



THE KEY®

THE SEVEN DAY MIND DETOX

BY

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“To be transformed, the whole basis of your thoughts must change. But your thoughts cannot change unless you have new ideas, for you think from your ideas. All transformation begins with an intense, burning desire to be transformed. The first step in the **"renewing of the mind"** is desire. You must want to be different [and intend to be] before you can begin to change yourself.”

Neville



INTRODUCTION

‘Thoughts’ and ‘beliefs’ are a key component of The Key Creation Process®; in fact they are the first and third steps in The Key’s powerful Creation philosophy. That said, I love the high energy and vibration elements of The Key such as vision, intentions and purpose and I much prefer to quickly lead people out of their head and into their heart.

It wasn’t until I recently decided to revise The Key to Health and Wellbeing programme that the subject of ‘The Mind’ began to quite literally play on my mind. I suppose if I am completely honest with myself, the timing of this re-write also coincided with some undesirable circumstances that I myself had manifested in my own life. Teaching a ‘curriculum’ like The Key, it would be ridiculous to think that any of this was a ‘coincidence’, particularly as I teach that there is no such thing!

I found myself mysteriously compelled to understand why I had found myself in similar negative circumstances again. This strong desire was most definitely not allowing me to ignore things and make excuses this time.

The idea of reviewing and renewing the mind is not a new one. One of my favourite book extracts, which I often quote at The Key is a piece by Neville which states;

“To be transformed, the whole basis of your thoughts must change. But your thoughts cannot change unless you have new ideas, for you think from your ideas. All transformation begins with an intense, burning desire to be transformed. The first step in the "renewing of the mind" is desire. You must want to be different [and intend to be] before you can begin to change yourself.”

I knew that it was time to really dig deep and to examine my thinking; only then would I discover the invisible, unhelpful beliefs and behaviours which I had that were at the root of my recurring challenges.

Although personal reflection of this kind can be frightening and take a good measure of courage, it was the excitement of exploring the unknown and unconscious workings of the mind, and moreover, the opportunity to work on myself in a live experiment that truly captured my imagination.

No sooner had I made the decision to review and renew my own mind, when a little pamphlet called 'The Seven Day Mental Diet' by Dr Emmet Fox fell into my hands as if by magic. It is this little gem that I personally used as the framework for my own 'Seven Day Mind Detox' and the substance of the book that you are about to read today.



The subject of diets is all pervasive. It seems that the whole world is on a diet.

Books, magazines and the internet teem with articles, recipes, blogs and books on the subject and diet clubs offering guidance and support operate in nearly every local community hall across the country.

Experts on the subject tell us that physically you become the thing that you eat — that your whole body is intrinsically composed of the food that you have eaten in the past. What you eat today, will become who you are tomorrow. Of course, no conscious person could argue with any of this. It is perfectly true, and the only surprising thing is that it has taken the world so long to make this connection.

The latest trend is ‘cleansing’ or ‘detoxing’, often commonly experienced as a juicing diet. This can be an effective way to cleanse your body of the ‘body pollution’, the ‘rubbish’ or ‘toxins’ which it has stored up through months or even years of bad habits. This detoxification process has been shown to clear up your insides, as well as improve and enhance your overall health.

But in this book I am not going to deal with physical diets or cleansing. The subject matter of this little book is a very different kind of ‘diet’ and ‘detox’ altogether - one that is infinitely more profound and far-reaching in its outer effects.

I refer of course to the food of the mind and specifically a **‘Mind Detox’**.



It is the food with which you nourish your mind that determines your character and your life. It is the thoughts you allow yourself to think and the subjects that you allow your mind to dwell on, which make you and your external environment what they are.

‘What you think about, you bring about’.

Everything in your life today — the state of your body, whether healthy or sick, the state of your finances, whether prosperous or poor, the state of your relationships, whether harmonious or not, the present condition of every aspect of your life in fact — is entirely **conditioned** by the thoughts and feelings which you have entertained in the past, by the habitual focus of your past thinking. And as this is true, the condition of your life tomorrow, next week, and next year, will be entirely conditioned by the thoughts and feelings which you choose to entertain from **now** onwards.

In other words, **you create your life**. Let me be crystal clear, you create all the conditions of your life, when you choose the thoughts upon which you allow your mind to dwell. Thought is a real **causative** and **creative force** in life. You cannot have one kind of mind and another kind of environment.

This means that you cannot change your environment while leaving your mind unchanged, nor — and this is **the supreme key to life** and the reason for this book — can you change your mind without your environment changing too. This then is **the real key to life: if you change your mind, your conditions and reality must change too**. Your body must change, your daily work or other activities must change, your home must change, your relationships must change, your finances must change, the physical reality of your whole life must change, for whether you are habitually happy and cheerful, or have a low and fearful mood, depends entirely on the quality of the ‘mental food’ in your diet. Please be very clear about this. If you change your mind, your conditions must change too.

We are transformed by the renewing of our minds.

So now you can see that your mental diet is really the most creative thing in your whole life and this truth is seen to be perfectly obvious when clearly stated in this way.

In fact, I do not know of any conscious person who denies its essential truth. The practical difficulty in applying it, however, arises from the fact that our thoughts are so close to us that it is difficult, without a little practice, to stand back and look at them objectively. Yet that is just what you must learn to do.

You must train yourself to choose the subject of your thinking at any given time, and also to choose your emotions too, or what we call at The Key, your 'vibe'. Yes, you can choose your thoughts, moods, your feelings and as such your vibration. Indeed, if you could not, you would have no real control over your life at all.

Moods habitually entertained produce the characteristic **state of being** of the person concerned, and it is this state of being that finally creates or destroys a person's happiness. You cannot be healthy, you cannot be happy, you cannot be prosperous, if you have a negative state of being. If you are moody, or cynical, or depressed, or superior, or frightened and anxious, your life will be limited and half lived.

Unless you are determined to consciously choose a positive and optimistic state of being, you sabotage your ability to create meaningful experiences and live a fulfilled and happy life.

If you are not determined to start now and deliberately choose, all day and every day, the kind of thoughts that you are going to think, you may as well give up all hope of creating your life and shaping it into the kind of life that you want it to be.

If you want to make your life happy and purposeful, which is what The Universe desires you to do, you must begin immediately to train yourself in the habit of thought creation and mind detox.

This may be difficult initially, but if you persevere you will find that it will become increasingly easier, and it is actually the most exciting experiment that you could possibly undertake on yourself.

You will be amazed at the curious things that you will learn about yourself, and you will get positive results almost from the start.

Now what I know for sure is that most people even knowing this truth, make sporadic efforts from time to time to control their thoughts and feelings, and as a result do not make very much progress. Your opportunity is to **deliberately** create a new habit of thought which will carry you through when you are down, or distracted or off guard. This new **thought habit** must be **deliberately created**, and the foundation of this new habit can be established within a few days.

The way to do it is this: decide, in other words, **'make up your mind'** to devote one whole week solely to the task of building a new habit of thought, and during that week detox and let everything in your life be unimportant as compared to this task. **I promise that these seven days will be the most significant in your whole life.**

This will literally be the turning point for you. If you only do this, it is safe to say that **your whole life will change** for the better. In fact, nothing can possibly remain the same.

This does not simply mean that you will be able to face your present difficulties in a better mood; it means that the difficulties **will go away**. This is a proven way to create a new life, and being in alignment with the powerful Key Creation Process, it cannot fail.

You will discover that by working in this way, from the inside out, you do not have to change conditions. What happens is that when you apply this Mind Detox process, your conditions will change spontaneously.

You cannot change your outer conditions directly — those who try, fail — but apply THE SEVEN DAY MIND DETOX and when you change your thoughts, automatically your feelings will change, your vibration will change, your actions and behaviours will change and your external conditions must change for you.





THE SEVEN DAY MIND DETOX

THIS THEN IS YOUR 'MIND DETOX'.

For **seven days** you must **not allow yourself** to focus and dwell for a single moment on any kind of negative thought. You must **observe** yourself for a whole week, and you must **not under any circumstances allow your mind** to focus on any thought that is not positive, constructive, optimistic and kind.

It is likely that this **discipline** will be so challenging that you will in fact find it difficult to maintain it consciously for much more than a week. A week will be enough, because by that time the habit of positive thinking will begin to be established and you will certainly be acutely aware of previous habitual negative thinking.

Some extraordinary changes for the better will have come into your life, which will encourage you enormously, and then I promise that the future will take care of itself. This new way of life will be so attractive and miraculous and so much easier than the old way of thinking, that you will find your mind aligning itself almost automatically with inspired thought.

But the seven days are going to be challenging. Mere physical food fasting for seven days would be a piece of cake in comparison. The most exhausting form of physical activity, combined with a twenty six mile marathon, would be easy in comparison to this task. But it is **only for one week in your life**, and it will definitely alter everything for the better. For the rest of your life, things will be utterly different and inconceivably better than if you had not carried through this undertaking.

Do not start it lightly. It is important to think about it for a day or two before you begin. Then start. You may start it any day in the week, preferably first thing in the morning, and once you start you must go right through for the seven days. That is essential.

The whole idea is to have seven days of **unbroken mental discipline** and mind detox in order to get the mind definitely focused and shaped in a new direction once and for all. If you get off to a bad start, or even if you go well for two or three days and then for any reason "fall off" the detox, the best thing to do is to drop it altogether for several days, and then to start again afresh.



THE SEVEN DAY MIND DETOX

You must positively count every lapse, and whether you do or not, The Universe will. Where there is a lapse you must stop the detox altogether and then start again.

Now, in order, if possible, to foresee potential difficulties, let's consider them in a little detail.

First of all, what do I mean by negative thinking? Well, a negative thought is any thought of failure, disappointment, or doubt, worries, your troubles and world problems, any thought of criticism, or spite, jealousy, resentment or judgment of others, or self-judgement, any thought of sickness or disease, accidents, or, in short, any kind of limitation or pessimistic thinking.

Any thought that is not positive and constructive, whether it concerns you yourself or anyone else, is a negative thought. Do not bother too much about the question of type; in practice you will never have any trouble in knowing whether a given thought is positive or negative. Even if you try to deceive yourself, you will feel it.

Secondly, you must be quite clear that what this 'Mind Detox' calls for is that you will **refuse and not accept** any negative things.

Please note this carefully.

It is not the thoughts that come into your mind that matter, but only those that **you choose to accept as 'Truth' and as such** entertain and dwell on. It actually does not matter what negative thoughts you think provided that you **do not accept them or** entertain them as truth.

It is the acceptance of them that creates the undesirable outcome into your reality and the refusal to acknowledge and accept them that keeps the undesirable outcome from entering your reality.

It is likely that negative thoughts will come into your mind all day long. Some of them will just drift into your mind from nowhere and others from the racing of your mind. Other negative thoughts will be ‘gifted’ to you by other people, either in conversation or gossip, perhaps from their beliefs and you may even receive them by observing people’s negative and unconscious behaviour towards you.

You may hear disagreeable news on television, the internet, radio or perhaps receive a negative message by text, or email or by phone. You may observe crime, terror and disasters on TV or while you are online.

These things, however, do not affect you as long as you do not entertain and **accept** them. In fact, it is these very things that will provide **the discipline** that is going to transform you during this life transforming week.

When a negative thought presents itself, pause, take a breath and choose not to accept it. Turn away from the news, the nasty or unkind words, judgments and mindless comments and remarks, or whatever the negative distraction might be.

When the negative thought enters into your mind, immediately ‘RESET’ by thinking of something else. Trick your mind and distract it onto something else, something even quite random.

Now what of those negative thoughts and conditions which are impossible to avoid at the point where you are today? What of the ordinary problems that you will experience at work, in the office or at home?

The answer is, that these things (negative experiences and conditions) will not affect your ‘Mind Detox’ provided that you **do not accept them**. By worrying about them, fearing them, by believing them, by being indignant, annoyed or upset about them, **you are giving them power and indeed giving them all of your power**.

Any negative condition that life throws at you and forces you to handle need not affect your detox.

Go to work, or the office, or meetings or social events, without allowing them to affect you. All will be well. Suppose that you are lunching with a friend who is gossiping or moaning and talking negatively — do not try to shut them up or respond to them. Let them talk, but do not accept or engage energetically or verbally with what they are saying and your detox will not be affected.

Suppose that on arriving home you are greeted with a negative mood or conversation — do not react or try to convince the person of a different view, simply listen but do not accept what they are saying.

It is your mental consent, remember, that constitutes your mind's diet.

Suppose you witness an accident or an act of injustice — instead of reacting with pity or anger you must refuse to entertain and accept it into your consciousness. Do not attempt to right matters. Let it go. You will still be on the your detox.

Of course, it would be very helpful if you can take steps to avoid meeting during this week anyone who particularly challenges you. People who get on your nerves, or annoy or bore you, are better avoided while you are on your mind detox; but if it is not possible to avoid them, then you must have a little extra discipline — that is all.

In closing, I want to tell you that at the start of the 'Mind Detox' some people find that all sorts of difficulties may appear. This may be disconcerting, but it is really a good sign. It means that things are stirring and moving; and is not that the very object we have in mind?

If it seems that your world is being turned upside down and being rocked to its foundations, stay strong until the outside images of your world have begun to reassemble themselves into more positive circumstances.

The above point is vitally important. You will begin to see that your focus and attention on these difficulties is in itself a negative thought which normally would have thrown you off your detox.

I am not suggesting for a moment that you live in denial about worldly appearances, but rather that you **refuse to accept the appearance of them in your reality for only seven days.**

A word of caution. Do not tell anyone else that you are on The Seven Day Mind Detox, or that you intend to go on it. Keep this experiment strictly confidential to yourself.

‘Guard your heart above all else’.

Finally, remember that nothing said or done by anyone can possibly affect your mind and throw you off your detox. Only your own acceptance and reaction to the other person’s behaviour can do that.

ABOUT THE AUTHOR

CHRISTINE FRIEL MCGRORY, FOUNDER OF THE KEY, TEDX AND UN SPEAKER, WINNER OF GLOBAL WOMAN INSPIRATION AWARD 2018. ENTREPRENEUR, SCIENTIST, AUTHOR, INSPIRED SPEAKER, AWARD WINNING MENTOR AND TRUSTEE OF HER CHARITY



Widely recognised for her charm and grace, Christine has a unique ability to engage the heart. Christine is extremely grateful for having been voted one of Scotland's most influential women by the Glasgow Herald, a finalist in The Glasgow Awards and proposed for the Glasgow Herald's Inspiring City Awards. She was voted Business Women Scotland's Business Mentor of the Year and 'The Most Promising Newcomer' in the personal development field by The London Best You Expo.

Recognised by the Queen for her work in the community and as a Trustee of her Charity, The Institute of Creation, Christine volunteers her services and her passion by delivering The Key programmes to the most challenged individuals, groups and communities in the country.



THE SEVEN DAY MIND DETOX

ABOUT THE KEY

The Key® teaches The Creation Process® a genius three-step process which equips you with the “know how” and the tools to create whatever it is you want and desire in your life. Created from a series of powerful, ancient and timeless philosophies, The Key deepens your awareness of you, your environment, and your world. The Key is the spirit of NOW.

Christine Friel McGrory unlocked “The Key” in 2010. Christine and her daughter Megan deliver The Key Experience, comprising; The Key LIVE courses, Master Key, Unlock® Mentoring, The Key World Retreats, The Key Corporate Leadership Programme, and The Key to Health & Wellbeing.

The Key is NOW additionally available online.

For more information about The Key Online Courses, The Key Weekend Courses, The Key Corporate, The Key World Retreats, The Key New Generation and The Key to Health & Wellbeing:

Visit: www.unlockthekey.com.

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THE SEVEN DAY MIND DETOX

THE MIND DETOX WORKSHOP

If you would like to learn more and join my next **Seven Day Mind Detox Workshop** – please contact me directly at Christine@unlock-thekey.co.uk with reference **MIND DETOX WORKSHOP**.

Every now and again a book is written that has the potential to change your world. "Grace" is such a book.



THE SEVEN DAY MIND DETOX

Grace was exhausted and unhappy with her life; disconnected from her family, friends, work and herself, but she couldn't understand why. *Deep in her heart she longed for something else...*

C
E A seemingly chance encounter with a mysterious old lady takes Grace on an extraordinary adventure; she comes alive on a journey of self-discovery and finds that her life has meaning and purpose.

Chapter by chapter, the book blends ancient truth and science and teaches each of us how to harness the power of our Universe to create a happy and fulfilled life.

This compelling story is told in the most heart-warming, fun and creative way. Held within each page is the power to shatter outdated thinking about how life works, how we influence it, and why we are here. And most of all, Grace presents a sequence of simple, yet powerful philosophies that will assist you to discover your own unique purpose and connect you to the infinite source of love, happiness and fulfilment.

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