



*Positively  
Magic*



A M B E R G R I S T A K

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# INTRODUCTION

The importance of an optimistic outlook far exceeds the basic *be a good person* speech that we each receive, randomly, throughout our lives. Optimism has proven to be its own motivation, drive, and healing device. The basics of believing in your own self are far more complex than they may seem at first suggestion. Now, almost sardonically, the basics have become even more confusing thanks to a mainstream surge. A surge where the same points have been renamed, and rephrased, throughout modern media, psychology and cliché associations. Unfortunately, this leaves the ins and outs, of believing in oneself, to be looked over by many.

## BELIEVING

First, lets examine the idea of believing. The idea of *believing* transcends into many areas. Generally, the word *believing* is taken to mean a person's acknowledgment, of the credibility, of a statement or fact. Unfortunately, the idea of believing in oneself is commonly regarded to as simply having *good* self-confidence. This translation successfully manages to sell-short the endless evocation possibilities of the word.

Most commonly, though, the idea of "believing" is widely viewed as pertaining to organized religion. For a long time, many people have said that they *believe* in the power of prayer. In 2006, CBS news reported that 70 % of Americans pray regularly. This poll was a sampling of people from all religions.

## SPIRITUALITY IN SCHOOLS

In recent years, there have been many experiments held by scientific institutions that use testing groups to study the power of prayer. Now, modern medicine is even jumping into the prayer scene. According the American Medical Association, more than 50 U.S. medical schools were identified as offering elective courses in spirituality in 1999. These included 19, of which, were even awarded grants from the National Institute for Health Research.

## PRAYER POLL

In November 2001, the Gallup Poll asked Americans if they use prayer instead of getting medical treatment, use prayer in addition to getting medical treatment, or never use prayer. Sixty-seven percent (67%) report using prayer in a medical context, while 31% say they never use prayer in such a context. Also, 25% of Americans report having personally asked someone else to pray as a means of curing a medical condition in the past 12 months.

To me, it seems that there is a pattern that exists among people who pray. It seems that many tend to overlook the fact that they are the creator of their prayers. Thus, overlooking the possibly of a prayer being its own form of *talking it true*. Even though, when monitored, it is easy to see that the prayers people have true faith in are the prayers that most would count as being answered.

## INSIDER INFO

Many nurses, openly, speak out about the differences in the healing effects of patients who have a support system of friends, family or loved ones vs. those who do not. A nurse once told me about how a hospital that she worked in had conducted it's own experimental research that explored the power of prayer. Patients with similar afflictions agreed to become involved in an off-the-cuff study where half of the patients were prayed for, by various people, and the other half were not. Significant changes were seen in the patients who were prayed for. Many hospitals have done similar trials. There are also many hospitals that now have in-house prayer groups that will hold a prayer for a patient upon his or her request.

This same nurse told me of an interesting story that reminded me of the abilities and occurrences that people experience but neglect to make sense of. She told me that there is a hospital in Florida that had a large number of near death patients who all had a similar experience, while they were staying in the hospital. Different patients would explain to the nurse that during the times when they had complications, that led them to believe they were in their last moments, they would see themselves, at that moment, from the point of view of an onlooker that stood seven to eight feet elevated.

As the number of people sharing these stories continued to grow the hospital wondered how they could prove the validity of their stories. Finally, staff at the hospital decided to paint gold circles on top of one large cabinet in each hospital room. Patients could not see these circles and a very limited number of staff even knew of their existence. The idea was that if patients began mentioning a gold circle, in their descriptions, then idea of a dreaming pattern could be ruled out and an out of body experience could be seen as undeniably logical option.

Then nurse told me, that many patients did begin to include details of the gold circles in their stories, of out of body experiences. The nurse, however, would not tell me

anymore than that. Personally, I wonder if the circles are still there. I also wonder if there are more hospitals doing this now.

## MEDITATION

Another, popular practice that is used by many people on a daily basis, and rooted in the idea of *believing*, is the art of meditation. This practice has been around for thousands of years. Similar to prayer, meditation is about focusing ones mind on a particular point of thought. Thus, thinking through a problem and opening up different levels of awareness about it.

Various religions such as Buddhism, Taoism, Islam, Hinduism and more, regularly incorporate mediation. Mediation is also used in yoga, karate and even at the, ever growing, Kabbalah Center. Though, there are practical differences, an underlying similarity exists. All of these religions, activities and institutions are using a specifically directed thought process to solve problems or simply view a situation better.

## LAW OF ATTRACTION

In 2006, *The Secret* was released, as both a movie and book, which commercialized the age-old law of attraction. Thus, meaning that you will get back what you put out. *The Secret* gained popularity and eventually became a tip of the tongue topic. However, this book and movie were not the full circle, but rather one piece of a production puzzle. They continuously mentioned evoking emotions but did not have an easy to use direction set for evoking these emotions.

## POSITIVELY MAGIC

*Positively Magic* dives into a few various ways to evoke the emotions needed to help you obtain whatever you want. To help you easily process this information, I will be pinpointing a few key interconnections many people experience everyday. The following information was retained through ongoing practice and self-experimentation.

The overall point of *Positively Magic* is to recognize that we have a lot of information coming at us from all angles. Then you will be able to begin to manage it. Most of us, already, agree that there is more information out there than what we know. Now is the time for those who possess the materials to use them and the time to help everyone who does not, catch up. Then we can truly intertwine, grow and become kinetically correct.

A scenic autumn landscape featuring a large tree with vibrant yellow and orange leaves on the left. A black lamp post stands in the foreground. In the background, a body of water is visible under a bright sky. The text "True magic, is, what you make it!" is overlaid in a bold, yellow font.

**True  
magic, is,  
what you  
make it!**

# CREATE YOUR OBJECTIVE

It is easy to see that those we consider to be *good* people can become afflicted by, or even suffer from, negative instances and situations. You, or someone you know, may be one of these people. If you are, then this is the point where you need to step outside yourself and welcome in optimism and the art of *talking it true*. Then you will have the means to prevent these negative situations.

For example, you may be sitting in the middle of a busy day at the office when you suddenly get a headache. It's throbbing and you can't find any medicine. Luckily, you are fine without any medication because you know that you have the ability to use the art of talking it true. The first step is to know what you want. Which, if you have a painful headache, is that you want the pain to stop. The next step is to appreciate and be grateful that you feel amazing. Yes- I know, you're thinking, "Wait! I have a headache, I don't feel amazing." The secret is you do. The headache is an illusion.

I do, very much, understand how, sometimes, it can be hard to, truly, grasp an appreciation of difficult situation. Luckily, there is a trick that I came up with by combining a couple practices that I have learned from various artistic and spiritual outlets. The trick is to involve more people in creating your better version of the situation. One way to do this is through repetition. For this repetition, you will need another person.

First, you need to create a positive, future tense, outcome that you would like to obtain then use it to construct a short sentence. For the example of the headache, you could use a sentence like, "My head feels amazing." This sentence is now your base. This is what you want to be. Now, begin by saying this sentence to the person who is doing the repetition with you. Then have the person repeat the same sentence back to you but they are replacing the would "I" with "Your." So the person will say, "Your head feels amazing." Therefore you have kept the same base and the subject is still focused on you.

Continue repeating this sentence back and forth. For this is what you want. You want your head to feel amazing. This repetition will open your awareness of the situation and create a space for your desired outcome. Your emotions will be strongly evoked by the exercise and you will find yourself saying this one sentence many different ways and in many different tones. Within your first few repetitions you will feel a difference. Continue repeating until you are in your desired outcome. Always remember to begin by explaining to the other person, exactly, what you both will be doing.

You may be wondering, how this could possibly work? Well, I will tell you. It is because of our body's makeup. See, every human is made up of electricity and gives off a seven-foot shield of electric energy. To picture this, just, imagine a glowing light bubble around you. This bubble of electrical output is unseen to most. However, you can easily train your eyes to see this energy output. Comparatively, it is like the picture games where you look through the dots to see the hidden picture. It can be done but you either have to know how to do it or practice until you learn. If you would like to try this here's how. The trick is **not** to view, what you are looking at, with your normal vision stream. Instead, view the object in front of you, with your peripheral vision.

This electric energy is widely regarded, implied and spoken of in array of subjects that include everything from science, philosophy, poetry, quantum physics and even religion. The next time you drive by church that is equipped with picturesque stained glass windows, take an extra moment to reflect on the images. Most, churches display images of Jesus, Mary or one of many saints in their stained glass. These images usually show a gold glow surrounding the head of the person, out in the open, for your eyes to catch or miss. This glow is the energy. In some religions and practices this energy is commonly referred to as an aura. Scientifically, this energy is your electric output.

Another type of a situation that you can manipulate the outcome of, by talking it true, is one of relationship problems. Begin by identifying your problem. If your significant other is commonly in a bad mood, has an impulsive temper or you always feel

like you don't know what is coming next this one is for you. Create a short sentence that is positively stated with a future tense outcome. Be sure to use a sentence that clearly details and embraces the problem.

I actually did this the other day, without even realizing it. I met a guy and instantaneously went into this response upon meeting him. He quickly asked for my phone number and email address, which was odd because who really asks for an email address? We talked, that night, shortly after meeting each other. A half hour into our countless text messages we talked about how much we both believed in love at first sight and how we were so much alike. Then in one sentence he asked me out on 4 dates. I now have a new boyfriend and I will let you know how it goes. Since, keeping a long-term relationship, through positivism, is fundamentally a maintenance project.

Do you not care about relationships? Are you far too busy pushing your career goals? That's fine. This also works for computer problems. I believe this is because a computer puts out energy just as a human does. When we are at a computer our energies are intertwined. That means we are directly feeding our energy output to the computer and vice versa. I came across this myself one day after months of becoming the person who no electronic device would work for. As well as, the person whom the lights always seemed to falter for and the person who would accidentally create crackling silver sparks to soar from electric sockets every time I plugged something in. I was an electronic mess.

Let me paint a better picture of the electronic dilemma that I experienced, for you. In less than a year, my computer crashed multiple times, all my debit and credit cards, frequently, became demagnetized. One time, I was traveling when this happened. I, immediately, called my bank and they told me that that my debit card had never been turned on in the system. I responded to this by telling them that I had activated my card and had been using it, regularly, for the last six to eight months.

I eventually started joking about how computers and electronic items didn't like me. Then it got worse. Watches, I wore, refused to work, I had to replace my cell phone four times in two months, due to it freezing. Then all my bank account information became at risk for identity theft when it was hacked out of a computer system, in a major store's corporate office. Then my computer crashed again, of course, and I lost a lot of information. I had to replace all my credit cards. I bought an external hard-drive that was ruined from suffering a power surge less than a week after I bought it (the power lines were hit by lightning). I began to think I was cursed. Unfortunately, there are many more examples but it would fill up the rest of this short. So I am leaving them out.

Luckily, I decided that I would try something new. On a randomly odd whim, I decided to talk to my computer and every electronic device I had. Literally, when something would go wrong or even if my computer would slow down, I would automatically go into gratitude mode. I would thank the device for working properly. I would act as though I was completely happy and thrilled that it worked so well (evoking real emotions). The funny thing was that it worked. It is now, almost two years later and my computer has been amazing ever since!

Now, that some time has passed, since I began this, I have actually taught a lot of my friends to use positive sentence structure with their computer. They love it and even use it on their other electronic items. It still makes me smile when they begin speaking to their computers and random electric chargers in a kind tone. It makes me happy that something that works for me can work for someone else. It also makes me grateful that the universe gave me the strength to face my fear of disapproval so that I could share the insight of what I discovered.

To use this computer fix trick you will need to reconstruct the energy you are putting out. You will need to positively charge your shield that surrounds you. You can do this quickly by evoking your emotions. We have already mentioned doing this through the use of repetition. However, sometimes it is hard to jump into creating positive

emotions cold turkey. So, feel free to add another sector to your endeavor that is based upon association. If you choose to do this step it will fall prior to your repetition.

Keep in mind, that when you evoke your emotions, through association, you are simply using a trigger to remind yourself of a time when you were happy, joyful or grateful. One way you can do this is through smell. Everyone has a smell that makes him or her very happy because it reminds them of something. For me it is the smell of icing. I love it! This smell reminds me of bakeries and birthday parties. The whole scene just seems so fun. However, I can't go and open a new tub of icing every time I need to evoke this emotion. So, I use a backup. You may have to do this as well. Convenience is important. You need something easy to access.

My back up is a strongly scented candle. I usually get one to smell like green apples or homemade apple pie. Also, you can try to find an appealing incense, perfume or body splash. The best pick will do more than just smell good. It will remind you of something in your past that you enjoyed. Once you have yourself in this positive mode proceed by graciously acknowledging your gratitude for your electronic device that works perfectly well. Please note that if your device is frozen you may have to restart it.

Another talk it true technique that is already popular in the entertainment industry, is the ability to fight off the earlier symptoms of a cold, with words. I, like many people, had always denied sickness until it seemed unavoidable. However, denying is not the same maneuver as fighting it through talking your health true. When you deny there is no real belief in the words you are using. There is hope but hope implies doubt. Doubt creates the opportunity for the cold to worsen. Even, basic biology talks about how a cough is triggered by a neuron in the brain and does not necessarily represent sickness. Unfortunately, many people associate a cough as an early cold symptom. Most people build their own sickness through fear stemmed through association.

To stop a cough from throwing you into a cold the first step is to create a sentence, based in the future tense, with the positive outcome that you desire. A good sentence would be something like, “Thank goodness I am so healthy.” Let this thought sink into and rest inside your mind. Then begin to grow an appreciation for the concept of good health. Be grateful for your health. Think of all the things you can do when you are in good health. Try to think of things that pertain to the afflicted part of the body. For this example, the area is your throat so thinking of singing or speaking clearly in front of a crowd or even just to friends.

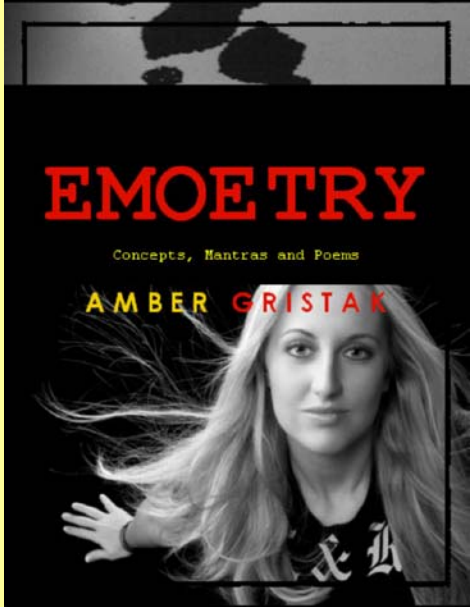
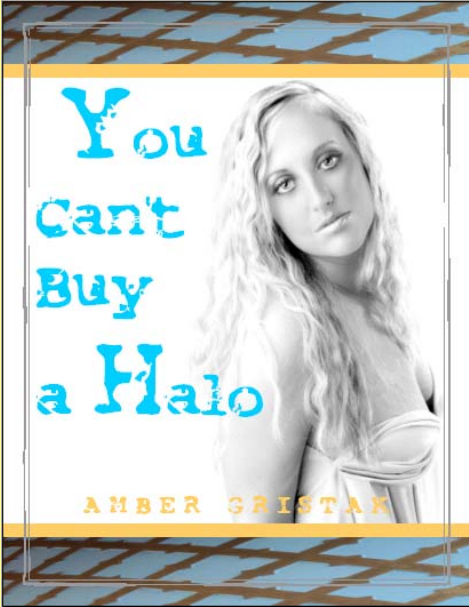
Celebrity vocal coach, Craig Derry, who has worked with such big names as Mary J. Blidge, The Backstreet Boys, Marc Anthony, Sean Kingston, Etta James and many more has been using his own similar talk it true method for many years. If he releases a cough and someone asks if he has a cold, or is getting sick, he answers by saying, “No. I am fighting a sickness.” Derry teaches singers to do the same and to sing through their sickness while emphasizing the importance of proper breathing and good posture to maintain the diaphragm.

There is much more that can be accomplished through simple talk it true exercises. You may already be doing some of these on your own. However, remember, you can always learn more. Mind over matter has always been around and will always be. It is a core part of our universal operating system. Neurologically, the brain can be thought of in many ways. However, at this time, scientists still don’t know all the details in regards to its functions and abilities. Stop waiting for others. Make it your quest to expand your grasp, on your own.

We all have a common yet unique trigger. You may end up creating your own formula, or sentence structure niche, based off this one. Remember to then not only use it but stick to it. Then once all is well and good, in your situation, remember that your journey is not over. The next level is beginning. The level that lets you enjoy what you have created.



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