

Magic tools to overcome bullying

and other
stressful
stuff!

An easy guide for teens and tweens to
reclaim their self esteem and create an
awesome life!



MAZ & RAY FELLOWES

Disclaimer

The authors of this book do not dispense medical advice nor prescribe the use of any technique as a form of treatment for physical or mental problems without the advice of a physician or health care professional either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for spiritual, emotional and physical wellbeing. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

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Dedication



We dedicate this book first and foremost to our precious sons, their delightful partners and our adorable grandchildren who have all brought the gift of love and joy to our lives.

Also, to all of the children around the world, with our love and belief that each and every one of you are special and unique! You simply deserve the best!

Maz and Ray Fellowes

Book Pilot Program

- Brighton Primary School

Five pilot sessions were held with the girls to test the Magic Rules and Tools! This is a sample of what they had to say!



Bonnie, Brooke, Chloe, Chloe, Emily, Holly, Johanna, Kyana, Michaela, Niahm, Nicole, Sam, Tia, Tarni and Senior Teacher Julie.

"I learned heaps of stuff, I learned if you think positive you get positive stuff."

"I've tossed my "COW" (can of worms) and it's helped me feel better about myself...I feel more confident...it has made me a better person."

"I try and always be happy. When I get teased or bullied it's easier - now I can just forget about it."

"I heard my friend has been saying things behind my back - I've found her friendship is worth more than anything, so I let it go!"

"I have learned to block bad things out and they don't happen as much now."

"I think something positive before I go to sleep...I wake up in the morning and I try to be happy and the whole day is good for me."

"I have learned that happiness can be infectious. I learned if you think good, good things will happen."

"I've thought about me actually catching the ball instead of dropping it and I caught it. I've thought about just staying in the game."

“Before I started the book pilot I was almost obsessive, compulsive, locking doors..... now I’m not that paranoid.”

“I try really hard now not to talk about my friends behind their back.”

“I used to be too scared to ask people if I could play with them, now I just ask!” “I’ve set goals ... to not be naughty at school and to be a good climber. I got a principal’s award and I haven’t had one since grade 2.”

“I’ve got my whole year planned out...I have learned my 9 times table and my 7 times tables...I set a goal to get into a private high school and I did!”

“I’m getting on much better with my step mother.”

“My mum said, when my brother fights with me, I’m always the one now to try to settle the argument.”

Feedback from Senior Teacher, Julie Mitchell

“Finally, a solution that gets to the heart of bullying and other stressors faced by our children in the schoolyard today. The concepts are spot on, powerful in their intent and simplicity. In just five pilot sessions, 75% of the students involved showed a marked improvement in their self-esteem, sense of empowerment and control over their lives.

They are now much happier and better able to cope with stressful situations! Introduction to schools as a core life skills subject I believe will bring remarkable shifts in the attitudes and behaviour of our students.”

Acknowledgements

We are so privileged to have the opportunity to write this book and bring the message of empowerment to children around the world! We would like to say a huge thank you to all those who have supported and inspired us in bringing our dream to fruition!

To our parents, families and extended families - thank you from the bottom of our heart for the love, laughter and endless support you have given us throughout our lives.

To our precious children, their delightful partners and our gorgeous grandchildren. We are so blessed to have you and we thank you for your love, trust and belief in us. Thank you for everything you have taught us!

Thank you to our treasured friends from our neighbourhood, far and wide. You have enhanced our lives and contributed to this book in many amazing ways.

Thank you dear Mirna (and the girls of course!) for opening our doorway to another incredible dimension. We have learned so much!

To Brighton Primary School, in particular Julie Mitchell, and our special girls. We are truly grateful for the opportunity and trust you have given us to trial our concepts. Your gift has shaped our book much more than you realise.

To Emma Christian, an inspiring young teacher and leader of tomorrow. Your freshness, energy and belief in our project has taken our vision to the next level. We are truly blessed to have you working with us and are looking forward to the teacher's guide!

To our unbelievable publishing team Darren Stephens, Andrew & Daryl Grant and Jo Munro. Thank you all for the opportunity to take this giant leap. For your inspirational ideas, big stick and continuing support. Without you this would still be just a dream!

Thank you from Maz to my wonderful clients, from whom I have learned so much. Without your presence my personal growth, insights and life would be far less rich. I am truly honoured you have invited me to share your journey.

Special thanks to our many awesome teachers, who have appeared in all forms, just at the right time, with the right message, to enhance our journey through life.

Thank you to the readers who have chosen this book as part of the next stage of their journey. We sincerely hope it will be a catalyst for amazing change.

A word from Maz to Ray. Thank you my precious husband, my best friend and my soul mate. Your belief in me, your trust, unconditional love and support never falters. Most of all, thank you for sharing my dream and walking beside me to bring it to reality.

And finally a word from Ray to Maz. I thought I was moving into retirement! I should have known that my soul mate and love of my life would take us on another adventure. So, I've put on my walking shoes and I am raring to go. I think I'll leave my retirement until my next life!

Table of Contents

INTRODUCTION.....	12
SECTION ONE – MAGIC RULES.....	14
Chapter 1	
» Understanding the Magic Rules.....	16
» Rule 1: What You Focus on Grows.....	17
» Rule 2: Like Attracts Like!.....	19
» Rule 3: Focus on What You Want.....	21
» Rule 4: It’s All About Your Feelings!.....	23
» Rule 5: Live in the “Magic Zone”.....	25
» Rule 6: You Can Create Your Reality.....	27
» Rule 7: Life is Meant to be Easy and Fun!.....	29
SECTION TWO – MAGIC TOOLS.....	32
Chapter 2	
» Feeling Magic about where you’re Going.....	34
» How the Brain Works!.....	35
» Step 1: Setting Goals.....	36
» Step 2: Creating a Magic Vision / New Story.....	42
» Step 3: Taking Action!.....	45
Chapter 3	
» Feeling Magic about Yourself – Discover You!.....	49
» What are your Strengths?.....	50
» Letting go of Negative Beliefs!.....	58
» Know your Basic Rights.....	63
» Understanding Communication.....	65
» Quickly Releasing Strong Emotions!.....	70
» Loving Yourself Enough.....	74
» Seeking Help!.....	78
Chapter 4	
» Living in the Magic Zone – the Mind Stuff.....	83
» Telling a New Story!.....	84
» Playing the Reframe Game.....	94
» Living in the Present Moment.....	98
» Saying Thank You!.....	102
» The Power of Affirmations.....	107
» Making Healthy Decisions.....	111
» Anchoring Magic Feelings.....	116

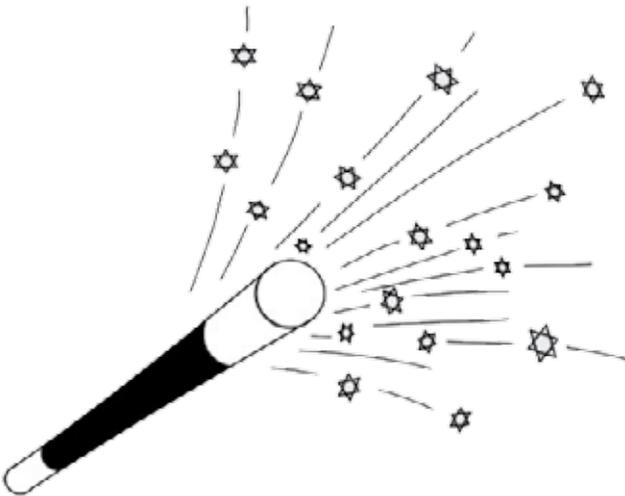
Chapter 5	
» Living in the Magic Zone – The Body Stuff.....	121
» Loving Your Body.....	122
» Feel Good Foods.....	127
» Making Exercise Fun!.....	133
» Laughing Loudly!.....	138
» Chilling Out!.....	143
» Metaphysical Ideas.....	148
 SECTION THREE – MAGIC SURROUNDS.....	 152
Chapter 6	
» Creating Magic Relationships!.....	154
» Understanding Others!.....	155
» Letting Go of Labels.....	159
» Looking for Positives.....	164
» Hanging with Magic Minded People.....	168
Chapter 7	
» Helping others feel Magic.....	171
» Becoming a Magic Champ.....	172
» Growing Your Circle of Friends.....	174
Chapter 8	
» Creating a Magic Environment.....	178
» Caring for Our Planet.....	179
» Connecting with Our Planet.....	182
 CLOSING WORDS FROM MAZ AND RAY.....	 185
 GLOSSARY.....	 187
 RESOURCE DIRECTORY.....	 190
 ABOUT THE AUTHORS.....	 193
 ADDITIONAL TOOLS AND PRODUCTS.....	 196

Introduction

Just imagine ...

- » Imagine if you had a magic wand to change your life in amazing ways ...
- » Imagine if the universe revealed its secret to attract good things every day ...
- » Imagine if you felt truly empowered and great about yourself! That you had discovered the beautiful essence that lies hidden deeply within yourself...
- » Imagine if you had the magic tools to handle challenges old and new ...

Well, the magic wand is in your hands! It is simply up to you!



**“I see a world where anything is possible –
I can do, be or have anything I choose”**

We are so excited and delighted that you have chosen this book. Or should we say that the book has chosen you! It is a sure sign that you are ready to take this next step in your incredible journey – the journey to learn and grow.

We suggest you take your time with chapters 1 – 4. They are the ones that will give you the most power from your magic wand. Play with the ideas and activities - involve your family, friends and schoolmates too!

You can work through the book in sequence, or you can open it up to a chapter that will magically be just the right one you need for that day.

So let's begin this new adventure of your life and have lots of fun along the way!

With love

Maz and Ray

SECTION ONE – MAGIC RULES



Magic Tools to Overcome Bullying and other Stressful Stuff!

Learning about the Magic Rules and the secret to attracting good stuff is one of the most important things you will ever do in your life!

It will help you to:

- » Understand the simple secrets of how to attract great stuff - to be, do or have anything you choose!

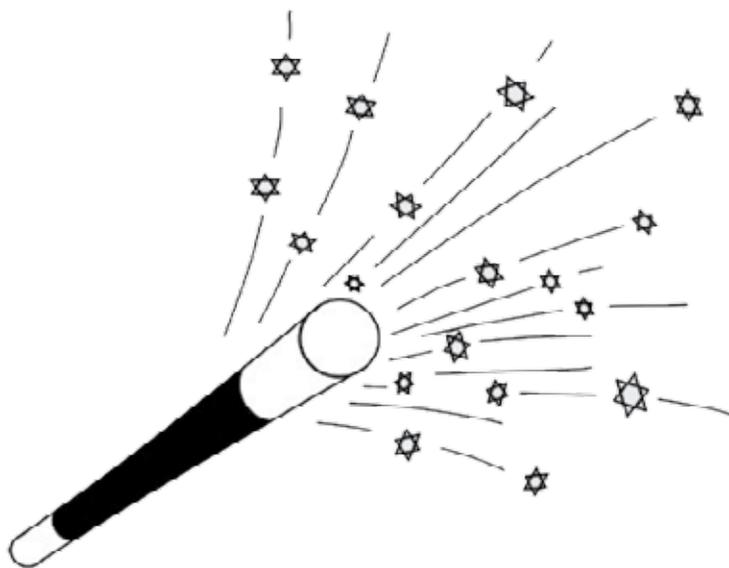
It brings the biggest gift of all – choice! It opens the door to begin creating your dreams.

Follow this up by learning how to use the Magic Tools in section two and let the exciting journey begin!

**I understand the secret to attracting
good things into my life and how I can
make it work for me!**

Chapter 1

Understanding the Magic Rules



Rule 1: What you focus on grows

Did you know that ancient and modern gurus (wise people) and successful people all over the world know the secret! “You get what you think about most of the time!”

What this means is if you are constantly thinking about something – whether it is something good or bad it will come to you.

Some examples of this with good outcomes:

1. Famous performers, singers, dancers and actors often have imagined themselves being on stage from a very young age. People who know them will often say, “That was all they thought about as they grew up – they practised and practised all of the time and talked about nothing else!”
2. Great sports men and women have the same story. They set their mind on what they want to be good at, and practise all the time, even in their sleep! Think about Olympic swimmers or rowers who get up at the crack of dawn to practise every day.

Play with this idea!

Try this experiment through the week. Think about an object, e.g. a red car or anything you choose. Hold your attention on the object in your mind for at least a minute. You will most likely be surprised that it appears, as if by magic, sometime in the near future.

Imagine how much more powerful it is if you have a lot of emotion around something, e.g. being bullied. By thinking about it constantly it will come to you big time.

Examples with unpleasant outcomes are:

3. Someone who constantly worries that they don't have enough money will most of their life struggle to have enough money. Even people like this, who win the lottery, most of the time lose it all very quickly because they still don't believe that they can be rich.
4. Someone who is bullied and naturally gets upset, anxious and afraid is very likely to have this happen again, especially if they can't stop thinking about it. Remember "you get what you think about most of the time."



Rule 2: Like attracts like!

We are made of cells that vibrate, creating energy.

- » The vibrating energy sends out waves that have frequencies just like a radio.
- » Ever heard the phrase “we are on the same wave length”.
- » This saying proves we have an inner knowing about this.
- » We can only attract things that are on the same frequency, e.g. you can't pick up FM radio if you are on an AM radio station.

What this means is that if we are sending negative energy and vibrations we attract negative things into our lives. Importantly, if we are sending out positive vibrations we attract positive things back.

It's all about the “vibes”!

Play with this idea!

Can you remember a time when you thought about what you didn't want and it just happened?

- » What were you doing?
- » What were you thinking or saying to yourself?
- » What happened?

Now think about a time when you confidently did something?

- » What were you doing?
- » What were you thinking or saying to yourself? (you may have not been consciously thinking anything that you can remember, you just knew inside you could do it)
- » What was the result?

Rule 2: Like attracts like!



“We can only attract things that are on the same frequency”

Rule 3: Focus on what you want

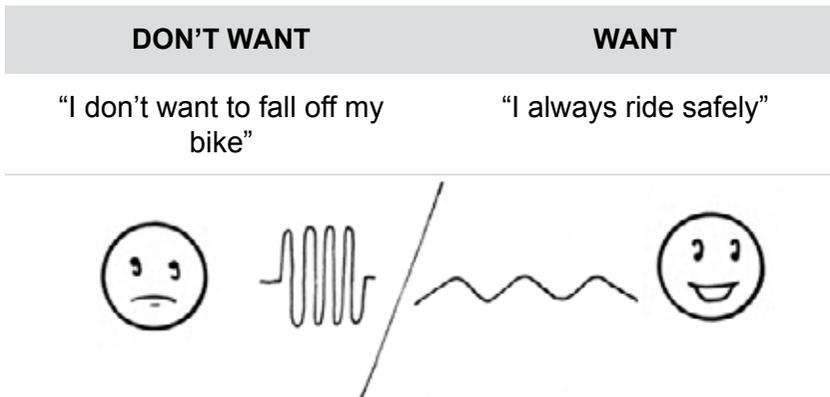
Remember Rule 1? “You get what you think about most of the time!”

- » Unfortunately many people think about what they don't want instead of what they do want.
- » This unfortunately attracts exactly that! More of what they don't want or more of the negative stuff.

An example of this is:

If you hop on your bike and think “I don't want to fall off, I hope I don't fall off...” It's pretty likely you will!

The best way to think is “I always ride with confidence” and you will very likely have a safe trip!



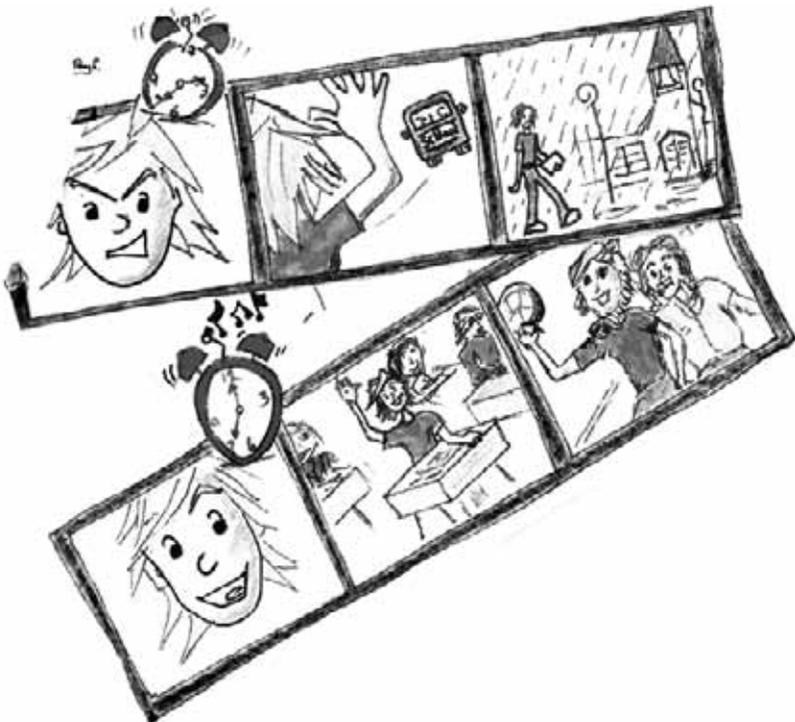
“By changing the focus to what we want we can attract lots of positive things”

Play with this idea!

Think about good days vs bad days. Do you recall a time when you had a bad day and everything seemed to go wrong.

- » What sort of things happened?
- » What were you thinking at the time?
- » How did you feel about it?

Now think about the discussion we had earlier when you felt good and focused on positive things – in the magic zone and how well things just flowed!

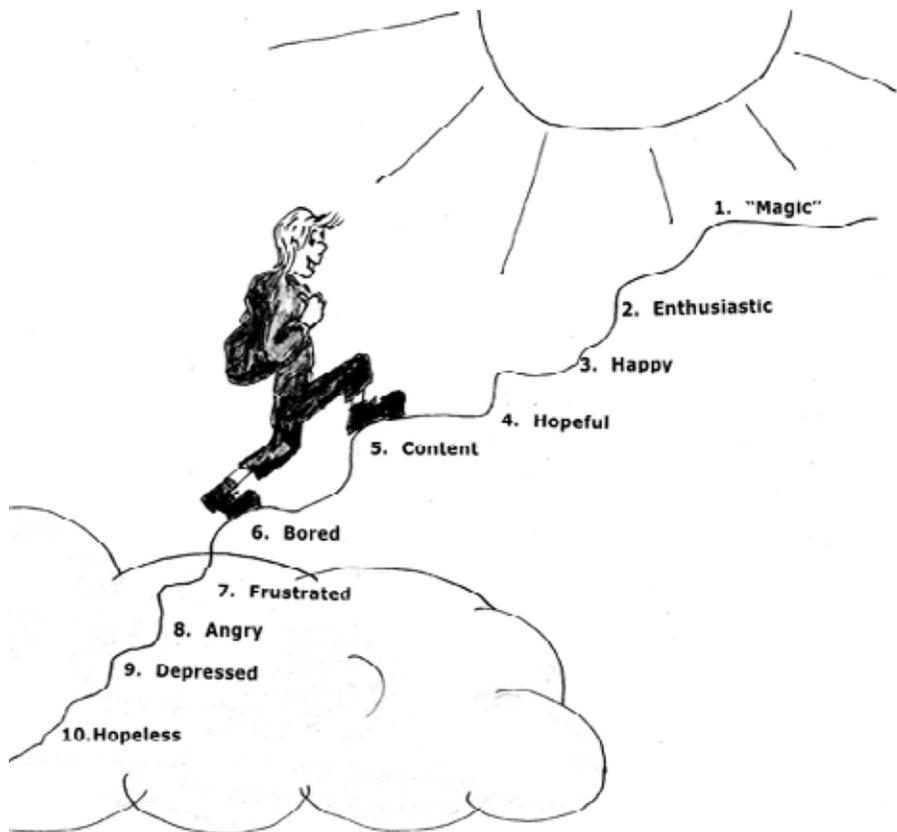


Rule 4: It's all about your feelings!

We know what we are attracting by the way we feel! If we feel good we are sending and receiving positive energy. If we feel bad we are sending and receiving negative energy – or anything in between.

Let's look at the range of feelings or emotions:

1. "Magic"
2. Enthusiastic
3. Happy
4. Hopeful
5. Content
6. Bored
7. Frustrated
8. Angry
9. Depressed
10. Hopeless



Play with this idea!

Let's look at a range of feelings you might have, from the feeling of "magic" to a feeling of hopelessness. Even moving up just a bit will make a big difference to the things you will attract in your life. It's better to move to feeling "angry" from "depressed". Then try to get to "frustrated" and so on. Anything above feeling "bored" is good!

The secret is if you are feeling down (and we all have our down times) that you try not to stay there too long!

We will be looking at some great and easy ways to lift our feelings over the next few sessions.

Rule 5: Live in the “magic zone”

Feeling Magic =

- » I feel happy
- » Life is great
- » Things just flow
- » I can easily let things go!

What single words would you use to describe magic?



Play with this idea!

Think about times when you felt Magic in the past

- » How did it feel for you?
- » Describe what was happening for you
- » How did you connect with the people around you?

Did you know?

Smiling in itself releases “happy beads” in the brain. It raises our vibration and makes us feel good – raising our vibration and energy to help us attract good stuff.

Do something caring that you maybe haven’t done before. Smile or say hello to someone you don’t know at school.

Note how catchy it is and how many people respond and smile back. (Accept that if they don’t, that’s OK too – it’s a gauge to tell if they are in the Magic Zone too – or they could just be having a bad day or their mind is in another place).

Rule 6 - You can create your reality

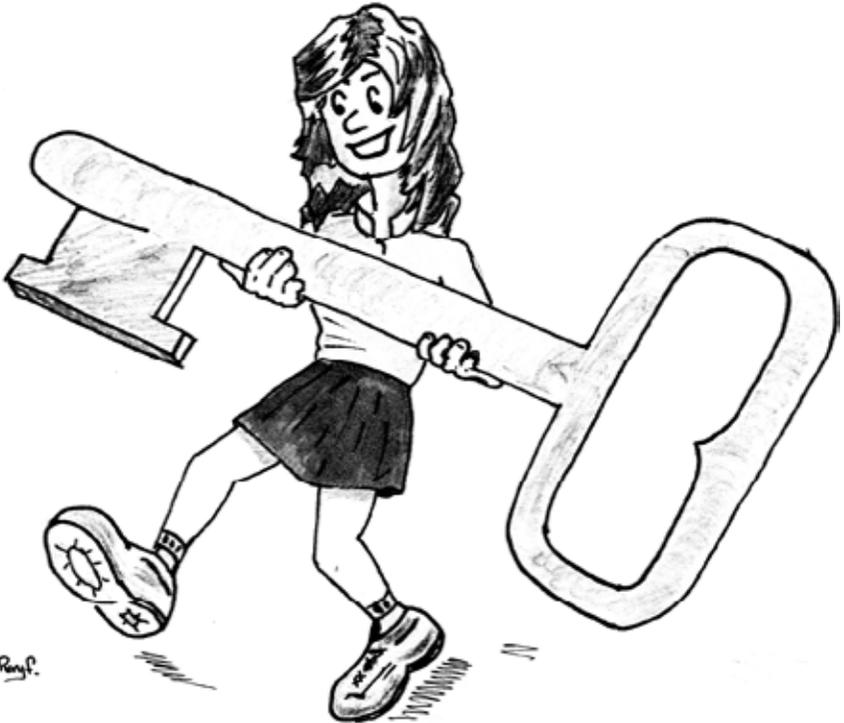
The exciting news is that you hold the key!

By choosing to think positive thoughts about yourself, the people and things around you, you create positive feelings that attract positive people and good things into your life!!!

It's like being awake or asleep - the sky is the limit!

There is nothing that can make you feel more empowered.

You can create your reality!





When I live in the Magic Zone

- » Good stuff comes my way!
- » I can be, do or have anything I want!
- » School's great (did I say that???)
- » My parents are great (that couldn't have been me!)
- » I have a great circle of friends
- » I enjoy the moment
- » I see a great future - a world where anything is possible

Get in the magic zone and you really can create your reality!

Rule 7: Life is meant to be easy and fun!

Have you heard the old saying: “The harder you work the better the results”? It goes against this rule that “life is meant to be easy and fun”.

Let’s have a look at it more closely and think about the difference.

EASE		EFFORT	
↓		↓	
Feels good		Feels hard	
↓		↓	
»	Opens Pathways	»	Creates Blocks
»	Things come easily – they just seem to flow	»	Things come slowly – or don’t come at all

Effort = physical or mental exertion

Ease = freedom from discomfort, worry or anxiety

Dis-ease or disease = illness which happens when we are not in tune with our inner self.

Doing things with effort, means that its most likely something you don't want to do. Maybe you might be a little scared, uncertain about doing it, or it could be someone else's wish.

Doing things with ease, doesn't mean that you don't take action. What it does mean is that you are inspired and in the zone.

So don't sit on your bottom, take action with "ease". Visualise what it is you want to gain and imagine it coming to you with ease. It's the best way to go and will almost always produce great results.

So, life is meant to be easy and fun!

Summing up!

Knowing that you can create whatever you want to be, do or have in your life is awesome!

Follow the Magic Rules and you are well on the way to an awesome life!

The Magic Rules

- 1 What you focus on grows

- 2 Like attracts like!

- 3 Focus on what you want

- 4 It's all about your feelings!

- 5 Live in the "MAGIC ZONE"

- 6 YOU create your reality

- 7 Life is meant to be easy and fun!

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SECTION TWO – MAGIC TOOLS



Magic Tools to Overcome Bullying and other stressful stuff!

Great, you are still with us! Congratulations – you have learned the Magic Rules! Living by the rules will make an enormous difference to your life from here on in.

The “Magic Tools” in section two are designed to empower you and build your self-esteem. Also to equip you with the tools to manage your emotions and to get in the Magic Zone as often as possible. They will help you:

- » Feel great about yourself, learn how special you really are and what great things you have to offer
- » Load your toolkit to the brim with antidotes and pick-me-ups to draw on when you feel vulnerable or down

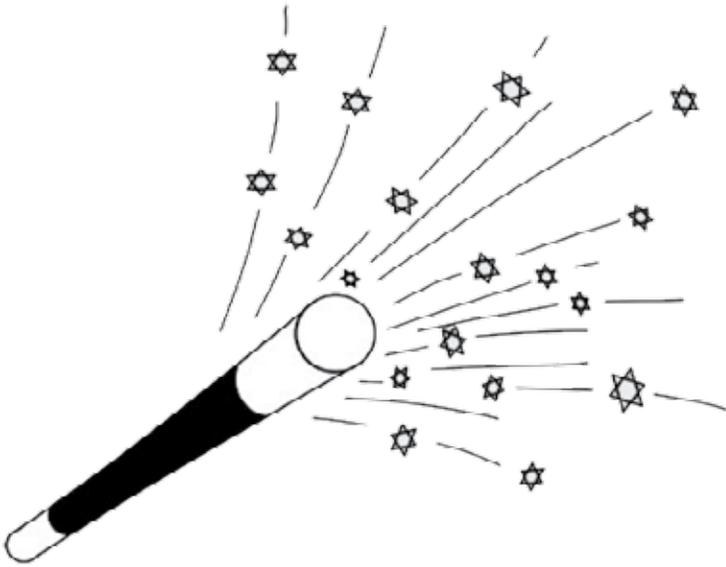
We suggest that you read the chapters in order through to chapter 4a. Then it’s up to you to choose the ones that appeal to you at the time.

You may well find, that if you just open a book such as this, the pages will fall open to the message you need for that day – as if by magic!

Have fun!

Chapter 2

Feeling Magic about where you're Going



How the Brain Works!

The brain is the most powerful organ in our body.

Say, if you want to get a drink from the fridge, the brain rehearses and processes the move even down to the taste of the drink.

So what we are saying is that the brain brings it from thought to reality.

Think about how a really great sports person, e.g. a golfer, imagines the perfect shot in his/her mind before they hit the ball. They then just relax and hit the ball. It's as if by magic it goes in the direction they imagined.

Now we know how that bit works, let's train the brain to work better for us. Let's start to create the reality we want!

We are going to do this in 3 steps:

- » Setting the goals
- » Creating a Magic Vision
- » Taking action!



Step 1: Setting goals

Setting goals is really important because it starts the brain thinking about what you want:

- » How you want to think
- » How you want to feel
- » What you want to do

Sometimes, if you are not quite sure what the answers are, you can start by thinking about what you don't want. Then ask yourself what would be the opposite?

For example: If what you don't want is:

“to feel upset because people are mean to me”

then your goal could be:

“to feel good no matter how the people around me are behaving”

The goals are very important so don't limit yourself or your imagination.

This is a good question if you get stuck coming up with your goals!

Miracle Question

Imagine when you wake up in the morning that a miracle has happened overnight! All of your problems and worries have gone. How would you know? What would you be thinking, feeling or doing differently?



**Reach for the moon.
If you miss, you will land among the stars!**

Step 1: Setting goals (continued)

Creating goals can be fun! You can use this process for reaching different sorts of goals such as:

1. Working out short term goals such as feeling more confident and good about yourself in everyday life – let's call these your "empower goals"!
2. Working out long term goals such as the type of job you want when you leave school

Let's start by working on your empower goals because once you feel empowered you will be able to do everything else with much greater ease!

Firstly think about this:

WHAT I DON'T WANT		
To Think	To Feel	To Do
I don't like myself	Anxious	Run away and hide
I get upset when people are mean to me	Depressed	Fight back
	Angry	Get distracted and can't focus on the important things
	Sick	

Now create your empower goals:

WHAT I DO WANT!		
Thinking Goals	Feelings Goals	Doing Goals
I am very proud of who I am	Confident	To live with "ease"
I feel good no matter how the people around me are behaving	Happy	To have lots of fun
	Empowered	To focus on the important things

Step 1: Setting goals (continued)

Great! Now you've got the idea use this template to set down your own goals.

As mentioned on the previous page, you can set goals for anything you choose:

- » Feeling more empowered and in control of your life
- » Saving to buy something particular
- » To do well in a subject such as maths or spelling
- » To plan for what you would like to do at college
- » To plan for a job you would like when you leave school

When you have finished setting your goals you can then create your magic vision or new story on the following page.

Setting goals – Template

The focus of this step is to build your inner strength and come up with good feeling goals that will help you attract good stuff.

1. Think what you would like to do, be or have in the future.
2. If you're not sure let's break it down to how you would like your life to be different from now.

Thinking Goals	
Feeling Goals	
Doing Goals	

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Step 2: Creating a Magic Vision / New Story

Creating a magic vision is about putting the goals you just came up with, into a “new story” about yourself.

Creating a vivid picture, using lots of positive words and uplifting feelings really brings your vision to life.

When writing your “new story” act “as if” it is already true and train your brain.

It's like running a movie and you are the star!

When reading this you will be in the magic zone!

A template for creating your vision is on the next page



“I knew this day would come after I began telling my new story”

Step 2: Creating a Magic Vision / New Story

– Template

Have some fun and create your very own vision by using this template.

Things to remember

1. Write it down in your own words
2. Keep it in the present tense
3. Use lots of good feeling words!

Creating a Magic Vision / New Story - Template

Fill in the spaces below to create your vision using the goals that you set earlier. Keep it positive and in the present tense.

It is the **and I feel so**

[insert date]

.....

[feeling goals]

I

.....

[thinking goals]

Now I

.....

[doing goals]

And I feel

.....

Handy Hint

Putting a date at the start of the story makes it feel more real. If you haven't achieved your whole vision by that date that's ok too. You can push it out a little bit. What you are learning on the journey helps you to grow.

As an example, let's use the empower goals we did earlier on page to create the Magic Vision:

Magic Vision / New Story

It is the 1st of October and I feel so happy and confident!

.....
[insert date]

.....
[feeling goals]

I am very proud of who I am and I feel good no matter how the people around me are behaving

.....
[thinking goals]

Now I can focus on the important things, live life with "ease" and have lots of fun

.....
[doing goals]

And I feel so empowered!

.....
[feeling goal]

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Step 3: Taking Action!

Great! Now you have your vision of a “new story” about yourself.

You could now walk away and hope some day it may work, or you can take action!

“For every action there is a reaction”, so by writing out a plan it will not only help you get in the “zone”, it will help you commit to a new story and help get results faster!

Think about the steps you can take - even small ones are good!

They are really simple steps to help you think about:

- » What you can do
- » How you will do it
- » When you will do it

Let's go!



For every action, there is a reaction!

Step 3: Taking Action! (continued)

You can use this template to create an action plan of your own to help you achieve your goals!

Step 3 : Taking Action! Template

	WHAT	HOW	WHEN
1.			
2.			
3.			
4.			
	↑	↑	↑
	Write down what you want to do	How might you begin to do this	When could you have it done by?

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Do you know the difference between the feeling of "motivation" versus "inspiration"?

When you try to motivate yourself sometimes it means that you don't really want to do something or take action for some reason.

If you are inspired it means that you are really excited about doing it and you are right in the Magic Zone

What this tells us is that if you create a Magic Vision, think of the task or journey as easy and fun, you will be inspired to take action and feel great about it!

Example Action Plan using your earlier goals and new story!

	WHAT	HOW	WHEN
1.	Write a list of the things I feel good about each day	Write in my diary before I read my vision	Start 26/11/09
2.	Start reading my vision, my "new story"	Read it through each night before I go to bed. Read it, feel it and believe it is true!	Start straight away