

The Peace Theory

If you're trying to get to sleep, and the thoughts won't leave you alone, there's a magic little five letter word called Peace, and every time a thought pops in your head, say the word peace, Even if you don't have too many thoughts, but simply can't get to sleep, give this a go and please persist, for your sake.

Encouragement

There is great value in encouragement. It costs nothing and can make someones day, and don't forget to encourage yourself, I'm doing okay, I can get things done, I'm alright.

Stay Positive

That's all there is to it, Stay Positive.

Laughter

Laughter is the music of the Soul. Fake a laugh anytime by using a cackle.

Acceptance

Things will not always go your way, and when this is the case, there's no use in fighting it. Accept the situation, and make the best with what you have.

Forgiveness

There's much that can be said about this topic. Under-rated is the fact that, as well as making the other person know they are forgiven, we release a burden from ourself. And you don't have to wait till the person is around, you can forgive anyone now. Forgiving yourself is also helpful. For a while, I had a forgive list, and at the end of each month I would go through each name on the list and forgive them individually for anything they had ever done, and this would be said out aloud, as to enforce the message. I would also ask the person for forgiveness for anything I have ever done against them, once again saying it out aloud.

Musicians' Quotes

" I think bin magic is very positive, and believe it can be of value " Alan O'Day.
"This is good idea". Matt Taylor. Chain.
" Bin magic works for me "
Lindy Morrison, The Go~Betweenes

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Bin Magic

Introduction

It is very under-rated how we manage our thoughts, and it is documented that there are Rational (Head) and Emotive (Heart) thoughts. Triggers for our thoughts include Spirit, Soul, Body, Heart, Head, (Two Sides, one for Artistic and one for Logic) Senses, Mystery, and Intuition.

Using The Bins

If you find yourself being bomb-barded by unwanted thoughts and / or "voices", try putting an imaginary bin in your head, and give unwanted thoughts the flick. Choose a bin, or a few bins, either from the list, or invent your own bin. Have fun, and just play with them. Change the names of any bins to suit yourself, and remember, they're your bins. Think positive and avoid negative bins.

Quotes

- 1/. "Cool Stuff, I like it". David Allen, Author of the international best-selling book, *Getting Things Done, the Art of Stress-Free Productivity* (Viking; 2001).
- 2/. " It is similar to the idea of putting it on the back burner. It is simple ~ like most truly useful wisdom". Tandy Beard. M.S.A. (Master of Social Work, Arizona, U.S.A.).
- 3/. "This is a good idea, similar to one we use in counselling children". Katie Boast. B.Sc. Psychology (Hons) Assoc., MAPS.
- 4/. "Bin Magic fits well with Albert Ellis' "Rational Emotive Therapy" in some ways, and encourages people to take control of their thoughts, and hence their emotional responses to situations that are often based on faulty assumptions on how other people should relate to them. I have let some of my colleagues in mental health know about Bin Magic". Jill Scanlan, B.Sc, Lecturer, Faculty of Sciences, University of Southern Queensland, Australia.
- 5/. "When asked if this could scramble the mind of a person with schizophrenia, the reply was, " To the contrary" Dr E. Young. M.B.,B.S., D.P.M., F.R.A.N.Z.C.P.
- 6/. " I think Bin Magic is very positive, and believe it can be of value" Alan O'Day. Musician.