

FAITH FINDERS

by

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Sometimes people deserve to find faith.
The Dark Knight

Have you achieved some of your dreams and goals and expect to achieve more, or have you give up the unequal struggle, and settled for whatever you can get? Do you think that life is wonderful and full of happiness, or find it too much of an effort and can't be bothered anymore? Answers these questions truthfully and if the answer is the latter, then you need "Faith Finders" to believe in yourself again.

Do you deserve to seek changes in your life? I doubted that it was possible. How could "a leopard change it's spots?" Surely real and lasting change is impossible.

Well I'm living proof that it isn't. You can change your life. I have. It takes effort and dedication to do it and sometimes you catch yourself backsliding. How do you do it? The missing key is faith. Believe you can and all is possible.

My life had become purposeless. Going to a dead-end job everyday, which brought in little reward monetarily or spiritually, life went on in its trivial way. My father had died and a five-year long court battle ensued, with the ugly stepmother. After this was resolved I had to look long and hard at my life. Why was I here? To go to work everyday endlessly? To socialize with family and friends endlessly? According to most lives this seemed to be the purpose. To work, have children and exist until an old age when life suddenly finished. I realized that my mother had died at 48, so you were lucky to have an old age. I thought, "Face reality now or you might never even get to face it".

But what could I do? Religion preached of an angry God who if appeased would allow you into heaven. Was this right? Were there only the two alternatives: live life always looking over your shoulder in case you stuffed up, or live life aimlessly with no belief in anything, except maybe science helping you to lead a better life in the future.

There had to be another way that lead to happiness and fulfillment. There had to be a way of peace and light, that people could lead, and end up in a balanced and centered life. Surely if there was a higher power he wouldn't want a life full of sacrifice and asking for forgiveness. After all what were we perpetually asking to be forgiven for anyway? Being ourselves? Most people were constantly striving for a better life for themselves and their children, so why ask to be forgiven for this?

My only way forward to find the answers to these questions, was with faith. I had to believe the still, small voice within me, telling me that answers were possible. To then believe the answers when given, and use faith in myself to apply these answers and incorporate them into my life. Everyone when asked what do they need most in finding the answers to life, must surely reply, "More faith".

I was looking for guidance to understand myself and the direction to head in. The key of faith can only be used with an open and receptive heart. The road to this is through a peaceful mind and relaxed body. The ways to open the doors forward in life, were being gradually shown to me. Through openness and peacefulness you become a receptor of the answers you need in your life. Through faith you begin to believe those answers and directions you are being shown.

Drawing the guidance towards you and having the balance to use it, is what will change your life and when you are ready, bring the rewards you are looking for. You will feel the energy return to your body.

I was passing someone a piece of paper, and we both got an electric shock from it. That's your power returning. Knowing what to do from within yourself, that's your peace returning. Feeling in charge of your life again, that's your faith returning.

Faith will take you back to the simplicity of life. In this sophisticated age, simple has come to mean untrue and not good enough. If something is to be useful and true, it must be scientific and complex, filled with logically tortuous statements that fill the reader with awe. We are lead to the conclusion, that nothing at a basic level could ever be believed.

Faith has lead me to the understanding that simple is best. The more convoluted the explanation, the more questionable it becomes. Lead your life back to grass roots, as this is what all thirst for.

From there anything is possible. Go forward to a life full of happiness and abundance. This is what I have always chosen for you and that you should be having. Just have the faith to live it.

The mind can only proceed so far upon what it knows and can prove. There comes a point where the mind takes a leap – call it intuition or what you will – and comes out on a higher plane of knowledge. Albert Einstein

FAITH – WHAT IS IT?

1. Religious faith

“People of faith seen as nutters, says convert Blair”, screamed the headlines. Tony Blair was on the brink of announcing his conversion to Catholicism whilst on a visit to the Pope, until a last-ditch intervention by Britain's Catholic leader.

His comments were made in a BBC documentary, “The Blair Years”, in which he said that religious people who speak about their faith are viewed with suspicion and regarded by society as nutters.

He had already told aides that he intended to convert to Catholicism and was believed to have been planning the visit to the Vatican in June, as the perfect opportunity to announce the momentous step of becoming the country's first Catholic prime minister. But he has since put his plans on hold, despite leaving office, because of fears that it could jeopardize his work as an envoy in the Middle East.

The Telegraph, London November 26 2007

Faith has become a dirty word in modern life. It is a word rarely used today, except to describe some political or religious belief that leads to fanaticism on the part of its followers. Faith has been linked to religion and as such regarded with great suspicious.

“The faithful” whether its followers of a religion or even a political party are always a band of fanatics, who will do anything to promote their views. Even to the extent of killing non-believers or those of a different political creed.

“Keep the faith” is a catchcry amongst certain sects. It leads to superior thoughts by the faithful, whereby most of society is shut off from the rewards promised to these faithful as they are saved and all else damned for eternity.

As soon as the word faith is uttered people switch off and automatically think negative thoughts about the message. “Faith is not for me.” The word faith leads to superstition and fear. “No sane person listens to anyone who preaches faith. My advice is to switch off and walk away as soon as that word is said.”

With so many negative messages being heaped on the word faith no wonder everyone is reluctant to use it. Other words are substituted such as “belief”, “loyalty”, “conviction”. Faith implies adherence to a belief because of personal conviction, without any proof.

Is proof always necessary in everything? Does the word faith always have to be automatically linked to religion?

We need a huge number of unusual events for single-cell life to evolve. When I look into space there is no explanation for what I'm seeing.
Professor Ian Pilmer

2. Personal faith

New Orleans, 1st September 2008

Residents knew their decision to leave was the right one. The forty or so people boarding the bus were embarking on a journey of pure faith. They did not know how long they would be gone or whether they would have anything to come home to. It would be many hours before they even knew where they were going.

New York Times

Sometimes our journey is unknown to us at the time of making each small decision, we are called upon to make everyday. Eventually the bigger picture manifests itself, and we realize that each decision that lead to this place in our lives, was a combination of all those small decisions made earlier. We didn't know our final stop, but we had to make each of those smaller choices, in the faith that the ultimate result would be the right one for us now.

That's faith and it's all humans have to live by. When fear is overcome, faith stands as the shiny beacon to be used as a tool for change. Ultimately, when all else is lost, it's all there is. You and faith that's everything.

Find faith is yourself and the world and that's the bigger picture of life. There is nothing else.

Faith is a small word that does signify life itself. Without faith in yourself you couldn't exist. You must have faith in your existence before you can function adequately and even commit to living a normal life. Faith is needed to take the smallest step forward in your life, and even start to believe you can lead an abundant and fruitful life.

You must have faith outside yourself, that the world will continue to exist no matter how much it is abused, to continue living and trying to make changes. You even have to have faith to believe these changes can make a difference. Otherwise there would be no positive energy, only despair.

But is that all there is? Just yourself and your world. If that was it there could be no forward movement. Look outside these for a moment. Great forces are at work, both within your world and without. You have never seen your universe but you believe it exists, and that many others do as well. In fact you are told they exist ad infinitum. Existence in fact is infinite.

What faith you must have to believe in something that you have not seen. But that's the greatest faith yet. Knowing you are part of this infinite and yet have a role to play. In fact, the greatest role, as you are Me in a human form. Pure energy and power. This knowledge then leads to total faith and realization that the one is the all, and you consequently do matter and you can make a difference. If everyone had this spark of faith, think of the consequences to the world.

In reality faith is the most positive word in any language. It symbolizes the power of positive thinking. It's the greatest source of energy for change. Faith is the most complete picture of life.

Let's look at how without faith no one could function. Even to get up in the morning you must have faith to just get out of bed. You have to believe that you can lift your body up and function within the context of the day ahead. Without faith you'd be lying in bed all day unsure of any action whatsoever.

Eating breakfast and indeed any food during any meal requires an act of faith. The cereal or eggs are passed by the food authorities and won't kill you. You haven't ever seen the papers verifying proof of this but you've always been taught that it's so and have believed it since childhood. Indeed having to prove everything before you do it would lead to a totally non-functioning life.

Your car starts, you use your legs and walk or catch public transport. Either way you usually get to where you're going. You could be killed or injured on the way, but as you don't know your choices in advance, faith means we assume that we will reach our destination. We will even complete our day's activity and return home through faith.

So our lives continue with every second of every day totally dependent on faith. Otherwise we're agrophobic or clinically depressed and can't function. Even an agrophobic must have some faith that the house they're clinging to won't collapse.

What's happening to human kind? Trapped in a world where everyone feels as though they are unique and special – different from the person standing next to them. They speak different languages, have individual goals and backgrounds and are various skin shades. Surely because of this people really are totally unique and therefore, separation will always be the trend of this world.

This has always been the assumption and each individual and country has acted separately. The world has been run by a group of sleepwalkers, who have forged ahead, regardless of cost to the individual parts or the collective whole. This is only seeing the small picture.

The truth is very different. Yes people all have a unique DNA pattern, but dig deeper than this to find that motivation is the same for all. All are looking for health and wealth which will lead to the mysterious and illusive happiness. To catch this illusive need, means that the earth has to be sacrificed to fulfill each individual's goals. Working longer hours, driving to this work, increasing use of water and power to fuel this work, leads to endless demands and ultimately ends in civilization on the brink.

All of this because we individually sought happiness? It's impossible. It can't be, but it is.

How can this be remedied before it's too late? The earth becoming unlivable because of individual lack of fulfillment and constant need to have what everyone else is having.

How can we act globally when we are all separate and all wanting the same scarce resources to fulfill ourselves?

How can the future be peaceful when no one individual or country can decide on an appropriate course of action?

With this scenario how can individuals not be anxious about the future and suffer depression in their lives?

What can we do and what's the missing ingredient of our lives?

SIMPLY FAITH

Take the first step in faith. You don't have to see the whole staircase.
Just the first step.
Martin Luther King

There's that eureka word again – faith. I suddenly realized that faith was the bridge that linked knowing who you are and attracting what you really want. It's the power to change your life. This was the missing link. You can meditate for years and peace does start to pervade your life. This then leads to gradual changes within you. Physical exercise can also change your outside, which leads to positive mental and physical flow-ons throughout your life.

But nothing happens quickly- except through the sudden realization of faith. Begin to have faith in yourself and who you are, and then this cyclone is unleashed. It lashes every corner of your life. Suddenly friends are ringing up who you haven't seen for years wanting to see you. \$10,000 is in your bank account from an investment that seemed so small at the time that you had totally forgotten about it. A huge problem that has been pressing on your mind is suddenly resolved in the best possible way. That's what you've been waiting for. It's a vindication that through all the years of self doubt, that you were always going the right way. Even though you didn't know it at the time. Often you doubted it, but when faith entered your life no more. That's faith in the power.

“Sometimes people deserve to find faith”. Well you deserve it. You've worked for it and here it is.

In the end there's only faith. You're standing at the crossroads of life. You want to change your life but don't know how. Things aren't going well. You hoped they would go better. The grim economic outlook is affecting you. The stockmarket has crashed and your life savings have gone. The global economic crisis is upon you.

You're trying to be positive but vague fears keep leaping to the surface. "Keep a lid on those thoughts", you keep thinking. I want the best, I want my life to improve. Why am I in this perpetual cycle of fear and uncertainty? Why can't I break free of these nameless doubts?

You're looking at yourself and your life very objectively. From here you've got to take some positive steps to change. How are you going to do that? What else is left but faith? Faith in yourself, faith in life, faith that things can be turned around.

You've got to use the only keys to change, that you possess. You've got to unlock your faith power. You've got to be able to harness this power and use it to rebuild your life, from the ground up if necessary. From ground zero the only way is up. Unlock that faith from within yourself and use this power, through all the following keys, to make the necessary changes to your life.

Keys to unlocking your faith power

1. Faith in yourself
2. Faith in a higher power
3. Faith in change being possible
4. Faith in trusting the choices that lead to change
5. Faith to know what you want
6. Faith to receive this abundance
7. Faith to give thanks for your choices
8. Faith in love
9. Faith in forgiveness and getting rid of anger
10. Faith in acceptance
11. Faith in overcoming your fears
12. Faith that you can put your difficulties to work
13. Faith in healing

If you go to any meeting of Alcoholics or Overeaters Anonymous, one of the first things they will tell you is to get some form of belief. Belief is faith in action.

1. Faith in yourself

If you're operating entirely on your emotions, which 90% of people are, your life will be out of control and you'll have no self belief. Your life will be a rollercoaster ride of highs and lows. The drama of life and an addiction to this drama will lead to more and more difficult situations in life. You've become your emotions and you're being dragged along by them. You are unconsciously immersed in what you think to be true, and from here are automatically creating for yourself more of the same.

You might tell yourself all the time, "Yes, I can do this", but underneath your emotions are going crazy and there's no way you can properly do what you're trying to achieve. Your life is awash with emotional thoughts and these are mostly negative at that. Your energy levels are being blocked by this negative emotion. What can you do?

- a. Practice relaxation of your mind and body, so that your low energies can be unlocked and you can gradually gain an increase in your energy levels.
- b. Become more aware of yourself and your emotions. Step back and look at your reactions more objectively.
- c. Look at the function of your right and left brain.
- d. Only 5% of your brain is conscious. Whereas 95% is subconscious.

a. Relaxation

Quantum physics - “At a quantum level (between 10,000 and 100,000 times smaller than an atom), everything that exists in the Universe is energy, vibrating or oscillating at different rates”.

So you are pure energy and unless you introduce some form of regular relaxation into your life, your body will end up with energy blockages. These low energy levels mean that your life will become increasingly unbalanced. This will result in a diseased mind and body.

How do you bring peace into your life and consequently unblock and increase your energy levels? Peace only comes through relaxation, which then flows from your body into your life. This makes for a peaceful, contented and high energy person.

Relaxation and the contentment that flows within and without must be a choice. It doesn't come naturally in our society. Western society is one where the choice is noise, drama and stress. You've got to work at relaxation and negate societies choices. When you decide to carry the peace always within you, that goes with you throughout your busy life, then you have chosen relaxation.

Everyday set aside 5-10 minutes night and morning. You think this can't be done, but everyone has studied to achieve a better life, whether at school or later, with children or without, working or not. You fitted it in. To increase your happiness quotient you have to be prepared to work at it. You have the capacity for contentment within you, but have forgotten long ago how to draw out this inherent quality.

Get up 10 minutes early. Take the phone off the hook and turn off the television. Use your lunch hour and travel time. In fact make use of any spare scrap of time you have.

Firstly relax your body. Just sit back in a comfortable position. If you're in a train, tell yourself it's comfortable and it soon will be. Put your feet on the ground and start to rotate the ankles so they become nice and loose. Then let the looseness move up your body, through the ankles to the legs. You'll feel it slowly moving up to your upper body. Your body is relaxing and you're slowing down. Just take in four deep breaths and slowly release them. Rotate your shoulders and then drop your hands into your lap. Now you can feel your heart rate slow. Work on your head and neck moving them clockwise and anti-clockwise. Your body is finally relaxed.

But you've still got these rushing thoughts. Thoughts of the day ahead or of the busy day that's past. The constant demands that have to be met and the never ending decisions that need to be made. Your brain needs to slow down from this rushing surf into a millpond. The first thing you need to know here is that an overcrowded and unrelaxed mind, will only lead to bad choices. Whereas one that is rested, will provide easy answers to all your questions.

After this realization, think of the most peaceful place you know. It can be a real place or merely from a magazine. Here you are – beside a stream, swimming in a lake, skiing through a valley or just sitting in a garden smelling the flowers. Dwell in this place for a few minutes and you'll come back to the noise and reality totally refreshed, bringing with you that inner core of peace.

Give thanks for a relaxed body and peaceful mind and use this to increase your confidence and bring balance back into your life.

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