

The Life-Changing Power of Your Thoughts

You can literally bring about the life of your dreams just by learning how to think properly.

To do so it is necessary to take control of your thoughts. The truth is that most people are controlled by their thoughts. Let us begin by seeing how this happens: Normally thoughts move in and out of our heads - these are what I call transient thoughts. Should they solidify and stay then they become our personality - for example, as a young person if you are told that you are useless or hopeless at certain activities. As long as such thoughts are just transitory they will move in and out of your head without causing any permanent result.

However, should you begin to identify with such thoughts then you will begin to believe that these thoughts are you. In this way they solidify and become part of your personality from which you live. You now feel that you are an inferior person and you have an inferiority complex. Someone else may have had the same suggestions made to them in regard to their lack of capacities. However, they may not have identified with them and therefore don't develop a complex.

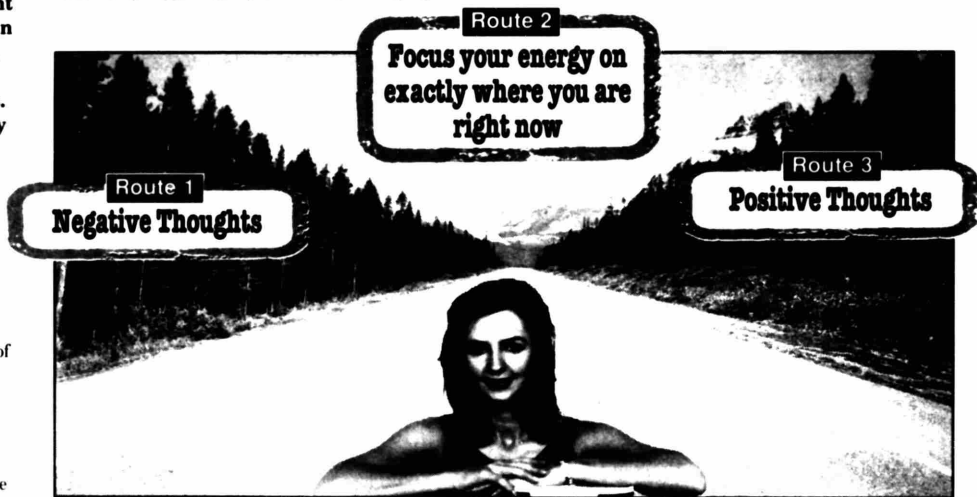
From the above we can see that there are transient thoughts and permanent thoughts which become your personality from which you live. Very importantly, there is a difference between you and thought. The result of this identifying with a group of thoughts to the extent that you believe that they are you can be such problems as inferiority, depression, loneliness and, believe it or not, even complaints such as arthritis, asthma, heart problems, right down to life-threatening complaints. The more the person accepts and identifies with any of these thoughts the more dangerous and life-inhibiting they become.

The Fatal Division

You will notice that I haven't made a distinction between so-called mental problems such as inferiority and depression and physical problems such as arthritis and heart problems. This is because I believe that learning how to think properly can have a positive effect on them all. As you build up solidified negative thoughts this causes a fatal division within yourself resulting in an internal civil war. For example, an inferiority complex versus a struggle to be confident; depression versus a struggle to be happy; physical complaint versus health; failure versus success.

Taking an overview, we can say that there is a part of you that is sick and a part that is well and these are in conflict. If we were to take a percentage what would the result be? For example, what percentage of you is depressed? What percentage says, "I want to be well"? Do you wake up in the morning and the first thing you think about is your arthritis or depression? Does your whole life revolve around this aspect of your personality with very little of your mind taken up with being healthy except in a very vague way such as, "I just wish I were healthy/successful/confident"?

Are you aware of the research done on the effect of your thoughts on your immune/endocrine system, the most recent of which seems to point to the fact that even if you pretend to be happy it can have a beneficial effect on the quality of your blood? However, this is not what I am necessarily suggesting to you. Instead, I am saying that



The road you travel is your choice. Make that switch in your mind and you can have the life of your dreams.

thought may have taken control of your life. You can become trapped in those thoughts whether they are depression, failure, arthritis, etc. to such an extent that you are feebly struggling to get out. I see it as thought solidifying over your head and you are literally trapped inside. I believe that most people have no conception of the power of the made up mind, either positively or negatively. Up to now we have talked about the power that the made up mind which is going in one direction has on your life for the bad. Now let's talk about the power of the made up mind for the good.

Taking Control Of Your Thoughts

It is a vital necessity to understand thought. If you do not control your thoughts they will control you - as hopefully you are beginning to see. This causes all of your energy to go into what you don't want. You must realise that thoughts can't think themselves. Admittedly we may become so identified with thoughts that we think that they are us. Just a few moments playing around with thought and you will see that this is not so. For example, any thoughts to which you don't give your vital energy will quickly fade away and die through lack of nourishment. This even includes your personality. You are literally acting as a life-support to thoughts that are working against you.

You are the gardener, you have the choice. You can literally nourish the weeds until they choke your life or you can deliberately decide to nourish only what you want to grow and refuse to give any of your vital life energy to what you don't want.

Therefore, if you wake up in the morning and your very first thoughts are of your arthritis, or alternatively your depression - for example, how much pain you were suffering or how you were feeling - and you continue pouring energy into that, you are actually working against yourself. You are growing those problems. Can you see that as soon as you take your energy from the thoughts they begin to die? (Please bear in mind the sheer volume of positive results I have been able to obtain with people in all areas of their lives using these apparently simple approaches. Above all, they allow you to take back control of your life.)

Begin now by using the approach outlined in my article on the front page, **Start A New Life Today!** However, in addition I want you to consider one further step. As I have said already, very few people realise the power of a totally made up mind where your thought is going in one direction without opposing thought. I believe that used positively it is the most powerful resource that we have. You can prove this for yourself by dwelling on what you want. We have already learned to do this negatively. Here we just use the same approach positively.

There are three stages of thought:

- (1) We can dwell on what we don't want totally.
- (2) We can take our energy and awareness out of those thoughts and centre that energy on exactly where we are at any given moment - walking, breathing, what is happening around us. In other words, we step out of our thoughts into life, into reality - as far out as possible so that there is no cloud of thought obscuring any aspect of what we are seeing.
- (3) We can also dwell on positive thoughts, on what we actually want. The more we dwell on these the more we give life to what we want.

My whole system then is where the person moves from being trapped in negative thought to moving their energy into life itself, then into positive thought. Do this and watch your life change like magic before your eyes. The choice is one hundred per cent up to you. You can choose the life that you wish to live. You can invest your life energy into negative thoughts, into life itself, or into positive thoughts.

A Step Beyond

If you are really prepared to live life to the full, to really go for that life of your dreams then you need to take an extra step. If you invest enough energy into the thoughts of what you want this takes those thoughts beyond positive