

# planet mindful

NURTURE YOURSELF AND THE PLANET



**12**  
WAYS TO  
BOOST YOUR  
SELF ESTEEM

## Live in the moment

THE SECRETS TO A  
*happier life*  
AFTER COVID

### The law of attraction

Learn to manifest the future you dream of

### Toxic positivity

Why we shouldn't try to be upbeat all the time

### Wellness rituals

The small things that can bring daily joy

Where are all the wild things?  
How to help our ecosystems



**GOOD MOOD FOOD**  
GUT-FRIENDLY  
SNACKS & MEALS

**ECO CRAFTS**  
EASY-TO-MAKE  
WAX FOOD WRAPS

**MY MINDFUL HOME**  
CREATE A SPACE  
FOR WELLBEING

1040f2fb-0262-4858-8514-056705d0b7ed

ANTHEM PUBLISHING



Issue 19  
SEPT/OCT  
2021  
UK £5.99  
AU \$13.99  
CAN \$14.99  
USA \$12.99

meet the team

# Contributors



## CHARLIE LEMMER

A sustainable interior designer and holistic health coach, Charlie helps people create space for wellbeing. See her mindful home on p76 this issue.



## EMMA MUMFORD

YouTuber The Spiritual Queen takes us on a journey into the world of manifestation and outlines how we can use it on p38.



## KATIE WHITE

Katie is a blogger and recipe developer with sustainability at the heart of everything she does. She shares her food waste tips on p68.



## MIKE LANGROUDI

Planet Mindful team member and host of *The Vulnerability Project* podcast Mike explains why men struggle with mental health and shares how we can support them on p32.



## LEAH LARWOOD

Qualified hypnotherapist Leah explores the positives we can take from Covid, and how we can use the pandemic as a vehicle for change on p20.



## EMMA BUCKLEY

Should we eat honey? Emma explains why the answer isn't straightforward and what we can all do to stop declining bee numbers on p98.



## the team

EDITOR Holly Johnson  
holly.johnson@anthem.co.uk

ART EDITOR Tanya Oliver

PUBLISHER Sally Fitzgerald  
sally.fitzgerald@anthem.co.uk

CREATIVE DIRECTOR Jenny Cook  
jenny.cook@anthem.co.uk

HEAD OF MARKETING AND PRODUCTION  
Verity Travers  
verity.travers@anthem.co.uk

MARKETING EXECUTIVE Mike Langroudi  
michael.langroudi@anthem.co.uk

MANAGING DIRECTOR Simon Lewis  
simon.lewis@anthem.co.uk

CEO Jon Bickley  
jon.bickley@anthem.co.uk

PRINT William Gibbons & Sons Ltd  
+44 (0) 1902 730011

DISTRIBUTION Marketforce (UK) Ltd  
3rd Floor, 161 Marsh Wall, London, E14 9AP  
0330 390 6555

SUBSCRIPTION ENQUIRIES  
shop@planet-mindful.com

UK 0844 856 0642  
Overseas +44 (0)1371 853609

Calls to 0844 numbers cost 7 pence per minute plus your phone company's access charge

ANTHEM PUBLISHING PPA

Piccadilly House, London Road, Bath BA1 6PL  
+44 (0) 1225 489 984

anthem.co.uk

All paper used in this publication comes from responsibly managed forests. All content copyright Anthem Publishing Ltd, 2021. All images © Getty Images unless otherwise stated. All right reserved. While we make every effort to ensure that the factual content of Planet Mindful is correct, we cannot take any responsibility nor be held accountable for any factual errors printed. No part of this publication may be reproduced, stored in a retrieval system or resold without the prior consent of Anthem Publishing Ltd. Anthem Publishing Ltd recognises all copyrights contained within this issue. Where possible we acknowledge the copyright holder. Planet Mindful is a trademark owned by Anthem Publishing Ltd.



WORLD  
LAND  
TRUST™

www.carbonbalancedpaper.com  
CBP005733

# The law of attraction

THE POWER TO CHANGE OUR LIVES FOR THE BETTER IS IN OUR HANDS, SAYS EXPERT **EMMA MUMFORD**

**T**he Law of Attraction is an ancient concept that has really come into the spotlight over the past 15 years, helped by the launch of the book *The Secret* by Rhonda Byrne.

It is the theory that like attracts like and that we can create our reality using manifestation. Simply put, whatever energy you put out into the universe – whether it's good or bad – will be reflected back to you.

Many people use the Law of Attraction to manifest money, homes, relationships, success or wellbeing. The great thing is that there are no limits!

## The sciencey bit

Whilst there is no conclusive scientific evidence or official studies to support the Law of Attraction, quantum physics does offer us an explanation for how the Law of Attraction works as a concept. Nobel Prize winner Max Planck – one of the founding fathers of quantum physics – said, “As a man who has devoted his whole life to the most clear-headed science, to the study of matter, I can tell you as a result of my research about the atoms this much: There is no matter as such! All matter originates and exists only by >





“One of the most common techniques you can use to set your intentions and manifest your desires is a vision board.”

virtue of a force which brings the particles of an atom to vibration and holds this most minute solar system of the atom together... We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.”

Simply put, Max Planck is suggesting that we have the ability to co-create our realities through the power of our mind and energy. We can literally change and create energy with our intentions. For me personally, I look at the Law of Attraction from more of a spiritual perspective. It works by setting intentions to co-create your reality with the universe, your higher self, source, or God – whichever you relate to. It's important to honour yourself and what resonates with you in this process. The beauty of The Law of Attraction is that it can literally work for anyone regardless of their beliefs. Everyone is able to manifest their dreams using this method.

### Learning the process

One of the most common techniques you can use to set your intentions and

manifest your desires is a vision board (creating a mood board or mind map with pictures and words of how you'd like your dream life to look). This really helps you to visualise your goals and keep them fresh in your mind, so that every action you take (even subconsciously) is taking you one step closer to what you want to achieve.

You can also write a goals list with all the things you'd like to achieve and tick this off at the end of each month or year. Again, keep it somewhere you can see it – on the kitchen noticeboard, or next to your bed.

Meditation is another great way to co-create with the universe – this involves visualising your desired reality and connecting to the feelings and emotions of that desire.

I always suggest trying a few different techniques and seeing which ones work for you – everyone is different and their manifesting style will be unique, too.

For those wanting to learn more about the Law of Attraction, my book *Positively Wealthy* (a 33-day guide to manifesting sustainable wealth and abundance in all areas of your life) is

a practical guide for beginners and readers who are aware of the concept.

*The Secret* by Rhonda Byrne is one of the most popular books out there – it's a brilliant guide to the simple principles of the theory. If you want a more comprehensive book that explores the spiritual side of the Law of Attraction, try Gabrielle Bernstein's *Super Attractor*, which is a deeper take on the concept.

Traditionally, people use the Law of Attraction to manifest material wealth and while I have used it to attract my house, business success, book deals and holidays, it's not just about money.

If you'd like to manifest love or connection in your life, try practices that involve self love and self care. As the saying goes, no one can love you if you don't love yourself.

To attract your desires into your life, you have to be an energetic match, so think about what that version of yourself is doing and feeling. By consciously focusing on your wellbeing, self love and positivity you will not only feel better in the present moment but will also start to manifest the life you want. >

## Manifestation for beginners

Traditionally there are three steps to the Law of Attraction process (Ask, Believe and Receive). For me personally, when going along my manifesting journey over the last six years I found these weren't comprehensive enough and left me feeling stuck and confused as to why my desires weren't materialising. Now I follow these five easy steps that have been proven to work time and time again!

### STEP ONE – ASK

Get specific with the universe as it's one big mirror – the more specific you can be with your desires, the clearer the universe can be with you. There are many different ways to ask – you could create a vision board using photos and words to display how you'd like your life to look. You could write a goals list down or even visualise your goals through meditation. All of these are asking and you only need to ask once for the universe to hear your desire.

### STEP TWO – BELIEVE

Belief can look like a few different things. Firstly, the belief that the universe can deliver your desire and also that you have the ability to co-create with the universe. It's important to remember that this is a 50/50 process where we go 50 per cent of the way and the universe meets us halfway. In this stage, it's also important to witness any limiting beliefs or fears that come up for you. As you set your desire you may notice negative self-talk or that maybe you don't feel worthy of your desire. This is all feedback from you and so it's important to address it so that you can identify what stands between you and your desire.

### STEP THREE – TRUST

The next step is a new step that I've added in to my manifesting process. Trusting means having faith in the divine timing of your life and trusting in the universe's process too. Trusting is also when you take your inspired action. So if you want to manifest a new career or job, start updating your CV, applying for jobs, and even planning your interview outfit. All of these are great ways to take your inspired action to meet the universe 50 per cent of the way.

### STEP FOUR – LET GO

The fourth step is about letting go and surrendering. Remember, the universe is one gigantic mirror so if you are feeling attached, needy or feeling lack in your life, this is what is being mirrored back to you. Letting go is so important as often we try to control the timings and outcomes, which is not creating the right space or allowing the universe to step in and co-create with us. Letting go and surrendering is definitely a process but a powerful one that, when done right, brings your desires to you – and fast!

### STEP FIVE – RECEIVE

Yes, this is the last step and the best step because your manifestation is here! Make sure you truly celebrate when your desire does turn up because this is an important step in expressing gratitude to the universe and recognising the process you have been through. It's easy to fall into a manifestation checklist where you move onto the next thing, so take the time to be present with your desire, express gratitude and feel happy because it's here! ●



### THE AUTHOR

**Emma Mumford** is an award-winning life coach, best-selling author, YouTuber, podcast host of *Spiritual Queen's Badass* podcast and speaker. [emmamumford.co.uk](http://emmamumford.co.uk)