Positive Thinking!

A man is but the product of his thoughts; what he thinks, he becomes.

Mahatma Gandhi

Lisa Whitehead

Get a Life!

April 2011

Thoughts Become Things
because thoughts *are* things:

Thoughts are the DNA of the Universe(Energy). Thoughts become things when they are activated by signals from the Heart. (Emotion as in E-motion, energy in motion)

Belief is thinking that is given meaning and direction by the mind using the power of emotion.

It is this energy and the resulting vibrational signals that activate the thought and causes physical manifestation and experience to take place.

For example: When you say to someone " Wow what a bright sunny day, makes you feel good doesn't it " first of all you had the thought and then spoke the words. Your thoughts become your actions, powered by the emotion you attach to that thought.

The energy in motion (Emotion) powers the thought into action (physical manifestation) regardless of the positive or negative charge of that emotion. And where does the positive or negative charge come from ? Your Beliefs!

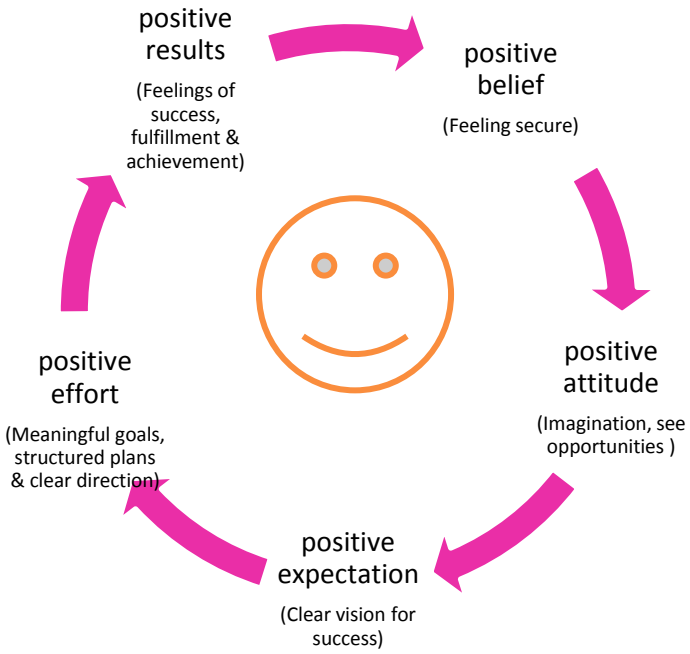
Positive = Empowering **Negative = Limiting**

So how are thoughts and beliefs formed?

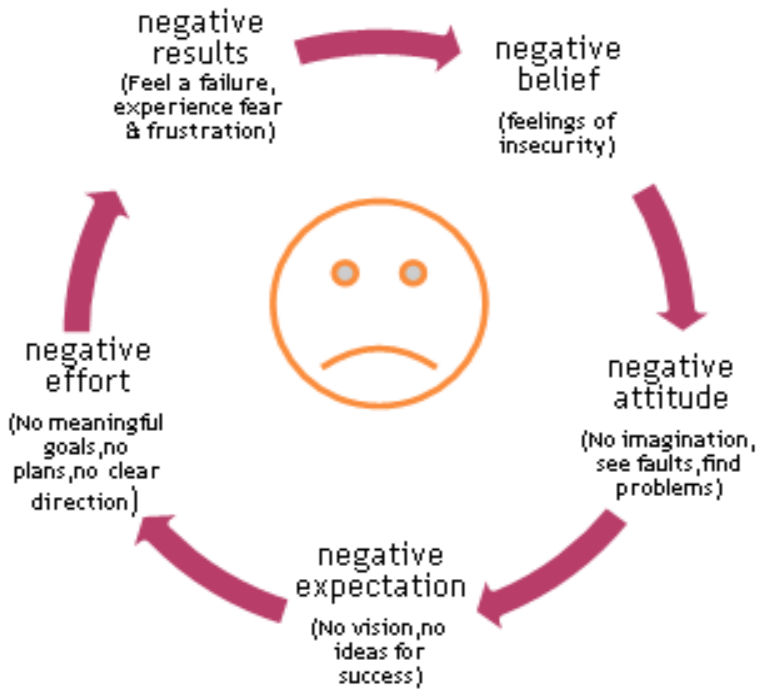
Positive thinking!

Now lets take a look at the cycle of belief, both positive and negative:

Positive belief cycle (Empowering)



Negative belief cycle (Limiting)



Flush Out Those False Beliefs!

Before you can transform negative thoughts and feelings, you need to become aware of them, so here's a list of beliefs that may need updating!

Step 1

• When under **pressure** I …….

• I often feel **guilty** about …….

• When ……. **happens** I stress out and feel like …….

• My Achilles' heel (greatest **weakness**) is …….

• I am always **trying** to stop ……. from happening.

• When the **unexpected** happens I …….

• I **always** try to ……..

• The biggest **obstacle** that stops me loving and approving of myself is ……..

• What **drives** most of my behaviour is …….

• I am **afraid** of ……..

• I seek my ……'s **approval** (always / mostly / usually / occasionally)

• My most frequent negative / uncomfortable emotion is **feeling** …….

• The feeling I **dislike** the most is …….

• I **need** to learn to ……..

Congratulations – that took courage!

Step 2

Now you have identified your false beliefs, go back and re-do the exercise writing how you would **like** to be. For example:

When under **pressure** I … panic

to

When under pressure I … think about the situation calmly and ask for support

To change your thoughts takes awareness and practice!

Frustration V Fascination!

As you become more aware of your thoughts and begin taking steps toward the things you desire, through positive thought, you may well meet with obstacles along the way that have the potential to knock you off course. To ensure this doesn't happen to you, answer the question:

Am I frustrated or fascinated?

What emotions do you experience when you're frustrated?

What happens to you physically?

Now think about this….

What questions would you ask if you were fascinated?

Remember Success (Empowering beliefs)

Just as important as learning how your conscious and subconscious mind works in terms of limiting beliefs, is the "filing cabinet" of references of recalling past success. It doesn't matter who you are, you have succeeded at something at sometime in your past. Don't gloss over these moments. Use them to remind you that you can think, be do and have positive thought in fact achieve your goals.

Your proudest moments

What are the effects on the physical body of thoughts powered by positive and negative emotion?

"Where focus goes, energy flows"

Exercises in attention and focus

What did you notice?

What company do you keep?

You can't get a charge from a dead battery

+ Dream makers **- Dream stealers**

Turning dreams into reality

"I will achieve the best that I aim to believe in!"

Your mind is yours to conduct. Only you can choose if you will feed it with fruit or poison. (Positive or negative thoughts and beliefs) You are what you "Think" yourself to be. It is never too late to alter direction. It is never too late to paint a new picture for your life, You're creating it moment by moment! You're a work in progress an artist in your own right!

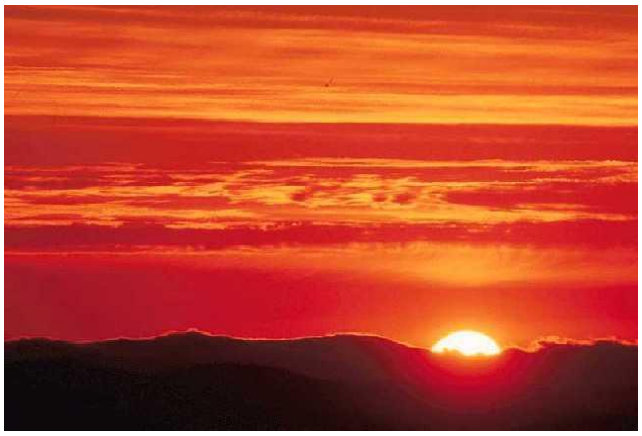
Daily Questions

Morning sunrise questions:

1. What am I happy about in my life right now?
2. What am I excited about in my life right now?
3. What am I proud about in my life right now?
4 What am I grateful about in my life right now?
5. What am I enjoying most in my life right now?
6. What am I committed to in my life right now?
7. Who do I love? Who loves me?

Evening sunset questions:

1. What have I given today?
2. What did I learn today?
3. How has today added to the quality of my life?
4. How have I made a difference today?
5. How has today helped me invest in my future?



Ask these questions daily, writing down your answers in a journal can help keep your energy focused on positive thought and emotion, manifesting the very best in your life.