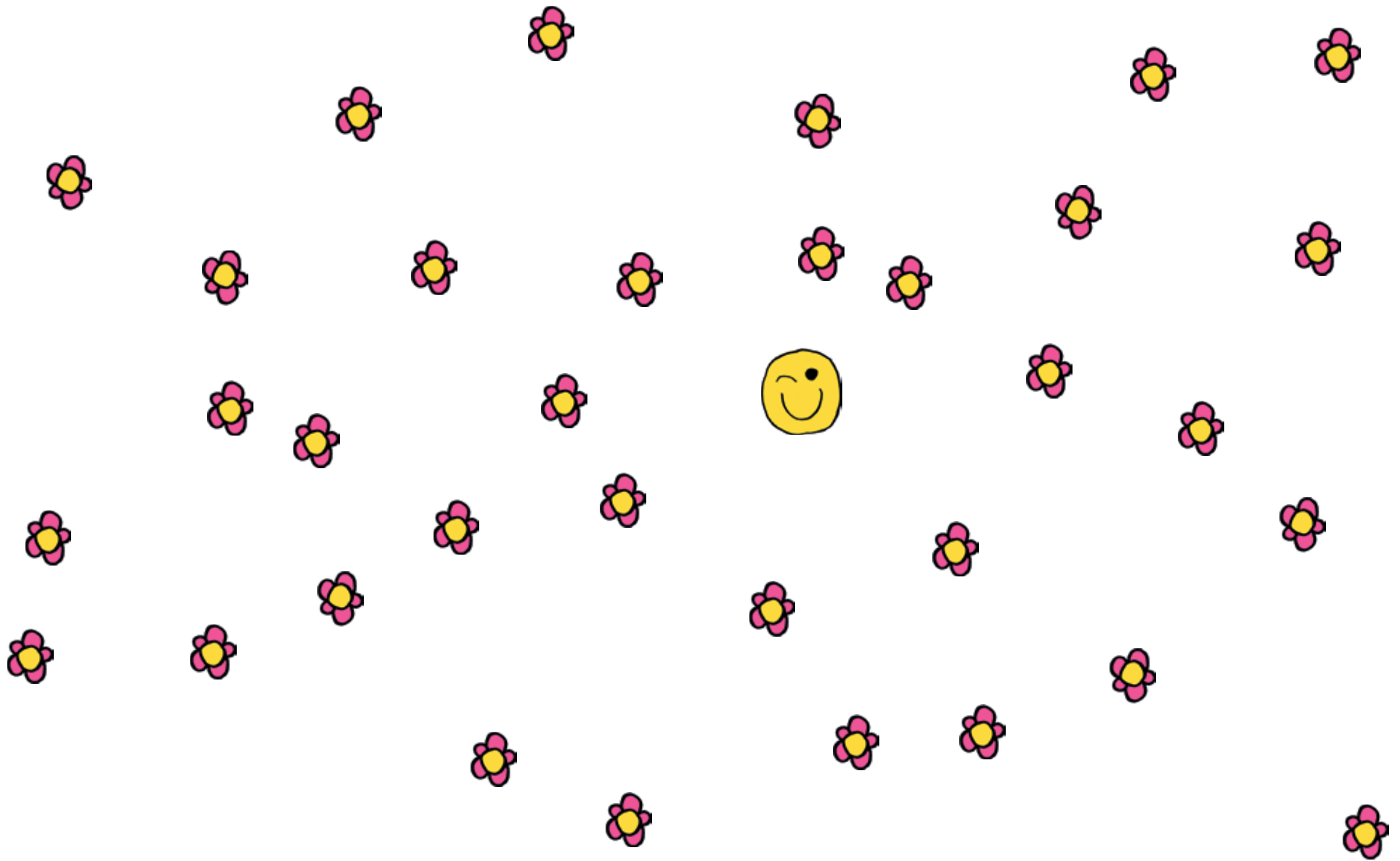


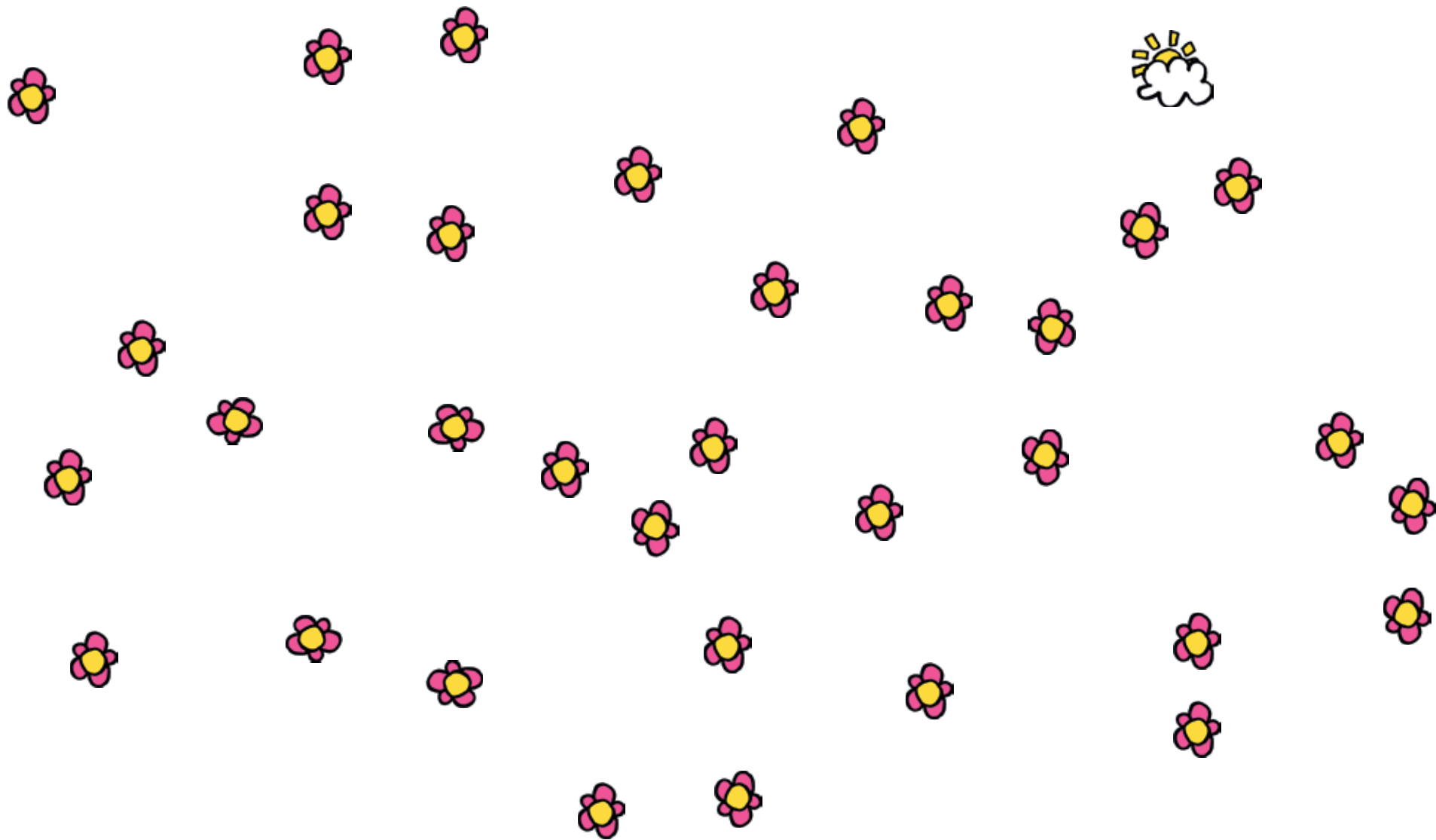
Handwriting practice lines consisting of two horizontal, wavy black lines.

Trace the hearts and cut them out

in order to make heart notes to hide







Do you want to know why some people are scared of a sweet, tiny spider?
How come people get better after taking a fake pill?
And do you want to know why money doesn't make you happy?
You'll find the answers in this book.

Jess explains how you can use your thought power to feel happier and calmer.

Discover that you have thought magnets and how to use them.

How you can think happier thoughts with a thought ladder.
And get to know four people who know a LOT about thoughts:
Eckhart, Esther, Katie and Marshall.

So.... Join Jess on a quest for YOUR thought power!



Ilse van der Vliet drew the heart-warming illustrations, when she was nine years old.



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