



## **Are You Adding to the Gloom and Doom?**

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The mere fact that I've just typed those words – the “G” and “D” words – means that just a little bit of my energy has been diverted into the wave of mass fear and panic that seems to be reaching pandemic proportions in recent weeks. A client told me last week that his work colleagues fear for their company cars! (Aren't there more important things in life?) Whilst another client told me that his unemployed daughter was afraid to telephone a family friend to look for some career advice. She claimed to be afraid of what the family friend might think of her. (As I've been explaining to my clients for thirteen years, you shouldn't worry about what people think of you – they don't! – they're too busy worrying about what you think of them!)

I do my very best to only talk and write about the things that will change your life for the better, my life for the better and, as calculated by quantum mathematicians, change everyone's life for the better. Yes, a number of experts in quantum mathematics (the same math that has been proven correct in its calculation that universal energy is responsive) have calculated that only a relatively small number of us – about 82,000 people, would need to “get their head in gear” for absolutely every single person on this planet to have an infinitely different, better life. But what are we all doing instead? We're talking about, writing about, reading about and wallowing in all the bad news that's whipping people into the current frenzy.

And, of course, when I say “bad news” I'm not simply referring to the mass media – the papers and the TV. Over the last few weeks I've been paying particular attention to people's conversations and discovered that the age old pastime or sport of swapping hard luck stories is not only alive and well but actually experiencing something of a major comeback! In fact, I've witnessed quite a few conversations where there seems to be a competition for whoever tells the most depressing story or has the worst bit of bad news. Unfortunately, what none of the competitors realizes is that even competing in this competition actually actively contributes to the ever worsening collective state of mind.

How? Well even an idiot knows that state of mind is contagious. Just spend half-an-hour with mind-numbingly boring or depressing person – and your mind will be numbed! One of my clients call such people “the energy vampires” – beware, they'll suck you dry! Quantum physics shows us a little more scientifically, that everything, including you and me, is made up of energy – and that energy is responsive to emotion and intention. So, even if we unwittingly get involved in all the

current negative nonsense, we are, nonetheless, pouring our energy into that negative vortex, adding to its strength. In fact, we've all been bitten by that particular bug – we're all contributing our little bit to a growing tide of depression, pessimism – a good friend of mine actually called it “despair” over breakfast last week.

And, there you are, I've done it again. There are a lot more negative words in this article than positive ones. And every negative thought or word simply compounds the real problems that such loose thinking creates. However, my point is that we've got to change the flow of that tide – we've got to get our energy flowing in a completely different direction. We've got to stop all this negative talk. However, as a client asked me recently, “What will we have left to talk about if we stop negative gossip?”

Good question. What I would suggest is that if you've nothing good to say – say nothing. Or talk about something completely different – like the good things in your life. Yes, we all experience happiness, joy and contentment in little everyday things – like coming in from work and chatting with your friends or family, like sharing a nice meal. Unfortunately, we simply never stop to reflect on the good that's around us and, perhaps, most importantly, the good that is within us.

In order to understand, experience and appreciate that “good within”, we need to take one step back from all the negative nonsense. We need to take a step out of the habitual ritual of following the herd's desire to wallow in the negative. The step back that you might consider taking, in itself, will begin to change the flow – in your life and in the lives of those you encounter today.