

Sandra Owen Creative

By Sandra Owen

The 7 Secrets to Emotional Freedom

Secret #7 Magic

Secret number 7 to Emotional Freedom is **Magic**.

Life seems to magically change and transform when you practice **Forgiveness** for those who have hurt you as well as yourself. **Respect** yourself and others for our unique and individual opinions and Soul journey. Feeling the **Excitement** of doing what you love. Feeling the **Empowerment** of Self belief and knowing you always have a choice. Practicing **Discernment** and following your your heart over your ego. And becoming an **Observer** of yourself and your life so you can course correct where necessary.

The last secret is **Magic**. As you begin implementing all the other secrets things will begin to change. The seven **Magical M's** are life's treasures that will also help. Let's explore them in this final topic.



The **Magical M's** are not meant to be in any particular order, so start wherever feels right for you.

I will share my thoughts and at the end you will have the worksheets as usual to explore your own beliefs and ideas.

The creative project for this topic is to create your own decorative treasure box to keep ideas and trinkets that inspire and uplift you. Look at your treasures regularly to focus on your dreams and desires.

Think of your treasure box as an alternative to a Dream Board.

Making

Humans and animals learn best through play

Making things frees your mind to explore your own creativity and relax. Whether you love making things with paper, clay, wool, wood, metal, or you enjoy cooking, gardening or sewing, it is so important to make time in your schedule to have fun and play just for you. Creativity exercises the 'right' hemisphere of our brain, strengthening the corpus callosum and releasing feel good hormones like dopamine and oxytocin.

Throughout the Seven Secrets to Emotional Freedom I have shared creative projects and exercises to give you a variety of ideas and techniques to get those creative juices flowing again. It is now up to you to keep exploring what creative activities you enjoy.

You can continue on your own, or join a local art group, cookery class or sewing group. Maybe pottery is your thing? What about a gardening club? Do some research online or watch craft videos on Youtube. Pinterest is also a great place to find inspiration. There is so much out there.

Have you always wanted to write a book? Maybe you dreamed about having your own art studio but somehow life got in the way and now it feels like a distant memory. It is never too late to start, restart or explore new passions. Whether you are 5 or 105, creativity helps us let go of our worries and daily challenges and just be in the moment.

Creative art develops problem solving skills, boosts our mental, emotional and physical wellbeing, and allows us to express ourselves in ways that are personal and meaningful to us.

Try talking to friends who already do some of the creative things you fancy trying to see what they'd recommend.



When I was young I loved making things and drawing. We didn't have money for lots of craft materials so I would improvise and use toilet rolls, bottle tops, buttons, cotton wool, cardboard, string and anything I could find that was not needed. I am sure these things are what helped develop a strong connection between my left and right brain hemispheres.

Crafting really is my 'happy place' and a way to reconnect with my creative spirit. I wasn't aware as a child how much it would help in later life. I've always been resourceful and am sure doing creative art played an important role in this. I see patterns, solutions and ways through most challenges. I was told once that my logic (left) and creative (right) brain hemispheres were virtually equal in strength and I have the ability to flip between logic and creative thinking in a second. Apparently not everyone can do that! Who knew?

Spend some time thinking or journaling about what you love doing for fun and make sure you do it. The creative project for this topic is to make a decorative treasure box to collect ideas that inspire you. Look through your box whenever you are having a 'down day' and feel the joy in your treasures. You are amazing, you have so much to give and share with the world. Only you know what lights you up and makes your heart sing!





I like to Move it Move!

Movement is essential to our health and wellbeing. You don't need to become a gym bunny or body builder! Any form of movement is good for our bodies as well as our mental, emotional and spiritual health.

A gentle walk outside is more helpful and calming than you think. If you can get out into the countryside or by the beach even better!

Are you doing anything to keep your body flexible, and supple? Your digestive system, lymphatic system and muscles working? There are so many ways to start moving if this is something that has been lacking in your life recently. I have to be honest this is one of my top things to focus on.

I used to do two back-to-back classes at the gym every week and always felt better for it even though it was sometimes a struggle to make myself go. But life and lack of finances eventually got in the way and I gradually stopped going. At first I didn't really notice any difference, but over the last few years I've definitely felt the consequences of a more sedentary life.

If this resonates with you, then I would encourage you to start by taking a short 20 minute walk at lunchtime or first thing in the morning to get you back on track. If you feel the weather is too bad to go for a walk (*which can often happen during the winter time*), then put on an upbeat record and have a little dance in your living room. Finding an exercise buddy is also great.

As with **Making**, there are lots of groups and classes you can join to help yourself. I understand it can be a bit daunting to go to a group on your own, but remember most of the other people there go on their own too. I used to run creative emotional wellbeing workshops and I can 100% guarantee you that everyone who attended came on their own to have fun, relax and make new friends as well as enjoy the activity.

Some were widowed, some were carers, some worked in jobs where they were the ones providing the activities for elderly groups or children and needed an outlet for themselves to relax and enjoy doing what they loved. Too often we build up a false belief that everyone else will know each other and we will have no one to talk to. This is very rarely, if ever, the case.

And, **IF**, you went to any group that made you feel that way, then it is not the right group for you. So just leave! It's that simple.

Some ideas for you to consider to get you moving or increase the amount of movement you do:

Walking in nature; Running; Cycling; Swimming; Power Walking; Rebounding; Tennis; Squash; Badminton; Football; Rugby; Hockey; Netball; Dancing in your living room; Ballroom Dancing; Line Dancing; Aerobics; Body Pump; Body Combat; Tai Chi; Rowing; Horse Riding; Trampolining; Pilates; Yoga;

I hope I've given you food for thought and you'll find somewhere you can have fun and feel fitter.



Music

If Music be the food of love, play on

Music is such a huge part of our lives. From advertisement jingles, films and TV programs, background music in shops, videos, radio, YouTube, Instagram and other Social Media reels, plus our own listening to radio, Spotify, Youtube, CDs, Vinyl records or cassettes (*if you remember what they are? ha ha*)

Music plays a profound part in helping us relax, connect with our emotions and express our feelings. The rise in popular reality television programs that seek to find the next best vocalist, musician or other creative talent are testament to how many people enjoy music and are willing to follow their dreams. And millions watch vicariously from their sofa!

For those who play, or want to learn to play, a musical instrument there are social groups like concert bands, orchestras, brass bands and ensemble groups if you want to play music with others.

So why are music and the performing arts the first things to get reduced or cut when school budgets are tight? It is widely accepted amongst teachers and musicians that children who learn a musical instrument improve in other subjects across the board because music reaches a part of our brain that other subjects simply cannot.

Listening to music without words allows your mind and imagination to wander freely without being influenced by the lyrics of someone else. However, there are also some brilliant songs with really uplifting lyrics too.

Pay careful attention to lyrics. Just because a song has a catchy beat doesn't always mean the words are positive. This is part of the **Observation** element of the seven secrets. Become more aware of what you are allowing into your subconscious mind.

Instead of watching television why not listen to some beautiful music instead? This also links to the **Magical M's** 'Movement' and 'Mindfulness' because great **Music** can inspire you to dance or exercise any way that suits you, or you can sit quietly and reflect. Below is a list of some of my favourite pieces of music if you are struggling with where to start. Create your own Playlist on Youtube or Spotify.

Without lyrics

Shostakovich - Jazz Suite No. 2
Khachaturian - Masquerade Waltz
Dvorak - Symphony No. 9 3rd Movement
Karl Jenkins - Palladio: 1 Allegretto

With lyrics

Damian McGinty - A Place in the Choir
The Greatest Showman - This is Me
Glen Yarborough - The Greatest Adventure
John Hiatt - Through Your Hands
Rachel Platten - Girls



Mindfulness

Mind Fullness or Mindfulness?

Is your mind full of stuff that keeps you from enjoying the moment?

I don't know about you but I sometimes struggle to switch off intrusive thoughts as soon as I sit or lay down to relax. It is generally accepted that Meditation is good for us, but sitting still and focusing on your breathing isn't the only way to enjoy being in a meditative state.

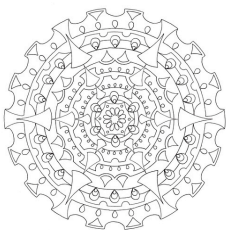
This is where some of the other **Magical M's** can help. Listening to relaxing **Music**, **Making** something and **Movement** can help clear your head and refocus your mind.

When I am **Making** something I can get lost in my own 'happy place' for ages with no difficulty at all. In fact, the real difficulty is stopping. 😊

My feeling on **Mindfulness** is.....do what works for you! If sitting still and counting your breaths in and out works then that's fantastic. If it doesn't then do what gives you that feeling of 'no time and no space?'



I am sure you have become aware that many of my monthly topics have included a selection of my hand-drawn mandalas and there is a very good reason for this. There was a study carried out on the effectiveness of colouring mandalas on anxiety levels at the University of Illinois by Nancy A. Curry and Tim Kasser PhD. Basically they took a group of 84 students and randomly assigned each to colour either a mandala, plaid form or a blank piece of paper for 20 minutes. The results indicated the groups given a mandala or plaid form showed reduced levels of anxiety compared to the group given a blank piece of paper. They deduced the reason for this was the mandala and plaid form were complicated enough to engage the attention, but not so complicated that they were frustrating to colour. Whereas the group given a blank piece of paper had to think of something to draw. The structured colouring helped organise the chaos of anxiety they had been experiencing.



I started designing my own mandalas before the upsurge in adult colouring in recent years. Now you can find hundreds of different adult colouring books in shops and online with varying degrees to complexity and styles to suit everyone. If you haven't yet, I highly recommend you give it a try.

Mindfulness is also about being Mindful of what you feed your Mind! You can't watch, listen or play fear filled, negative biased news, TV programs, films, computer games or social media reels etc 90% of the time and expect to feel relaxed and happy the rest of the time. Pay attention to what your Mind is full of!

There are also some beautiful guided meditations on Youtube if you are interested. Do a little research and save the ones you love.

It is important to switch off from your daily routines, worries, work and family life for a little while to recharge your batteries, reconnect with yourself and reignite your joy and passions. It is too easy to put ourselves last when we are busy taking care of others. But as the saying goes, 'you can't give from an empty cup.' In other words, put your own oxygen mask on first otherwise you just become part of the problem for someone else and end up helping no one.

Meals

You are what you eat!

What you feed your body is just as important as what you feed your Mind. Enjoying a little of what you fancy occasionally is great, but sugar and processed foods should not be your regular **Meals!**

Sugar can give you a short term energy boost but it contains no nutritional value and excess sugar can lead to all sorts of health conditions.

I am not a nutrition or health expert, I can only give you my perspective as an ordinary person who has a sweet tooth! I could easily eat two desserts and no main course and enjoy it. But I know it would not be good for my body.

One thing I can say with absolute certainty is we don't really appreciate our body until something goes wrong. If you wouldn't feed what you eat to a young child or a pet, then consider if it is really good for you too?

Most of us have been brought up to believe in medication, and sometimes we need a little help. But it is important to ensure any medication is not just masking underlying issues. Many disease is rooted in stress and emotional trauma and seeking an holistic approach to health can help. We are not just physical being. We are also emotional, mental and spiritual.

There are many alternative therapies such as Reiki, Massage, Acupuncture, Chinese medicine, Chiropractic, Fascia Release, Sound baths, etc.



See what works for you. Look into the metaphysical reasons behind any disease, illness, pain or discomfort. Your body is always communicating with you.

When I was younger I could eat anything I wanted and never put on weight. I assumed I was just blessed with a high metabolism. But after menopause and some personal emotional issues I suddenly found myself with health and weight challenges that I had not anticipated. I was NOT a happy bunny!

In fact I was very sad and I began to give up on myself. I felt devoid of any **Motivation**, I gave up on **Making** things, I didn't care about my **Meals**, I was not **Moving** enough, and I was unable to play my **Musical** instruments due to my health. I felt the **Magic** had gone out of my life and I didn't know how to get it back.

I did a LOT of inner emotional healing work and gradually began to pay more attention to what I was eating. Would you pour treacle all over a rosebush and expect it to grow? Would you hide a beautiful plant in a dark cupboard? Would you pull all the petals off a flower and blame the flower for not blooming?

Your body is beautiful and deserves healthy nutrients, minerals, vitamins, water and sunshine. Maybe it's grown and birthed children, helped you climb mountains or hike across the world. Thank your body for being so amazing and start to take care of it daily, one meal at a time! No need to long term goals, target weights and ridiculous diets. Just eat healthily every day and move more. 1% improvement each day will equate to a 360 deg turn around within 12 months.

Motivation

It's an inside job!

Motivation comes from within you. Others can encourage and support you in anything, but the **Motivation** to actually do what is necessary can only come from you. If your **Motivation** isn't strong enough you won't do it. It's really that simple.

I may desire to be fitter, slimmer, healthier, more creative, more mindful, etc, but in order to achieve my goals it is highly likely that I will need to change something that is no longer serving me. If I don't change something nothing will change. As within, so without. Only you can take the action necessary.

Sometimes that **Motivation** leads to very small steps. But as we begin to see even small results our **Motivation** to continue will grow until habits are formed and the actions feel easier.

I have been reading 'The Signs' by Dr Tara Swart who talks about micro habits and how it can be easier to make 1% progress in 10 things than 10% progress in 1 thing. Another book called 'The Slight Edge' by Jeff Olson also discusses at length the importance of making small incremental changes on a daily basis verses trying to make big changes all at once.

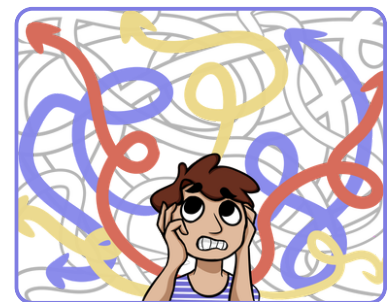
As far as finding your own **Motivation** to achieve anything is concerned, you **have** to find a strong enough reason, or as many say 'Find your Why!'

Why do you want to be fitter, slimmer, healthier? A simple 'Because I do' isn't sufficient. What do you want to be able to do that you are unable to do now? Be specific.

Do you want to wear your favourite outfit to a wedding or holiday?

Do you want to reduce your medication and feel more energised? Why? What do you want to channel your increased energy into? A holiday? A new business? Run a marathon?

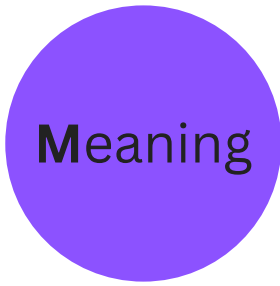
Your reason has to be clear and powerful enough to get you off the sofa, out of bed and out of excuses! Your 'Why' is the foundation stone for your **Motivation** and has to be able to override your ego mind when it tries to confuse and persuade you you can't do it. All masters or experts in their field have a deeply held belief and conviction that keeps them going no matter what.



We all stumble and fall occasionally, that's life. Get over it and Get on with it!

Do you have the **Motivation** in your heart to pick yourself up, dust yourself off and keep going when no one is there to support you?

Motivation comes from a deep sense of Self Belief, Self Worth and knowing you are good enough, talented enough and love what you are doing enough to overcome challenges. Keep your eyes on the prize while remembering to enjoy the journey. Because when you achieve your goal, your mind will soon find another one. It's called being human!



Meaning vs Meaning, that is the question?

What is the **Meaning** of life? Ahhh that old chestnut!!

A question that scholars and philosophers have debated for centuries. I have come to understand the **Meaning** of life is whatever you believe it to be and the purpose you give it in your own life.

If you have no purpose, no goal, no dream, no desires, then life can feel meaningless. A meaningless life feels overwhelming, miserable and can lead to depression or worse.

I know I've had times in my life when I've felt like I've just been going through the motions. You get up, eat, work, sleep, repeat with not sense of joy or satisfaction. Grief can often be the cause of this and I would strongly recommend you seek help and support if this is something you are experiencing, because there is a way through it.

Sometimes we can clear old stuck energies quickly through various modalities, while other times it is necessary to dig deep and unravel painful or emotional knots.

Meaning is closely linked to **Motivation** because it's not easy to motivate yourself if your action has no greater purpose or meaning for you. As with **Motivation**, **Meaning** has to come from within you, your heart's desire, what you feel is your passion and purpose.

Your passion and purpose will flow naturally from your **heart** when you do the things that fill you with joy. **Meaning** supports your **Motivation**. When you find the thing that gives you joy and you would do it regardless of time and money, find a way to share it with the world. It is important to find a purpose greater than your own needs.



There may be a million other artists, bakers, writers, gardeners etc, but no one else has your personality, your life experience and your unique way of expressing your gifts. Use your gifts to serve the greater good by giving them away to serve others.

Lastly, when we were children and another child wouldn't share things with us we may have described them as being mean. Young children have to learn to share and the importance of being kind to others.

If you have a skill, a God given talent, something that feels so natural to you, you may feel it is not worth sharing because it's too easy, and therefore not valuable! We have been taught to associate value with hard work, struggle and blood, sweat and tears.

But what if you are inadvertently hurting others who need your skills because you are not valuing yourself or your gifts!? If someone else withheld something from you that could really help you, would you think that was 'mean'?

Ask yourself 'Am I being mean?' ooooh that's tough!



The Treasures Within

I hope you have enjoyed exploring the seven **Magical M's** and they've given you food for thought, some aha's and a curiosity to get creative.

As mentioned, if you are wanting to make some changes in your life, just start where ever it feels right for you. Take one small step in the direction you want to go and congratulate yourself for it. Then take another step tomorrow.

Think of someone at the bottom of the mountain looking up to someone at the top and calling out 'Hey how did you get there?' The answer is, '**One step at a time.**'

It doesn't have to be any more complicated than that. No need for 5 or 10 year goals, 50 page business plans or needing to know every detail of every step before you start. Just take a step in the direction you want to go and you'll figure it out as you go.



Everything you need is within you. How do I know? Because you are here! You survived, you coped, you excelled, you took one step at a time, one breath at a time, one meal at a time and for whatever reason found yourself here. I hope by sharing my gifts they will help you move forward and share yours. That's all any of us can do.

We cry, we question, we wonder, we try again, we change course, we all deal with what is right in front of us as and when we need to. No one has all the answers.

Everything you have achieved and will achieve in your life is because you had the courage to keep going, you had help along the way and you found inner strength, courage and bravery. The treasures you need are all within yourself.

Sometimes the Magic happens quietly, sometimes suddenly. One day you will simply realise you are the person you have been searching for. You are amazing!



Thank you for taking the time to explore this series of topics and I hope and trust you have gained something valuable for yourself from the work you have done.

I believe we are at a **Monumental** time in human history and it's up to each and every one of us to do our own inner work, release everything and anything this is keeping us stuck in old thought, behaviour and belief patterns and trust in our own heart.

No one knows what is best for you except your heart and your Higher Self. As we each do our own healing, together we will heal the world.

With Love, Sandra x

The Seven Secrets to Emotional Freedom Summary

Forgiveness

Respect

Excitement

Empowerment

Discernment

Observation

Magic

Making

Music

Meals

Meaning

Movement

Mindfulness

Motivation

The following journaling questions are written in 'first person' to help tap into your subconscious mind and help you explore your own beliefs. There may be a few repeat questions from earlier in the series to refocus your mind. There are no right or wrong answers. The only answer is what you find within yourself. If you observe things are not quite as you would have liked or hoped then you have unearthed valuable treasure and you can change your beliefs, discard what no longer serves you, seek help where you need to and keep moving forward.



Magic

WHAT THINGS HAVE I MADE THAT GAVE ME THE GREATEST JOY?

WHAT CREATIVE THINGS HAVE I ALWAYS WANTED TO DO BUT NEVER QUITE GOT ROUND TO?

HOW DO I FEEL WHEN I AM DOING SOMETHING CREATIVE?



Magic

DO I PREFER DOING CREATIVE ACTIVITIES ALONE OR IN A GROUP? EXPLAIN WHY

WHO DO I KNOW THAT IS REALLY CREATIVE?

WHAT IS IT I ADMIRE MOST ABOUT OTHER CREATIVE PEOPLE?



Magic

WHAT DO I DO REGULARLY TO KEEP MY BODY FLEXIBLE AND TONED? (BE HONEST WITH YOURSELF)

WHAT FORMS OF EXERCISE OR MOVEMENT WOULD I FEEL MOST COMFORTABLE DOING?

WHAT CAN I DO TODAY TO INCREASE THE TIME I INVEST IN PHYSICAL MOVEMENT BY 15 MINUTES?



Magic

WHAT MUSIC MAKES ME WANT TO DANCE?

WHAT MUSIC HELPS ME RELAX AND UNWIND?

WHAT CAN I DO TODAY TO CREATE, OR ADD TO, MY LIST OF FAVOURITE MUSIC?



Magic

WHAT DO I DO REGULARLY TO HELP ME RELAX AND REFOCUS MY MIND?

WHAT OTHER THINGS COULD I DO TO RELAX MY MIND?

HOW MUCH TIME DO I SPEND WATCHING TV DAILY?

DO I FEEL BETTER AFTER WATCHING TV?

HOW MUCH TIME DO I SPEND SCROLLING THROUGH SOCIAL MEDIA DAILY?

DO I FEEL BETTER AFTER SCROLLING THROUGH SOCIAL MEDIA?



Magic

WHAT BETTER THINGS COULD I DO WITH MY TIME IF I STOPPED WATCHING TV AND SCROLLING ON MY PHONE?

WHAT CAN I DO TODAY TO MOVE ME TOWARDS IMPROVING MY RELAXATION TIME?

DO I NEED ANYONE TO HELP ME MAKE THE CHANGES I WANT TO MAKE? IF YES, WHO CAN I ASK?



Magic

WHAT DO I USUALLY EAT FOR BREAKFAST?

WHAT DO I USUALLY EAT FOR LUNCH?

WHAT TYPE OF FOODS DO I USUALLY EAT FOR DINNER?

WHAT, IF ANY, REGULAR MEDICATION DO I TAKE AND FOR WHAT REASON?



Magic

WHAT ARE THE METAPHYSICAL REASONS FOR ANY HEALTH ISSUE, PAIN, OR ILLNESS I AM EXPERIENCING?

HOW DO I FEEL ABOUT TRYING ALTERNATIVE THERAPIES TO HELP WITH MY HEALTH?

WHAT ALTERNATIVE THERAPIES HAVE I TRIED AND DID THEY HELP?



Magic

WHAT SORT OF THOUGHTS RUN THROUGH MY MIND WHEN I DON'T WANT TO DO SOMETHING?

WHEN I AM FEELING UNMOTIVATED TO DO SOMETHINGS, WHAT DO I DO?

WHAT THINGS MOTIVATE ME TO TAKE ACTION ON SOMETHING?



Magic

WHAT IS IT ABOUT THE THINGS LISTED IN THE PREVIOUS QUESTION THAT I LOVE?

WHAT ARE MY CURRENT GOALS OR DESIRES? IF I DON'T KNOW WHAT WOULD HELP ME FIND OUT?

WHY DO I WANT TO ACHIEVE THESE GOALS?



Magic

WHAT, IF ANYTHING, HAVE I DONE TO ENSURE I ACHIEVE MY GOALS?

WHO IS/ARE THE PEOPLE I RELY ON MOST WHEN I WANT TO ACHIEVE SOMETHING?

WHAT DO I DO IF I FEEL I AM FAILING?



Magic

WHAT DO I THINK THE MEANING OF LIFE IS?

WHAT, IF ANYTHING, DO I FEEL IS MY PURPOSE IN LIFE? (IT'S OK IF YOU DON'T KNOW)

IS THERE ANYONE I FEEL IS MEAN TO ME OR OTHERS?



Magic

WHO DO I AVOID AND WHY?

WHO DO I LOOK FORWARD TO SEEING AND WHY?

WHAT ARE MY GOD GIVEN TALENTS AND SKILLS?



Magic

HOW AM I USING MY NATURAL TALENTS AND SKILLS IN MY DAILY LIFE?

WHAT MORE CAN I DO TO SHARE MY TALENTS THAT I AM NOT CURRENTLY DOING?

IF MONEY AND TIME WERE NO OBJECT, WHAT WOULD I LOVE TO DO FOR THE REST OF MY LIFE?



Magic

WHAT BELIEFS AM I HOLDING ONTO THAT ARE STOPPING ME FROM BEING THE BEST VERSION OF MYSELF?

WHAT AM I PRETENDING NOT TO KNOW?

IF I KNEW I COULDN'T FAIL WHAT WOULD I LOVE TO DO?



Hi There,

Use your creative time to relax and let your mind wander and ideas flow. You can follow these topics on your own or with family and friends. If the reflective journaling questions have brought up anything you would like help with, please email me at sandra@sandraowen.com

The topics and creative projects are designed to challenge preconceived ideas by turning something that appears to have little value into something that is meaningful and beautiful. Having fun while you learn and explore your subconscious thoughts and behaviours is a brilliant way to approach what for many can be difficult topics.

All ebooks and creative teaching materials are for personal use only. If you wish to use any of these resources for teaching in schools or your own workshops please email me to discuss. Thank you.

Recommended Reading:

The Alchemist by Paulo Coelho

The Power of Imagination by Neville Goddard

Creative Schools by Sir Ken Robinson

With Best Wishes,

Sandra xxx