

Controlling your Mind and Thoughts

You now know that you are much more than your mind; you are very much the product of your thoughts. Everything begins with a thought and action transforms your thoughts into reality. So focus on training your mind to think the way you want to think. Remember, you cannot think negative thoughts and bring about positive action. It follows, therefore, that you will need to train yourself to think positively about yourself and others and about what you want to attain in life if you want to see positive action and the achievement of your dreams.

Things are created in the mental or spiritual world before they appear outwardly. By the simple process of controlling our thought forces today we help create the events which will come into our lives in the future. Therefore, if you desire wisdom, power or permanent success of any kind, you must first find it within you.

The control of every thought, of course, is unrealistic; however, it lets us begin to realise just how important it is to at least slow down the thinking processes enough to know where those thoughts will lead. The more aware you become of the type of thoughts you are thinking the more you will be able to choose what you think. Listen to what you have to say to yourself. The goal is to become aware of every negative thought and change it into a constructive and solution-based positive thought. This must be done by choosing your thoughts and words carefully because it is possible to think of good things in a negative way which will negate all the good you wish to do and be. For example, one person 'loves the good' and the other 'hates the bad'. Both are intent upon achieving the same ideal, but one makes use of constructive thought and has peace and harmony in his life and the other makes use of destructive thought and brings discord into his life. Whatever you say to yourself creates a chemical in your brain that is distributed through your body and you feel exactly how you tell yourself you feel. So, keep your thought life from hating anything because hatred is destructive not so much to the other person, but to you; concentrate instead on constructive, positive thinking and you will feel the difference.

As we are the sum total of our thoughts how do we entertain only the good thoughts and reject the bad? First we must understand that we cannot keep the bad thoughts from rising up within us, but we can keep from entertaining them. This is where awareness becomes so important. As soon as the bad, or negative, thought comes we must consciously throw it aside and forget it then – and this is very important – deliberately replace it with a good or positive thought. Some people use positive affirmations to help them do this. When anger, jealousy, fear or worry creeps in either say a positive affirmation or just put the thought out of your head and replace it with a positive thought about the person or situation you are negative about.

Refuse also to accommodate thoughts of feeling sorry for yourself; such thoughts can lead to depression. Refuse to think badly of others; instead find something good in every

person and in any situation. Don't entertain negative thoughts of any kind because once those thoughts are spoken they become set in concrete and are much harder to change.