

NEW THOUGHT
MOVEMENT UK
MANIFESTO



*"It is time for change, and change
begins with you."*

JOYCE LEWIS

THE NEW THOUGHT MOVEMENT UK MANIFESTO

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NEW THOUGHT MOVEMENT UK

CONTENTS

Thought.....	2
Where our thoughts have taken us.....	4
The known truth.....	6
Connecting the dots.....	8
Vision of a new world.....	11
New Thought Movement UK.....	13
My story.....	15
My awakening.....	18
There is no one to blame.....	26
It is time for change and change begins with you.....	27
Be the movement.....	29
About the author.....	30

THOUGHT

It was the great spiritual teacher Buddha, who said, *“All we are is the result of what we have thought, with our thoughts we make the world.”*

We have been unaware for centuries of the creative power we possess as individuals, as a region, as a country or even as a world. This power is stored in the mind, it is expressed as the sense of thought, and we are all thinking, every second of every day. Our thoughts are pure energy. Every thought we have, ever had, and ever will have, is creative. It leaves our minds and heads out into the universe extending forever. Our thoughts last forever. All our thoughts congeal; that is, they meet other thoughts of a like kind and form clumps of energy. When enough of these clumps form, they become matter. This matter will express itself in physical form.

Our thoughts can be expressed either orally or we can put them in writing. According to the oxford dictionary to express means to make manifest, set forth, give voice too, push forth, or made to go faster. With the advent of social media in 1997, our thoughts are being expressed at the alarming rate of 24,000 gigabytes per second.

NEW THOUGHT MOVEMENT UK MANIFESTO

Our thoughts can also be put into action. Actions are thoughts in heavy physical motion. So when we think, speak, and then act out a thought, we are placing tremendous creative energy in motion.

WHERE OUR THOUGHTS HAVE TAKEN US

A simple glance at the health, social care, and general statistics for Northern Ireland will show what thoughts we have placed in motion in recent times.

In Northern Ireland, 3.5% of our population, that is about seventy thousand (70,000) people, have been diagnosed and are living with cancer. Every type of cancer is on the increase in the United Kingdom, with approximately one thousand (1000) people being diagnosed every day. The World Health Organization predicts a worldwide increase of 50% between 2000 and 2020. The latest trend is to maximize the social capital from the death of celebrity cancer patients, from the David Bowie's to the Alan Rickman's and many more in between.

The mental and physical health in Northern Ireland is at an epic low. In 2015, two-hundred and fifty thousand (250,000) adults and forty-five (45,000) children had mental health needs at any one time, with more than 20% of young people said to be suffering from depression. Suicide rates in Northern Ireland have risen in the last ten years by 64%, resulting in a case of ten in

every one-hundred thousand people falling victim to suicide. In Northern Ireland, 66% of first-time suicide attempt survivors, die within three months of release from inpatient care. In England and Wales the figure is 40% and in Scotland 35%. 12% of the national budget is spent on mental health, making Northern Ireland the highest spender per capita of the four regions. Northern Ireland has the highest rates of incidence and annual presentation for self-harm in the United Kingdom, with a huge percentage of young people below the age sixteen, said to have had thoughts of taking their own lives.

In the last twelve months, seven thousand three hundred (7,300) people have been added to the disability benefit list, representing a 25% or forty thousand (40,000) increase in the last ten years. In the United Kingdom, 50% of the population is on prescribed medication, with the numbers increasing daily. Some people take as much as fifty pills per day, not to cure their ailment, but simply to get by. More money is being spent now, more than ever before, on researching the origins of diseases and developing drugs to fight these diseases. The national health service faces a sixty-billion-dollar deficit in its attempt to keep check on the health and social care needs of the country. More than six million of our people are trapped in the benefit system, a system which upon closer inspection has proven to be the breeding ground for perpetuating the existing conditions.

THE KNOWN TRUTH

According to Deepak Chopra, a New York Times bestselling author, *“God is the universe and God is in trouble.”* From all indications, and the complete lack of a plan to reverse this trend, the situation appears hopeless.

The first geostationary environmental satellite was launched in 1966, its main purpose is to collect data on changes in the electromagnetic fields of the earth. After 9/11, insurmountable evidence was collected to show that changes in people’s emotions, on a large scale, directly affected the electromagnetic grid of the earth. That is, how the majority of people were thinking, at a particular time, in a particular location, would result in a directly proportionate effect on the electromagnetic field. The result is anything from unprecedented climate change, to increase in cancer causing radiation. In the last fifteen years, post 9/11, the world has experienced unprecedented upheaval, in every possible area.

In 2016, we have over fifty ongoing conflicts. The death toll from these conflicts totaled one hundred and seventy-two thousand, three hundred and thirty-two (172,332) people in 2014, and one hundred and sixty-six thousand, eight hundred

and seventeen (166,817) in 2015. The world's refugee population grew to over sixty (60) million people in 2015.

The climate has taken an unprecedented turn for the worse in the last decade. The atmospheric carbon dioxide is at disaster level and is the worst in six hundred and fifty thousand (650,000) years. Global sea levels have risen about six-point seven (6.7) inches in the last decade, and the last twelve years have seen ten of the warmest years in history. Wikipedia is now unable to keep up with the super storms, the earthquakes, the tsunamis, the floods, the deadly freezes, droughts or even with the number of sperm whales turning up dead on our shores, suffering from starvation.

Social media is now plagued with incidents of racism and hate crimes. All the issues we thought we had under control, are once again, raising their ugly heads. The consensus is, "*revolution now!*" The recent occupy movement, had people marching all over the world against one social issue or another. We marched, we protested, we rioted and with the advent of social media, we took to the net, in a hopeless attempt to stop the disaster we have created.

CONNECTING THE DOTS

According to another New York Times best-seller, Gregg Braden, *"We are living in a time of extremes, and this is the new normal."* Is it?

We have not been enlightened on the connection between the health we experience and the thought pattern which created it. Thoughts continually routed in anger will cause heart attacks; thoughts centered on incessant competition will cause strokes; thoughts stemming from hatred, either for yourself, for people, for places, or for things, are deeply self-destructive. Hate is the most severely damaging of all thought patterns and its effects are virtually irreversible. Thoughts originating from fear will act as an opposition to your mental and physical health. Thoughts of worry will cause you an early death; it will create biochemicals that will harm the cells of your body. Yet worrying is simply wasting your mental energy. Worry is the act of a mind that does not know its connection with its creator. Worry will cause you everything from indigestion to coronary arrest. Similarly, though to a lesser extent, bitterness, impatience, greed, judgmental, anxiety, condemnation, and unkindness, all harm the cells of your body. It is impossible to have a healthy body when these emotions are the basis of continued thought.

NEW THOUGHT MOVEMENT UK MANIFESTO

In the same manner, thoughts expressed by groups of people or institutions, such as, the predictions of increase rates of cancer, predictions of disaster, and predictions of changes in weather patterns, will reproduce itself in physical form, creating a self-fulfilling prophesy. Those thoughts, become rooted in the psyche of the people, forming beliefs, which form further thoughts of fear, worry, hatred and anger, to name a few. This creates a self-destructive pattern, for the individual, the region, the country, and the world. Through social media, today the thoughts of one person can within minutes become the thoughts of millions.

Thoughts of wanting and wishing conditions to either appear or disappear, serves only to push the desired results further away from us. Thoughts centered on criticizing and judging world conditions or situations, reproduces these conditions, usually on a wider scale. Thoughts expressed as a call for one group or another, to stop certain negative activities, thoughts expressed as prayers for help, thoughts expressed as sympathies for existing situations, all have one common effect. The effect of feeding the problem with pure energy and bringing it to epic proportions.

All our greatest leaders have enunciated, and lived by, and changed the world, through their knowledge of the power of thought.

Mahatma Ghandi was quoted as saying, *“a man is but the product of his thoughts, what he thinks he becomes.”*

Jesus also said, *“as a man thinks in his heart, so is he,”* and *“as we believe, so shall it be done unto us.”*

These have long been thought to be esoteric truths, but in fact, they are happening every single second, of every single day, for every single person on planet earth.

VISION OF A NEW WORLD

We would love to see a change in our current situation. We would love to be healthy and see the world filled with healthy, happy people. We would love to put an end to the senseless killing of each other and see a world at peace with itself. We would love the workplace to become the joy place and experience fulfilment and satisfaction in our lives and in our careers.

We all seek love; we seek to give and receive love. We all seek to prosper both as individuals and as a nation. We all seek to be heard and to be able to express our selves. We all seek joy and happiness. And we all seek these things, because, as a race of people, a human race, we are all deeply connected and share the same deeply seated desires.

We desire as individuals to grow spiritually and to return to oneness. We desire to put the puzzle back together and to observe and discover the master plan. We seek to experience ourselves as the greatest version of the grandest vision we ever had of our selves. We seek this, both as individuals and as a race of people. As humans, we seek to evolve.

The possibility of this, is only a new thought away. This thought has taken hold in millions of minds across the earth. This

thought, which, if we can make it the prevailing thought, will reproduce our wildest desires, not on another planet, or in another world, or in some heaven far away, not for some persons and not others, not in another age or dispensation, but now, in this time.

The great writer Paulo Coelho said in his iconic book, *The Alchemist*, *"no matter what he does, every person plays a vital role in the history of the world and normally, he doesn't even know it."*

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New Thought Movement UK, through the dissemination of information on the power of thought, through its courses, books, public talks, and using every method at our disposal, we will give back to humanity the information needed to consciously choose the thoughts that will heal the world.

New Thought Movement UK will work with organizations, institutions and individuals who are prepared to change their thoughts and the language of their communication, to create new healing thoughts. This will give these groups an opportunity to be clear and open with the public, on who is truly working towards a healthier, more prosperous society.

New Thought Movement UK will teach on the natural healing methods available and create a network of natural healers, with the intention of making natural healing the preferred method of curing and preventing diseases.

New Thought Movement UK will facilitate the creation of mass meditation and yoga groups, to infuse a concentrated level of pure energy into the atmosphere, improving the weather and the general positivity of the different communities around the world.

New Thought Movement UK, through its workshops, courses, and spiritual teachings will enhance the journey to spiritual healing and enlightenment for all those who seek to be spiritually healed and enlightened.

MY STORY

I was born in the Caribbean nature Island of Dominica, known for its three hundred and sixty-five rivers, one for each day. After the country was hit by hurricane Allen, my family was broken into pieces. Two of my brothers were left in Dominica, one was sent to Antigua, my mother and sister moved to the Island of Martinique, and my brother and I were sent to live with my mother's future in-laws in the beautiful island of St. Lucia.

My brother had a knack for mixing with the wrong crowd and was constantly running away. So I grew up for seven years, without seeing or talking to my mother and with no blood relatives around. This solitary upbringing was a blessing in disguise because it allowed me to grow up without being influenced by the beliefs, values, and norms usually passed on within the family, church, or community. Later in life, I realized that I had also developed talents that would serve me in my adult years. After a seven-year absence in our lives, my mother was forced to make a re-appearance. We did not understand her, and it took us months before we were able to utter that sacred word, "mommy".

After graduating from secondary school, second highest in my year, it dawned on me, if I could achieve this without even

trying, imagine what I could do, if I actually tried. I decided to go back to college. I took a job in a factory making less than twenty pounds a week. With some help from my first boyfriend, I went to college, where I excelled, graduating with top marks.

Then, as the great Napoleon Hill would say, I began to “drift.” I moved from job to job. I could not understand people who spent their entire lives working in the same job, year after year. Sometimes, I wished I could be like them. For me, after two years in a position, I was itching to do something new.

From my teenage years, I began trying to be my own boss. My first attempt was starting a juice selling business in my local village. That lasted only as long as I had my best friends’ support. Their support lasted only one day. I then tried opening a dollar-store. I did what everyone was doing. I used stolen credit card numbers and ordered my stock. My shipment got cancelled, and all I had to do was order again. But instead, I gave up and never tried again. Soon after a store with the same concept selling the same items I tried to order, opened, and became the biggest dollar store in my country. Still, not giving up I tried to open a restaurant. I rented the building, bought the furniture, painted the walls and was all ready to go. My then boyfriend who was helping me, told me to wait for a couple weeks and open in the new year. This simple advice made me stop in my tracks and give up. Soon, the building was taken up by someone else, I had to pass it every day on my way to work, wishing I had not given up. I persisted in my entrepreneurial attempts. I decided to go into real estate. I opened an office and got myself a beautiful sign. I

listed and entire community, even made my first commission, before I met a lady who said to me, “why are you wasting time walking around in the hot sun? Why don’t you become a nurse? Nurses make a lot of money and always have a job.”

I could have said, “well, I love the sun, I love getting to know people and I am deeply in love with what I am doing, I have it all mapped out in my mind.” But I did not. Instead, I shut myself up in my office for thirty days, crying, asking God, “why am I not a nurse, nurses always have a job.” Finally, I said, “God, I don’t want to do this business thing anymore, just give me a job.” After thirty days, I got a job a few feet from where I had the office and again, I was daily reminded of what could have been.

MY AWAKENING

I moved to Northern Ireland in 2010. By 2013, my life was a disaster on all levels, financially, emotionally and career wise. I found myself working in a factory making peanuts, constantly feeling as if I had let myself down.

My marriage was in trouble, the honeymoon was long over. My husband had found his long-desired parenthood outside of our marriage. His alcohol and gambling hobbies were getting out of control. Christmas 2013 was spent not being able to afford even the cheapest gifts. We were over ten thousand pounds in debt and money was going out faster than it was coming in. I decided, it was time to fix my husband. I did not speak to him for twenty-one days. During these twenty-one days, YouTube became my best friend. On YouTube were, *Oprah Winfrey's Soul To Soul*, *Super Soul Sundays*, and Iyanla Vanzant's *Fix My Life*. I cried as I had never cried before. After twenty-one days, I apologized to my husband. I realized two things: one, you cannot fix people, and two, the only person that needed to be fixed was me.

After taking my daughter to a school activity on 8th March 2014, I had the unexplainable feeling that this is it, I was finished raising her. I went home, and it was as if my book of life had open.

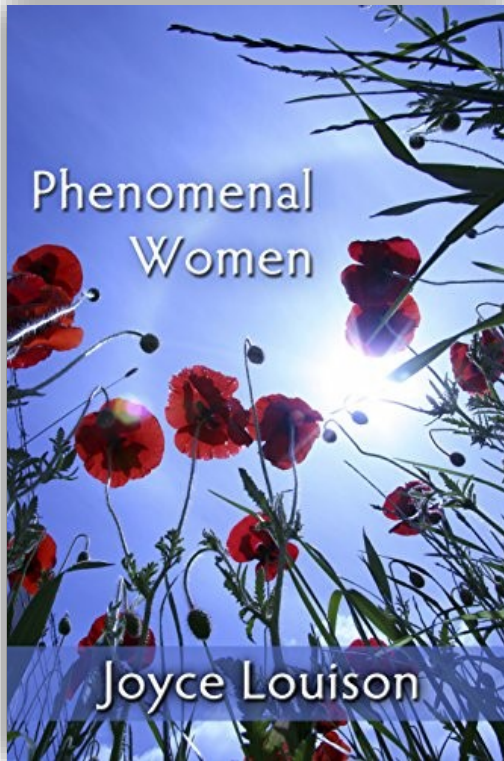
I could see page after page of everything I had ever done, every decision I had ever made, and every venture I had ever undertaken. I could see where the thoughts of failure had been formed. I could see my marriage and how I had single handedly destroyed it with my thoughts. I could see clearly that everything that had happen in my life, had been a result of a thought I had created about myself. I had not drifted and failed because I was born into a poor family, or because God was punishing me, or because people did not support me, it was all a result of my thoughts. I was in total control.

It was not only me, in total control of my life, everyone else was in total control of theirs, creating from their deepest thoughts, the life and times they were experiencing.

I became conscious that our creative power extended not only to our lives, but out into the whole universe. We had the power to make the sun shine, the power to make the rain fall, and the power to create things out of nothing.

I grasped that there was a connection between everything on the planet. I understood there was not a single thing totally independent from another. I comprehended that no one was ever truly alone, because within each one of us, was something, so uniquely powerful that if we could connect to it, we could all experience the joy and fulfilment that we seek.

I thought I had struck gold, I thought this was magic, and only I knew about it. I could not wait to tell everyone. And I proceeded to do so. I sent messages to my entire friend list on WhatsApp for months. At the end of three months, I realized that I had written and published my first book. I called it, Phenomenal Women.



<https://www.amazon.co.uk/Phenomenal-Women-Joyce-Louison-ebook/dp/B00LVC0EXY>

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This book, Phenomenal Women, was written inadvertently. An aspect of my life story would play like a broken record in my head for hours, over and over. It would not stop until I sent it out in a message to my WhatsApp Group. During this process, I came face to face with the truth, that every single aspect of a person's life depended on and was determined by their thoughts.

I gained new knowledge and acquired new experiences, which I tested scientifically through trial and error. Time for me, was no longer a fixed concept, but a component that could be manipulated by my thoughts, words, and actions. I could stretch my time or shrink it based on my thoughts. On countless occasions, after coming out of deep meditation, the overcast skies above me would completely clear up, all clouds would disappear, or they would form the most intricate cloud formation, based on the level of mental stillness I achieved. The world was suddenly no longer the gloomy Northern Ireland I had become accustomed to and was told to expect, but it unfolded into magnificence. Trees were no longer just trees, but living breathing beings, capable of communication through feelings. Flowers exploded in brilliance, with vivid rich colors. Birds flew over my head in synchronized formations. Everything became alive and I was part of it. It occurred to me, that it would take lifetime upon lifetimes, to experience the beauty and magnificence of this world.

I was now deeply conscious of the direct correlation between my thoughts and the illnesses they could instantly create. And

using the process of creating new thought, I was able, over and over, to heal myself of any illness I created.

I decided to not limit this truth, but to let the world know of it.

But I was afraid. My fear took the shape of excuses. Once again, I began to think, I was not good enough, that there was something about me that had to be fixed. This time that thing was my hair. I did not only think about it, I wrote it down in my diary. I wrote, "I need to sort out my hair." I proceeded to turn my thoughts and words into action. I took sixty pounds, went to the hairdresser, and had her put in some beautiful braids. I looked in the mirror and felt, "yes, this is the image I would like to present to the world." Driving back home, I instantly felt something was wrong. I excused the feeling away, by saying I should have insisted my hairdresser take all the money I offered her. When I got home, I looked in the mirror and saw that indeed, "*I needed to sort out my hair.*" My hair had developed a dry patch that kept growing bigger and bigger. I took out my fancy braids, and my hair began to fall out. I went to two doctors, I washed my hair, sometimes three times a day, I cut it all off and cried buckets of tears, to no avail. It was only when I acknowledged that I had created this through my thoughts, words, and actions and I decided, that even if I had to tell the world of this truth, bald, I would still do it, that the disease went away, and my hair returned to normal.

I soon realized that I was not alone in this knowledge. Many people were teaching various versions of this truth. I proceeded

to follow some of their instructions. I wrote everything down, my newly acquired life purpose, the amount of money I wanted to make, where I wanted to live, the car I wanted to drive, the places I wanted to visit, the types of relationships I wanted to have, all of it. Within a few months I had the car, exact color and make, of the one in the picture on my vision board. I had also been to the sandy beaches of my dream vacation, taped to my vision board. But the book sales were not happening, and the money was not forthcoming. One day in meditation, I discerned that I had been a successful failure, and this was where I was heading. All I had to do was admit to that and claim it as who I was, "a successful failure." I had a clear vision, that if I admitted this as my truth, I would sell enough books to purchase the house I desired, near the sea and live relatively comfortably. But I would have failed at letting the world know the truth. I spent hours deliberating with myself and finally got up and took all the pictures on my vision board down. I still had all my desires, but they were secondary to my ultimate life purpose, to let the world know of this truth.

I was now painfully aware of the power we possess as human beings, of which most of us have no conception. It was also excruciatingly sorrowful to comprehend that so many of us would rather remain in our situations, our depression, our poverty, and our diseases rather than entertain a new thought. I came face to face with the truth that most of the world was asleep, slowly drifting towards a precipice and that unless we awaken to a new way of thinking, we would fall off. The existing paradigm of thinking is like gravity. We were all using it and

operating within it, but only a few of us spared a minute to understand how it worked. Those who did, created jet planes and rockets that soared way above the rest of us.

As I continued to learn and decide how I could most effectively teach this, to begin to make a difference in people's lives and in the world, it dawned on me that I was becoming even more aware of things. I could see the news headlines and instantly connect the dots. I could see where individuals, institutions, and the media were creating thoughts that were reproducing themselves in the world and causing havoc. I recognized that the greater the number of people who thought the same thing and the stronger the emotions attached to the thought, the faster it reproduced itself in people's lives and in the world. I knew that without this knowledge on a wide scale we were quickly drifting towards the cliff of extinction, and nothing else mattered but ensuring that the power of human thought was made known to all. Armed with this knowledge, everyone would have the power to choose consciously, thoughts that made them either healthy or sick, rich or poor, villain or victim, happy or sad. They would be able to choose thoughts that would reflect and reproduce itself into a better world. It mattered not the choice, what mattered was that a choice was made in conscious awareness.

I realize that there was no other reason for me to have been born, but for this moment and for this time and to do this.

NEW THOUGHT MOVEMENT UK MANIFESTO

I had been running from this destiny from the time I was born. I was only three years old when I took myself and my older brother for a drive only to end up at the base of a tree trunk. After being forced to leave Dominica by a hurricane which took many lives, I went back for a two week visit after thirteen years and almost drown myself and my sister. My mother railed at me constantly, thinking I was being rude by speaking impeccable English. Surprisingly, even to myself, I seem to understand everything.

THERE IS NO ONE TO BLAME

Armed with this knowledge, we can begin to change our world. We can stop wishing and hoping and praying for a change but put it into motion. The consensus is that our Governments are only concerned with keeping the people in the dark and increasing their power. The generally held belief, is that negativity sells, that our traditional and social media will do all in their power to keep the world deeply entrenched in negativity. The persuasion of many, is that all our institutions will seek profit at all cost, even if that cost leads to the annihilation of us as a species.

But it begs to reason, what is the use of power with no one over which to exercise it, what is the use of negativity if it brings the world to extinction and what is the use of profit at the expense of everything else?

I believe that we all have good intentions, and with the knowledge of how to operate in a new thought paradigm we will all choose to consciously create a world, which we can all be proud of.

IT IS TIME FOR CHANGE AND CHANGE BEGINS WITH YOU

There are seven-point four billion of us, no one less important than the next. We are all housed on this our spaceship, and we have no evidence of there being another available to man. We have brought ourselves to our current situation, we are responsible and no one else. Not the media, not the government, not those in power. We are. And only we can change it.

It is said, "in the face of insurmountable odds the human spirit does not cringe and give up but rises and claims a piece of history for all eternity."

Governments, institutions, those who have given their lives to serve others are now grasping that the old ways have not worked, the old methods are leading us in the opposite direction to where we intended. We have been presented with this amazing opportunity to create a movement that can help masses of people. A movement that teaches how to heal the body, the mind, and the spirit. A movement that enables the

creation of a new thought paradigm, a movement that brings together masses of people, raising their energy vibrational levels and feeding the world with pure energy. This is a movement that can and will eliminate hunger, starvation, and poverty. A movement that will create paradise on earth.

This is the New Thought Movement UK.

The time for criticizing, complaining, and talking is over. It is now time to get our minds over the matter.

It is time for change and change begins with you.

BE THE MOVEMENT

To find out how New Thought Movement UK can help you achieve phenomenal wealth and success, phenomenal health and wellness, and phenomenal relationships, visit our website.

www.newthoughtmovementuk.com

To join the conversation, to get involved in our community, to get help in creating a new thought about your current situation, to contribute your story of awakening, or to simply support the movement:

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ABOUT THE AUTHOR



Joyce Pree Lewis has discovered her life's purpose, teaching the power of thought. How our thoughts affect our lives and our world. Through her writing, speaking, and teaching, she helps individuals and organizations clarify who they are, why they are here, and choose the appropriate thoughts, words, and actions to reflect this Joyce is an author, blogger, singer, choir director and a mother of a beautiful teenage daughter.

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Joyce is the founder of [New Thought Movement UK](#) which serves organizations, institutions, and individuals in the community and across the world.