

THOUGHTS BECOME THINGS THE LAW OF ATTRACTION EVERY THOUGHT OF YOURS IS A REAL THING A FORCE.

We all work with one infinite power. We all guide ourselves by exactly the same laws. The natural laws of the universe are so precise that we don't even have any difficulty building spaceships, we can send people to the moon, and we can time the landing with the precision of a fraction of a second. Wherever you are – India, London or New York – we're all working with one power. One Law. It's attraction!

The Secret is the law of attraction! Everything that's coming into your life you are attracting into your life. And it's attracted to you by virtue of the images you're holding in your mind. It's what you're thinking. Whatever is going on in your mind you are attracting to you. The greatest teachers who have ever lived have told us that the law of attraction is the most powerful law in the Universe. The law began at the beginning of time. It has always been and will always be. It is the law that determines the complete order in the Universe, every moment of your life, and every single thing you experience in your life. It doesn't matter who you are or where you are, the law of attraction is forming your entire life experience, and this all-powerful law is doing that through your thoughts. You are the one who calls the law of attraction into action, and you do it through your thoughts.

Why do you think that 1 percent of the population earns around 96 percent of all the money that's being earned? Do you think that's an accident? It's designed that way. They understand something. They understand **The Secret**, and now you are being introduced to The Secret. People who have drawn wealth into their lives used The Secret, whether consciously or unconsciously. They think thoughts of abundance and wealth, and they do not allow any contradictory thoughts to take root in their minds. Their predominant thoughts are of wealth. They only know wealth, and nothing else exists in their minds. Whether they are aware of it or not, their predominant thoughts of wealth are what brought wealth to them. It is the law of attraction in action. The law responds to your thoughts, no matter what they may be. "The simplest way for me to look at the law of attraction is if I think of myself as a magnet, and I know that a magnet will attract to it." – John Assaraf. You are the most powerful magnet in the Universe! You contain a magnetic power within you that is more powerful than anything in this world, and this unfathomable magnetic power is emitted through your thoughts. The law of attraction says **like attracts like**, and so as you think a thought, you are also attracting like thoughts to you. Here are more examples you may have experienced of the law of attraction in your life. Our job as humans is to hold on to the thoughts of what we want, make it absolutely there are more

Clear in our minds what we want, and from that we start to invoke one of the greatest laws in the Universe, and that's is law of attraction. **You become what you think about most, but you also attract what you think about most.** Your life right now is a reflection of your past thoughts. That includes all the great things, and all the things you consider not so great. Since you attract to you what you think about most, it is easy to see what your dominant thoughts have been on every subject of your life, because that is what you have experienced. Until now! Now you are learning The Secret, and with this knowledge, you can change everything.

“If you see it in your mind, you're going to hold it in your hand.” – Bob Proctor. And that principle can be summed up in three simple words. **Thoughts become things! Through this most powerful law, your thoughts become the things in your life. Your thoughts become things! Say this over to yourself and let it seep into your consciousness and your awareness your thoughts become things!** See yourself living in abundance and you will attract it. It works every time, with every person. The law of attraction is a law of nature. It is impersonal and it does not see good things or bad things. It is receiving your thoughts and reflecting back to you those thoughts as your life experience. The law of attraction simply gives you whatever it is you are thinking about. When you focus your thoughts on something you want, and you hold that focus, you are in that moment summoning what you want with the **mightiest power in the Universe.** The law of attraction doesn't compute “don't” or “not” or “no”, or any other words of negation. As you speak words of negation, this is what the law of attraction is receiving: Eg. “I don't want to be delayed.” That means “I want delays.”

The law of attraction is always working, whether you believe it or understand it or not. The law of attraction is the law of creation. Quantum physicists tell us that the entire Universe emerged from thought! You create your life through your thoughts and the law of attraction, and every single person does the same. It doesn't just work if you know about it. It has always been working in your life and every other person's life throughout history. When you become aware of this great law, then you become aware of how incredibly powerful you are, to be able to THINK you life into existence. What you are thinking now is creating your future life. You create your life with your thoughts. Because you are always thinking, you are always creating. What you think about the most of focus on the most, is what will appear as your life. Like all the laws of nature there is utter perfection in this law. You create your life. **Whatever you sow, you reap!** Your thoughts are seeds, and the harvest you reap will depend on the seeds you plant. The law is simply reflecting and giving back to you exactly what you are focusing on with your thoughts. With this powerful knowledge, you can completely change every circumstance and event in your entire life, by changing the way you think.

Your life is in your hands. No matter where you are now, no matter what has happened in your life, you can begin to consciously choose your thoughts, and you can change your life. There is no such thing as a hopeless situation. Every single circumstance of your life can change! You can see the law of attraction everywhere. You draw everything to yourself. The people, the job, the circumstances, the health, the wealth, the debt, the joy, the car that you drive, the community that you're in. And you've drawn them all to you, like a magnet. What you think about you bring about. Your whole life is a manifestation of the thoughts that go on in your head. If you don't understand the law that doesn't mean you should reject it. You may not understand electricity, and yet you enjoy the benefits of it. I don't know how it works. But I do know this: **You can cook a man's dinner with electricity, and you can also cook the man!**

It really does take many negative thoughts and persistent negative thinking to bring something negative into your life. However, if you persist in thinking negative thoughts over a period of time, they will appear in your life. If you worry about having negative thoughts, you will attract more worry about having negative thoughts, and multiply them at the same time. **Decide right now that you are going to think only good thoughts. At the same time, proclaim to the Universe that all your good thoughts are powerful, and that any negative thoughts are weak.** All of your power to create your life is available right now, because right now is when you are thinking. If you have had some thoughts that will not be beneficial when they manifest, then right now you can change your thinking. You can erase your previous thoughts by replacing them with good thoughts. **Time serves you because you can think new thoughts and emit a new frequency, now!**

Thoughts Become Things – The Law of Attraction:

We live in a universe in which there are laws, just as there is a law of gravity. If you fall off a building it doesn't matter if you're a good person or a bad person you're going to hit the ground. The law of attraction is a law of nature. It is as impartial and impersonal as the law of gravity is. It is precise, and it is exact. The law of attraction says like attracts like, so when you think a thought, you are also attracting like thoughts to you. Your current thoughts are creating your future life. What you think about the most or focus on the most will appear as your life. Your thoughts become things.

The Creative Process used in The Secret, which was taken from the New Testament in the Bible, is an easy guideline for you to create what you want in three simple steps. **Step 1: Ask** The first step is to ask. Make a command to the Universe. Let the Universe know what you want. The Universe responds to your thoughts. What do you really want? Sit down and write it out on a piece of paper. Write it in the present tense. You might

begin by writing. **“I am so happy and grateful now that ...”** And then **explain how you want your life to be, in every area.** Asking is the first step in the Creative Process, so make it a habit to ask. **Step 2: Believe** Step two is believe. Believe that it's already yours. Have what I love to call unwavering faith. Believing in the unseen. You must believe that you have received. You must know that what you want is yours the moment you ask. You must have complete and utter faith. If you had placed an order from a catalogue you would relax, know you are going to receive what you ordered, and get on with your life. “See the things that you want as already yours. Know that they will come to you at need. Then let them come. Don't fret and worry about them. Don't think about your lack of them. Think of them as yours, as belonging to you, as already in your possession”. How it will happen how the Universe will bring it to you, is not your concern or job. Allow the Universe to do it for you. When you are trying to work out how it will happen, you are emitting a frequency that contains a lack of faith – that you don't believe you have it already. You think you have to do it and you do not believe the Universe will do it for you. The how is not your part in the Creative Process. **Step 3: Receive** Step three, and the final step in the process, is to receive. Begin to feel wonderful about it. Feel the way you will feel once it arrives. Feel it now. And in this process it's important to feel good, to be happy because when you're feeling good you're putting yourself in the frequency of what you want. Ask once, believe you have received and all you have to do to receive is feel good.

“What this power is I cannot say. All I know is that it exists.” Alexander Graham Bell (1847-1922). “We all possess more power and greater possibilities than we realize and visualizing is one of the greatest of these powers.” - Geniere Behrend.

Expectation is a powerful attractive force. Expect the things you want, and don't expect the things you don't want. Visualization is the process of creating pictures in your mind of yourself enjoying what you want. When you visualize, you generate powerful thoughts and feelings of having it now. The law of attraction then returns that reality to you, just as you saw it in your mind. To use the law of attraction to your advantage, make it a habitual way of being not just a one-time event. To attract money, focus on wealth. It is impossible to bring more money into your life when you focus on the lack of it. When you want to attract a relationship, make sure your thoughts, words, actions and surroundings don't contradict your desires. Your job is you. Unless you fill yourself up first, you have nothing to give anybody. Treat yourself with love and respect and you will attract people who show you love and respect. When you feel bad about yourself, you block the love and instead you attract more people and situations that will continue to make you feel bad about you. Our body is really the product of our thoughts. We're beginning to understand in medical science the degree to which the nature of thoughts and emotions actually determines the

physical substance and structure and function of our bodies. We've known in the healing arts of a placebo effect. A placebo is something that supposedly has no impact and no effect on the body, like a sugar pill. The placebo effect is an example of the law of attraction in action. When a patient truly believes the tablet is a cure, he receives what he believes and is cured. Beliefs about aging are all in our minds, so release those thoughts from your consciousness. Focus on health and eternal youth. Do not listen to society's messages about diseases and aging. Negative messages do not serve you. You cannot help the world by focusing on the negative things. As you focus on the world's negative events, you not only add to them but you also bring more negative things into your own life. Instead of focusing on the world's problems give your attention and energy to trust, love abundance, education, and peace. We will never run out of good things because there's more than enough to go around for everyone. Life is meant to be abundant. You have the ability to tap into the unlimited supply through your thoughts and feelings and bring it into your experience. Praise and bless everything in the world, and you will dissolve negativity and discord and align yourself with the highest frequency – love.

The Universe emerges from thought. We are the creators not only of our own destiny but also of the Universe. An unlimited supply of ideas is available to you. All knowledge, discoveries, and inventions are in the Universal Mind as possibilities, waiting for the human mind to draw them forth. You hold everything in your consciousness. We are all connected, and we are all One. Let go of difficulties from your past cultural codes and social beliefs. You are the only one who can create the life you deserve. Your power is in your thoughts so stay aware. In other words, "Remember to remember". See yourself with the good that you desire. Every religious book tells us that, every great book on philosophy, every great leader, all the avatars who have ever lived. Go back and study the wise ones. **Many of them have been presented to you in this article. They all understood one thing. They understood The Secret. Now you understand it. And the more you use it, the more you'll understand it.** The Secret is within you. The more you use the power within you, the more you will draw it to you. You will reach a point where you won't need to practice anymore because you will Be the power, you will Be the perfection, you will Be the wisdom, you will Be the intelligence, you will Be the love, you will Be the joy. May the joy be with you!

(Source: By Rhonda Byrne, "The Secret", Artia Books, Beyond Words, New York)

NEW YEAR'S MESSAGE – 2011

Today is the first day of the rest of your life. And again you are faced with many insecurities and resolutions. But how can you have firm resolve if you are full of fears? Fear is a feeling that only draws you away from your real goal. In fact, you should never be afraid of anything. Your only fear should be fear of sin. And sin is anything that binds. Yesterday was but a dream. Tomorrow, you don't know. Today is the only time. Now is the moment, the precious moment of your existence. Make this moment filled with bliss. Saturate this moment with thoughts of God, with feelings of love and deeds of selflessness. You say that to follow God's path entails difficulties. But what are difficulties but opportunities for the triumph of the spirit. In fact, there are no obstacles. There are no difficulties to a seeker who sees nothing but God. Master your senses. Cultivate inner peace. Inner peace can only be achieved by being constantly anchored in God. No god, no peace. The presence of war is the absence of peace in the hearts of men. Leave everything to God for God knows everything. When you start to worry, draw you away from God. Start the day with love, fill the day with love, end the day with love. Your union with God is as simple as that.

ALWAYS REMEMBER: THE RULES OF HAPPINESS

1. Your peace of mind depends on your thoughts. Make sure they are happy thoughts.
2. Do not let negative thoughts crowd your mind. Throw them out in whatever way you can.
3. Condition your mind to think positive. Accept the world as it is and do not find faults with anyone or anything.
4. Learn to be patient with yourself and others too.
5. When you spread happiness some of it will come back to you.
6. Always remember life is beautiful and you have only one life to live. Make it as beautiful as you can, for yourself and others too.
7. True happiness can be achieved only by living a life of integrity.
8. Peace of mind can be achieved only when our life is in harmony with our inner self, when our value systems are right and we live our lives according to our principles.
9. We should not allow public opinion to dominate our lives. It should be kept in mind only to the extent that our actions do not harm anyone.
10. Never let criticism put you down. Always remember that every important man in the history of mankind has been criticized by people and the more important and successful you are the more criticism you are likely to face.
11. Choose your career according to what you want to do, what is important for you, what you are good at, and what will make you happy.
12. Never work to make a statement it never does.
13. Forgiveness liberates you from the thoughts of anger and resentment. It brings peace of mind and happiness.
14. You forgive for your own sake not to condone the wrong of the wrong

doer. You do it to forget him and to be done with him. 15. Holding anger and resentment burn you from inside; they harm your health and make you miserable. And this is what your enemy will want. Do not let him have his way. 16. If you do not forgive your enemy you will be bound to him in hatred. Forget him to get rid of him. Do you want to suffer his memory another minute? Definitely not. So forgive him and get back your peace of mind. 17. Keeping yourself busy is the best way to cope with tension and worry. 18. Work helps you to keep fit both mentally and physically. It gives you a feeling of self-worth that is essential for a feeling of well-being. 19. Work, even when it is boring or monotonous, is better than no work at all. Boring work is better than boredom. 20. Meaningful work is a positive source of happiness. It is a reward in itself and gives meaning to our lives that is essential to our sense of satisfaction. 21. Challenging and skilled work with an element of competition can be very gratifying and stimulating. It is also more absorbing and involving and this helps us in keeping worry out more effectively. 22. Keeping yourself gainfully occupied is in your hands, do it and see what a difference it can make to your life and your thoughts. 23. Never let small things bother you, it is not worth it. 24. Learn to be patient and understand people around you. Understand that people are not unnecessary against you, they are not trying to harm or upset you. Even if they are doing anything that you do not like it may not be intentional. Try to understand them. 24. Accept the fact that the world is not fair; it is not perfect either. This fact holds true for everyone; and that is fair. 25. Do not let your ego get challenged by what other people think of you and what you do. Live your life according to your conscience, your wants and your needs. 26. Do not get disturbed when everything does not go the way you want it to be. The world functions in its own way and it is wise to be a little flexible in your approach. 27. Always remember that problems are a part of life; they come and go. Do not get overwhelmed by them and lose focus of what is important to you. And finally always remember that small things can bother you only if you allow them to. 28. When you spread happiness you are the one who will know it and feel it the most. 29. To be able to spread happiness, you have to be at peace with yourself first. Do not indulge in unnecessary self-denial, you have the right to be happy. Do what makes you happy as long as it does not harm the interests of others. But never use it as an excuse to be demanding and self seeking, which will only make you miserable and nothing else. 30. Always remember happiness rebounds on the giver. 31. Look at your assets and your strengths, they will inspire you and make you happy. Be aware of your shortcomings only as much as need to for improving and moving ahead. The choice is yours and you have to choose.

(Source: The Ten Rules of Happiness by Mridula Agarwal – Rupa & Co.)

POSITIVE THINKING - 28 IDEAS FOR KEEPING YOUR POSITIVE ENERGY FLOWING

1. Remember that your thoughts create your destiny. Recognize your own power to create your life.
2. Stop worrying. Often by worrying we feel like we are “doing” something about a problem when we aren’t. When we worry we are in the past or in the future. By staying in the present we can actually problem-solve the situation as it actually exists.
3. Don’t believe in defeat. Unexpected opportunities often come with what initially seem like negative outcomes or mistakes. Also, when you feel defeated, make a list of the factors that are supportive of you, rather than focusing on those that are against you.
4. Stop all those little negatives because they grow in to large ones. Use thought stopping and the steps toward changing your negative self-talk.
5. Name what is blocking your positive thoughts. What prevents you from thinking positive all the time?
6. Examine each of your core beliefs in terms of how it operates in your life. Make a commitment to yourself to eliminate the ones that cause you distress or problems.
7. Focus on the present. Your energy is drained by regretting the past and worrying about the future. Stay grounded in the here-and-now where it is easier to actually problem-solve the real situations.
8. When faced with a problem, focus on possible solutions and the resources that you do have. Brainstorm. What are the many options available, not just the black-and-white solutions or obvious ones?
9. Take self-responsibility. Stop blaming others for your unhappiness. Recognize the consequences of your choices.
10. Identify your personal definition of success. This helps you decide which path you want to take and to know when you have arrived at your goal. Your definition of success will be unique to you. No one else can define it for you.
11. Fill your life with positive supportive people. Allow their positive opinion of you in. Don’t block them because their opinions do not fit your image of yourself. What is the worse thing that could happen if you thought positive thoughts about yourself? You might actually feel more energetic and motivated and have more fun!
12. Avoid draining your energy by focusing on the past and looking at

mistakes that have already been made. Focus on the lesson learned and not on the mistake. What can you learn from the choice you made, whether it was a good choice or not?

13. Express your appreciation and positive feelings toward others. Say thank you when they complete simple daily tasks. Avoid draining your energy focusing on what they didn't or haven't done.
14. When feeling overwhelmed by change, make a list of what is staying the same and what is not changing. What do you already know? What can you keep doing the same as before?
15. Acknowledge out loud your positive traits and successes. Question why it is considered conceited or arrogant to talk about what you do well.
16. Keep a gratitude journal. Each night before bed list three things that you are grateful for that day. Some days it may simply be that you are grateful that the day is finally over!
17. Work at being content with who you are rather than pleasing others by wearing your social mask. When you wear a mask and try to be everything to everyone it can be exhausting. There is no space left for you. Also, I find that in order to please everyone I would have to keep switching masks for each new person because everyone will want something different.
18. Ask yourself: "How do I manufacture my own unhappiness?"
19. Keep asking yourself what is really important. In five years how much will this really matter?
20. Brainstorm a list of what makes you happy. Direct your attention to what pleases you. How can you allow or create more of this in your life?
21. Practice random acts of kindness.
22. Suspend judgment of yourself and others. Practice self-acceptance and acceptance of others. What does judging yourself or someone else achieve? Acceptance does not mean never changing. However, you cannot change what you don't recognize or accept you are doing.
23. Affirm and reaffirm your assets. List ten achievements you have obtained over the last 5 years. It could be finding a new job, taking a course, learning a new skill or changing your attitude.
24. Trust your intuition. Your intuition is that "gut feeling" or that hunch. It is your inner self speaking to you.
25. Create a home environment that is pleasing and nurturing to you.

26. Work at a job that energizes you.
27. Slow down. Learn to respond, rather than react.
28. Our own attitude is often what we see reflected in others. People in our lives act as mirrors to allow us to see ourselves more clearly. If you are surrounded by negative people, take a look at yourself. How might these people be a reflection of your own attitude? Similarly, as you become more positive you will attract more positive people to you. Initially though, as you become more positive the negative people in your life may escalate their negativity in order to try to pull you back in. Remember it is not your job to change them. Focus your energy on being more positive and creating more positive energy in your own life.

Which 5 of these suggestions will you commit to focusing on over the next 6 months?

Are you tired of feeling frustrated, worried, fearful and discouraged? Do you want to eliminate self-defeating thoughts and beliefs that are preventing you from living the life you want and increase your positive thinking? Learn practical techniques to amplify your positive self-talk, increase your self-esteem, reduce your stress and have more fun. Find all this and more in my book "Blah, blah, blah... Changing Your Negative Self-talk". Visit <http://www.barbsmallcoaching.com> for more information or to purchase a paperback or E-book version of this book.

Article Source: http://EzineArticles.com/?expert=Barbara_Small

YOUR MIND AND HEALTH

Life is amazing. We wake up in the morning and depending on our thoughts and experiences, determines how well we live and feel about ourselves. I have learned the following 2 things that has dramatically changed my life and brought me lots of happiness in well-being the last few months.

- 1) **Mind** - Our Mind and thoughts determines everything around us. "If you change the way you look at things, they things you look at changes". It is very amazing and extraordinary true. It is not easy to control thoughts but when we start de-hypnotizing from our habits in the past and start reprogramming our minds with positive things, we start being happier and more positive. It takes 21 days to develop or break any habit. Therefore when we have a negative thought, we need to switch it immediately to a positive thought. It has increasing benefits in our health and mood. It is not easy but really possible with practice. We can either take action in our life or let the world decide how we are going to live.

2) **Health** - The first step to health is the fuel we put in our bodies; Nutrition. What we eat determines how we feel and function. I started eating lots of organic fruits and vegetables and even juicing and have felt extreme benefits, overall. It is amazing. I have seen documentaries that it cures cancer by just eating the right foods, non processed and whole foods. There has to be a reason God created us in the garden and gave us all natural foods. God is perfect and I know if it was healthier to eat processed foods he would have provided it for us in the beginning of times.

A simpler, healthier, and significant life is the way to live. Just my opinion. I am beginning to learn this simple basics and no one ever took the time to teach me, but am in a lifelong process of learning how to be more successful, happier, and significant. I want to make a difference in as many people as I can. To help others brings extreme happiness but first we need to build and help ourselves.

Article Source: http://EzineArticles.com/?expert=David_Britto

A POSITIVE MENTAL ATTITUDE WILL LEAD TO A HAPPIER AND MORE FULFILLED LIFE

A PMA (positive mental attitude): is extremely important to a happier life. It seems that optimists suffer the same setbacks in life as pessimists do, but optimists seem to weather these setbacks better than pessimists. Why is this? I used to say to people: how can the way you think affect your life? I just couldn't understand it at all. Now I understand why. As I said it's not that optimists don't suffer setbacks, it's that they manage to bounce back better than pessimists. Whether it's failing in business or being unsuccessful in obtaining a job they wanted, optimists look at where they went wrong and try twice as hard the next time, whereas pessimists seem to believe that life is against them anyway, so why bother. Pessimists are therefore more likely to stop trying altogether and become depressed. I have to admit I have been there myself.

If you were not born an optimist: is there anything you can you do about it? A resounding yes! You can learn how be more positive and within a few weeks of practice (or months if your mind is really resistant to change), your predominant mind-set (literally the way you think) will become one with a more positive outlook. First of all you need to become aware of your negative thoughts and re-runs (going over and over things you've said or were said to you) and as soon as you notice what's going on in your mind, you have to stop it straight away. We can't stop negative thoughts coming into our minds (it's human), but we don't have to accommodate them and invite them to stay for dinner! Banish them as soon as you realize what's

happening. After all, who are you hurting with your negativity? The answer is no-one but yourself. The other person doesn't care if you're having a miserable day, so don't give in to negative thoughts - take charge of your mind - otherwise it will take charge of you. Another way to beat negativity is to maximize your successes and minimize your failures by dwelling on the positives, not the negatives. For example, give yourself a pat on the back when you achieve a great result and if things go wrong, don't feel you've failed, see what lessons can be learnt from the situation and find another way to achieve your goal. The four basic types of thought are positive, negative, mundane and wasteful. This may seem a simplistic classification, but the ability to discern and distinguish these four types of thought and be able to manage them can have a profound effect on your life. Mundane thoughts are just that - mundane. For example: "I must buy cat food today!" That thought may have positive or negative connotations, ie: visualizing your lovely pet as you think of 'buying cat food' would be positive, whilst thinking: "I always have to buy the cat food" would be negative. But basically mundane thoughts are simply factual.

Wasteful thoughts: on the other hand, are perhaps the most debilitating because they usually encompass worry or regret - the 'what ifs' and 'if only' thoughts that we all embark on at times. These wasteful thoughts consume our mental and emotional energy whilst giving us absolutely nothing in return. They 'waste' the energy of the soul and rob us of the vitality necessary for us to be happy and fulfilled. One way to feel better about yourself is to keep control of your moods and be as consistent with people as you can. No-one likes a moody person who is friendly one day and bites your head off the next. Even if you are feeling a bit down, put a smile on your face and you'll be surprised at how quickly your mood will change when the smiles you give out are returned. This is a hint on how to help your partner or children when they are feeling a bit low or inadequate. As they leave the house or get out of the car, tell them they are the greatest and that you love them. It will lift their spirits, boost their confidence and help them to enhance their achievements that day.

In summary: to be an optimist you must believe in yourself and see more positive attributes than negative ones in yourself, the people around you and life in general. In other words, concentrate and be grateful for what you have and make sure you work hard towards the things that you know in your heart that you really want. If you truly believe in yourself and what you want is attainable, you cannot fail. David used to be quite a negative person until he had a life changing event and began a slow journey to self awareness and learnt the path to positivity.

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POSITIVE THINKING

POSITIVE THINKING is a mental attitude that anticipates happiness, success and favorable outcomes in every situation or action you do. The thoughts get registered in your subconscious mind and you start taking action to create favorable change. A positive outlook can help you to cope better with stressful situations and can change your life for the better.

WHY THINK POSITIVELY: Ever wondered why some people find learning an enjoyable and exciting experience? Why are some people disinterested and find it an unpleasant experience while others use it merely as a road to fetch a good job? The difference between these people lies in their attitude and their approach towards life. Your mindset plays a huge role in every aspect of your life. Your mind can control your body for better or for worse. A negative mindset can mar your life while a positive mindset can make your life happy and peaceful. The choice is yours!

WAYS TO DEVELOP POSITIVE THINKING: You cannot change your thoughts and attitude over night. Positive thinking takes practice. Persistence would make your mind to think positively and ignore negative thoughts.

Benefits of positive thinking: Decreases stress -
Helps you cope better in stressful situations

Strengthens your Immune System and reduces the risk of certain diseases - Improves your self-esteem and confidence.

Brings inner peace, happiness and a sense of well-being - Motivates you to accomplish your goals.

Helps you have greater inner strength and energy - Helps you live longer - Listen to your inner voice

Listening to your inner voice or instincts is one of the most common ways to develop positive thinking. Whenever any negative thoughts enter your mind, try to replace it with a constructive one. For example, "I won't be able to do it" will be put forward as "I will do it". Practice this regularly and you will soon be able to master your mind.

LEARN TO MEDITATE: Meditation calms your mind and relaxes your body Meditation gives you inner strength, peace of mind, relaxation and a sense of bliss, which will help you to think positively.

ALWAYS SEE THE BRIGHTER SIDE OF LIFE : Try to believe that everything happens for a reason and embrace the concept that something good will come out of every situation that momentarily seems bad. Always look on the bright side of life and it will work wonders for you.

LEARN TO COMMUNICATE EFFECTIVELY: Not saying the things you feel can give a sense of frustration, anxiety and anger, thus giving way to negative thoughts. Hence, communication is an important aspect of positive thinking.

BELIEVE IN YOURSELF: Believe in yourself and your capabilities to become more confident. Make a positive commitment to yourself and to the people around you. Praise yourself and be enthusiastic.

TIPS TO POSITIVE THINKING: Be optimistic and expect favorable outcomes in every situation. Cultivate the habit of reading inspiring books. Find reasons to smile more often. It's a great stress buster. Try to use positive words, e.g. "I can", "it will be done", "it is possible" while thinking and talking. Engage yourself in enjoyable recreational activities. Interact with people who have a positive outlook in life.

FINALLY... Positive thinking needs consistent effort as you are creating a new habit. On the other hand, negative thoughts can rip your focus from your goal. There is no greater joy than living a healthy and positive life. So take charge of your mind and think positive. Remember, you are what you think.

THE WORDS OF GRATITUDE AND CREATING A GRATITUDE LIST

Today I would like to just talk to you about words of gratitude and creating a gratitude list. The other day, I was thinking back to when I first started really practicing gratitude. It was many years ago. I lived in a geographical location that I did not like at all. I was homesick a lot of the time. I was hearing this "gratitude" buzzword all over the place. I started paying attention to things I was reading and hearing about gratitude. I always considered myself a grateful person. I mean, I was raised in the Deep South where it is "thank you ma'am", "thank you sir", "thank you God for this food we are about to eat", "thank you Jesus for this day and please protect me as I sleep", etc. We Southerners pray for anything, at any time, always. I say that with a chuckle, but it is true.

I started realizing, as I was paying attention to how often I really said "thank you" and meant it over the day, that I was far from being truly grateful. I tended to lean more towards "Why does she have that and I don't?", "Why does he get all the breaks?", "What am I doing wrong?", etc.. So I started to look for things to be grateful for...on purpose!! Findings words of gratitude when everything around you "seems" negative is not always easy. I know that first hand. As I started building my daily gratitude list, it became like a game I would play with myself. For example, on the way to the grocery store, I would challenge myself to find five things that I really and

truly was thankful for. I had a rule that I would write these things down every day. I also made it a rule that I could not repeat the same thing. I had to find new things. I realized, as I got further into this self-challenge, that my attitude started to change. I started to feel happier, more joy, more content on a daily basis and those in my life started noticing as well. I found myself looking forward to writing down my gratitude list. All of those feelings put together caused me to look for more things to be grateful for as I went along. Now, it is habit and a JOY. I love saying "Thank You" and REALLY meaning it!! I love being able to come up with words of gratitude many times during the day.

What are YOU thankful for today? How many words of gratitude can you come up with right now? Yeah, I know the old standards such as "my health" and "my life", etc. Those are valid and very real and we should be grateful for them. Can you dig deeper? Look a little further? I know you can. Have fun with it and ALLOW the positive changes this will bring you. I'd love to hear how your life starts to evolve as you find your own words of gratitude make your own gratitude list daily and really feel it in your core.

Article Source: http://EzineArticles.com/?expert=Elizabeth_Holloway

HOW TO STOP SELF HATE

Do you know that self hate and/or self loathing are unnatural human states that come about only as a result of old emotional baggage stored in the subconscious mind that hijacks your freewill and turns you against life itself? Do you know that baggage exists there in the form of negative painful memories which if not completely erased or deleted, like viruses from your computer hard drive, will ultimately kill you? Does this sound too dramatic to be believed? If not and you would like to learn about a rapid and effective manner in which one can delete this toxic self destroying software then this may interest you. Self hatred occurs because individuals identify with their negative emotional baggage i.e. they believe that whatever abuse, neglect, rejection, humiliation, punishment, and failure they have experienced is due to the fact that there is something wrong with them, they are bad, unworthy, flawed, defective, useless, and incompetent to name a few.

This identification with the negativity comes out of a need to explain to one's self why any of those negative events happened to them. Having an explanation and more specifically making one's self responsible for the negative events this supposedly, as is subconsciously believed, gives one a greater sense of control over what happened. It also helps to deflect responsibility away from the perpetrators thus helping to avoid further confrontation, potential further abuse and hence the reoccurrence of more

negative experiences. In other words it is believed that taking on the negativity is supposed to protect one from more negativity and keep one feeling safe and secure. Now doesn't that sound like a contradiction?

Well, that's because it is. The problem however is that the individual cannot see it because these beliefs are held outside of conscious awareness in the subconscious mind. As long as that continues both the identification with the negativity and the self hatred do also. When the individual can be helped to make that contradiction conscious a remarkable thing happens. The tendency to identify with the negativity begins to dissolve and the negative memories start to drift away out of the person's mind/body permanently. Another way of saying that is that those negative memories become erased from conscious awareness and cease to exist in that person's experience.

This leaves them feeling like the negative events never took place and that ushers in a reawakening of the experience of their True Authentic Self. This experience of Self is that which existed prior to the negativity which many describe with feelings of strength, resilience, clarity, awareness, self respect, self love, inner peace, joy, creativity, and aliveness; a rare experience in the lives of many today.

As you have likely gathered in this state all self hatred disappears.

Article Source: http://EzineArticles.com/?expert=Nick_Arrizza,_M.D

PERSONAL DEVELOPMENT - NEGATIVITY DEFEATED BY THE POWER OF POSITIVE THINKING

What would your life be like if you were raised with the power of positive thinking?

Man; isn't it a shame that everybody you know is consumed with Negative Thinking?

Would it be OK if I gave you permission to forgive yourself for your personal negative thoughts and attitudes? You have permission. But I am not the one who can relieve you of that burden and thought process. You have the right to use positive thinking in your everyday walk of life. Trust me people will love you more.

You see, these attitudes and thoughts were given to you, they are not your own. They are programmed into your mind from the time you were a little baby. And you can change them if you want and have whatever you desire.

You are the only one that can do so! Only you can control your mind, your thoughts, your choices, your actions and reactions; your attitude of gratitude or your attitude of despair. You truly have a choice and you truly can get rid of the old, ugly, negatives in your life; but it will take a little work.

You have the power to control your own mind and lay out a course for your life that you have always dreamed about.

Mind control is the result of self-discipline and habit. You either control your mind or it controls you. There is no half-way compromise. The most practical of all methods for controlling the mind is the habit of keeping it busy with a definite purpose, backed by a definite plan. Study the record of any man who achieves noteworthy success, and you will observe that he has control over his own mind, moreover, that he exercises that control and directs it toward the attainment of definite objectives. Without this control, success is not possible. Napoleon Hill

Would you like the good news or the bad news first?

The bad News: "The only person keeping you from achieving your Life's dreams is you."

The good News: Is that as you move through this article, you will laugh (and be shocked) when you discover the hidden messages your behavior screams out at you and why you do not listen to even yourself.

1. You have to want to change your negative behavior into positive behavior
 - a. You have to have a reason why, a goal, maybe a person whom you wish to love more deeply.
 - b. This will keep you on track and help you through the rough times, because you are human, you will have little failures along the way.
2. You have to listen to yourself!
 - a. You have to recognize and identify your negative habits and negative thinking.
 - b. Your words, your decisions, your reactions etc. etc.
3. Once you have recognized these behaviors, then you can take steps to change them.
 - a. You have to believe that you can and have the faith that you will change them into positive thinking and actions.
 - b. You have to have a method or system to go through when the ugly in you crops up so you can deal with it immediately. This is using the power of positive thinking.

- c. In time, this will become automatic and a natural response mechanism, but to begin with, you will have to use your sense of conscience to put into place the right way and not the ugly way you have been taught.
4. Now we are ready to change the behavior and bad decisions and make the changes permanent.

Change your beliefs-and you change your behaviors.

Change your behaviors-and you change your results.

Change your results-and you change your Life.

I know that sounds so easy. But it is a process that works.

You have to go after it and take the action necessary to get it. Do not let anyone tell you; you can't, and never stop till you get what you want.

Life is all about "The Choices You Make and the Actions You Take"

Article Source: http://EzineArticles.com/?expert=R._Steven_Turner

MAKE THE CHOICE TO LIVE A BETTER LIFE

Some people seem to be lucky. They are always in the right place at the right time. Positive opportunities forever seem to come their way. Are they simply lucky or do they have a different approach to life? Making the decision and choosing to live a better life gives us the power to improve our lives.

Being receptive to life elevates the quality of life we live: Using all our senses is important. Sound, smell, taste, sight and touch are often taken for granted. But when we meet someone who is impaired in some way we see how heightened their other senses have become to compensate for the deficit. Become more aware of the value of adding color, texture, fragrance, music and different flavors to our lives. The more we use our senses the more engaged in life we become.

Appreciation for what we have is important: Hearing another person's bad news, hearing of disasters are unfortunate ways of us becoming more appreciative of our own good fortune. Taking the time to value friends, family, where we live and work, our quality of life, the freedoms that we have are ways to remind ourselves of our good fortune and motivate us to live more fully.

Respond rather than react: When we are involved in a difficult situation it is important to pay attention, listen and gain all the facts. This enables us to appreciate another person's point of view before we react

and maybe say something inappropriate. We exercise more control in our choices and behavior.

Take better care of ourselves: Value our good health and invest in it by paying attention to a healthy, balanced diet, exercise, the importance of taking breaks and becoming aware of our stress levels. Having quiet time where we turn everything off on occasion is a valuable way to de-stress. Turning off the phone, computer, TV and just being silent is healthy from time to time. Spending some time in nature is a good way to unwind. Finding a work/life balance is important.

Be aware of negative self talk: We are often harsher with ourselves than we would ever be to another person. Berating ourselves for an accident or a mistake is unnecessary. Would we be so tough on someone else? Being a little kinder and more appreciative of ourselves and the pressures we are under often makes for an improved state of mind.

Choose to do something that is really enjoyable: Busy people often struggle to find enough time for family, friends and other obligations, but having some 'me' time is also important in life. Even if it is a thirty minute swim, a leisurely bath or taking a walk on the beach doing something for yourself is important. When we decide to take control of our choices and establish positive ways to look after ourselves we become happier, healthier and more relaxed. The people around us benefit from this.

Article Source: http://EzineArticles.com/?expert=Susan_Leigh

LET THE PAST GO

by Ella Wheeler Wilcox

Do not begin the New Year by recounting to yourself or others all your losses and sorrows. Let the past go. Should some good friend present you with material for a lovely garment, would you insult her by throwing it aside and describing the beautiful garments you had worn out in past times? The new year has given you the fabric for fresh start in life; why dwell upon the events which have gone, the joys, blessings and advantages of the past!

Do not tell me it is too late to be successful or happy. Do not tell me you are sick or broken in spirit; the spirit cannot be sick or broken, because it is of God. It is your mind which makes your body sick. Let the spirit assert itself and demand health and hope and happiness in this New Year. Forget the money you have lost, the mistakes you have made, the injuries you have received, the disappointments you have experienced. It is weak and unreasonable to imagine destiny has selected you for special suffering. Sorrow is no respecter of persons. Say to yourself with the beginning of

this year that you are going to consider all your troubles as an education for your mind and soul; and that out of the experiences which you have passed through you are going to build a noble and splendid character, and a successful career. Do not tell me you are too old. Age is all imagination. Ignore years and they will ignore you.

Eat moderately, and bathe freely in water as cold as nature's rainfall. Exercise thoroughly and regularly. Be alive, from crown to toe. Breathe deeply, filling every cell of the lungs for at least five minutes, morning and night, and when you draw in long, full breaths, believe you are inhaling health, wisdom and success.

Anticipate good health. If it does not come at once, consider it a mere temporary delay, and continue to expect it. Regard any physical ailment as a passing inconvenience, no more. Never for an instant believe you are permanently ill or disabled. The young men of France are studying alchemy, hoping to learn the secret of the transmutation of gold. If you will study your own spirit and its limitless powers, you will gain a greater secret than any alchemist ever held; a secret which shall give you whatever you desire. Think of your body as the silver jewel box, your mind as the silver lining, your spirit as the gem. Keep the box burnished and clear of dust, but remember always that the jewel within is the precious part of it.

Think of yourself as on the threshold of unparalleled success. A whole, clear, glorious year lies before you! In a year you can regain health, fortune, restfulness, happiness!

Push on! Achieve, achieve!

THE SOWING OF THE SEED

by Ella Wheeler Wilcox

When you start in the "New Thought" do not expect sudden illumination. Do not imagine that you are to become perfectly well, perfectly cheerful, successful, and a healer, in a few days. Remember all growth is slow. Mushrooms spring up in a night, but oaks grow with deliberation and endure for centuries. Mental and spiritual power must be gained by degrees. If you attained maturity before you entered this field of "New Thought," it is folly to suppose a complete transformation of your whole being will take place in a week, a month, or a year. All you can reasonably look for is a gradual improvement, just as you might do if you were attempting to take up music or a science. The New Thought is a science, the Science of Right Thinking. But the brain cells which have been shaped by the old thoughts of despondency and fear, cannot all at once be reformed. It will be a case of "Try, try again." Make your daily assertions, "I am love, health,

wisdom, cheerfulness, power for good, prosperity, success, usefulness, opulence." Never fail to assert these things at least twice a day; twenty times is better. But if you do not attain to all immediately, if your life does not at once exemplify your words, let it not discourage you. The saying of the words is the watering of the seeds. After a time they will begin to sprout, after a longer time to cover the barren earth with grain, after a still longer time to yield a harvest. If you have been accustomed to feeling prejudices and dislikes easily,

you will not all at once find it easy to illustrate your assertion, "I am love." If you have indulged yourself in thoughts of disease, the old aches and pains will intrude even while you say "I am health!"

If you have groveled in fear and a belief that you were born to poverty and failure, courage and success and opulence will be of slow growth. Yet they will grow and materialize, as surely as you insist and persist. Declare they are yours, right in the face of the worst disasters. There is nothing that so confuses and frustrates misfortune as to stare it down with unflinching eyes.

If you waken some morning in the depths of despondency and gloom, do not say to yourself: "I may as well give up this effort to adopt the New Thought. I have made a failure of it evidently." Instead sit down quietly, and assert calmly that you are cheerfulness, hope, courage, faith and success. Realize that your despondency is only temporary; an old habit, which is reasserting itself, but over which you will gradually gain the ascendancy. Then go forth into the world and busy yourself in some useful occupation, and before you know it is on the way, hope will creep into your heart, and the gray cloud will lift from your mind. Physical pains will loosen their hold, and conditions of poverty will change to prosperity. Your mind is your own to educate and direct. You can do it by the aid of the Spirit, but you must be satisfied to work slowly. Be patient and persistent.

MORNING INFLUENCES

by Ella Wheeler Wilcox

What do you think about the very first thing in the morning? Your thoughts during the first half-hour of the morning will greatly influence the entire day. You may not realize this, but it is nevertheless a fact.

If you set out with worry, and depression, and bitterness of soul toward fate or man, you are giving the keynote to a day of discords and misfortunes. If you think peace, hope and happiness, you are

sounding a note of harmony and success. The result may not be felt at once, but it will not fail to make itself evident eventually. Control your

morning thoughts. You can do it. The first moment on waking, no matter what your mood, say to yourself: "I will get all the comfort and pleasure possible out of this day, and I will do something to add to the measure of the world's happiness or well-being. I will control myself when tempted to be irritable or unhappy, I will look for the bright side of every event."

Once you say these things over to yourself in a calm, earnest way, you will begin to feel more cheerful. The worries and troubles of the coming day will seem less colossal. Then say: "I shall be given help to meet anything that comes today. Everything will be for the best. I shall succeed in whatever I undertake. I cannot fail." Do not let it discourage you if the moment you leave your room you encounter a trouble or a disaster. This usually happens. When we make any boast, spiritually or physically, we are put to the test. The occult forces about us are not unlike human beings. When a,

School boy boasts of his strength, and says he can "lick any boy in school," he generally gets a chance to prove it. When we declare we are brave enough to overcome any fate, we find our strength put to the test at once. But that is all right. Prove your words to be true. Regard the troubles and cares you encounter as the "punching bags" of fate, given you to develop your spiritual muscle. Go at them with courage and keep to your morning resolve. By and by the troubles will lessen, and you will find yourself master of Circumstances.

COMMON SENSE

by Ella Wheeler Wilcox

If you are suffering from physical ills, ask yourself if it is not your own fault. There is scarcely one person in one hundred who does not overeat or drink. I know an entire family who complains of gastric troubles, yet who keep the coffee pot continually on the range and drink large quantities of that beverage at least twice a day. No one can be well who does that. Almost every human ailment can be traced to foolish diet. Eat only two meals in twenty-four hours. If you are not engaged in active physical labor, make it one meal. Drink two or three or four quarts of milk at intervals during the day to supply good blood to the system. You will thrive upon it, and you will not miss the other two meals after the first week. And your ailments will gradually disappear. Meantime, if you are self-supporting, your bank account will increase. Think of the waste of money which goes into indigestible food! It is

appalling when you consider it. Heaven speed the time when men and women find out how little money it requires to sustain the body in good health and keep the brain clear and the eye bright! The heavy drinker is today looked upon with pity and scorn. The time will come when the

heavy eater will be similarly regarded. Once find the delight of a simple diet, the benefit to body and mind and purse, and life will assume new interest, and toil will be robbed of its drudgery, for it will cease to be a mere matter of toiling for a bare existence. Again, are you unhappy? Stop and ask yourself why. If you have a great sorrow, time will be your consoler. And there is an ennobling and enriching effect of sorrow well borne. It is the education of the soul. But if you are unhappy over petty worries and trials, you are

wearing yourself to no avail; and if you are allowing small things to irritate and harass you and to spoil the beautiful days for you, take yourself in hand and change your ways.

You can do it if you choose. It is pitiful to observe what sort of troubles most unhappy people are afflicted with. I have seen a beautiful young woman grow care-lined and faded just from imagining

she was being "slighted" or neglected by her acquaintances. Someone nodded coldly to her, another one spoke superciliously, a third failed to invite her, a fourth did not pay her a call, and so on. Always a grievance to relate until one is prepared to look sympathetic at the sight of her.

And such petty, petty grievances for this great, good life to be marred by! And all the result of her own disposition. Had she chosen to look for appreciation and attention and good will she would have found it everywhere. Then, about your temper? Is it flying loose over a trifle? Are you making yourself and everyone else wretched if a chair is out of place, or a meal a moment late, or some member of the family is tardy at dinner, or your shoe string is in a tangle or your collar button mislaid? Do you go to pieces nervously if you are obliged to repeat a remark to someone who did not understand you? I have known a home to be ruined by just such infinitesimal annoyances. It is a habit, like the drug or alcohol habit. this irritability. All you need do is to stop it. Keep your voice from rising, and speak slowly and calmly when you feel yourself giving way to it. Realize how ridiculous and disagreeable you will be if you continue, what an unlovely and hideous old age you are preparing for yourself. And

realize that a loose temper is a sign of vulgarity and lack of culture. Think of the value of each day of life, how much it means and what possibilities of happiness and usefulness it contains if well spent.

But if you stuff yourself like an anaconda, dwell on the small worries and grow angry at the least trifle, you are committing as great and inexcusable a folly as if you flung your furniture and garments and

food and fuel into the sea in a spirit of wanton cruelty. You are wasting life for nothing. Every sick, gloomy day you pass is a sin against life. Get health, be cheerful, keep calm. Clear your mind of every gloomy, selfish

angry or revengeful thought. Allow no resentment or grudge toward man or fate to stay in your heart overnight. Wake in the morning with a blessing for every living thing on your lips and in your soul. Say to yourself: "Health, luck, usefulness, success, are mine. I claim them." Keep thinking that thought, no matter what happens, just as you would put one foot before another if you had a mountain to climb. Keep on, keep on, and suddenly you will find you are on the heights, with luck beside you. Whoever follows this recipe *cannot fail* of happiness, good fortune and a useful life. But saying the words over *once* and then drifting back to anger, selfishness, revenge and gloom will do no good. The words must be said over and over, and *thought* and *lived* when not said.

(Source: by Ella Wheeler Wilcox, "Living Life Fully" e-books, USA)

AFFIRMATIONS TO HELP YOU BREAK A BAD HABIT

Have you tried and tried to break a bad habit, and just failed time and time again? Have you tried using Affirmations to help break a habit? Positive statements have been proved to work!

What defines a bad Habit?

If we were to send out a survey now to ask people what they thought the words bad habit means, the majority will say that a bad habit is a negative action that people do over and over again, like smoking, drinking, or eating too much.

Did you know that habits are incredibly powerful tools for personal growth and success? Good habits that is!

What habits do you have now and how do they affect your life? Your weight and health are determined by your eating habits. Your relationships are determined by your social habits. Your success at work is determined by your work habits and so on!

So How Do We Change Them?

When it comes to breaking yourself free from bad habits, many self-help books and coaches will tell you to become consciously aware the moment you begin to think about or crave the habit, and to make conscious decisions to just not do it! This may work for some people, but for most of us this is way to hard and doomed to fail. Why? Because it is human nature to want to do something that we are not supposed to do!

Psychology!

First we have to get the psychology right in our head! We must want to change this habit and we need to address why we want to free ourselves from it, that may sound stupid and obvious, but it is true, we must understand

and do some self talk.

Write down all the benefits that you are going to get by getting rid of this habit, we need to tell our self that we are not depriving ourselves but improving.

Affirmations.

When I talk to people about affirmations, they often ask “what if I don’t believe the words to be true”? Good question, the subconscious mind does not know what is true or not true, it hears words and accepts them to be! So the more we say the words, the more the subconscious takes them on board, we “affirm” them as our truth!

Choose your words carefully, if you struggle to say them you need to change them, try to keep them short! Here are some ideas to help you create effective and life changing affirmations:

1. Make the statements short but strong, “I am now free from this habit of...”
2. Always make your affirmation in the present time (I am now, Not I am going to)
3. Always state them in the positive “ I am Happy that I no longer.....”
4. Write them down and read them often, read out loud.
5. Do them every day, no matter how you feel, stick with it!
6. “I am so grateful that I am now free of this habit”

Affirmations need to be practised daily for at least thirty days to embed them in your mind, do them morning and night, stick with it, it works! Learn how to boost your affirmations, and be free in record time!

Article Source: http://EzineArticles.com/?expert=Cheryl_Fauvel

AFFIRMATIONS TO KEEP YOU ON TRACK IN LIFE

“What changes your focus changes your faith. What changes your faith changes your outcome.” ~ Jesse Duplantis

Let me start by saying that everything you say is some kind of affirmation - either positive or negative. When you complain to your friends, “nothing ever goes right for me,” you are affirming to the world and the universe that nothing should go right in your life.

It’s true, you know. You are where you are today because of your beliefs, attitudes and words. What you say today becomes your reality tomorrow. What you believe about yourself and your situation creates and

maintains your world.

You may not like where you are right now. You may not think you deserve all the hassles, stress and problems. And you are right. But you are the only one who can change your life with affirmations.

It was a revelation to me that my lack of money, bad attitude and poor relationships were my own fault! It was life-changing to learn that I could change my circumstances by changing my words.

Over the years, I have learned to say certain things - affirmations - to cancel negatives and attract positive results. Here are six affirmations that changed my life.

1. "I will not be defeated and I will not quit." It is so easy to throw up your hands and say, "I tried." But 'try' is never enough. To win in any situation, you have to be prepared to stay with it until you do win! It's a philosophy that applies to everything. Michael Jordan is perhaps the greatest basketball player ever. But he freely admits that he has lost more than 300 games and missed over 9,000 shots. But he never quit. Whatever you want, whatever you need to accomplish, don't let your circumstances win. Don't quit.
2. "I can do all things through Christ who strengthens me." Yes, it's a Bible verse. But I use it all the time - when I'm tired and just want to give up (see #1!), when I'm faced with a problem that I don't know how to solve, when I need physical strength to just get through the day. Sometimes I partner it with "I rest in God's energy," drawing strength and resolve from the Eternal source of all energy and ability.
3. "I have the mind of Christ." The power here taps into Divine wisdom to solve seemingly unsolvable problems. God has answers to every situation. Affirming that connects your spirit with His wisdom. Patience allows Spirit to work on your behalf to bring the answers or change the circumstances to bring the solution you seek.
4. "I am rooted and grounded in Love." This one is particularly effective when I'm NOT feeling very loving. When someone interrupts 'my' routine, wants something from me that I don't really want to do, or when I'm feeling selfish, I remind myself of my higher calling. I am rooted and grounded in love. I can set aside my wants and focus on the other person. God will take care of me. Use that as an affirmation, coupled with appropriate action to line yourself up for greater blessing.
5. "There is nothing lost in God's world." Use this one where you are looking for lost keys, glasses or any misplaced item. It may take some time, but if you will let this work, a thought will pop into your mind to look... somewhere. And you will usually find exactly what you are looking for.

6. "God loves me and has a good plan for my life." Use this all the time, but especially when circumstances seem aligned against you. This affirmation helps to line up your thinking with the divine plan of blessing and abundance. It helps defeat stress by acknowledging the power of Divine assistance and direction.

Remember, you must stay consistent with your affirmations. Think of your words like a bucket of paint. If you are filling the bucket with negative (black) words, complaints and mumblings throughout your day, how much white (positive) word will you have to speak to get the color you want?

Don't just think of affirmations as things you speak sometimes. Watch your everyday words to make sure you are speaking what you want. God explained it this way: call those things that be not as though they were (Rom. 4:17). By following His method of creation, you can re-create your own world with your words.

Words have power. They have the power to change your mindset. By changing your mind - your beliefs - you change your attitude. That leads to a change in your actions. Use the "A-team" - Affirmation, Attitude and Action - to change your life.

For more information on developing life skills, better relationships, and becoming the best YOU possible, visit <http://www.seebeckolutions.com> and sign up to receive your FREE subscription to "What Matters Most", a weekly ezine of inspiration, motivation and humor from a Christian perspective.

Ruth Seebeck has built a reputation over the last three decades as a life-skills coach, mentor, Christian counselor and friend. She is a business owner, author, community volunteer and event coordinator whose passion is helping others overcome life's challenges.

Article Source: http://EzineArticles.com/?expert=Ruth_Seebeck

KEEP AN AFFIRMATION POSITIVE!

Do affirmations really work? A lot of people who are experiencing the rewards of positive affirmation would say it works while there are also those who don't find the technique effective. It has been proven that the positive energetic vibration that a person feels can positively affect his actions and outcomes.

Positive Affirmations work because our subconscious mind gradually accepts the messages that we send. Using repeated affirmations in a positive way allows our subconscious to believe in our statements - this in turn allows us to develop new beliefs, habits and practices. Using positive affirmations is a very effective way to raise your energy level to match your

desires. When you repeatedly write and speak affirmations for success, you improve your beliefs on things and you allow your mind to think of the right outcomes.

Positive Affirmation and Social Confidence

Finding an affirmation and believing that its right is an important step to making your affirmations effective. For example, if you want to improve your self confidence in the coming events with friends, your first thought might be “I am confident and relaxed in social situations”. If you won’t believe at this statement, it could actually make you feel worse interfering your ability to attract the desired experience.

Try using affirmation that can be a stepping stone for you to believe in your social confidence. The first step of using positive affirmations usually involve improving our faith or trust in your thoughts. The affirmation could be “I now have faith that I can be relaxed and confident in social situations”. You can add, “The world brings me relaxed environment to try out my new skills”. It can be very effective to turn your single affirmation into a vision of what you want. A few sentences can bring the affirmation to life.

If there is too much of a contrast between your current state of faith and your affirmation, it will be impossible to achieve the results you want. You must choose an affirmation that is positive, it should be a stretch or a challenge but you must still be able to believe that it is actually possible to achieve.

Affirmations are most successful when the repetitive use is combined with emotion, conviction, and inspired action. This is why turning your affirmation into a positive statements is so powerful and effective. By combining your affirmation with these high energy and positive feelings, you send powerful positive thoughts to your conscious and subconscious mind. It won’t be hard for you to deal with people and to do the things you want. You can achieve success in your career and your life! Make positive affirmations your lifestyle.

Jurgen Mendel is living life to the fullest. Skydiving and base-jumping are just a few of his hobbies. He is running several successful businesses and understands that success begins in the mind. Jurgen has created a powerful tool that anyone can use to accelerate success.

Article Source: http://EzineArticles.com/?expert=Jurgen_Mennel

HOW TO CREATE POSITIVE DAILY AFFIRMATIONS TO LIVE YOUR BEST LIFE

Positive daily affirmations are a great tool to create the life of your dreams. Affirmations are words or phrases which are said over and over to affirm a single thought. They help reprogram your subconscious mind from negative thinking to positive. The idea is to take positive statements of what you would like to see manifested in your life, and repeat them enough so they become a part of your way of thinking. After a thought is repeated, it becomes a belief, and beliefs become our reality. To come up with your own positive affirmations, follow these easy steps:

Step 1: Decide What You Want to Create in Your Life

Begin by examining what you would like to change in your life within the next few months or within the year. Would you like to have a job that is more fulfilling? Would you like to care less about what others think? Would you like to be more patient, understanding? Would you like to feel more like yourself in every aspect of your life? Write this down. If you have a long list, pick the most important, follow all the steps and then repeat with the others.

Step 2: Create Positive Statements

Once you get an idea of what you change you would like to create, put that idea into a few simple statements that reflect the reality of that change. When writing an affirmation, be sure to make it a positive statement in the present tense. For example, if you want to have a more fulfilling job, you might think your affirmation would be: I want to have a more fulfilling job. But really a more powerful affirmation would be: My job is fulfilling. These two sentences are similar but by using the second sentence the intention is shifted from the wanting a fulfilling job to actually having one. Being this specific and positive is very important when writing your affirmations.

Step 3: Make Them Realistic

Your subconscious mind can benefit from positive affirmations that stretch and expand your perspective, but if you push things too far, your “inner judge” steps in and negates the affirmations. Therefore, make your affirmations realistic, but hopeful as well. If you do this, positive affirmations will work for you. For example, the affirmation “My job is fulfilling.” might feel like too much of a stretch, and your subconscious mind might put up a fight. In this case, you might need a “bridge” affirmation to help you feel the truth of your affirmation. Your “bridge” affirmation could be: “I am on my way to a fulfilling job.” or “I am grateful for all the fulfilling aspects of my job.”

Step 4: Use Them

Congratulations! You've created life changing affirmations. Now you put them to use daily.

- Read them aloud daily, either in the morning or before going to bed. When reading them, speak in a strong positive voice. It's also great to read them in front of a mirror.
- Type them up and post them somewhere you'll see them every day like your fridge, or your bathroom mirror. Or write them on sticky notes and stick them everywhere!
- Record yourself reading them and listen to them in the car, on the subway or while you exercise.

You get the point. Making your affirmations part of your daily life will keep you focused on what you would like to accomplish. You can do it!

Article Source: http://EzineArticles.com/?expert=Elizabeth_Buckius

WHATEVER YOU DESIRE, WHEN YOU AFFIRM, YOU SHALL HAVE IT

The power of consistent, concentrated and disciplined affirmations are underestimated. So, are the power of good and great habits underestimated. That is what this article focuses on: Great habits and disciplined affirmations. Positive affirmations and good actions become habits and concentrations when done enough, so do bad habits. But, this article is about good habits, and great concentrations of discipline that make great and wonderful results.

In number, memorizing and doing two or three great affirmations will do for starters and those who are advanced when they want that "power boost" of positive greatness. Over all, number is not important, it is the sincerity and power you make the good habit with that counts or to put it all into three words: Your total discipline. Yes, like riding a horse on a trail that it memorizes after about thirty rides on that trail, we must use that type of discipline to create any habit. Your discipline is success. Laziness and slacking off is total weakness. So is fear of effort a genuine hindrance. You need to put your all into it if you are going to do it.

Having a system does not matter either, because that system needs to be used in a totally disciplined way if you do have a system, for it to be effective. In fact, anything needs to be consistently used to be effective. Think from the start, then act and generate your results consistently and never lazily in order to get what you genuinely want. Every system has that basic prerequisite no matter what name it has or is under. With that

type of understanding in any system, nothing is impossible. With expectation of no productive effort, everything is impossible. Think about it, that is the honest truth in any situation in life, with plan or without plan.

To create a winner, it takes all of these realities mentioned in full application in life and existence. To create a loser, just strive to avoid these realities. I say the word “strive,” because eventually you will find it hard to practice and impossible to practice being a “successful loser.” I know, that is a dichotomy, but the point is made, it take effort and discipline to be a winner, no matter what. It takes productiveness to live successfully in reality. There is no “dancing around that reality.” Sure we can pull off anything our hearts desire, but only in concert with reality as a principle.

My name is Joshua Clayton, I am a freelance writer based in Inglewood, California. I also write under a few pen-names and aliases, but Joshua Clayton is my real name, and I write by that for the most part now. I am a philosophical writer and objective thinker and honest action taker.

I also work at a senior center in Gardena, California as my day job, among other things, but primarily I am a writer.

Article Source: http://EzineArticles.com/?expert=Joshua_Clayton

VISUALIZATION AND AFFIRMATIONS

So what is visualization and affirmations good for? When you visualize what you want and say it out load you'll teach your subconscious what you want. This will make it work for you. When it works for you, the extra 90 % of brainpower are directed towards your vision. When your subconscious mind accepts your visualization and affirmations it will feed you with the emotions, the drive and the energy you need in order for your mental image to become true.

For best results follow these steps:

1. Write down a some goal you wish to accomplish. Only use positive words and write it in present tense because your subconscious will work better when it has the image in the now.
2. Create a schedule as to say your affirmation and visualization every morning and evening for at least 30 days for a lasting effect.
3. While you say your affirmation try to visualize and get a feeling that you already have what you want. Make it so real that you can almost touch it. The more real you can make it the faster it will be yours.

Example: I wake up 9:00 am, saying out load, “I am so grateful for the 50 000 \$ I know have, because I have coached over 100 people and helped them in there life” And I will see and feel the people being grateful,

see the money, get the emotions from this. I will really connect with my goal in my imagination.

Note: If you can't visualize clearly there are methods for learning this, but the most important is that you can connect with the feelings.

Biggest dream

The first step to becoming more successful in life is to find out what your biggest passion is, your biggest dream. Chose one dream and make that dream big in your mind. If everything was possible how would it look? Make it good. See yourself already having achieved your biggest dream. How does it feel?

What you create in your subconscious mind, becomes a desire. The bigger and more defined the desire you form for yourself, the more your subconscious will work for you to make it happen. It will give you the passion, energy, joy and willpower (in other words, all kinds of resources) you'll need for you reaching your dream.

So right now decide what you want, how it will make you feel, and what it would mean to you and your surroundings.

If you want to feel happy after reaching your dream, it is also important that you help others in whatever ways you see yourself able to. That you have a meaning that is beyond just yourself, that you are someone with a little depth. Your dreams may inspire joy onto others or maybe procure your family with food on the table. Whatever you do, only creativity is the limit in terms of what way you can contribute. Think about it.

Article Source: http://EzineArticles.com/?expert=Erik_Timberhill

WHAT ARE POSITIVE DAILY AFFIRMATIONS?

Positive daily affirmations have been a popular subject with people lately. You can find places all over the internet that will give you good examples of these affirmations. However, it can be a bit more difficult finding information on exactly what positive daily affirmations actually are. It is time to establish what affirmations are, as well as what they are used for.

This will work for many positive daily affirmations, but for illustration purposes you can look at a single, simple affirmation as an example: "Today is a great day." This is a statement that many people will find themselves familiar with, since they use it. A positive daily affirmation is a statement, or set of statements that you say to yourself in order to program your subconscious mind into thinking the way of the statement. In the example, you are getting your mind to view the day as a good day. When your mind imagines that the day is going good, then it will seem as if it is true. That

isn't to say that it is faking you out or lying to you, rather your subconscious is viewing the events of the day in a positive light rather than a negative one.

Positive daily affirmations are the optimists' ultimate tool. In the example, you are letting your mind know that no matter what happens during the day, it is still a good day. What this means is that your mind will show you that even if bad things happen, there are still good things to counter it. Take for example getting splashed by a puddle on your way to work. Normally this would really be a bad thing, since now your clothes are wet, perhaps even muddy. However, since you programmed your mind to view the day as being good, your mind will then remind you, subconsciously of course, that you are still awake, ready to go to work, and now have a funny story to tell your co-workers today. That is the power of positive daily affirmations.

One of the key benefits of positive daily affirmations is that you will draw like-minded people to you. An interesting exercise to do sometime is watch two different people interact. If one has positive thoughts in their mind, while the other has negative thoughts, the negative thinking person will tend to walk away from the positive thinker. This is a classic case of the old adage "misery loves company". The truth of the matter is that if a person is unhappy, generally they don't want to be around people who are happy. However, other people who use positive daily affirmations will group together since they all share a positive outlook on things. This entire group of people will draw off of the positive energy of each other, in turn strengthening their own good feelings. Before long, you have an entire group of people using positive daily affirmations that are walking around in a virtual euphoria.

So what are positive daily affirmations? They are a way to train your mind into thinking good thoughts, which result in a positive outlook on life. They are a way to buoy your spirits and make anything come true, no matter what your heart's desire. These affirmations are also a way to help other like-minded thinkers into sharing your view of life. In short, positive daily affirmations are a set of statements you use to create ideal situations for yourself, no matter what happens that may seem to be an obstacle.

Article Source: http://EzineArticles.com/?expert=Rick_Luck

LIFE SUCCESS STRATEGIES - PLANT WHAT YOU WANT TO GROW!

Ask yourself, what are you planting in your life? What are the seeds you wish to sprout, grow, thrive, and multiply?

I suggest you liberally plant positive and affirming seeds in your life every day. Start by writing a positive affirmation to yourself daily (just in case the world forgets to affirm you). Read and listen to positive and inspirational material.

Visualize yourself in the desired positive mode you want for yourself. Go ahead, overload yourself with positive seeds. Don't worry, you won't overdose on goodness. However, as your seeds sprout and grow, you'll also need to be on the lookout for weeds.

When you choose to live your life on purpose and according to your purpose, you live your life deliberately. You plant the seeds you want to harvest. Sometimes, though, outer influences may intrude and challenge your values and priorities and threaten to lead you away from your true sense of self.

These outer influences (the weeds) are startling because they just come in on their own, and they grow like wildfire if you don't pull them out as soon as you see them. They'll show up where and when you least expect them and in many different forms.

Be aware of the particular weeds to which you may be susceptible, and by doing regular weeding, you can keep your garden free of the energy-drainers, emotional-vampires, and dream-robbers that diminish the quality of your life.

Here are some good questions to ponder:

What weeds (people, places, situations and/or things) drain my energy, that try to suck the life out of me, leave me in a bad mood, or pull me off my life path and prevent me from living my life purpose?

What weeds overcome my seeds and don't allow me to enjoy my garden?

So, plan your garden carefully. Choose all the wonderful results and outcomes you want in your life, and then plant the seeds that'll bring those goals closer to you. Once the seeds have been planted, take very good care of them and nurture them. Keep them watered and fertilized with more affirmations and congruent actions, and weed out any intrusion which isn't there to help you grow.

Do all of this—tend your life-garden well, and with love and self-love—and you will reap a bountiful harvest of things even more wonderful than you planned.

Here are some “gardening” tips that will help ensure a life of abundance:

Surround yourself, as much as you can and as often as you can, with the people, environments and activities which will accept, support, and encourage your values, vision, purpose and priorities.

Live by your integrity, and allow yourself to be true to YOU first and foremost.

Know what it is you truly have to have in you life. Know your apples—your deal-makers.

Know what it is you absolutely will not tolerate in your life—your deal-breakers.

Learn to accept what is tolerable in your life. Don’t try to change what can’t be changed.

Know your integrity indicators and readjust your course as needed.

Weed your garden of all which is not working to support your life.

Choose to plant only that which is going to beautify you and your life in your garden.

And I can’t stress this enough, so always remember: Never, never, never, never, never settle...never!!

POWERFUL AFFIRMATIONS AND THE MAIN PURPOSE

“You will be a failure, until you impress the subconscious with the conviction you are a success. This is done by making an affirmation which “clicks”.

Florence Scovel Shinn

The purpose of positive affirmations is to change your thinking and your beliefs so they go along with what you want to bring into your life. Unless you have already begun to consciously create new mind and behavioral patterns, many of your repetitive thought, beliefs about yourself and your situations are a result of what you accept as the truth. These accepted truths have been nurtured by your mind and your experiences without question. For instance, if you believe that bad luck causes unfortunate circumstances, you are right as your reality mirrors your thoughts and beliefs.

You need powerful affirmations to change these thoughts and beliefs. There are two keys to making positive affirmations work in your life. The first is to practice repetition. The second is to create affirmations that are achievable. The two steps go hand in hand and make the effect of your affirmations even stronger.

Practice repetition. Repetition is writing and speaking your powerful affirmations several times each day, days or weeks at a time until you see the results coming and your subconscious has accepted those affirmations as the truth. Consider writing your affirmations on small cards and place them on different places throughout your home. Every time you see them you will be reminded of the thought you should be thinking.

Another way to easily use repetition is to add affirmations to your daily routine. Maybe you can repeat them as you shower or say them silently while you brush your teeth. You can also put your written affirmations on the controls of your treadmill and use your workout time to practice affirmations. That way you have the positive affirmation in front of you permanently. This is working on a conscious as well as unconscious level. Now that's powerful!

Right down affirmations that are achievable. Write affirmations that are not too hard to reach. Find a way to state your goals and aspirations in a fairly realistic manner. This doesn't mean that you should limit yourself but simply take it one step at a time. When you say your affirmations, you will need to believe that attaining them is possible. Which of them works for you: "I look great in my bikini on the beaches of Cancun," "I feel my body transforming as I work with the weights," or "I have found great ways to eat healthy everyday." Pick one that you believe is achievable. Once you have comfortably achieved one goal, you can re-state your affirmation to make more progress.

Knowing which of those affirmation works for you will help your mind accept your daily actions more easily. For instance, you have found great ways to eat healthy, your conscious mind will accept that you are eating well thus getting the right nutrition would not be hard anymore. This belief will become stronger everyday and you find yourself automatically turning away from unhealthy foods. Indeed, positive affirmations can open your conscious and subconscious mind to all of the wonderful possibilities that are waiting for you.

Article Source: http://EzineArticles.com/?expert=Jurgen_Mennel

HOW TO ATTRACT MONEY WITH POSITIVE AFFIRMATION

Perhaps the most important thing in life is money. It has become a number one necessity in almost everyone's life. Positive affirmations teach us that money is desirable and that it is only through positive affirmations that people can learn how to attract money in a manner that is right and desirable. If you look at the idea of positive affirmation in relation to acquiring money, you will find out that money is nothing more than a symbol. Therefore, it is a good idea to spend some time understanding what money

is and how it works in our life.

Money and Positive Affirmations

It has to be accepted that money is very important for everyone's existence. Without money, life here on Earth will be hard. A few people have allowed money to control their relationship to people, ruin or build up someone's dignity as well as peace of mind. Some people who failed to use the proper positive affirmations are experiencing several failures when it comes to dealing with money. And instead of using it for good reasons, they have lost their control over money and do things that bring them harm. Remember that you become what you think about most of the time, may it be in the idea of earning thousands of money, owning expensive things or acquiring a particular skill. It cannot be denied that it is only by daily affirmations that we can progress.

Therefore, those who always think of poverty and lack of money will surely end up getting just what they wish while those who use positive affirmations and make sure that they go after the goals are the ones to end up acquiring not only money but happiness as well. If we try to examine it a real close, happiness and peace are the most important factor in developing positive affirmation and with the application of good habits, you are bringing yourself one step closer to reaching what you desire in life.

Some people are just blind to see the negative effects of too much money and instead of making it a thing to improve life; they use it the other way. Have you ever wondered why some rich people are not happy? Have you questioned yourself about what really is the role of money to your life and why some are dying to have multi-million dollars of money? To tell you exactly, money is created to allow existence possible but it should never be used to control life and future. There are some certain things that money can't buy and no matter what you do, this fact will always remain true. The use of positive affirmations opens the door of learning the right ways to deal with money, a better and effective way to deal with abundance for you to remain on the safer side.

How Much Money Do you Need In Life?

Have you ever wondered how much money do you need in life to satisfy your demands? How about the wealthy owner of a billion-dollar company and the beggar lying on the side of the street, how much money do they need in life? Is wealth really synonymous to success? No matter how you consider it, the fact remains that money satisfaction comes in various forms and varies to different people. Though it's been true that skills can bring you to earning the money that you want, the application of positive affirmation remains the best method to help you find the abundance that you need.

Article Source: http://EzineArticles.com/?expert=Jurgen_Mennel

CREATING ABUNDANCE IN YOUR LIFE BY USING POSITIVE AFFIRMATIONS!

However, before getting into the how of positive affirmations, it is a good idea to examine the why. That is to say, why are positive affirmations required in our life, and what can we hope to achieve if we plan to make regular use of them.

There is no doubt about the fact that our life is full of uncertainties. No matter who we are and what we are doing, we can never be sure about our future. It is impossible to predict with any degree of certainty what awaits us round the next corner, and we are forever at the mercy of the circumstances. However, this does not mean that positive affirmations can give us no help, or that there is not much practical use for them. As it is, positive affirmations act as the guideposts for our life. Whether or not you believe in this law, they will work for you unconditionally, provided you practice them to your advantage.

Abundance and life

Life is driven by abundance and there is no doubt about that. Abundance, in turn, is driven by positive thoughts. This makes the role of positive affirmations even more important, and tells us that we'd be lost without them. However, how can positive affirmations be used to create abundance in life? Here's how.

Whatever a person is, he is solely the result of the dominant thoughts in his mind. Whether we practice positive affirmations or not, we can't escape our most dominant thoughts. It is these thoughts that create our destiny and shape our actions and methods. For instance, if a person secretly believes that he or she is under-confident and would amount to nothing much, the very same thing will be manifest in his or her life. Similarly, if a person believes that he or she has the power to change their thoughts by the application of positive affirmations, the very same mechanism will kick in and make that a reality.

Remember that whenever we are talking about positive motivation or positive thoughts, we are talking about the very same thing. This is certainly not a new philosophy; it has been around for ages, but people need to be reminded of the good things time and again. Additionally, if you examine deeply, even that is a type of positive affirmation!

Article Source: http://EzineArticles.com/?expert=Jurgen_Mennel

HOW DO I USE THE SECRET LAW OF ATTRACTION WHEN I CAN'T STOP THINKING ABOUT WHAT I DON'T WANT?

Manifestation is one of the simplest and also one of the most misunderstood concepts around. It sounds simple in theory: think good things, and good things will come to you. You can manifest whatever you want by thinking about it. The law of attraction is sometimes called the "secret" law of attraction because there's a little-known secret to manifesting your desires. And without this secret, you won't get far with the law of attraction.

The secret is to stop focusing on your desires in the negatives. We see this and do this all the time, constantly. How many times have you said to yourself, "I wish I wasn't so [insert your problem here.]"

"I wish I wasn't so poor."

"I hate being so fat."

"I'm tired of being lonely."

Do you see the problem with these statements? Yes, you are phrasing your desires, but you're doing it negatively! When you structure your thoughts in this way, your brain is focused on the problem - being poor, fat, or lonely. And what happens when your mind is fixated on something? It comes to you through the law of attraction.

By thinking these negative statements, you're actually inviting more of the same problem into your life through the law of attraction. You're not only failing to manifest what you want (namely to be wealthier, thinner, or popular), you're actively manifesting what you don't want.

If you want to see success through the law of attraction, then you've got to start focusing on the positive. Check your negativity at the door and start getting serious about the law of attraction. Don't allow yourself to fixate on your problems any more, but to focus on the solutions.

Manifestation happens when you clearly articulate your desire to the universe through your thoughts and actions. Take a good, honest look at yourself and decide what you're manifesting today and how you can change that.

Once you pay attention to correcting your negativity, you might be astounded by how much you actually do it. Like any bad habit, it may take some time to fully rid yourself of negativity. But you can do it, and the results will be worth it.

When you tell yourself “I’m exercising because I need to get rid of this fat,” the results you see won’t be nearly as dramatic as what happens when you say “I’m exercising to get stronger, slimmer, and healthier.” That’s because when you phrase your desires in the positive, the law of attraction works with you and helps push you toward your goal.

Whether your goal is weight loss or something completely different, have the courage to tear down your negativity. If you want to find your soul mate, then deep down you have to believe in true love. If you want wealth, then deep down you have to believe that success is possible. You can manifest literally anything you want, as long as you use this one simple secret to the law of attraction.

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I, Dr. K. Subba Rao, hereby declare that the particulars given above are true to the best of my knowledge and belief.

(Sd) Dr. K. Subba Rao
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